



## ABOUT US

Surf Brigade Inc. is a 501(c)3 public charity that was formed by veterans for veterans. All donations and proceeds are used to bring surf therapy to the veteran population across Northwest Florida.



### HISTORY

Surf Brigade was created by a team of veterans dedicated to making a deep impact on the veteran population across Northwest Florida by providing surf therapy and building a community that exists to navigate common veteran challenges together.



### MISSION

Surf Brigade's mission is to increase resilience across the veteran population through surf therapy and community building.



### VALUES

We will treat everyone with respect. Always.  
We will take the time to understand every unique life path.  
We will create a genuinely authentic environment.



### PROGRAM

Surf Brigade is a 6-week program that meets every Saturday morning. Guided discussions on the top veteran challenges are followed by surf instruction and a therapeutic surf session as a team. All surf equipment is provided by the program.

## WHAT IS SURF THERAPY?

Surf therapy combines the physical activity of surfing with structured group activities to help promote physical, psychological, and social well-being with clinically proven improvements in social skills, relationships, emotional regulation, and problem-solving.



### Apply

Apply on the website to be a part of the first cohort, 7 Oct - 11 Nov 2023. All veterans and military welcome.



### Attend

Must dedicate 3 hours every Saturday morning for 6 weeks. @ Okaloosa Pier.



### Volunteer

All alumni are invited to volunteer as mentors and cadre in future cohorts and events.

**DONATE**



[www.surfbrigade.org](http://www.surfbrigade.org)



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