



# Warriors Live On

From Combat to Community

## WHY TRUST US?

- WLO is founded and run by Vets for Vets.
- We get the importance of Holistic and Integrated Health.
- We target the full range of a human being: Mind, Body, Spirit and Heart.
- It takes one on one, and group efforts to heal from PTSD.
- Most other organizations provide brief therapy-adventure, outdoors, job skills, camaraderie, with little to NO accountability when the short program is finished. Our mentorship creates community that can grow and be continuously nurtured.
- We incorporate clinical and professional mental health. Somatic Experiencing Therapy is highly endorsed through our programs. We aim to provide therapy and have it continue based on the need and desire of the veteran.

22 Veterans commit suicide a day! Warriors Lives On believes this is unacceptable. We must act now—One veteran at a time!



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## To Donate:

**VISIT:** [www.warriorliveon.org](http://www.warriorliveon.org)  
and click the Donate menu  
button

OR

## WRITE a check to:

Warriors Live On  
PO Box 633116  
San Diego, CA 92163-3116

OR

## CONTACT:

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Warriors Live On is  
a 501c3 nonprofit organization



What if you didn't have to go through the path to healing from PTSD alone?



What if you could find relief from the explosive anger, intense emotional suffering and grief you experience from PTSD?



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*We are not wounded forever*

[www.WarriorsLiveOn.org](http://www.WarriorsLiveOn.org)

## THE PROBLEM— PTSD AFFECTS US ALL

1 in 5 OIF/OEF veterans of the Iraq and Afghanistan wars are diagnosed with PTSD and veterans account for 20 percent of U.S. suicides.

Social and economic costs of over 300,000 OIF/OEF Combat Veterans are immense. In 2012, the government estimated a cost of \$8,300 per person per year. Financially, the Government can't keep up with the demand for those needing help.

The YOUNGEST Veterans (24 and Under) are taking their lives at four times the rate of the other veteran age groups.

Quotes Cited from:

<http://www.facethefactsusa.org/facts/the-true-price-of-war-in-human-terms>

## PRINCIPLES

**WLO Embodies and Teaches Several Healing Principles to help Combat Veterans reach holistic and integrated health:**

**Just "BE"** The goal is to learn who you are again, without the taint of War covering you. To "Be" where you are, every step, and to "Be" authentic, pushing ego and what you think you should be aside.

**Do No Harm** WLO aims to help, not hinder anyone's personal process. Each of us are unique, and it will take a different sequencing of steps for each individual to heal. We support the body and mind's natural processes to reach and sustain health by utilizing therapeutic and holistic methods.

**Identify the Cause and Motivation to Change** Our "stories" need not be "retold." Go only as far as you are able while knowing you are embarking on a journey to heal from PTSD. The desire to change your suffering can turn into a gift of serving others in their time of pain.

**Treat the Whole Person** View the body as an integrated whole in all its physical, psychological, emotional and spiritual dimensions. It takes attention to all these things to reach sustained health.

**The Healing Power of Nature** Being outdoors and in nature offers a safe and revitalizing environment that we can trust. We can trust in the body's inherent wisdom to heal itself when in harmony with nature.

**Mentored and to Mentor** When one learns how to be in the world after suffering so greatly, brothers and sisters in arms want to share with others. Purpose in life is found, shared and passed to others.

**Skills Gained** Veterans will leave with a skill they did not have before. They will always have a community to fall back on and to show them they belong. Please see our

\*\*Disclaimer

## C2C SCHOLARSHIPS; HOW IT WORKS

This is a journey and pathway to a new way of walking in your world. It is a hopeful path to healing that Warriors Live On wishes to guide you on and eventually teach you how to guide others. We know that as Veterans, you want to continue serving others and have a continued purpose in life—PTSD can make you feel incapable of doing this. But PTSD is not a permanent condition, and we aim to show you this through our program. Find your purpose with us, and let us show you how to serve yourself so that you can continue to serve your brothers and sisters in arms.

Warriors Live On will give you the tools to work through the tangles of emotions and trauma of PTSD on a daily basis. Our program is not a "one time" retreat that leaves you empty in the following days or months. Accountability is built into this journey. We will stand by your side in the days that follow along with other Vets walking the same path as you.

**1.** \*Apply online by filling out the PDF application. Selections for the scholarship will be made based on the application and your conveyed motivation to help heal yourself and others that come after you.

**2.** Vets and leaders of Warriors Live On meet for the first program which will be an adventure/healing/therapeutic journey. All levels of physical ability are welcome. Adaptive help can and will be provided if needed. The journey will be a walking, and/or adaptive walking trek.

**3.** Trek ends and closing ceremony takes place. Veterans will have a chance to meet sponsors and donors at this time.

**4.** "Mentee to Mentor" Training in San Diego, California, begins immediately following the trek.

**5.** Vets depart to home of residence to partake in their chosen Signature Healing Program (training that scholarship was awarded for). Vets are expected to maintain contact with their mentor at Warriors Live On throughout the 4 to 6-month period on a weekly, if not more frequent, basis.

**6.** During the 4 to 6-month training program, Vets maintain contact with, and have accountability to, the Warriors Live On program through a variety of exercises and communication methods that will be taught in the program.

**7.** After training is complete, Veterans will return to Warriors Live On as a "trained" mentee. Vets now enter back into the program as "mentors" and will provide various types of support to the Warriors Live On program. These Veterans will now contribute expertise back to Warriors Live On and to the next round of Veteran participants. Each trained mentor will be paired with an incoming Veteran who will be starting the next program.

**8.** The trained Veterans will then return home to their respective communities to start sister programs in their home towns. Contact with their mentor from Warriors Live On remains intact and continues.

*\*Please sign up for the scholarship through our webpage: [warriorliveon.org/scholarships](http://warriorliveon.org/scholarships)*

We aim to award Combat Veterans with a scholarship that will both heal them as they learn, and heal others when they teach what they have learned. Some examples of trainings are below, but WLO works with each Veteran to get them in a program they find purpose in.

### Healing Therapies

- Somatic Experiencing Therapy Training
- Massage Therapy/Training
- Painting/Art Therapy Training
- Mindfulness Hiking and Yoga
- Yoga and Walking
- Kayaking
- Sleep/Yoga Nidra Teacher Training
- True Refuge by Tara Brach programs
- SomaSoul Facilitation
- Dancing Therapy
- ChiRunning
- Yoga Nursing

- (Body) Structural Yoga
- Music Therapy and Healing
- Healing Photography
- Animal Therapy
- Dog Training
- Yoga, Becoming a Yoga Instructor 200 hr or 500 hr
- Mens only yoga, Womens only yoga, Blended
- Qigong Certification
- Healing Writing Courses/Poetry
- Reiki Training Courses
- Mindfulness Training
- Mindful Movement Training
- Self Defense Training

## SCHOLARSHIP EXAMPLES

### Adventure/Experiential Training

- Health and Wellness Coaching
- Adventure Therapy Courses
- Experiential Education Courses
- Adaptive Sports (Sports and engaging those with disabilities)

### Sustainable Living Trainings

- Farming
- Food production
- Hydroponics
- Architecture

- Yurt Construction
- Architectural Sustainable Living
- Clean Energy Apprenticeship
- Solar Energy
- Recycling Programs
- Healthy Living Practices
- Nutrition
- Cooking Immersion
- Cleanse/Detox Training

*\*\*Disclaimer: these therapies and trainings are meant to provide a healing experience, and are not guaranteed to provide employment.*