



WARRIOR PATHH



Warrior PATHH (**Progressive and Alternative Training for Healing Heroes**) is the nation's first non-clinical program designed to cultivate and facilitate Posttraumatic Growth amongst those struggling with PTSD and/or combat stress. Warrior PATHH enables these remarkable men and women to transform times of deep struggle into profound strength and growth. All Warrior PATHH instructors have walked this road from struggle to strength, and the blended team of trained combat veterans and civilians leverage their own experiences to guide attendees. This 18-month program begins with a 7-day retreat, initiating students into the Warrior PATHH. Students are then supported for the following 77 weeks via the myPATHH technology platform, regular Team Video Chats, alumni coaches, and the Warrior PATHH Student Guide and Journal.

Warrior PATHH was created by Boulder Crest, a pioneering nonprofit organization focused on developing transformative programs that ensure combat veterans can be as productive at home as they were on the battlefield. **GratitudeAmerica** and Boulder Crest have partnered to bring Warrior PATHH to Florida.

The Warrior PATHH is based on the decades-old science of Posttraumatic Growth (PTG) and enable participants to meaningfully and sustainably transform times of deep struggle into profound strength and lifelong growth. As a result, participants experience stronger and deeper relationships, new possibilities, an increased sense of gratitude for life, greater connection to their spiritual or religious life, and a renewed sense of personal strength.



GratitudeAmerica

TO LEARN MORE VISIT:

GRATITUDEAMERICA.ORG/WARRIOR-PATHH

➤ **Warrior PATHH is provided at **no cost** for post 9/11 combat veterans.**

➤ **No clinical diagnosis is required to attend.**

➤ **Programs are offered **monthly** in Gainesville, FL.**

CONTACT US

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