

SACRAMENTO 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).



WEDNESDAYS

10:00 a.m. – 11:00 a.m.



STARTING

SEPTEMBER 2, 2026



**SACRAMENTO VAMC
(MATHER CAMPUS)**

Building 642, Room 202



YOU ARE NOT ALONE.

Support, understanding, and
hope are here for you.

QUESTIONS?

POC: Charles So

 **(279) 901-0484**

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Northern California Health Care System