

MARTINEZ VETERANS PTSD Peer Support Group

★
CONNECT. SHARE. HEAL.

Living with PTSD can feel isolating,
but you don't have to face it alone.

Join fellow Veterans in a welcoming,
confidential environment where you can:

- ✓ Share experiences and coping strategies
- ✓ Build connections with other Veterans
- ✓ Learn from peers who understand
- ✓ Participate at your own comfort level—
you are welcome to share or simply listen



**FOR VETERANS
FROM ALL ERAS**
who are living with
Post-Traumatic Stress
Disorder (PTSD).



TUESDAYS
10:00 a.m. – 12:00 p.m.



STARTING
AUGUST 4, 2026



MARTINEZ VA MEDICAL CENTER
Building 24, Room BB01



YOU ARE NOT ALONE.
Support, understanding, and
hope are here for you.

QUESTIONS?

POC: Kevon Franklin

 **(925) 895-5975**



U.S. Department of Veterans Affairs
Veterans Health Administration
Northern California Health Care System