

## Reclaim. Restore. Renew. Reconnect.

The nonprofit PAIRS Foundation has touched the lives of active duty military personnel, veterans and their families for over a quarter century. PAIRS retreats for returning service members were adapted and field tested in collaboration with the Charlie Norwood VA Medical Center, Morehouse School of Medicine, and the CSRA Wounded Warrior Care Project. Retreats are delivered over a relaxed, highly experiential, weekend that allows significant time for processing and connecting with family members and others who have shared similar experiences. Presentation of key concepts and skills are modified for learning and integration by diverse participants facing unique challenges, including post traumatic stress disorder (PTSD), traumatic brain injury (TBI), and other conditions related to their deployment experiences.

Participants discover powerful tools to improve communication, safely confide the range of emotions, deepen empathy, constructively address conflict and differences, and create a "new normal" in their closest, intimate relationships.

# Honoring America's Sacred Trust

"PAIRS is exactly what we were looking for in terms of real relationship skills for combat-returned and wounded warriors. Our survey before and after PAIRS shows a profound impact on both couples' perception of their relationship and hope for the future. Thank you for helping our heroes and their families reconnect after combat, and for giving them the skills to improve their relationships and communication."

*Laurie Ott, Executive Director  
CSRA Wounded Warrior Care Project  
Augusta, Georgia*

## Remarkable Results

*"PAIRS systematically works toward developing participants' emotional literacy, including the capacity for vulnerability and empathy that is often impaired after combat deployment. We have seen remarkable results through tears and testimony from the veterans and spouses who participate."*

*Mitchell S. Tepper, Ph.D., M.P.H.  
The Center of Excellence for Sexual Health,  
The Satcher Health Leadership Institute  
Morehouse School of Medicine, Atlanta, Georgia*

**"PAIRS is changing the lives of returning COMBAT veterans and their spouses."**

Ron Craddock, Chief of Chaplain Services  
Charlie Norwood VA Medical Center

**PAIRS Retreats for OEF/OIF** military service members, veterans and their families with visible and invisible wounds deliver proven, practical, usable tools to strengthen marriages, families, and other critical relationships before and after deployment. Through a carefully sequenced, safe, fun, experiential process, participants have the opportunity to strengthen bonds with family members and others facing similar challenges to facilitate ongoing supportive relationships and help improve the quality of intimate relationships and other critically important psychological health and quality of life issues.



**PAIRS Foundation's** four-day train-the-trainer programs for those serving active duty military, guard, and veterans before and after deployment prepares chaplains, social workers and other professionals to lead specialized programs that deliver practical, usable skills to immediately facilitate expanded communication, deepen empathy, strengthen bonding and attachment, promote constructive conflict resolution, and enhance emotional understanding, expression and forgiveness.



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