



---

# LIONS PROJECT NEW HOPE NORTHWEST

**THE GOAL:** Project New Hope will assist individuals and families in dealing with combat stress so they can enjoy a **HEALTHY AND PROSPEROUS LIFESTYLE**



## Combat Veteran Family Retreats

---

Our free retreats are perfect for learning many helpful tools to help veterans relax and become a part of their family and community. There are no costs to the combat veterans and their families. The retreats include private rooms for families and individuals.



## Counseling

---

Our free counseling workshops conducted by Professional PTS Counselors along with instructors are designed to be relaxing and interactive for maximum benefit to all attendees. Veterans and spouses are free to become as engaged as they like, ask questions and compare notes and ideas with each other.



## Volunteering

---

Lions Project New Hope NW offers exciting opportunities for volunteers to apply valuable time and talents towards showing our gratitude for the extraordinary sacrifices made by our military personnel and their families.

---

## Our Purpose

To provide military families with professional counseling and education to assist with the stresses related to combat. These workshops are offered at no cost to servicemen and servicewomen who are experiencing traumatic stress from combat. Spouses, children, and significant others are encouraged to attend the workshops.

## How We Are Different

- Dad, mom, and the children are involved
- We offer unique support that addresses collateral damage, and the mental health issues facing the whole family including the children of veterans
- 100% volunteer staff
- All service members and family who have served in a combat or related combat areas – active, retired, or separated – any service, any area of service
- The cost of the retreats is free including all lodging and meals
- All sessions are self-paced according to the needs of the attendees
- Our retreats or workshops are held at various locations in western Washington.
- Trained professional PTS/Mental Health counselors are available 24/7

### The Other Fallen Soldiers

Memorial Day is a time to honor soldiers who died in our nation's service — and it's also important to remember those who took their own lives while serving or after returning from war. In 2012, active-duty suicides hit a record high, outnumbering combat deaths. And veteran suicides were recently numbered at 22 each day, or one every 65 minutes. Here's how that grim number stacks up against some other causes of death in the U.S.



### More active-duty U.S. soldiers die from suicide than combat



Sources: Children's Defense Fund, Centers for Disease Control and Prevention, U.S. Department of Veterans Affairs, Associated Press

THE HUFFINGTON POST



---

## The Lions Connection

---

Lions Clubs in International Multiple District 19 assist with volunteers. The retreats are organized by the Board of Directors of Lions Project New Hope NW, which is a non-profit 501[c] 3. PTS/Mental Health professional counselors and Workshop instructors work along with other volunteers to provide a kid's camp and childcare.