



FOCUS Marines Foundation

Continuing the Commitment

Spring 2020

Looking Toward the Future...

As they say, time marches on. For our nation's veterans, this means they've moved on after their lives in the military — they're working, going to school, and raising families. Far too often, everyday life gets in the way of these veterans taking care of themselves and dealing with their injuries, both visible and invisible.

FOCUS Marines Foundation vows to meet veterans where they are. To reach those who have moved on and are out in the civilian world, outreach efforts have expanded to include employers, colleges and universities, and other veteran-support organizations. Collaborating with the community at-large will improve the chances of finding those veterans who are merely surviving, not thriving.

Tools provided during the FOCUS Course and the resulting mind-shift to "what's next" allow veterans to imagine what could be. They leave the program with set goals and expectations of themselves to build that brighter future. Even more importantly, they have a new network holding them accountable to live up to their potential. Nothing motivates Marines better than Marines. They go back to what they know. And, who they are.

Semper Fi.



"FOCUS provided us with tools that are going to help us be at peace with ourselves and our emotions...ultimately letting us to choose how we live from this day forward."

— Belter, Washington

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Graduates Give Back

FOCUS Graduate Mentors have found yet another way to GIVE BACK!

They're hosting the 1st Annual "Mind the Backswing" TopGolf Tournament this spring in Chesterfield, Missouri.

This incredible event is open to players of all ages and ability levels. Come out and learn more about this life-changing program and get to know some of our Graduates.

See you there!!

Find more information on upcoming events and fundraisers at www.FOCUSMarines.org/events



"I have a new outlook on everything in my life, down to the smallest aspect."

– Lionel, Arizona

"I commit to finding other Marines and veterans to attend to teach them to live for the future."

– Jim, Texas



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Just one more way to support FOCUS and its mission!



...and a Glance at the Past

10 years of empowering Veterans! Here's a look back at FOCUS Marines Foundation's biggest milestones.

2009 Group of Marines created Midwest Marines Foundation

2010 First FOCUS Course

2012 Navy-Marine Corps Combat Casualty Nurses begin attending FOCUS Courses

2012 Peer Mentors incorporated into FOCUS Courses

2013 Name changed to FOCUS Marines Foundation

2013 FOCUS Course extended to 7 days

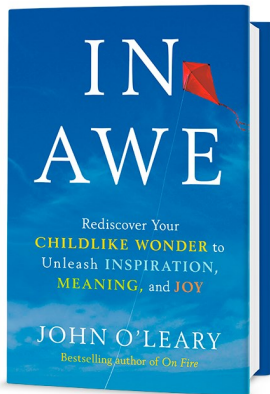
2014 Entrepreneurship classes incorporated into schedule

2016 Graduate Mentoring Program Developed & Implemented

2017 Caregiver Program Developed & Implemented

2019 GySgt Nick Popaditch (USMC Retired) named Program Director

2019 First off-site FOCUS Course to benefit Navajo Veterans



New Inspiration from John O'Leary

In his new book, IN AWE, John O'Leary invites us to return to the joy of navigating life like a child. He identifies the five senses children innately possess, explains why those senses fade, and shares emotional, humorous, inspirational and actionable stories of how we can return to them. Strengthened by the past, and empowered for the future, IN AWE shows us how to seek fresh insights, reach for new solutions, connect with those around us, and live our best lives. It's time to rediscover our childlike sense of wonder to unleash inspiration, meaning and joy. It's time to relearn what we once knew was possible. It's time to live IN AWE.

IN AWE will be released by Penguin Random House on May 5, 2020. Pre-order your copy today to receive access to fun, interactive bonus features emailed to you in the lead-up to the book's release!

Visit <http://johnolearyinspires.com/in-awe-book/>

Stay Connected

Visit our website

www.focusmarines.org

and sign up to receive monthly emails with program updates,
events and fundraisers, and Graduate Updates.

FOCUS Marines Foundation

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From a Marine wife while her husband was attending a FOCUS Course:

“I look forward to seeing the changes that will come about into his life because of the dedication of your foundation. And, I believe there will be changes. He is a good man and I have always felt the Marine was still in him. Your program will help him find that Marine again. I am so proud of him for being brave enough to peel away the layers and search deep to discover who he is and who he wants to be going forward!”

Upcoming Events

March 2020

1-7 FOCUS Course

28 Filley's BBQ Fundraiser

April 2020

19 Mind the Backswing Fundraiser

May 2020

1 Friday Night Fights

2-9 FOCUS Course

September 2020

12-19 FOCUS Course

December 2020

5-12 FOCUS Course

Watch for information on

Mess Night - St. Louis 2020

Coming this Fall!

Find all event info at www.focusmarines.org/events

