



One U.S. veteran attempts suicide every 80 minutes while unemployment among veterans is at an all-time high and many military families are applying for financial assistance. The Active Heroes retreat is developed, designed and built by veterans and their families to help veterans and their families. The Active Heroes retreat will help with post traumatic stress disorder and suicide prevention by teaching veterans and their families to heal through physical therapy activities and mental therapy classes.

The Active Heroes Retreat and Nature Park will have several outdoor activities that will comfort every member of the military family. Kids will enjoy the lake for swimming, canoeing, paddle boats and there are also five separate streams or ponds for fishing. Other outdoor activities include the honor hiking trail that follows the outer edge of the retreat, archery, biking, rope and rock climbing walls and a kid's playground.

Active Heroes is a charity that is all about getting active! The retreat will introduce sports and fitness activities as an additional way to relieve stress, have fun and to build upon physical fitness.

The sports activities will include Louisville Slugger batting cages, a basketball court, tug of war sand pit, horse shoes, bocce ball, football, ultimate Frisbee and soccer field, sports toss and a slack line for balancing.

The Active Heroes Retreat and Nature Park is designed with the military family in mind. As phases of the retreat are built, we will introduce additional challenges to inspire the families to work together to complete. These challenges include geocaching, a rope climbing course and a hide and seek mystery.

Active Heroes has helped over 1800 military families, veterans and wounded warriors with financial support.



Our Mission

Active Heroes' mission is to strengthen active duty military, veterans and their families in order to provide the coping skills to manage the stress and the triggering points that lead to suicide.

Active Heroes is dedicated to connecting and helping America's military families through physical and mental therapy, home repairs and community outreach, financial assistance and community reintegration to halt the triggering points and stress associated with "hard times" that lead to suicide.

GET INVOLVED BY GETTING ACTIVE FOR OUR HEROES A 501(c)(3) CHARITY HELPING MILITARY FAMILIES TAX ID# 45-4138378

This brochure was generously donated by Partner One Technologies. www.partneronetech.com



We are currently raising funds to build The Active Heroes Retreat. You can help hundreds of military families visit the retreat by donating to this program. We hope to open the Active Heroes Retreat by 2015 to bring together many veterans and build leaders that help veterans in their own communities.

Many veterans and military families dealing with post-traumatic stress disorder (PTSD) struggle with going out in public. The Active Heroes Retreat and Nature Park is designed to give these families a safe place where they can intermingle with the public and have "Healing Areas" to get alone time.

The Active Heroes Retreat and Nature Park is located on 144 beautiful acres seated in between rolling hills and valleys with four dedicated flat sections. The retreat embodies healing by giving military families a place where they can leave their personal problems behind and step into the warm embrace of nature, whether it is a green, mossy grove, the military family garden or the rocky hills. Visitors can expect to see deer, turtles, hawks, black racer snakes, fish and even a petting zoo with mini horses and goats.

Join us on Saturday, September 6th, 2014 10am - 8pm for Houston's FIRST Annual Stand At Attention Competition!

Hosted by: Memorial City Mall

303 Memorial City Way, Houston, TX 77024

Contacts: Ann (936) 718-4388 or Helen (832) 443-0006

Now in its fourth year, The Stand At Attention Competition is growing to many new cities across America. The event is operated by Active Heroes, a 501(c)(3) charity that is building a military family retreat to support veterans struggling with PTSD. It is estimated that twenty two veterans commit suicide daily, so it's imperative that we stand together and help raise funds for this important project.

The Stand At Attention Competitions are hosted in malls or crowded areas to see which military branch can stand the longest. The Army, Navy, Marines, Air Force and Coast Guard are represented by veterans or cadets who stand for approximately ten hours. Participants will start at 10am and go until the last one is standing or 8pm, whichever comes first. Each military branch will compete to raise the most to help military families in need.

If more than one branch is still standing by the end of the competition, the donations in each bucket at the event and online are counted to determine a winner. Army won the first year, Marines the second year and Navy won last year.

During the event, Active Heroes streams live online for America to watch. Cadets do pushups, sit-ups and more and many people come out to share their respect for the military. It truly is a sight to see and the most unique event that you can sponsor!

All donations to each branch will help military families in need.