



PROVIDING SUPPORT TO THOSE WHO SERVED

Free Veterans Talk Series at Local YMCAs in Greater Cincinnati and Northern Kentucky

A free seven-week program is available to active duty, reserve service members, and veterans, led by trained former military facilitators in an open forum setting. This is a great opportunity to connect with other veterans, discuss items of concern, and help each other in improving healthy mind, body, and spirit. Classes are limited to the first 20 people who sign-up. It will be offered from 7-8:30 p.m. for seven weeks at local YMCAs. Two sessions are scheduled at each location. Call your local branch to sign up today.

MONDAYS: January 6 - February 17 and
March 3 - April 14

M.E. Lyons YMCA, 8108 Clough Pike (513) 474-1400
R.C. Durr YMCA, 5874 Veterans Way (859) 534-5700

TUESDAYS: January 7 - February 18 and
March 4 - April 15

Campbell County YMCA, 1437 S Ft. Thomas Ave. (859) 781-1814
Richard E. Lindner YMCA, 2039 Sherman Ave (513) 521-7112

WEDNESDAYS: January 8 - February 19 and
March 5 - April 16

Blue Ash YMCA, 5000 YMCA Drive (513) 791-5000
Powel Crosley, Jr. YMCA, 9601 Winton Road (513) 521-7112

THURSDAYS: January 9 - February 20 and
March 6 - April 17

Clippard Family YMCA, 8920 Cheviot Road (513) 923-4466
Clermont YMCA, 2075 James E. Sauls Sr. Drive (513) 724-9622

For more information, call (513) 362-YMCA
or visit the website www.MyY.org.





NEW!

Free Vet Talk Classes

- Program will run in 7-week sessions
- Classes are once a week for 1 ½ hours
- Trained former military officers will lead the discussions about everything from post traumatic stress disorder, to learning how to open up and grow from your experiences
- Sessions will be held in an open forum with a **MAXIMUM** of 20 people per session
- **ALL** members of the community are invited to sign-up

BRANCH: _____ MEETING DAY: _____

DATES OF CLASSES:

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***Remember to call and remind the vets one week prior to the start of classes