

SCAN FOR MORE  
INFORMATION*Journey from Coping to Thriving*

# MILITARY WELLNESS: JOURNEY FROM COPING TO THRIVING

Created by veterans — in collaboration with Walmart, Wounded Warrior Project, and Organizational Wellness and Learning Systems — SAFE Project's “Journey From Coping to Thriving” educates service members and veterans to combat mental health and substance use challenges, and empowers them to thrive.

## THE JOURNEY BEGINS NOW!

The in-person program has six training modules to specifically help veterans with:

- Self-leadership and identity
- Addressing emotions and wellbeing
- Setting goals and finding solutions
- Moving from coping to thriving
- Navigating your benefits
- Finding help and support

***“Having a course like this for transitioning military, and other Veterans that may have transitioned... is enormously valuable.”***

**CORE CLASS****TRAIN-THE-TRAINER****AMBASSADOR**



*Journey from Coping to Thriving*

# MILITARY WELLNESS: JOURNEY FROM COPING TO THRIVING

This workshop offers real tools, honest connections, and space to rest. Whether you are navigating changes or regrouping, you will leave with clarity, practical strategies, and a renewed sense of purpose — along with opportunities to continue growing, leading, and supporting others long after the day is done.

**After the training, a survey of participants found:**

**90%**

were now able to use coping skills when sad, angry, or anxious.

Their ability to recognize signs of stress

**IMPROVED BY 55%.**

**NEARLY 100%**

were confident they had the tools to prevent drug and alcohol misuse.

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**I lost my spouse last year and my whole world was turned upside down... I had no coping skills. The course gave me the tools to use to at least see a light in all my blackness.**

**Having a course like this for transitioning military and other veterans that may have transitioned... is enormously valuable!**

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