

TRAINING WARRIORS TO EMPLOY HOLISTIC HEALING PRACTICES



MIND

20 WARRIORS COMMIT
SUICIDE EACH DAY



BODY

7,400 ARE LOST TO
SUICIDE EACH YEAR



SOUL

AT LEAST 800,000
VETS SUFFER FROM PTS

WHO WE ARE

Warriors' Ascent is a non-profit 501(c)(3) organization based in Kansas City, Missouri. We exist to train veterans and first-responders on how to use proven healing techniques to help them overcome their personal battles with Post Traumatic Stress.

WHAT WE DO: HEALING MIND, BODY, AND SOUL

Warriors' Ascent provides assistance to those who suffer from Post Traumatic Stress through a week-long program that provides them with the tools they need to take ownership of their own healing process. There is no quick fix for PTS. If our Warriors are to recover, they must adopt regular healing practices, such as mindfulness, and learn to embrace personal rituals that are conducive to improved wellbeing. War impacts the mind, body, and soul, and therefore, any comprehensive means to heal our warriors should entail a holistic approach. Also, we train our Warriors to take everything they learn back to their communities to support other warriors who are suffering.

HOW CAN YOU HELP

Since our program is free for our Warriors, we rely on donations to support operations. As Veterans, we work hard to ensure the money is spent responsibly so we can have the greatest impact on our brothers and sisters. The program is life-saving and results in life-long benefits for the Warriors and their families. Also, you can help by spreading the word about our efforts on social media.

LOCATIONS

KANSAS CITY
1600 GENESSEE ST. STE. 306
KANSAS CITY, MO 64102

NON-PROFIT STATUS

"WARRIORS' ASCENT" IS A RECOGNIZED
501(C)(3) TAX-EXEMPT ORGANIZATION
TAX ID: 47-1029701



War literally changes the brain and damages the limbic system. This leads to heightened stress, paranoia, anxiety, and irritability. It becomes difficult to sleep, connect emotionally with others, and exercise good judgment.

OUR APPROACH: HEALING AND TENDING TO THE MIND, BODY, AND SOUL

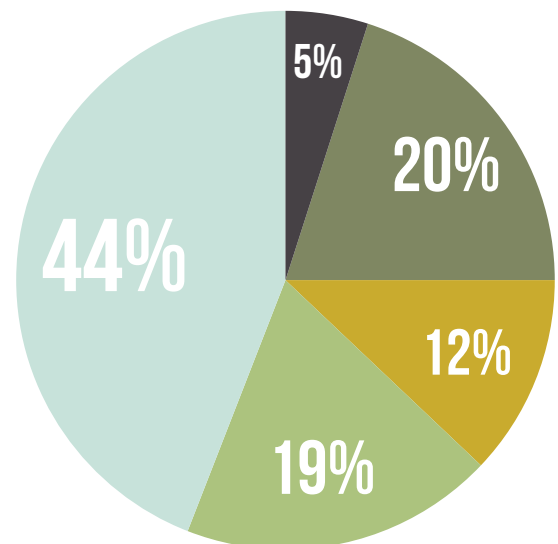
MIND: Mindfulness practices, such as meditation and yoga, that are proven to heal the brain.

BODY: Tending to the body through yoga, and basic fitness and functional movement principles.

SOUL: Catharsis through sharing, camaraderie, and rituals steeped in ancient warrior tradition.

OUT OF 2.8 MILLION IRAQ AND AFGHANISTAN VETERANS, AS MANY AS:

- 44% are diagnosed with PTS.
- 19% are not diagnosed but feel they have PTS and *have not* sought care.
- 12% are not diagnosed but feel they have PTS and *have* sought care.
- 20% feel they do not have PTS.
- 5% prefer not to say.



Source: 2014 IAVA Member Survey. Retrieved from http://media.iava.org/IAVA_Member_Survey_2014.pdf