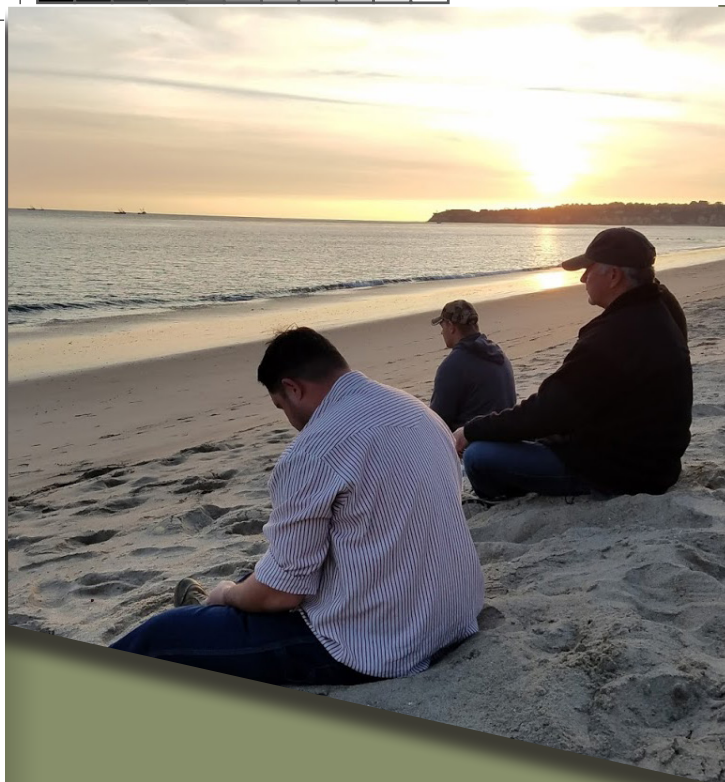




AMERICA'S WARRIORS ARE WORTH IT

Military and first responders are not invincible beings. Those who appear to come home whole and unaffected are sometimes silently suffering from moral injury and wounds unseen. Save A Warrior provides a healing opportunity to these warriors and reassures them that they are not alone. If you personally could benefit from our program or know of someone in need, please visit:

saveawarrior.org/apply

The Save A Warrior program is free to the warrior through the generosity of our donors. You can help provide a life saving opportunity today. For additional information please visit:

saveawarrior.org/donate

"Before SAW my life was unmanageable. I was at the end of my road; I had no road left. I found myself on the ledge of the George Washington bridge suffering from survivor's guilt. I was feeling a lot of shame and depression. SAW saved my life – without it I would probably not be alive. I met many amazing people and my experience was great. I was taught how to "pay it forward" and change my way of thinking. It connected me to people who share my experiences."

- Jimmy Connors, SAW Cohort 009
US Air Force and 17-year Firefighter

SAVE A WARRIOR™

P.O. Box 694
New Albany, OH 43054

saveawarrior.org



ONE WEEK CHANGES EVERYTHING



TESTIMONIAL



In the fall of 2018, Save A Warrior (SAW) established The S/SGT Dick Wood Warrior Village in central Ohio. This breathtaking facility allows SAW to serve more warriors than ever before. These warriors come from all over the United States in search of something more. Some unfortunately believe that our program may be their final option.

SAW alumni and staff guide veterans, active-duty military, and first responders suffering from post-traumatic stress (PTS) through a thoughtfully curated curriculum of healing. This unique experiential learning model is free to the warrior and consists of: Warrior Meditation; the Five Pillars of Servant Leadership; service, study, contribution, acknowledgment, and affirmation; equine-supported learning; processing of Adverse Childhood Experiences (ACEs); PTS education, team building events; and challenging high ropes courses. Throughout the five-and-a-half-days, SAW helps the warriors ignite a fire within themselves and illuminates their path leading to a lifelong journey of healing.

PROGRAM

AFTER-CARE

Each warrior's healing journey is unique. Save A Warrior understands that the rehabilitation process continues well past the five-and-a-half-day cohort. Therefore, a daily practice of meditation and service in their respective communities is encouraged in an effort to help the warriors remain on the path of recovery.

The Director of Alumni Affairs administers surveys; the same surveys performed by the United States Department of Veterans Affairs (VA) to measure the degree of suicidality, depression, and PTS. These surveys are distributed prior to the cohort, again immediately post-cohort, and at three, six, twelve, and twenty-four months.

The feedback received from our warriors over the two years not only provides SAW with quantifiable data necessary to improve the program but helps to notify the SAW team of a warrior in need of additional support. This assistance ranges from personally introducing the warrior to an established contact at one of our partnering organizations to reaching out to participants from the warrior's cohort.

SAW is more than a program; we are a tribe. A community of staff, volunteers, alumni, donors, and other stakeholders and we endeavor to support the warriors in continuing the work which will better enable them to live happy, fulfilling lives.



MISSION

Save A Warrior (SAW) is committed to ending the staggering suicide rate plaguing our veterans, active-duty military and first responders. We conceive, originate and invent Integrated Intensive Retreat (IIR) experiences to transform the way our heroes live their lives.

"I wouldn't be alive today if I didn't go to Save A Warrior."

- Delon Becket, SAW Cohort 010