

WHO CAN PARTICIPATE?

Veterans who have experienced sexual violence at any time in their lives (including childhood and after military separation) are welcome to take part in this group.

FOR MORE INFORMATION

Barbara Archambeau
at 307-823-2268

Michael Oberst
at 307-757-5852

Or talk
to your
provider
about a
consult!



If in need of immediate help, contact your primary care doctor or mental health clinician.

NATIONAL RESOURCES

National Domestic Violence Hotline
1-800-799-7233 (SAFE)
Text "START" to 88788
www.thehotline.org

National Sexual Violence Hotline
1-800-656-4673 (HOPE)
www.rainn.org

National Human Trafficking Hotline
1-888-373-7888
Text "INFO" to 233733
www.humantraffickinghotline.org

Veterans Crisis Line
1-800-273-8255 and Press 1
Text 838255
www.veteranscrisisline.net/

StrongHearts Native Helpline
Call or Text 1-844-762-8483
(7NATIVE)
www.strongheartshelpline.org



COURAGE —GROUP—

A SKILLS-BASED TREATMENT FOR VETERANS
WHO HAVE EXPERIENCED SEXUAL VIOLENCE

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Cheyenne Health Care System

WHAT IS COURAGE GROUP?

A skills-based support group designed to help Veterans heal from the impact of sexual violence. Sexual violence refers to unwanted sexual attention or contact experienced against someone's will. This includes:

- Childhood sexual abuse
- Sexual harassment or assault
- Military sexual trauma (MST)
- Sexual violence within an intimate partner relationship

Courage Group provides a safe and supportive space for Veterans to discuss emotional wellbeing and practice skills to manage life's challenges.



WHAT ARE THE BENEFITS?



Promotes Healing and Self-Discovery

Veterans learn skills to enhance their self-worth and ability to cope with day-to-day stress.



Seeks to Empower

Veterans learn to act on their personal strengths and use skills that will benefit their healing.



Provides Peer Support

Veterans can connect with peers who have experienced similar life challenges. This can help with rebuilding a sense of trust, safety, and belonging.



WHAT CAN I EXPECT?

Based on local availability, Courage Group may involve 6- or 12- sessions. Sessions will be held every week or two virtually or in-person. Groups are led by trained therapists who help Veterans to:

- Understand the impact of sexual violence on their lives and health.
- Build skills to cope with strong emotions, maintain a sense of control, and strengthen relationships.