ALLEAPS — Statewide First Responder Peer Support

WHERE

Statewide, Alabama

ABOUT THE PROGRAM

Confidential peer and critical incident support for emergency responders, dispatchers, and families. 24/7 helpline: 833-219-2461.

WHO IT SERVES

First responders and families

Cost: contact organizer

OFFICIAL PROGRAM INFORMATION

https://alleaps.org/

REBOOT Recovery — Shield of Protection Counseling

WHERE

Arab, Alabama

ABOUT THE PROGRAM

Faith-based trauma recovery group serving veterans, military members, and first responders. Ask about upcoming groups.

WHO IT SERVES

Veterans, military, first responders

Contact for next group

OFFICIAL PROGRAM INFORMATION

https://rebootrecovery.com/locations

Alaska State Elks — Wounded Veteran Programs

WHERE

Statewide, Alaska

ABOUT THE PROGRAM

Recreation, participating lodge stays, and referrals for service dog training assistance for eligible veterans.

WHO IT SERVES

Wounded veterans; conditions apply

Contact for availability

OFFICIAL PROGRAM INFORMATION

https://www.akelks.org/veterans-programs

Challenge Alaska — Warrior Adaptive Sports

WHERE

Anchorage / Girdwood, Alaska

ABOUT THE PROGRAM

Year-round adaptive sports including skiing, cycling, sled hockey, and biathlon for veterans with disabilities.

WHO IT SERVES

Veterans with qualifying disabilities

Seasonal schedules

OFFICIAL PROGRAM INFORMATION

https://www.challengealaska.org/warriors

Alaska Warrior Partnership — Veteran and Family Navigation

WHERE

Statewide, Alaska

ABOUT THE PROGRAM

Veteran, caregiver, and family connections to benefits, housing, healthcare, employment, and community resources.

WHO IT SERVES

Veterans, families, caregivers

Ongoing assistance

OFFICIAL PROGRAM INFORMATION

https://www.alaskawarriorpartnership.org/

100 Club of Arizona — PEER 100 Assistance

WHERE

Statewide, Arizona

ABOUT THE PROGRAM

Mental-health treatment financial assistance for eligible first responders, up to $5,000 lifetime; third-party application rules generally apply.

WHO IT SERVES

Eligible first responders

Application required

OFFICIAL PROGRAM INFORMATION

https://100club.org/programs/

After Watch Foundation — Wednesday Watchtower

WHERE

Phoenix / Virtual, Arizona

ABOUT THE PROGRAM

Weekly peer-support group for first responders and families, with Phoenix in-person and remote participation.

WHO IT SERVES

First responders and families

Wednesdays; ask for time

OFFICIAL PROGRAM INFORMATION

https://www.afterwatchfoundation.com/peer-support

100 Club of Arizona — Fireproof Wellness

WHERE

Statewide / Online, Arizona

ABOUT THE PROGRAM

Confidential mental-health, stress, and addiction resources for firefighters, rescue workers, and their families.

WHO IT SERVES

Fire and rescue personnel, families

Online resource

OFFICIAL PROGRAM INFORMATION

https://www.fireproofaz.org/

Saber C Ozark Retreat

WHERE

Cedarville, Arkansas

ABOUT THE PROGRAM

Christian outdoor retreat for close-combat veterans and families; camping and day visits. Membership rules apply.

WHO IT SERVES

Veterans and families; membership needed

Contact for booking

OFFICIAL PROGRAM INFORMATION

https://www.saberc.us/

Warhorse Legacy Foundation

WHERE

Northwest Arkansas, Arkansas

ABOUT THE PROGRAM

Equine-assisted wellness, horsemanship, fishing, hiking, and community activities for veterans and their families.

WHO IT SERVES

Veterans and families

Contact for sessions

OFFICIAL PROGRAM INFORMATION

https://www.warhorselegacy.org/

Warrior Foundation Freedom Station

WHERE

San Diego, California

ABOUT THE PROGRAM

Transitional housing, mentoring, career and education guidance for eligible ill or injured transitioning service members.

WHO IT SERVES

Eligible service members and veterans

Housing availability varies

OFFICIAL PROGRAM INFORMATION

https://warriorfoundation.org/freedom-stations/

Veterans Village of San Diego

WHERE

San Diego County, California

ABOUT THE PROGRAM

Veteran housing options, employment training, case management, and connections to recovery resources.

