

BATTLE BORNE BUGLE

TOGETHER WE RISE

Issue 1

March 2025

VETS HELPING VETS



PA counties include: Lehigh, Northampton, Carbon, Monroe, Berks, Schuylkill, Warren, Lackawanna, Luzerne, Wyoming, Bucks, Chester, Montgomery, Lebanon, Lancaster, Dauphin

Who We Are

Battle Borne is a collaborative effort among like-minded individuals and organizations intent on repairing and restoring people who have served our country. We do this by delivering a unique level of support and guidance to those service men and women who have emotional and psychological wounds. We provide support directly and indirectly in collaboration with others in our community who value those who have served this nation and its communities.

SERVICES WE OFFER

At Battle Borne, we strive to assist veteran's needs. Our approach is a collaborative partnership providing peer-driven support services to veterans and individuals.

Veteran transport is provided on an as needed basis

Veteran Resource Center for Drop-in Services

Battle Borne Barracks (Housing for Veterans)

Military Share Food Distribution Program
Lehigh & Monroe

Veteran Transportation Services

Assessments for Services

Case Management Services

Certified Recovery Specialists

Therapeutic Massage

Veteran Support Services

Trauma Support

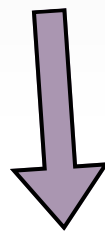
Yoga – Trauma Informed & Holistic
Meditation

Art Expression Programs

Workforce Re-Entry Preparation –
Including Resume Building

Computer Lab

Service Spotlight



Veteran's Massage with Michele

Last Friday of the month
1PM-3PM

Palmer Recovery Center
2906 William Penn Highway Suite 101/202
Easton, PA 18045

Hi, I'm Michele Gubish. I blend my training and experience as a massage therapist, physical therapist assistant, certified personal trainer, corrective exercise specialist, and integrative health practitioner to help relieve muscle soreness and pain, find the source of the pain and teach you how to keep it from coming back. I also recognize the need to calm the nervous system through relaxation massage and Reiki energy work. Call today and let's build a custom session for you and your needs and talk all things health and wellness.

BOOK NOW 610-570-1258

Check-out Some of the Benefits

MASSAGE THERAPY CAN HELP VETERANS REDUCE STRESS, ANXIETY, AND CHRONIC PAIN, PROMOTING OVERALL RELAXATION AND WELL-BEING. IT ALSO AIDS IN IMPROVING CIRCULATION, FLEXIBILITY, AND THE RECOVERY PROCESS FROM PHYSICAL INJURIES OR PTSD.

SUPPORT ACTIVITY

Battle Borne offers a variety of groups where you can connect, support one another, and learn new skills to promote well-being across a variety of life domains including - relationships, life transitions, physical health concerns, stress and mindfulness.

	Support Activity	Date	Time
(P)	Coffee & Connection	2 nd Friday	9am – 11am
(P)	Vet Drop – in Service	Friday	9am – 4pm
(P)	Trauma Informed Yoga	Wednesday	5:30pm – 6:30pm
(P)	Yoga Everyday	Friday	11:30am -12:30pm
(P)	Veteran Massage with Michele	Last Friday	1pm – 3pm
(V)	Vet Drop – in Service	Mon – Friday	10am – 2pm
(V)	Military & Vet Family Group	1 st Tuesday	8pm – 9pm
(V)	Empowerment Workshops	3 rd Wednesday	7pm – 9pm
(V)	Food Share	4 th Wednesday	2pm – 4pm
(V)	First Responder Peer to Peer Group	1 st & 3 rd Thursday	6pm – 7pm
(V)	Veteran Massage with Michele	Last Monday	12pm – 2pm
(G)	Food Share	3 rd Tuesday	11am – 1pm
(Z)	Loving Someone w/ Addiction Support Group	Wednesday	2pm – 3pm
(Z)	Female Vet Support Group	1 st Saturday	10am- 11am

