

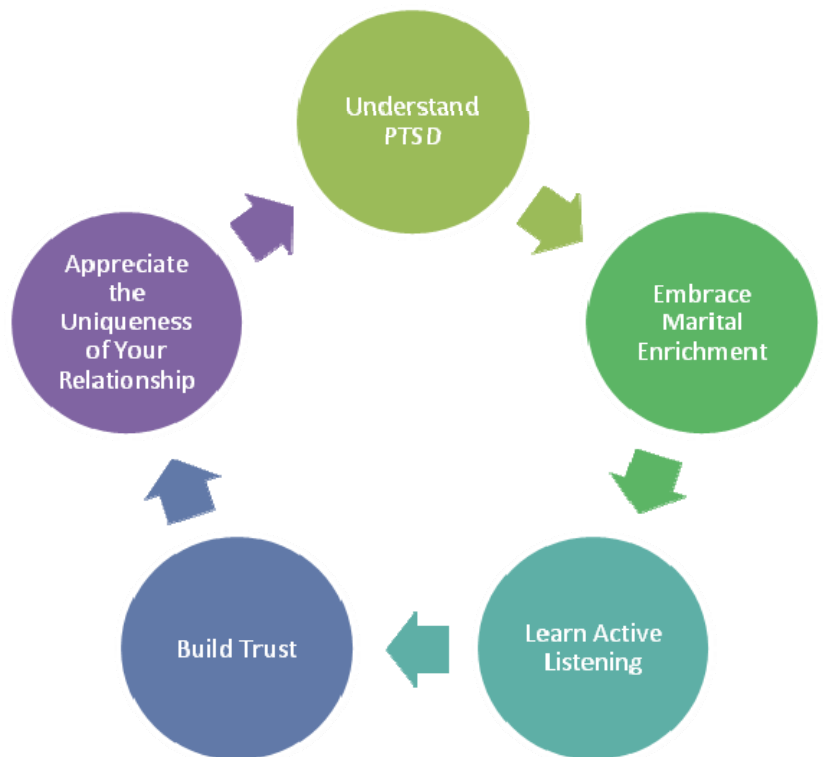
# The H3 Project



**The H3 Project** will be a time for couples to process the realities of combat stress, PTSD, and/or any other deployment related experiences. Group size will be limited to 5-6 couples. Other groups will form as needed due to size or time constraints. Take advantage of this great opportunity to find Hope, Help, and Healing, for both your marriage and yourself. For more information, or to find out how to enroll, call the Chaplain Family Life Center at 384-LIFE (5433).

## The H3 Project: Hope, Help, and Healing

Combat Stress, Post Traumatic Stress, and Post Traumatic Stress Disorder have become realities for many military families in the War on Terror. Many treatment methods only focus on the individual without directly involving the family system in the treatment process. The Family Life Chaplain began the H3 Project as a way to treat both Soldier and spouse in a group format. Whether your Soldier is diagnosed with PTSD or still struggling to overcome the effects of combat stress the H3 Project might be what you're looking for. The H3 Project could offer you the Hope, Help, and Healing that you, your marriage and your family needs.



**When:** Thursdays

**Where:** Bldg. 658, West Wing, Chaplain Family Life & Training Center

**Time:** 11:45-12:45

