

# Veteran Classes



## Open to All who have Served

Did you serve in the armed forces? One month, one year, one decade, one lifetime? If yes, you are welcome at Advocate Aurora's Veteran Classes. All classes are for Veterans only.

- Relationship Repair                      Mon: 1200-1300
- Trauma 101                                 Mon: 1600-1700
- Moral Injury & Guilt                    Tues: 1200-1300
- Emotional Intel                            Tues: 1300-1400
- Mindfulness                                Tues: 1400-1500
- Military Identity                         Wed: 1100-1200
- Trauma 101 (Begins February 2023) Wed: 1200-1300
- Boundaries                                 Thurs: 1000-1100
- Survival Skills                             Thurs: 1200-1300
- Healthy Sleep                             Thurs: 1600-1700
- Grief & Loss                                Fri: 1100-1200
- Coping with Stress                      Fri: 1200-1300
- Trauma Processing                      \*ask your provider

\* these classes cover more sensitive topics and require weekly commitment to attend. Please ask your provider if interested.

### Aurora Health Care Veterans Program

- Virtually on Zoom -

Talk to your provider about attending classes.

For questions about these classes or to sign-up please call

Central Scheduling: (414) 773-4312

Front Desk: (414) 454-6516

Classes are weekly and are tailored to former and current military members. Veterans' benefits or service-connection are not required.