



*EMPOWERING  
VETERANS TO  
EXCEL  
THROUGH  
RESILIENCE,  
COMMUNITY  
SUPPORT, AND  
WELLNESS  
EDUCATION.*

## GET IN TOUCH

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# THE MINDFULLY TACTICAL FOUNDATION

Resilience, Community, & Wellness

# ABOUT

Welcome to Mindfully Tactical Foundation  
Welcome to the Mindfully Tactical Foundation, your dynamic platform for resilience, mindfulness, and strategic thinking. We empower veterans, tactical athletes, and high-stress professionals with essential tools, mentorship, and education to thrive in their demanding roles.

## HOW CAN YOU HELP?

- Active Listening
  - Be present and listen to veterans' experiences without judgment.
- Create a Safe Space
  - Foster a respectful environment where veterans feel supported.
- Share Resources
  - Guide veterans to helpful programs, local events, and support networks.
- Encourage Peer Connections
  - Help veterans build relationships and engage with the community.
- Promote Wellness
  - Support mindfulness activities, group discussions, and structured routines.
- Helpful Resources
  - Mental Health: VA Mental Health Services - (800) 273-8255
  - Employment: VA Career Services - (800) 827-1000
  - Community: Wounded Warrior Project - (888) 997-2586
  - Physical Health: VA Health Care - (877) 222-8387

## VETERAN PEER SUPPORT PROGRAM

Helping veterans transition to civilian life through community, connection, and resources.

### What Is It?

This program equips peer support leaders with tools and strategies to foster a supportive community that enhances mental health, builds relationships, and promotes well-being for veterans.

### Key Support Topics

1. Transition Challenges
  - Adjusting to civilian life
  - Managing expectations and exploring new opportunities
2. Mental Health and Well-being
  - Addressing PTSD and stress management
  - Practicing mindfulness and self-care
3. Building Relationships
  - Reconnecting with family and creating new friendships
  - Communicating effectively
4. Physical Health
  - Staying active and eating healthy
  - Accessing healthcare resources
5. Purpose and Identity
  - Finding purpose beyond military service
  - Setting personal goals and discovering new hobbies
6. Financial Stability
  - Budgeting and managing finances
  - Utilizing available benefits
7. Community Engagement
  - Joining veteran organizations
  - Volunteering and advocating

# PROGRAMS & SERVICES

## MINDFULNESS WORKSHOPS

Teach tactical athletes and high-stress professionals mindfulness techniques to stay present and reduce stress through accessible online workshops.

## STRATEGIC PLANNING CLASSES

Empower participants with strategic thinking and planning skills to navigate professional and personal lives more effectively, available online.

## WELLNESS EVENTS

Focus on overall well-being with events ranging from fitness sessions to mental health seminars, fostering a supportive community.

## ONLINE RESOURCES

Provide flexible and accessible support through recorded sessions, informational articles, interactive tools, and a community forum.

## WELLNESS EVENTS

Focusing on overall well-being with events ranging from fitness sessions to mental health seminars, fostering a supportive community.

## WARRIOR EMPOWERMENT, LIFESTYLE & LEADERSHIP (WELL)

Supporting veterans transitioning from military to civilian life with comprehensive programs addressing physical, mental, social, economic, and educational needs.

## PARTNERSHIPS

