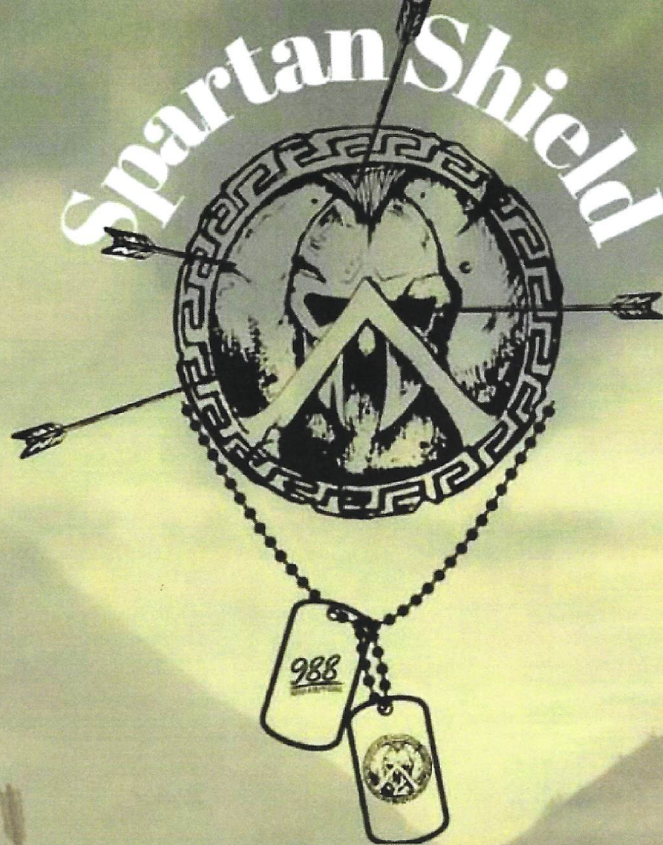




If you are a veteran searching for a community that understands, uplifts and empowers, then you need Spartan Shield. Project Headspace and Timing is proud to announce that through our Spartan Shield Veteran Advocacy Program, we have established three weekly peer support groups for the veteran population. Each meeting is purely peer support, where veterans can share successes, failures, strategies, stories, laughs, and more to ensure that other veterans know they are not alone. Together, we can redefine peer support to create connections that don't suck.

General Session: Veterans from all walks of life are welcome to attend, and share (or not) whatever may be weighing on them, or just find and connect with other veterans in the area.

Mad Jack's 12-Step: This is a non-denominational self-improvement and self-discovery group for veterans that may be looking to live a life of sobriety. Or, maybe you are a veteran just trying to figure out why you make the decisions that you do, and you want to discuss those ideas with other veterans.

Vet's Café: This is similar to the General Session, but is held at Uplifted Care's Grief Center.

Stand strong, support one another, and show the world the power of veterans uniting for a better future. Carry the Spartan Shield and join one or all of our peer support groups today!

Mondays, 7pm to 9 pm – General Session @ 1292 W Station St., Kankakee, IL

Wednesdays, 6 pm to 7 pm – Mad Jack's 12-Step @ 1292 W Station St., Kankakee, IL

Fridays, Noon to 1 pm – Vets Cafe @ 3115 N 1000 West Rd, Bourbonnais, IL

For questions please contact:

