



**VETERANS OF
FOREIGN WARS
AUXILIARY # 1326 of
BISMARCK**

**Is sponsoring a POST
TRAUMATIC STRESS
DISORDER SUPPORT
(PTSD) GROUP**

**The meeting is held
every THIRD
THURSDAY OF THE
MONTH at the VFW
CLUB at 1235 South 12th**

**Street in Bismarck. The
time is 7:00 to 8:30 PM.
It is open to All Veterans
and their families for all
branches of the service.
We are also welcoming
anyone who has been
diagnosed with PTSD or
are showing symptoms
of the disease. It is a
SUPPORT GROUP and
not for TREATMENT.**

**Our Mission Statement
is:**

**The Veterans' PTSD
Family Support will
strive to better educate
specifically the families
of the returning military
who may be suffering
from PTSD – including
any and all veteran
families from all
branches of the service.**

Groups are:

Free

Confidential

Non-Judgmental

Topics we cover:

Education on PTSD

Health Issues

Spirituality

Suicide Prevention

Sexual Abuse in Military

Domestic Violence

Psychological Issues

Homeless Veterans

**PTSD & Substance
Abuse**

**Service Dogs for
Veterans with PTSD**

Anger Management

Things to remember:

We are a SUPPORT Group and not for Primary Treatment.

It is Confidential.

We want you to feel comfortable and share your story when you feel you can.

You need not be a member of any veterans' organization to attend these meetings.

PTSD is considered to be caused by a major traumatic event which is too painful to deal with. PTSD is the only anxiety disorder that is defined as being caused by a traumatic life event.

Some symptoms are:

- **Continued recollections and replay of the event.**
- **Emotional withdrawal and avoidance.**
- **State of anxiousness and easily startled, rapid heartbeat and rapid breathing, restlessness, difficulty sleeping, constantly being on guard.**
- **These are only a few symptoms. If you have any of these after a traumatic event, see a professional.**
- **Our meetings last about 1½ hours. A topic is chosen and a person well-**

versed on the topic is contacted to do a presentation or be a group leader for that meeting. We are open for other presenters, so if you have someone in mind, let us know.

We encourage you to seek out a group that you can relate to. There are a lot of people with PTSD and talking about it with others at a meeting is very helpful. You are not alone in this.

For our veterans reading this, THANK YOU FOR YOUR SERVICE.

Contact information:

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