WHO IT SERVES

Veterans; eligibility varies

Contact for intake

OFFICIAL PROGRAM INFORMATION

https://vvsd.net/vvsd-programs/

FIT Collective — First Responder Retreats

WHERE

Newport Coast / Orange County, California

ABOUT THE PROGRAM

Faith-informed, clinically supported four-day wellness retreats for first responders, incorporating restorative activities.

WHO IT SERVES

First responders; confirm criteria

Contact for retreat dates

OFFICIAL PROGRAM INFORMATION

https://www.fitretreats.net/

Mountains Move — Christian Warrior Summits

WHERE

Colorado wilderness, Colorado

ABOUT THE PROGRAM

Faith-based small-group retreats and outdoor mentorship for veterans, active-duty, Guard, and Reserve members.

WHO IT SERVES

Military members and veterans

Dates by organizer

OFFICIAL PROGRAM INFORMATION

https://www.mountainsmove.org/our-programs

Hero Expeditions

WHERE

Colorado / Regional, Colorado

ABOUT THE PROGRAM

Outdoor expeditions building connection and camaraderie among military members, veterans, first responders, and families.

WHO IT SERVES

Military, veterans, responders, families

Check trip calendar

OFFICIAL PROGRAM INFORMATION

https://heroexpeditions.org/

Lyons Fire — Multi-Agency Peer Support

WHERE

Lyons / Boulder County, Colorado

ABOUT THE PROGRAM

Confidential peer support, resiliency education, and clinical referrals for firefighters and participating responders.

WHO IT SERVES

Participating responders and families

Peer support: no cost

OFFICIAL PROGRAM INFORMATION

https://www.lyonsfire.org/peersupport

Quiet Corner Peer Support

WHERE

Danielson / Northeast CT, Connecticut

ABOUT THE PROGRAM

Crisis response, trauma-informed yoga, debriefing, and veteran and first-responder peer wellness support.

WHO IT SERVES

Veterans and first responders

Contact for schedule

OFFICIAL PROGRAM INFORMATION

https://qcps.net/

Fairfield County Trauma Response Team

WHERE

Fairfield County, Connecticut

ABOUT THE PROGRAM

Trauma-informed counseling, education, and critical incident support for responders and affected communities.

WHO IT SERVES

First responders and community

Contact for intake

OFFICIAL PROGRAM INFORMATION

https://fctrt.org/

NAMI Connecticut — Frontline Wellness

WHERE

Statewide, Connecticut

ABOUT THE PROGRAM

Wellness resources, peer-leader training, and firefighter family workshops for frontline professionals.

WHO IT SERVES

Responders and families

Workshops by chapter

OFFICIAL PROGRAM INFORMATION

https://namict.org/frontline-professionals/

New Castle County — Veterans Horsemanship

WHERE

New Castle County, Delaware

ABOUT THE PROGRAM

Free six-week, hands-on horsemanship course for veterans; no experience required. Small groups.

WHO IT SERVES

Veterans; max eight per group

FREE · Call for next session

OFFICIAL PROGRAM INFORMATION

https://www.newcastlede.gov/3190/Veterans-Horsemanship-Program

Interfaith Veterans Workgroup

WHERE

Wilmington / Virtual, Delaware

ABOUT THE PROGRAM

Church-hosted interfaith fellowship with writing, outdoor activities, and spiritual support for veterans and loved ones.

WHO IT SERVES

Veterans, friends, family

FREE • Third Wednesday, 7 PM

OFFICIAL PROGRAM INFORMATION

https://covenantde.org/program/interfaith-veterans-workgroup

Free T'ai Chi Chih for Veterans and Caregivers

WHERE

Claymont / Virtual, Delaware

ABOUT THE PROGRAM

Gentle wellness movement classes for Delaware veterans and caregivers, offered in person and online.

WHO IT SERVES

Veterans and caregivers

FREE · Confirm class times

OFFICIAL PROGRAM INFORMATION

https://vets.delaware.gov/djf/service-index/tai-chi-chih-for-veterans/

Southern Delaware Therapeutic Riding

WHERE

Milton / Sussex County, Delaware

ABOUT THE PROGRAM

Equine-assisted services for veterans, focused on physical and emotional wellbeing.

WHO IT SERVES

Veterans

Contact for availability

OFFICIAL PROGRAM INFORMATION

https://vets.delaware.gov/djf/service-index/southern-delaware-therapeutic-riding-sdtr/

El Shaddai Christian Ministries

WHERE

New Castle County, Delaware

ABOUT THE PROGRAM

Faith-based spiritual and whole-person support focused on veterans, disabled people, and trauma survivors.

