## COMMUNITY + HEALTH + WELLNESS

## Veteran Support Group



## **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 new Veteran Group. Come to a private, safe and free group to find support from your military brothers and sisters for issues common to service members such as:

- reintegrating into civilian world
- military identity
- sleep
- anger
- work conflict
- family problems

This group is intended for former and current service members only. No family or friends allowed in meeting. No affiliation with Advocate Aurora Health Care required. Mondays 1300-1400 and Thursdays 1730-1830

- Virtually on Zoom at

Online: <u>https://zoom.us/j/92929598413</u> or Telephone: (312) 626-6799

> Meeting ID: 929 2959 8413 Password: 11101775

For information about Advocate Aurora's Veterans Retraining Program (VRP) visit

http://www.aurora.org/vrp



aurora.org