Supporting our Veteran Families
All Significant Others or Spouses of Veterans

Post Traumatic Stress SO Education Group

♦ Potential Symptoms
♦ Possible Triggers
♦ Anger Issues
♦ Coping with PTSD
♦ Stress Reduction
♦ Anxiety and Depression
♦ Combat Loss, Grief and Guilt
♦ Reconnecting to Others

Want to Learn More About PTSD?
Starting Thursday, April 11, 1:30 to 3:00,
Bldg 400 Room 443

SOLANO COMMUNITY COLLEGE - VETERANS AFFAIRS CENTER
4000 SUISUN VALLEY ROAD FAIRFIELD, CA 94533
707-864-7105 veterans@solano.edu