



To celebrate this 4th of July, please consider a donation to The Wounded Heroes Fund in support of our many **free** programs and services to Veterans (and their family members) living in Kern County.

Founded in 2009, The Wounded Heroes Fund (WHF) is a service organization for Kern County Veterans and their families with a mission dedicated to facilitating healthy transitions through community, support, and appreciation. WHF's overarching, key goal is to help local Veterans transition to civilian life and become more independent after suffering trauma.

WHF serves Veterans with traumatic brain injury (TBI), PTSD, or major depression, as well as female Veterans who are survivors of military sexual trauma (MST). Our doors, however, are open to all Veterans. Typically, we serve 2,000+ Veterans and their family members on an annual basis through all programs and services combined. **Your donation will help us fund the following:**

- Our **Equine Therapy Program** at M.A.R.E. Therapeutic Riding Center in Bakersfield and our Veterans-only retreats via our **Regimen Ruck: Growth Through Adventure Program** are both designed for Veterans who are suffering from PTSD, TBI, or MST, and who are in need of therapeutic programs to help them with their journey to healing. Veterans may attend for six sessions each, but with additional funding, we can increase the number of visits, which cost \$50 each.
- **Regimen Ruck** is designed to provide our Veterans with a safe space in a wilderness setting where they can not only challenge themselves physically in a breath-taking setting, but also connect and enjoy camaraderie with other Veterans over shared experiences in the military. The course areas in which our programs take place are exposed and usually remote in High Sierra wilderness areas or high desert wilderness areas, including Golden Trout Wilderness, Courtright, Bishop Trail Pass, Indian Cove and Dome. Funds are needed for food, transportation and equipment.
- WHF's robust **Food Pantry Program** provides monthly food baskets to Veterans (and their families) who have applied for assistance through our Direct Financial Assistance Program, as well as holiday baskets during Thanksgiving and Christmas. We also offer monthly emergency food kits, usually to homeless Veterans moving into transitional housing, as well. We project serving at least 1,500 Veterans and their family members via the Food Program in 2024.
- Our Direct Financial Assistance Program provides support to Veterans for rent, utilities, car payments and car insurance on an as-needed basis. Funding is capped at \$500 per Veteran.

WHF offers a safe place for Veterans to come together to create working relationships with other Veterans in the community, gain tools for financial and family sustainability, and receive assistance with basic needs like food and paying rent and utilities. **All WHF services and programs are provided at no cost to the Veterans we serve.**

<https://thewoundedheroesfund.com/>

<https://www.youtube.com/watch?v=k1Sf32XEdNQ>

<https://www.youtube.com/watch?v=E1BqQ6LRPnk>

<https://www.youtube.com/watch?v=Tk3FfvW3txE>