

Do you feel numb inside?
We are here. We get it. Call.



Veterans & Community. Together, we thrive!

RGH is a community that fosters the health and resilience of veterans across their lifespan. We strive to:



- Create community conditions that support good mental health
- Improve understanding of the needs and sacrifices of veterans and their families
- Reduce veteran isolation
- Improve mental and emotional supports for veterans and their families

ResilienceGrowsHere.com | 860.352.2333

RGH is a program of Farmington Valley Health District | FVHD.org

Are you feeling isolated?
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How are you transitioning? We get it. We are here. Call.



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No one knows the hell
you've seen. We do. Call.



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Are you angry all the time?
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Anxious, angry, depressed?
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