

**DO YOU HAVE,  
OR THINK YOU HAVE  
PTSD?**

**JOINING A PEER SUPPORT GROUP CAN HELP YOU TO FEEL BETTER IN ANY NUMBER OF WAYS, SUCH AS:**

- > KNOWING THAT OTHERS ARE GOING THROUGH SOMETHING SIMILAR**
- > LEARNING TIPS ON HOW TO HANDLE DAY-TO-DAY CHALLENGES**
- > MEETING NEW FRIENDS OR CONNECTING TO OTHERS WHO UNDERSTAND YOUR SITUATION**
- > LEARNING HOW TO TALK ABOUT THINGS THAT BOTHER YOU OR HOW TO ASK FOR HELP**
- > LEARNING TO TRUST OTHER PEOPLE**
- > HEARING ABOUT HELPFUL NEW PERSPECTIVES FROM OTHERS**
- > FEEL BETTER ABOUT YOURSELF AND YOUR CONDITION**
- > UNDERSTANDING YOUR CONDITION**

**WE ARE A VET-TO-VET PEER GROUP HELPING OURSELVES AND OTHER VETS TO MANAGE PTSD. WE MEET THURSDAY AFTERNOON FROM 4:30 TO 6:00 PM, ON THE SECOND FLOOR CONFERENCE ROOM AT THE SANTA ROSA VA CLINIC. STOP BY AND JOIN US, CALL OR WRITE RICK HOWSON 707-799-7409, [RICK.HOWSON@GMAIL.COM](mailto:rick.howson@gmail.com) FOR FURTHER INFORMATION.**

**NOT ALL WOUNDS  
ARE VISIBLE**