



SARATOGA COUNTY VETERANS
PEER TO PEER
MENTORING PROGRAM
REINFORCEMENTS FOR LIFE

CALLING ALL VETERANS MAKE CONNECTIONS

> DO YOU NEED SUPPORT?

All veterans, regardless of time served or discharge, are eligible to receive mentorship in the following areas:

- Job hunting
- Family life
- Academic pursuits
- Life skills
- Acclimation to civilian life

> CAN YOU OFFER SUPPORT?

With minimal training from a program coordinator, you can provide meaningful help to a fellow veteran simply by offering:

- Guidance
- Peer support
- Encouragement
- Understanding

The Saratoga County Veterans Peer to Peer Mentoring Program

pairs established veterans with returning veterans who are experiencing posttraumatic stress disorder (PTSD) or other re-acclimation challenges. Personalized and informal, these pairings yield relationships intended to ease the transition from combat to civilian life.