WHO IT SERVES

Veterans and trauma survivors

Contact for programs

OFFICIAL PROGRAM INFORMATION

https://elshaddaichristian.com/who-we-are/

Delaware BEST — Disaster Responder Support

WHERE

Statewide, Delaware

ABOUT THE PROGRAM

Psychological first aid, staff wellbeing, and emergency trauma support for disaster responders and communities.

WHO IT SERVES

Disaster responders and affected people

Activated during emergencies

OFFICIAL PROGRAM INFORMATION

https://dhss.delaware.gov/dsamh/division-of-substance-abuse-and-mental-health/debest/

HERD Foundation — Veteran Equine Learning

WHERE

Delray Beach, Florida

ABOUT THE PROGRAM

Horse-supported experiential learning and family connection for veterans and military families.

WHO IT SERVES

Veterans and families

Contact for programs

OFFICIAL PROGRAM INFORMATION

https://www.herdfoundation.org/

WeDoGood — Horse-Centered Wellness

WHERE

Palm City, Florida

ABOUT THE PROGRAM

Guided, nonclinical horse-centered wellness and connection for veterans, first responders, and healthcare heroes.

WHO IT SERVES

Veterans, responders, healthcare

Apply for available sessions

OFFICIAL PROGRAM INFORMATION

https://wedogood.org/horse-centered-wellness

Crossroads Corral — Equine Wellness

WHERE

Sanford, Florida

ABOUT THE PROGRAM

Equine-assisted psychotherapy and learning for military members, veterans, responders, and families.

WHO IT SERVES

Military, veterans, responders, families

By appointment

OFFICIAL PROGRAM INFORMATION

https://crossroadscorral.org/

Stride Ahead — Veteran Equine Wellness

WHERE

Decatur, Georgia

ABOUT THE PROGRAM

Supportive horse experiences and equine learning for veterans and service members at Little Creek Horse Farm.

WHO IT SERVES

Veterans and service members

Contact for appointments

OFFICIAL PROGRAM INFORMATION

https://www.strideahead.org/veterans

Spirit Ridge Farm — Veteran and Responder Support

WHERE

Colbert, Georgia

ABOUT THE PROGRAM

Equine-assisted learning and peer support for veterans and first responders in Northeast Georgia.

WHO IT SERVES

Veterans and first responders

Check program schedule

OFFICIAL PROGRAM INFORMATION

https://theranchatspiritridge.com/programs-we-offer/

Vet to Vet of Georgia

WHERE

Statewide, Georgia

ABOUT THE PROGRAM

Veteran peer support, VA benefits guidance, and connections to resources and volunteers.

WHO IT SERVES

Veterans and families

Contact for local meetings

OFFICIAL PROGRAM INFORMATION

https://vet2vet-ga.org/

Faith Equestrian — Veteran Equine Programs

WHERE

Guyton, Georgia

ABOUT THE PROGRAM

Nonprofit adaptive riding and equine-assisted opportunities for military veterans near Savannah.

WHO IT SERVES

Veterans; confirm enrollment

Contact for lessons

OFFICIAL PROGRAM INFORMATION

https://www.faithetc.org/

Heart Ranch — Faith-Based Equine Support

WHERE

Hilo, Hawaii Island, Hawaii

ABOUT THE PROGRAM

Christian-guided equine learning, mentorship, and family wellness with dedicated veteran programming.

WHO IT SERVES

Veterans and families

Contact for sessions

OFFICIAL PROGRAM INFORMATION

https://www.heartranch.org/about-3

Wounded Warrior Ohana

WHERE

Statewide, Hawaii

ABOUT THE PROGRAM

Family activities, practical assistance grants, and Gold Star family educational scholarships.

WHO IT SERVES

Wounded warriors and eligible families

Grant rules and openings vary

OFFICIAL PROGRAM INFORMATION

https://www.wwohana.org/programs

Hoʻōla Farms — Veteran Farming Programs

WHERE

Hilo / Keaʻau, Hawaii

ABOUT THE PROGRAM

Veteran farming, food access, community education, and volunteer opportunities on Hawaii Island.

WHO IT SERVES

Veterans and military families

Check current opportunities

OFFICIAL PROGRAM INFORMATION

https://hoolafarms.org/