



R E S I L I E N T



LET'S BUILD A RESILIENT NATION THROUGH HOPE.

Hope For The Warriors believes the foundation for becoming a better person, a better community, a better nation is hope. Hope drives action to live healthier, more resilient, more inclusive.

HOPE's subject matter experts have served veteran and military families since 2006, and over the last 10 years built virtual programs that promote well-being through physical and emotional wellness, financial stability and community connection. Our mission is to serve those who've answered the call of service since September 11. Now we all need to be reminded of what makes America a resilient nation.

HOPE has taken our life-changing programs for the warrior community and transformed them into virtual resources to help build a resilient nation.



FOR THE WARRIOR COMMUNITY

Resilient Warrior & Resilient Family: Resilient Warrior is designed to help a service member or veteran cope with stressful events, teaching one to control his or her mind and body's responses to stress. The six-week course is free to warriors as well as the spouses and adult caregivers who provide support.

Team Hope For The Warriors: Our Sports & Recreation Team uses virtual platforms such as Soflete, Strava and Virtual Runs to engage runners in healthy practices, training for marathons in support of HOPE, as well as build physical strength and resiliency.

Warrior's Compass: When job expos and professional conferences are being cancelled across the country, HOPE has a powerful online platform for job seekers that provide access to mentors and resources that keep career-seeking veterans and military spouses actively engaged in professional development.

FOR A RESILIENT NATION

Resilient American: Live virtual classes by a licensed provider that take your team through various exercises and techniques to help them cope with stress. Topics can be customized to achieve your goals, while offering a mental oasis from the workday and helping your company find strength amid change.

30x30 Fitness Challenge: Encourage your friends, family and coworkers — challenge yourself — to a month of physical wellness together, even while apart. Engage in 30 minutes of exercises that help you focus on what's most important: staying active, healthy and resilient. Our team of fitness enthusiasts and professionals will encourage you to move with intent.

Warrior's Compass: Other organizations tell you why you should hire more veterans; Hope For The Warriors shows you how. Warrior's Compass gives employers the tools to identify veterans and military spouses that best match their job descriptions through a searchable database of 200K+ veteran applicants and resources on veteran hiring best practices.

Our goal will always be to connect communities by bringing out the strength of the individual through shared experiences and understanding. Learn more about HOPE's mission, our team and how we can help each other build a stronger nation at www.hopeforthewarriors.org.