

# The WWUG “Band of Brothers” Therapy Group, *For Vets By Vets*

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- Who:** Any Veteran who can help or needs help with issues of Post Traumatic Stress
- What:** A Veterans group session at no cost for discussions with experts and other Vets about living with PTSD effects.
- Where:** Hosted at **Veterans Community Resource Center “Rio Rancho”**
- When:** 1st and 3rd Wednesday each month 6:30 pm. begins 6-6-12
- Required:** Copy of your DD-214
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## **Symptoms:**

Vets who are experiencing conditions like,

- Marital Distress
- Hypervigilance
- Suicidal Thoughts
- Addiction
- Employment problems due to conflicts
- Avoidance of activities or places or other distressing thoughts are acts.
- Anxiety
- Depression
- Exaggerated Startle Response
- Violence control

## **Invisible Wounds of War:**

"17% of soldiers returning from Iraq experience a mental health problem. Less than half of soldiers with mental health problems seek treatment." New England Journal of Medicine 7/04

**Don't be a Statistic!**

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OUR VETERANS HAVE GIVEN US EVERYTHING  
**WHAT WOULD U GIVE?**

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