

Let
Freedom
Ring

VETERANS' ROCK

605 S. Greeley Highway. Suite 1
Cheyenne, WY 82007, 307-514-0035
veteransrockchey@gmail.com/veteransrockchey.org
501(c)(3)

I pledge
allegiance to the
flag of the
United States of
America

February 2024



Thank you
to all who donate
to our Veterans
every day!



Happy Valentine's Day

VETERANS' ROCK MISSION:

Rock solid support for, veterans and active duty in need, their families, and service animals.
We will help to lessen the burden of mental injury and fight to overpower veteran suicide.
They fought for our freedom; now we must help them live free of everyday burdens in small, but impactful ways.

ALL BRANCHES, ALL RESERVES, AIR AND ARMY GUARD

CLOTHING AND PERSONAL CARE NEEDS:

Clothing: We do not need any clothing at this time—thank you all!

Misc: Large duffle bags, military tie-tacks

Personal care: large and X-large men's Depends

FOOD PANTRY NEEDS:

Canned: Spam, roast beef, hash

Misc: sliced bread, Kleenex, snack size chips, 1/2 gallons of whole milk, eggs

Thank you so much!!



HOUSEHOLD AND MISCELLANEOUS ITEMS NEEDED:

When veterans get housing
they need **small** apartment size furniture:
kitchen tables and chairs, love seats,
recliners, small dressers

In general: Straight Talk phones and minutes



VETERANS ROCK NEEDS:

Everything you have given; your generous support has helped us take care of veterans and active duty.
Thank you!!



**Veterans Rock has helped 614 veterans
since opening in July of 2020.**

We love our veterans and active duty!



Help RECEIVED!
AMVETS has been painting and carpeting our upstairs meeting room.



THANK YOU AmVets for your perseverance !!

Veterans need advocates

to help them with a variety of things:

**obtaining DD-214s, state IDs,
help with VA benefits,
and help applying for SSDI.**

**We offer training and you can use our
computers, files, phones, office supplies,
and our copy/scanning machines.**

**Let us know if you have a
couple hours a month to help
tackle some of these challenges. These road
blocks keep some of our veterans from being
self sufficient and
financially independent.**

**Give us a call if you would
be willing to assist, 307-514-0035.**

For ALL veterans—needing insurance but don't know where to start, or think you can't afford insurance, or have TRICARE for Life and think you need nothing else?

AP Benefit Solutions is here to help you answer those questions.

All veterans and active duty military are welcome to stop by **VETERANS' ROCK** on the 1st and 3rd Tuesdays of the month from 12:30pm till 4pm to find out what your options are.

**Free, no obligation Q & A.
605 S. Greeley Hwy.
For more info, call 307-399-0940.**

**Come see us on
February 20.**

**Our count of veterans and their families we
have helped since opening in July of 2020,
614.**

Of these Veterans, we have helped:

**212 with food, 162 with gas cards,
38 with food cards, 234 with clothing,
38 nights of hotel rooms, 130 with furniture,
160 with household goods,
22 with bikes, 4 with a car,
31 with car repairs,
49 with laundry and/or showers,
7 with phones, 13 with computers,
56 with gear,
68 with some form of transportation,
46 with direct advocacy assistance, and
41 with misc. expenses for rent, utilities,
car tags, deposits, school fees,
household repairs, etc.**

We are happy to announce Veterans' Rock has given four donated cars to four deserving veterans.

**We now we have a fifth car to give to a deserving veteran.
We are so thankful to those of you who have given
us cars to give to veterans!**

**If you know a veteran
who is working or going to
school and is without their own
transportation, have them call
Veterans' Rock for an
application.**



**Thank
you!**



JOIN PARTY

- ★ FREE to attend
- ★ Sloppy Joe dinner available for purchase
- ★ Live Auction
- ★ Punch Box
- ★ Games
- ★ Raffles
- ★ All for a chance to win while supporting Laramie County Veterans!
- ★ Doors open @ 4pm, party starts @ 4:30pm

Cheyenne Rotary After Hours and VETERANS' ROCK are teaming up to raise money for



April 4, 2024

4:00 - 9:00pm

Lincolnway Event Hall
3839 E. Lincolnway, 82001

Cheyenne After Hours
Rotary



**VETERANS'
ROCK**



Save the date: July 10, 2024



**WYO
GIVES**

WyoGives.org

**Help
Veterans**



**Help
Veterans**

**A POWERFUL, STATEWIDE 24-HOUR
ONLINE FUNDRAISING EVENT
THAT IS DESIGNED TO BRING THE
STATE TOGETHER AS ONE COMMUNITY
TO RAISE MONEY AND AWARENESS FOR
WYOMING'S NONPROFITS**

INCLUDING VETERANS' ROCK.

***HELP* VETERANS' ROCK**

***HELP* VETERANS!**

July 10, 2024

For more information, go to WyoGives.org

VETERANS' ROCK

to host a

VETERANS' STAND DOWN for **ALL** veterans!

(Proof of military service required at the door)

You may not be in need financially but, you may have questions about insurance, taxes, wills and estate planning. Who knows what you might learn. Come take a look around!

Thursday, August 29, 2024

10:00 am – 2:00 pm

The Forum 619

619 South Greeley Hwy., Cheyenne

(just a 1/2 block south of Veterans' Rock)

INFORMATION, RESOURCES, AND SERVICES AVAILABLE:

health care, veteran benefits, insurance, housing, employment, education, bike repair, substance abuse treatment, suicide prevention, veterinarian care (bring your service animal), hair cuts, and lots of other community resources for veterans only.

Door prize drawings for free stuff, too.

For more information and to reserve
a free resource table,

call **VETERANS' ROCK**, 307-514-0035.



VOA NORTHERN ROCKIES

FREE VETERAN RETREAT

MORAL INJURY:

HEALING WOUNDED SOULS RETREAT

Moral injury results from perpetrating, failing to act, or witnessing an act that goes against your deeply held values. 40% of combat veterans have experienced it.

Moral injury isn't PTSD but it is related. Moral injury is an invisible wound of the soul that can result in intense shame, agonizing guilt, grief, depression, substance abuse, relationship struggles, anxiety, and suicide.

SOUND LIKE YOU? YOU ARE NOT ALONE. WE CAN HELP.

Retreat Locations:

Anaconda, MT
Fairmont Hot
Springs Resort
May 17-19

Custer, SD
Custer State
Park
May 17-19

Ten Sleep, WY
Meadowlark Lake
Lodge
June 28-30

Centennial, WY
Table in the
Wilderness
August 23-25

Lodging, meals, and experience fully covered by SSG Fox Suicide Prevention Grant program.

**FOR MORE INFORMATION ON THE RETREAT AND TO APPLY,
CONTACT US AT:**



EMAIL

WEB

MORALINJURY@VOANR.ORG

VOANR.ORG/SERVICES/MI-RETREATS

STAFF SERGEANT PARKER GORDON FOX SUICIDE PREVENTION GRANT

SCAN ME

