

VFW MINNESOTA STATE COMMANDER'S PROJECT ROGER UP - WOMEN'S VETERANS



Charles Hawkins, Sr.
MN State Commander, VFW

We recognize that women who serve often face challenges that involve intimate partner violence-ranging from military sexual trauma and community violence. By bridging the gap between first responders and resources that ensure no woman has to walk this path alone.

FOSTERING CONNECTIONS: Through education, outreach and women-centered events, we also foster, communicate, create, and maintain a space where every woman feels seen, and supported. Our project is our holistic approach, uniting and strengthening community.

PROGRAMS:



1. SERVICE DOG PROGRAM: Empowering Veterans and First Responders with disabilities through Exceptionally Trained Canine Partners. Roger Up's Service Dog Program focuses on providing highly trained service dogs to support those living with physical and mental disabilities. Under expert leadership, we develop dogs for tasks including mobility assistance, PTSD support, psychiatric aid, medical alerts, and more. Our goal is to build the best service dog program in the Midwest, defined by excellence, reliability, and lasting impact. **BRIDGING INDEPENDENCE:** Service dogs help handlers regain freedom in daily life, from navigating public spaces to managing health conditions. **BUILDING CONNECTIONS:** These canine partners foster community and connection. **LONG-TERM SUCCESS:** We ensure teams receive ongoing support for a lifetime of partnerships.



2. FAITH AND FITNESS PROGRAM: The Faith and Fitness Program integrates Biblical principles of strength, perseverance, and resilience with practical physical training to support the holistic well-being of veterans, and first responders. We believe that when spiritual and physical strength are built together, mental and emotional well-being is also strengthened. In partnership with Freedom Farm, we offer a relaxed, faith-centered environment where participants can grow in body, mind, and spirit.



3. EQUINE EXPERIENCE: Optional powerful working with horses at Freedom Farm. Through grooming, leading, or ground based activities, participants experience the calming, therapeutic presence of horses support emotional healing.



4. OUTDOOR ACTIVITIES: Along with our clinical services, we can arrange for a comforting day in the woods, on the water, or through hiking on the trails. Fresh air and great scenery provide and escape from the locked in daily life. Physical one-on-one training, group sessions helping each person to build physical strength.

CALL TO ACTION & DONATION INFORMATION



DONATE BY MAIL:

Please send your donations to:
VFW Charitable Association
Rice Street Station
PO Box 17146
St Paul, MN 55117



Donate Online

<https://tinyurl.com/VFWMN2026>

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