Support and be supported

You wait with high expectations for the return of your husband. You are so grateful that he is coming home safe and sound. Life can pick up where it was and go on to where your dreams were headed.

But he didn't come home safe after all. In fact, he is not the same man who left all those months ago. He's angry, irritable, sleepless. He has nightmares. He is suspicious. He is withdrawn.

And it is starting to rub off on you and even on your kids.

You are not alone! Come join us to learn more about what has happened to your husband… and what is happening to you. Come join us to find the healing and strength only Christ can provide.

Join Us!

Time and Location:

Times and Locations:

All meetings are confidential

Wives of Veterans Study Groups

Exploring Christ-centered Healing for Secondary Combat Trauma

COMBAT TRAUMA & POST-TRAUMATIC STRESS DISORDER

My husband has...

Not all wounds of war happen in combat.

"For I, the Lord, am your Healer."

Exodus 15:26

There are many approaches to the Trauma you are experiencing that will deliver helpful coping mechanisms, but God wants to bring you *healing.* The objective of these studies it to help you construct an environment that will allow God optimal access to your body, soul and spirit for the purpose of healing. And the study will be enhanced by the shared experiences of other military wives in *When War Comes Home.*

The Plan

The Wives of Veterans Study Groups will meet for an hour and a half each week for a period of 10-12 weeks. At that time you can re-evaluate whether or not you would like to continue. The group will be working through *When War Comes Home* produced by the Military Ministry of Campus Crusade for Christ. It combines the latest insights from the medical and mental health communities with the age-old, tried-and-true principles from the Bible. Each team member is expected to be a true "Battle Buddy", contributing to the welfare of the unit, encouraging, teaching, listening, and never leaving a comrade behind. You won't be "healers", but you will function as "Bridges to Healing" for each other. God will do the healing.

The Study Groups are open to the wives of veterans of all eras.

"Never leave a comrade behind."

Are these the questions you are asking?

- ★ **What Happened to My Husband?**
- ★ **What's Happening to Me?**
- ★ **Why Am I So Sad?**
- ★ **Forgiveness: Is It Possible?**
- ★ **I Don't Feel Safe – What Should I Do?**
- ★ **Where Is My Healing Place?**
- ★ **How Do I Take Care of Me?**
- ★ **Who Cares?**
- ★ **Who Am I Really?**
- ★ **Who Is The Real Enemy?**
- ★ **How Can I Help My Husband?**
- ★ **How Can I Help My Children?**
- ★ **How Do I Get Back to Normal?**

Jesus said:

"Come to Me, all who are weary and heavy-laden, and I will give you rest... Learn from Me, and you will find rest for your souls."

– Matthew 11:28,29