Mike Pinkul @ MikeP@projectheadspaceandtiming.org

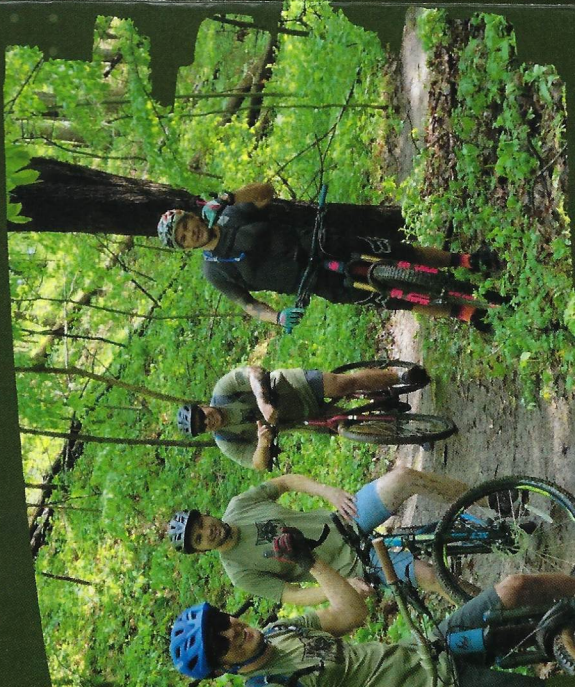


PROJECT HEADSPACE AND TIMING

P.H.A.T began operating in 2017 and officially began operating as a 501(C)(3) in 2019. The organization was founded by Eric Peterson when a fellow teammate took his own life after multiple tours overseas.

Mission

Project Headspace and Timing (PHAT) was founded to promote positive mental health practices to our nation's veterans by working to unify them with their communities, nature, and themselves. As an organization, we believe we live in a community that supports veterans but may not know how to show it, and we have veterans who need that support but may not know how to ask.



Support us on our mission,
one project at a time.



Contact us or find out more at:



www.projectheadspaceandtiming.org



@thefinepodcast



1-833-855-PHAT (833-855-7428)



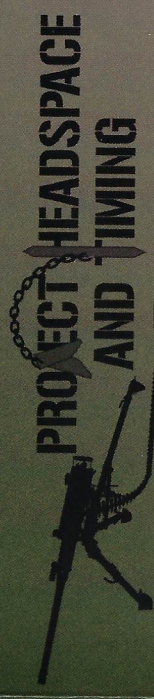
madeuce@projectheadspaceandtiming.org



www.projectheadspaceandtiming.org/donationoptions



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one project at a time.

www.projectheadspaceandtiming.org
1-833-855-PHAT (833-855-7428)

Veteran Advocacy: Spartan Shield

Through our P.H.A.T Hotline, 833-855-7428, first responders, police officers, family members, friends of a veteran, or a veteran themselves in a crisis may request a veteran advocate to assist with that veteran in crisis.

Our veteran advocates are trained in mental health and first aid. In addition, they have information on the resources available depending on the particular issue the veteran is dealing with (Health, mental health, substance abuse, housing, finances, education, employment, etc.).

This is NOT to provide treatment, but rather to be there for other veterans when they need it most.

Through the phone number, veterans can schedule a meeting with another veteran who will serve as their advocate, whether it is to better understand what resources are available in the veteran community or because they need or want another veteran to grab a cup of coffee with and talk.



Spartan Shield: Peer Support Groups

P.H.A.T. has established three weekly peer support groups for the veteran population. Each meeting is purely peer support, where veterans can share successes, failures, strategies, stories, and laughs, to ensure that other veterans know they are not alone. Together, we can redefine peer support to create connections that don't suck.

Spartan Shield General Session: Veterans from all walks of life are welcome to attend, and share (or not) whatever may be weighing on them, or just find and connect with other veterans in the area.

Mad Jack's 12-Step: This is a non-denominational self-improvement and self-discovery group for veterans that may be looking to live a life of sobriety. Even if you are a veteran just trying to figure out why you make the decisions that you do, this group can be for you.

For dates, times, and locations visit our website at www.projectheadspaceandtiming.org or contact Mike Pinkul at mikep@projectheadspaceandtiming.org



Veteran Outreach: Veiled Valor

There was an identified need to create a space for female veterans. In that moment, VV was born with an initiative to bring female veterans together and have them explore their unique service experiences.

Giving back to the community through different services, as well as coming together to do things such as axe throwing, rage rooms, kayaking, and other expressive activities, created a space where they can come together with those who have had similar experiences.



Veteran Outreach: Troops on Trails

P.H.A.T.'s 20-foot wrapped enclosed trailer is filled with equipment to take veterans kayaking, mountain biking, camping, hiking, golfing and more within the State of Illinois. It is our belief that this program works hand-in-hand with Spartan Shield, as a veteran may not be ready to receive treatment but needs to be surrounded by loving, supporting, and understanding peers.