Location Details

(P) Palmer Recovery Center
2906 William Penn Hwy
Easton, PA 18045

(V) VRC
36 S. 6th St.
Allentown, PA 18101

(G) West American Legion 927
646 Fairgrounds Rd.
Gilbert, PA 1831

(Z) Zoom: Link provided at
time of registration

*** NEW ***

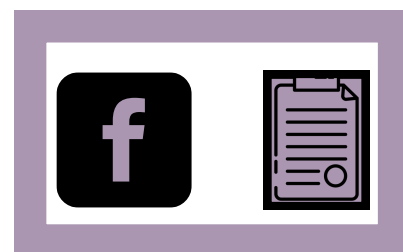
**Check Out Our
Events Calendar**

→ HERE

Volunteer Spotlight

Samantha joined us for our monthly Military Food Share in Allentown on February 26th. Samantha is also a veteran, serving in the Army from 1985-1996. Samantha found out about volunteering with Battle Borne through Amazon Warriors Affinity Group. Samantha said, "I love being able to give back to other vets that I know are on fixed incomes, and it makes me feel good knowing I am helping."

Samantha Reith



Volunteers Needed!!

Do you want to be like **Samantha** and be in the Volunteer Spotlight?!

Follow our volunteer Facebook page

OR

Fill out a volunteer form on our website

To get notified about all of our volunteer needs
(both linked above)

WOW! Look At Our NEW Community Supporters & Sponsors

UNITED WAY OF THE GREATER LEHIGH VALLEY

Thank you for the opportunity for allowing us to be one of the recipients of the United for Veterans' Mental Health Grant

Thank you to All of Our Supporters & Sponsors

- Northampton County Drug & Alcohol
- Veteran Health Program at Valley Health Partners and individuals
- Palmer Recovery Center
- Treatment Trends
- Oasis Bethlehem
- Change on Hamilton
- Clean Slate Bangor
- Joint Task Force 22 to Zero
- Brookdale Premier Addiction Recovery
- Recovery Cove
- STR Behavioral Health
- Bold Steps Behavioral Health
- Members 1st Federal Credit Union
- Deadra Clewell Counseling, LLC
- PRO-A (Pennsylvania Recovery Org. Alliance)
- Bethlehem Counseling Associates
- Steel City Beards & Shears
- Northampton Community College
- Say-It with Screen Printing
- MARS
- Longacre Company
- Ethos Cannabis Dispensary
- Unity Bank
- Banyan Treatment Centers MVIR Program
- Pyramid Healthcare, Inc.
- Crossroads Treatment Centers
- Franklin Farms East, Inc.
- Little Creek Lodge Recovery
- Counseling Solutions LV - CSOLV
- Tower Health/ Belmont Behavioral Health
- WDR/ Allentown CTC
- Detzi's Tavern
- CleanSlate Centers
- St. Luke's Penn Foundation
- Wehrung Macungie
- SURV
- SecondHarvest Foodbank

Want to be highlighted in our next issue?!?

Find out how you can become a supporter or sponsor
[Email donor@wearbattleborne.com](mailto:donor@wearbattleborne.com)

Want Some Awesome Gear...



And to Support Battle Borne

Check Out The Battle Borne Shop

Introducing Round-Up!

Every donation counts!
Please consider supporting our Round-Up program, which allows you to contribute small amounts that make a big impact.



Together, we can make a difference!

Round Up - With Harness Giving

Get to Know Us Better

Check Out Our Website & Follow Us on Social Media

 wearebattleborne.com



Call

(484) 265-1262

Mail

P.O. Box 366
Center Valley, PA 18034

Email

wearebattleborne@gmail.com

OUR MISSION

We connect veterans, first responders, and their families with resources that promote resilience, build community, and enhance well-being. We leverage internal and external resources through collaboration with like-minded individuals and organizations to aid veterans in reintegrating into society and to facilitate their journey towards a healthier and more fulfilling life.