Nova Scotia/Nunavut Command
The Royal Canadian Legion

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All Branch Mail Out #68

Date: **October 23, 2025**

To: **NS/NU Branches**
NS/NU Executive Council
NS/NU Zone Commanders
NS/NU Past Presidents
NS/NU Command Staff

From: **Comrade Valerie Mitchell-Veinotte**
Veteran Outreach Committee Chair
NS/NU Command, RCL

Subject: **Workshop for Veterans and Family and Immediate Support workers.**

Message:

Comrades: SKY Resilience Training is an inclusive, practical and interactive mind-body program offering powerful tools to help individuals manage the impact of service related chronic stress and trauma. The program builds resilience and a mental fitness framework translating into self-awareness and overall well-being using breathing techniques, interactive small group discussions, gentle yoga and guided meditations.

Please find attached a poster with information on an upcoming series to be hosted by NS/NU Command at its office boardroom, 61 Gloria McCluskey Dartmouth. Ample free parking and separate entrance.
This program has been hosted by Chester Legion Branch with great success and benefit to Veterans, their immediate families and direct care supporters.

The attached poster provides details. Please circulate this to your membership, to your wider network, post on your Facebook pages and post a printed copy in your clubhouses. NS/NU Command Veteran Outreach Committee will be exploring the potential of having future programs delivered for further reach both in person and virtually.

Let's get the word out there so as many as possible can benefit from this support!

Thank you!

PROJECT

Welcome Home Troops

SKY

RESILIENCE

Master Your Breath. Master Your life.

November 17th - 21st
9 am - Noon
61 Gloria McCluskey Ave, Dartmouth, Nova Scotia

No cost to active military, retired military, their immedate family over 18 and their immedate support workers

mark@iahv.ca - 902 989 6032 - www.pwht.org

Register for the course:
https://forms.gle/DGAMuRKXPF9TpcRM7