



BUILDING COMMUNITY & FAMILY SUPPORTS

- ★ **Your loved one is in pain and there is nowhere for you to turn**
- ★ **Scared about what tomorrow might bring**
- ★ **Anxious all the time and too embarrassed to ask for help**
- ★ **Afraid that speaking out is a betrayal of your loved one**

RGH recognizes that reentry can be challenging. Things may have changed and reintegration can be difficult for both the veteran and their families. RGH works to build connections with others who understand. You are not alone. You are part of the RGH family.

CALL RGH TODAY!

To learn more, call (860) 352-2333 or visit ResilienceGrowsHere.org.



Resilience Grows Here is an initiative of



Farmington Valley Health District
95 River Road, Suite C, Canton, CT 06019
(860) 352-2333

A Prevention Institute initiative,
Making Connections for Mental Wellbeing
is supported by cornerstone funding from
the Movember Foundation.

For more information, visit:
[www.preventioninstitute.org/press/
highlights/1188-making-connections.html](http://www.preventioninstitute.org/press/highlights/1188-making-connections.html)

To all who have served:
Thank you for your service.



**TROUBLE TRANSITIONING?
WE GET IT. CALL RGH.**

Veterans & Community. Together, we thrive!

Too many veterans are returning back to their community feeling isolated, stressed and unable to navigate programs and services.



CONNECTING VETERANS TO PEERS



- ★ **Feeling like no one understands how it feels to be back?**
- ★ **Missing the brotherhood of service?**
- ★ **Needing to feel useful again and connected to something bigger?**

Resilience Grows Here (RGH) focuses on bringing veterans, reservists and active military members together. Providing a sense of belonging and brotherhood, RGH peers get it. No need to explain or validate yourself—we have been there too and have your back.

IMPROVING ACCESS TO SERVICES



- ★ **Don't know what you are entitled to?**
- ★ **Been turned away by the system?**
- ★ **Tired of fighting to be acknowledged?**
- ★ **Don't know where to turn next?**

RGH recognizes that accessing services can feel overwhelming. Turned away one too many times makes you feel unvalued and alone. RGH works with you to address what your needs are and to help you find the right services to meet your needs—with a buddy at your side—you are not alone now.

WITH VETERANS AND COMMUNITY, WE STRIVE TO:

- Reduce veteran isolation with peer-to-peer support
- Link veterans and their families to services they need
- Provide alternative approaches to managing mental health challenges
- Assist with the transition home
- Connect veterans with our service dog Anzac and train veterans' own dogs for a more meaningful relationship

PROMOTING NEW APPROACHES TO DEALING WITH MENTAL HEALTH CHALLENGES



- ★ **Nothing takes the pain away?**
- ★ **Do you feel numb all the time?**
- ★ **Can't stand taking another pill?**
- ★ **Need to find some control over your own life?**

The feeling of being alone in this fight is unnerving. RGH understands that there is no one way to tackle PTSD/TBI and the mental health wounds of service. We get that there are different approaches for different people and we seek to explore them all with you. Anzac our service dog is just one example of reframing our approach to your needs. Let us help you find your best coping strategies.