



"I know you don't understand these words, but you understand my heart... You empower me to breathe again, to let go and to live..."

*-Open letter to my service dog. Veteran's name unknown-*



"Working in the greenhouse keeps my mind clear"

*Lewis Kalesnik, Veteran*

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FEMALE veterans who have experienced MST are more likely to suffer from PTSD, but less likely to seek help  
*-American Psychological Association-*

FEMALE veterans ages 18-29 are 12 times more likely to commit suicide than non-veteran females  
*-Department of Veterans Affairs-*

"As a female veteran myself, I am glad to know that G.I. Josie will provide unique services to women in need. Sometimes we just need time and space to heal, and G.I. Josie will provide that safe space."  
*-Casey Lucius, PhD., USN Retired-*

"It's about damn time!"  
*-Lars Berg, 91 - WWII Veteran, USAF Retired-*

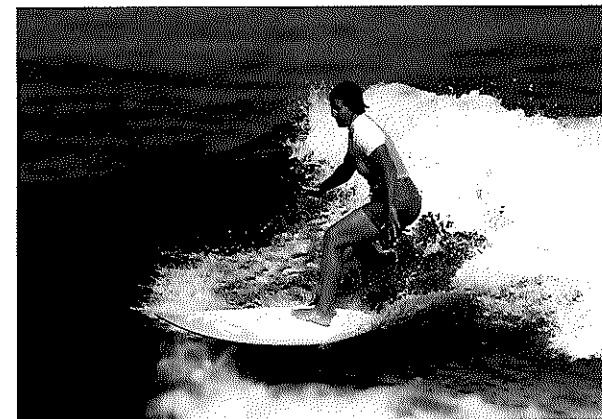
### ENDORSEMENTS

- John Phillips, Supervisor, Monterey Co, District 2
- Anna Caballero, CA State Senator, District 12
- Jimmy Panetta, US Congressman, 20th District
- Ed Smith, Councilman, City of Monterey
- MaryAnn Carbone, Mayor, Sand City
- Promote Her Business International, LLC
- VFW Auxiliary, Post 9242
- American Legion Auxiliary, Posts 589 & 593
- Monterey Pacific Rotary Club
- Cannery Row Rotary Club
- Monterey Peninsula Chamber of Commerce
- Soroptomist International, Carmel Bay Chapter
- VFW, Aptos Post 10110
- Rosie Chalmers, KSCO Radio, Santa Cruz
- Member Santa Cruz County Trauma Consortium

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...The *Blue Water Project* for me is a time where I truly feel worry- and stress-free, where I can let go and just be in tune and living in the moment ...

*-Breana Edwards, USN, Veteran-*



"Interaction with an animal just makes you more relaxed. You're connected with an animal, a living thing and that's all you're focused on."

*-Joe Grimard, Navy Veteran-*

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