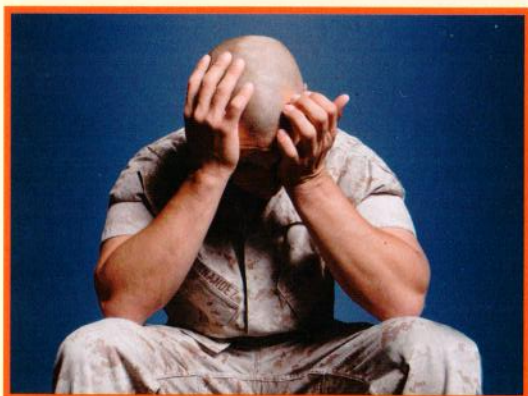




# **Strength in Support**

**FOR VETERANS, ACTIVE  
MILITARY & THEIR  
FAMILIES**



**INDIVIDUAL, COUPLE, FAMILY AND  
GROUP COUNSELING**

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**MENTORSHIP**

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**EDUCATIONAL AND RECREATIONAL  
WORKSHOPS**



**IMAGINE A PLACE WHERE YOU COULD BE SEEN BY A THERAPIST CONFIDENTIALLY, IMMEDIATELY AND THERE WAS VERY LITTLE PAPERWORK...**

**IMAGINE A PLACE WHERE YOU COULD TALK TO A BROTHER OR SISTER IN ARMS, OR YOUR PARTNER COULD SPEAK TO A MILITARY SPOUSE...**

**IMAGINE A PLACE WHERE OTHERS UNDERSTOOD THAT YOUR INTELLECTUAL, PHYSICAL, SOCIAL AND FINANCIAL NEEDS AFFECT YOUR EMOTIONAL WELL BEING...**

**NOW IMAGINE THESE SERVICES ARE PROVIDED TO YOU AND ALL MEMBERS OF YOUR FAMILY AT LITTLE TO NO COST..**

**WELCOME TO  
STRENGTH IN SUPPORT!!!**

***A PLACE FOR ALL VETS, NO MATTER YOUR YEARS OF SERVICE, TYPE OF SERVICE OR DISCHARGE STATUS.***



# STRENGTH IN SUPPORT

- SERVING THOSE WHO SERVED U.S.

## CONFIDENTIAL COUNSELING

INDIVIDUAL COUNSELING, COUPLES COUNSELING, FAMILY COUNSELING and GROUP COUNSELING FOR:

ALCOHOL ABUSE

SUBSTANCE ABUSE

PTSD

DEPRESSION

ANXIETY

MARITAL CONFLICT

UNEMPLOYMENT ISSUES

PARENTING ISSUES

EDUCATIONAL PROBLEMS

TRANSITIONING TO CIVILIAN LIFE

SUICIDAL IDEATION

ANGER MANAGEMENT

LOSS AND GRIEF ISSUES

STRESS

ISOLATION

AND MORE...

## MENTORSHIP

VET TO VET MENTORSHIP AND SPOUSE TO SPOUSE MENTORSHIP

## WORKSHOPS

EDUCATIONAL WORKSHOPS ARE OFFERED 12 TIMES A YEAR. OUR EDUCATIONAL WORKSHOPS ADDRESS:

FINANCES

EMPLOYMENT

VETERAN RESOURCES

AND MORE....

RECREATIONAL WORKSHOPS ADDRESS ISOLATION, DEPRESSION, ANXIETY AND MANY OTHER ISSUES IN A PHYSICAL WAY. SOME EXAMPLES OF OUR RECREATIONAL WORKSHOPS ARE:

GOLF


SNOWBOARDING


STAND UP PADDLE BOARD


SOCIALS AND MORE....

For more information about Strength in Support and our services, please visit our website at:

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

Friend us on  Facebook StrengthInSupport

Follow us on  Twitter @StrengthSupport

Follow us on  Instagram StrengthInSupport

CALL US AT:

Orange County Office (949) 505-5015

Los Angeles County Office (310) 736-1090

**AFTER 13 YEARS OF  
CONTINUOUS WAR...**

**22**

**Vets a Day Lose  
Their Lives to  
Suicide**

**300,000**

**Iraq-Afghanistan  
Vets Suffer  
From PTSD**

**1.8 Million  
Veterans Suffer  
From Substance  
Abuse**

**1 in 5  
Female Veterans  
Suffer From Military  
Sexual Trauma**

**Strength in Support's mission is to provide mental health services to military personnel, veterans AND their families, including individual and family therapy, mentorship and educational workshops.**

**Because....**

**Every service man, service woman, veteran and their family members should have the mental health services, resources, and support that they earned, deserve, and need.**



**Strength  
in Support**

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