



Home Base Outreach

AUGUST/ SEPTEMBER 2025

SPOTLIGHT

OPEN ART: Virtual Art Studio

A welcoming, non-clinical space that fosters creativity, meaningful connection and healing in a relaxed and supportive environment. This offering is open to Veterans, Service Members and their Families (18 years or older). No art experience needed!

This is NOT a therapy group, but rather a relaxed, drop-in style studio space, where participants can join for the full session or come and go as needed. Participants will be encouraged to explore their own creative process by making art at their own pace and in their own way. This offering provides a dedicated time and space for creativity and connection with others who understand military culture

Scan the QR code to learn more and register.



SUPPORT FOR PARENTS/GUARDIANS OF MILITARY-CONNECTED YOUTH



SKILLFUL PARENTING

Start: September 15th

A 5-7-session educational course teaching helpful tools to feel more confident in parenting and better support children.

BUILDING A STRONG HOME BASE



Starth: September 16th

A 10-week virtual course designed for parents/caregivers of children ages 0-8. Sessions will focus on educating parents on children's various attachment needs, learning how to identify a child's need for connection and independence, and understanding how a parent's own life history/stressors can influence the ability to read these signs.

IMPACT OF TRAUMA



Start: September 15th

A 4-session educational series for Veterans, Service Members and adult members of Military Families interested in learning about the impact of trauma on mental health.

RESILIENCY PROGRAMS

Stress Management, coping skills, mindfulness and adaptation.

RESILIENT WARRIOR

For Veterans and Service Members

Wednesdays October 29-December 10

RESILIENT FAMILY

Tuesdays Sept 9- Oct 21

SPANISH: Tuesdays, Sept 19 – Oct 21

RESILIENT YOUTH

Elementary/Middle: Mondays Sep 22-Nov 3

High School/Teen: Oct 28 7-8:30pmEST

COMING SOON:

RESILIENT FIRST RESPONDER

An eight-session, educational, mind-body course that helps First Responders manage their stress more effectively.



Additional dates online.



COMMUNITY OUTREACH

Our Veteran and Family teams hope to see you at an upcoming event:

- Sep 6: Westover AFB, 5k & Resource Fair
- Sep 9: 5th Annual NH VSO Summit
- Sep 19: Suicide Prevention Glow Run; Hanscom AFB, MA
- Sep 27: Guardians of Light DoD/VA Family Day; Cranston Street Armory, RI



FIRST RESPONDER EDUCATION WORKSHOP:

Learn How to Better Serve Those Who Have Served in Your Community

HOW CAN YOU SAVE A LIFE?



Pledge \$100 & grow facial hair to evoke conversation, & raise awareness & support during our flagship November campaign.



Pledge \$25 & commit to 20+ push-ups for the week of Veterans Day. An estimated 20 Veterans are tragically lost to suicide every day.



9/11 SERVICE PROJECT TO SUPPORT OUR TROOPS & MILITARY FAMILIES

Learn how to contribute or volunteer at homebase.org/911serviceproject



WARRIOR HEALTH & FITNESS

A 90-day program designed to improve physical health and well-being. Available in New England, Florida and Arizona for Service Members, Veterans and their significant others.

CLINICAL CORNER



Outpatient mental health care includes:

- Individual therapy (telehealth available in every part of Massachusetts and Florida)
- Group therapy
- Couples therapy
- Skills-Based Outpatient Addiction Recovery (SOAR) Program

ADVENTURE SERIES

Free events for Veterans, Service Members, Military Families and Families of the Fallen in New England (NE), Florida (FL) and Arizona (AZ). Upcoming events:



- (FL) Aug 24: Freedom Waters Boat Trip
- (FL) Aug 30: NWFL Equine-Based Wellness
- (FL) Aug 30: Fantasy Football Draft
- (NE) Sep 6: Mt. Cranmore Mountain Biking
- (FL) Sep 6: Bowling to Strike Out Suicide

FOR MORE INFORMATION, PLEASE VISIT [HOMEBASE.ORG](http://homebase.org) OR EMAIL MCARROLL-WORTH@MGH.HARVARD.EDU.

TO GET CARE, PLEASE VISIT [HOMEBASE.ORG/GETCARE](http://homebase.org/getcare).