

# When do we meet?

We currently meet every other Thursday at 6pm. Our meetings will take place at the Revolution Mortgage company building located at 1225 Center Dr, Ste 140 in Dupont.

# Who can come?

Any veteran, first responder or family member who would like to share life experiences, challenges and strategies, and learn from each other.

Our forum will provide a platform for growth, learnings and mutual support, with the intent to move forward in life.

# VETERAN AND FIRST RESPONDER PEER TO PEER SUPPORT GROUP

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# What do we do?

First and foremost, we listen to what you're saying. We provide a space away from your current surroundings where you are free to speak your mind. What happens in the group, stays in the group with mutual respect. Our hope is you will find other like-minded people who have or are going through similar issues that you may be experiencing. We also hope to bridge the gap to get you appropriate resources to help you on your path to healing and living a full, well-balanced life. Here you are never alone. Our goal is to help you see life in such a way that brings you peace, joy, safety and love of life.

## Facilitators

**Doug White** retired Chief Warrant Officer 3. Experiences include tours of duty in Viet Nam, North Africa, Europe and various units in CONUS. After 23 years of service, he attended Bastyr University and received a Master of Service in Acupuncture and Oriental Medicine. Douglas has remained here in the Northwest where he has worked with a variety of organizations serving veterans and the low-income population.

**Maame Bassaw** was raised in a military family and continues to support the military community in a variety of ways. Maame has a Master of Social Work and actively advocates for individuals with different lived experience in Washington State through policy work, community outreach, and resource navigation. Through her efforts in building strong relationships with community-based and veteran service organizations, she fosters the power of connection and peer support in her service to others in need.

**Gary Ouellette** retired from the Army after 32 years of service as a chaplain assistant SGM.

He is a former suicide prevention coordinator at JBLM, a social work assistant at JBLM and has a BS in Psychology. He currently sits on the board of Music Works 4 Veterans (MW4V), a project that uses the power of music to heal and sustain a vibrant life.

**Elke BachZeeroch** is a retired USAF officer, served for 25 years in the WA Army National Guard as a medic and in the USAFR as a Licensed Clinical Social Worker. Continued civilian service included serving as a mental health professional in the community and clinical social worker at the Warrior Transition Battalion on JBLM.