



# WARRIORS' ASCENT

Providing hope and healing to Veterans and First Responders suffering from Post Traumatic Stress



Warriors' Ascent is a 501(c)(3) non-profit organization based in Kansas City, Missouri. We exist to train veterans and first responders how to use proven healing techniques to overcome their personal battles with Post Traumatic Stress. Our approach: Healing and tending to the Mind, Body, and Soul.

The Warriors' Ascent Program is an immersive experience designed to empower our participants to take ownership of their own healing and control of their lives by giving them the tools to heal and tend the mind, body, and soul. We achieve this with a rigorous five-day curriculum that teaches healing skills, inculcates essential lifestyle habits, and builds a sense of community and belonging within our participants. Participants stay on-site at Heartland Center in the rolling hills of northwest Missouri for the entire journey—all meals and accommodations are provided by Warriors' Ascent.

## DAY 1:

Exploring the mind: thoughts, feelings, behaviors and cognitive biases.

## DAY 2:

Strengthening the body: yoga, nutrition, sleep-hygiene.

## DAY 3:

Unburdening the Soul: Cathartic events; Includes Ceremony for the Dead and the Leap of Faith.

## DAY 4:

Staying the Course: Self-Efficacy, Self-Actualization.

## DAY 5:

Final reflections and graduation ceremony.

## THE REST OF YOUR LIFE:

You leave with the tools you need to take responsibility for your life, a sense of self-efficacy and self-actualization, and a supportive community of friends that share common experiences and are on a similar journey.