

A NEW OPTION TO HEAL TRAUMA



Many of our veterans and active service members are hurting. Depression, anxiety, insomnia, nightmares, mood swings, emotional isolation, and Post Traumatic Stress Disorder can all prevent our returning service members from successfully reintegrating into civilian life.

We can help.

Ars Bellum Foundation provides art therapy programs for veterans and their families. Our programs give them active, non-verbal outlets to work through traumatic memories, aid the healing process, and help their families better understand the challenges faced by returning service members.

Join our FREE fall programs in October at these VFW locations:

BLOOMINGTON

VFW Post 1296
311 West 84th Street
November 5 – December 17
Thursdays, 6-8 pm

ST. CLOUD

VFW Post 4847
104 Franklin Avenue NE
November 3 – December 29
Tuesdays, 6-8 pm

Call Bridget Cronin at 651-231-3364 for information and registration.
www.arsbellumfoundation.org