

The *Story* of **Project New Hope** INC.

Project New Hope, Inc. (PNH) was founded in 2010 by Bill Moore, a disabled Air Force Veteran, and his wife Donna, to support Veterans transitioning to civilian life and to create mutual support and camaraderie among Veterans, active-duty Military, and their Families.

PNH has been a lifeline for Veterans since its first retreat in 2011. The organization offers a wide range of services, including retreats throughout the year, food pantries, baby pantries, farmer's markets, coffee socials, holiday support, and more. These services are designed to meet the diverse needs of Veterans and their families, providing them with the support they need to thrive.

Bill and Donna continue to attend every retreat alongside Veterans to show them this support.



Join our PNH
Community!



**Contact us in our
Worcester, MA or
Westfield, MA offices!**

70 James Street, #129A
Worcester, MA 01063

Office Hours:

Monday, Wednesday, Thursday
9:00 am–3:00 pm
Tuesday 8:30–2:30 pm
Friday 9:00–2:00

Sully's Baby Pantry Hours:
(same as above)
(774) 243-7859

Hampton Ponds Plaza
1029 North Road, Suite 9
Westfield, MA 01085

Office Hours:

Monday, Tuesday, Thursday
8:30am–1:30pm
Wednesday & Friday Closed
(413) 485-7988

Connecting the Dots Case Manager:
Worcester@projectnewhopema.org
(508) 762-1459

General Inquiries:
Worcester@projectnewhopema.org

Supporting Military, Veterans & Families!



www.ProjectNewHopeMA.org



PNH is founded on providing wellness resources for Military, Veterans and their Families. Central to many of these retreats is The Cortina Method (TCM), brain based healing that helps people resolve trauma without having to relive the pain. Our no-cost retreats offer safe and supportive places for Veterans to begin rebuilding with honor.

We currently offer retreats for Men, Women, Families, Couples, and First Responders



"I did not know what to expect, I was looking forward to some things, and others...not so much. To my surprise, I enjoyed all of it. I couldn't understand how I could address the past event without reliving it, but TCM was amazing. I was able to learn how to redirect feelings or thoughts that drained my time and energy. I feel better equipped to dismiss unhelpful thoughts and give my energy and focus to my loved ones and myself."

Sully's Food & Baby Pantries provide discreet assistance for Military, Veterans and their Families who need food and baby items. We have groceries, clothes, over-the-counter medicines, and seasonal gear available! With locations in Worcester, MA and Westfield, MA, PNH puts food and supplies into the hands of Veterans and their Families every week.

Connecting the Dots

Our case manager helps Military, Veterans and Families "connect the dots" for assistance and to achieve stability. Financial, home, food, health, and community assistance is available!

From our Veterans:

"This retreat was amazing, I learned so much and can utilize these skills at home to relax. I can not remember when I have been so stressed free – the lost time. Having a great time with my husband, thank you so much to the whole team."

"As a Vietnam Veteran this has been better for me than any parade could have been – you can't fix perfect."

"Weekend without the uniform, Project New Hope captured the best part of the Military, camaraderie, fellowship and mutual respect."

"This retreat is a chance to step away from our usual everyday life, focus on ourselves and begin to discover how to make peace with our un-peacefulness. This retreat for veterans and their family members is an opportunity to slow down, reflect, and connect with other veterans who understand and share our journey."

Our Other Programs

Veterans Coffee Social

Connect with other Military and Veterans each Tuesday morning!

VA Claims Assistance

Veterans receive help filing their VA disability claims.

Operation: Jeepers Christmas

Our sponsors help fill holiday wishes for Military, Veterans and Families in need.

Holistic Wellness

Veterans Massage & Reflexology for Military, Veterans and Families.

Back to School Brigade

Military, Veterans & Families receive backpacks and supplies.