

OPERATION HOPE FOR HEROES

4 March to 30 May 2020					
DATE	TIME	EVENT	INSTRUCTOR	LOCATION	INSTRUCTIONS
4-Mar-20	1600-1800	Orientation	HH Veteran Transition Specialist	West Valley Vet Center	Bring copy of DD214
10-Mar-20	1700-1800	Yoga	Yoga Instructor	Glendale YMCA	Bring Yoga Materials
11-Mar-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
12-Mar-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) A Combat Trauma Healing Manual will be given to you this evening
17-Mar-20	1700-1800	Yoga	Yoga Instructor	Glendale YMCA	Bring Yoga Materials
18-Mar-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
19-Mar-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
22-Mar-20	0830-1100	Patriot Run 5K/10K/1.7 Mile	HH Veteran Transition Specialist	Rio Vista Park	Bring Your Family

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DATE	TIME	EVENT	INSTRUCTOR	LOCATION	INSTRUCTIONS
23-Mar-20	1700-1800	Art Therapy	Art Therapist	Glendale YMCA	Wear something you can get paint on
24-Mar-20	1700-1800	Yoga	Yoga Instructor	Glendale YMCA	Bring Yoga Materials
25-Mar-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
26-Mar-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
30-Mar-20	1700-1800	Art Therapy	Art Therapist	Glendale YMCA	Wear something you can get paint on
31-Mar-20	1700-1800	Yoga	Yoga Instructor	Glendale YMCA	Bring Yoga Materials
1-Apr-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
2-Apr-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
4-Apr-20	1300-1500	Laser Tag	TBD	Laser Quest	Veterans Only
6-Apr-20	1700-1800	Art Therapy	HH Veteran Transition Specialist	Glendale YMCA	Wear something you can get paint on
7-Apr-20	1700-1800	Yoga	Yoga Instructor	Glendale YMCA	Bring Yoga Materials

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8-Apr-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
9-Apr-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
13-Apr-20	1700-1800	Art Therapy	Art Therapist	Glendale YMCA	Wear something you can get paint on
14-Apr-20	1700-1800	Yoga	Yoga Instructor	Glendale YMCA	Bring Yoga Materials Last Day of Yoga
15-Apr-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
16-Apr-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
17-Apr-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Bring Swimming Suit, Towel and Lock
18-Apr-20	0900-1100	Dragon Boats	TBD	Tempe Town Lake	Veterans Only
20-Apr-20	1700-1800	Art Therapy	Art THerapist	Glendale YMCA	Wear something you can get paint on
21-Apr-20	1700-1900	Massage Therapy	Massage Therapist	TBD	Work out Stress
22-Apr-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework

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23-Apr-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
24-Apr-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Bring Swimming Suit, Towel and Lock
27-Apr-20	1700-1800	Art Therapy	Art Therapist	Glendale YMCA	Last Day of Art Therapy. Wear something you can get paint on.
28-Apr-20	1700-1900	Massage Therapy	Massage Therapist	TBD	Work out Stress
29-Apr-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
30-Apr-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
1-May-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Bring Swimming Suit, Towel and Lock
2-May-20	1300-1500	Science Center	TBD	Downtown PHX	Bring Your Family
5-May-20	1700-1900	Massage Therapy	Massage Therapist	TBD	Work out Stress
6-May-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
7-May-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
8-May-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Bring Swimming Suit, Towel and Lock

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12-May-20	1700-1900	Massage Therapy	Massage Therapist	TBD	Work out Stress
13-May-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
14-May-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
15-May-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Bring Swimming Suit, Towel and Lock
16-May-20	1300-1500	Bowling	TBD	AMF Peoria Lanes	Bring Your Family
19-May-20	1700-1900	Massage Therapy	Massage Therapist	TBD	Work out Stress
20-May-20	1600-1800	Cognitive Processing Therapy	Psychologist	West Valley Vet Center	Bring Any Homework
21-May-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
22-May-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Bring Swimming Suit, Towel and Lock
26-May-20	1700-1900	Massage Therapy	Massage Therapist	TBD	Last Day to Work Out Stress
27-May-20	1600-1800	Cognitive Processing Therapy	Psycholoist	West Valley Vet Center	Bring Any Homework

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DATE	TIME	EVENT	INSTRUCTOR	LOCATION	INSTRUCTIONS
28-May-20	1800-2000	Combat Trauma Healing Manual Group	HH Veteran Transition Specialist	The Church at Arrowhead	(Optional Attendance) Bring Your CTHM Workbook
29-May-20	1700-1800	Aqua Therapy	YMCA Instructor	Glendale YMCA	Last Day of Aqua Therapy. Bring Swimming Suit, Towel and Lock
30-May-20	1300-1500	GRADUATION	Honor House Team	TBD	Bring Your Family!