



VETERANS VICTORY GARDEN

SOWING THE SEEDS OF HOPE

Operation Hearts Harvest

Veterans and their families often experience post-deployment challenges related to the physical and psychological effects of combat, reintegration and adjusting to civilian life. Gardening, as a therapeutic means not only settles the mind, it also gives us a sense of purpose. Heroes at Home has a mission for any interested Veterans: Sow, cultivate, and reap the harvest. We provide the tools to accomplish the mission. Crops will either be sold at local farmer's markets or donated to local food banks in Rensselaer County. Help yourself while helping others.

Heroes at Home is a Veterans Peer Support Group dedicated to wellness recovery using a non-clinical, person centered, strength based, holistic approach. We know that only other members of the military can fully understand your experience and challenges. Peer Support is all about Hope, addressing issues such as PTSD, building relationships, encouraging connectedness, and focusing on your strengths.

Anyone interested in joining us is encouraged to call Chris Charpentier or Larry Bringing Good at 518-235-2173



We need 2 – 3 plots for gardening, approx. 30' x30'. Urban or rural. If you or someone you know in Rensselaer County can help us out call Chris at 235-2173

We have the seeds, you have the skill.

Heroes at Home is sponsored by the Pvt. Joseph P. Dwyer Peer Support Program.
