

Coastal Warriors

FALL 2024 IMPACT REPORT



WHAT WE DO

In this free, 12-week program, participants learn resilience and coping mechanisms through connecting to their environment and each other.

GRATITUDE JOURNALS

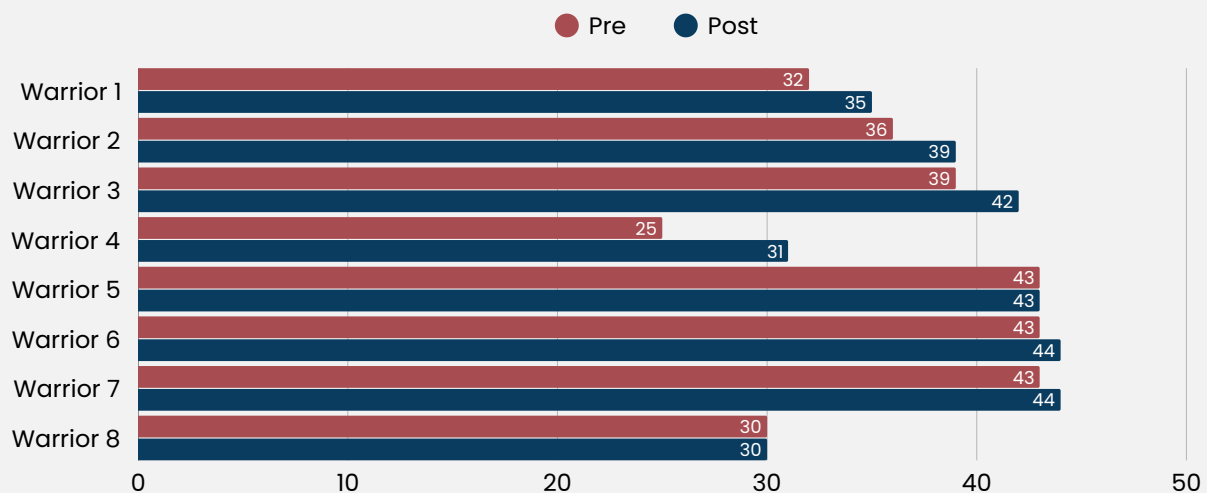
The introduction of daily gratitude lists (through a WhatsApp group chat) has proven to be a transformative element - yielding a more positive mindset within our veterans. By encouraging them to reflect on moments of gratitude, we've witnessed a noticeable improvement in their mental well-being and camaraderie.

WHAT WE MEASURE

Warriors were asked to fill out a pre-assessment and a post-assessment following the completion of the program to measure mental health and coping skills. We strive for the highest number (max =45) and the lowest number (min=14) indicates the most room for growth.

WHO WE SERVE

- ★ 18 Warriors (10 men + 8 Women)
- ★ Services Branches: 9 Army, 6 Navy, 2 Air Force, 1 Coast Guard
- ★ On average, Warriors attended 9 out of the 13 meetups



"This is by far one of the best programs I have ever had the pleasure to be a part of."



"You show up not knowing anyone.... and you learn to work together to understand the nuances of kayaking and each other."



"I have more patience, a little hope again, can feel excited about new things instead of just the anxiety"