Open to All who have Served

Did you serve in the armed forces? One month, one year, one decade, one lifetime? If yes, you are welcome at Advocate Aurora’s Veteran Classes. All classes are for Veterans only.

- Relationship Repair  Mon: 1200-1300
- Trauma 101  Mon: 1600-1700
- Moral Injury & Guilt  Tues: 1200-1300
- Emotional Intel  Tues: 1300-1400
- Mindfulness  Tues: 1400-1500
- Military Identity  Wed: 1100-1200
- Trauma 101  (Begins February 2023) Wed: 1200-1300
- Boundaries  Thurs: 1000-1100
- Survival Skills  Thurs: 1200-1300
- Healthy Sleep  Thurs: 1600-1700
- Grief & Loss  Fri: 1100-1200
- Coping with Stress  Fri: 1200-1300
- Trauma Processing  *ask your provider

* these classes cover more sensitive topics and require weekly commitment to attend. Please ask your provider if interested.

Aurora Health Care Veterans Program
- Virtually on Zoom -

Talk to your provider about attending classes.

For questions about these classes or to sign-up please call
Central Scheduling: (414) 773-4312
Front Desk: (414) 454-6516

Classes are weekly and are tailored to former and current military members. Veterans’ benefits or service-connection are not required.