

The Story of Project New Hope...

Founded in 2010 by **Bill Moore, a service-connected disabled Air Force Veteran**, along side his wife Donna, **Project New Hope** was built on one mission—*ensure no Veteran or Military Family faces their journey alone.*

What began as a small effort has grown into a trusted organization serving thousands each year.

Since 2011, our retreats have been offered *at no cost to participants*, providing Veterans and Military Families opportunities to step away from everyday pressures, reconnect with themselves and others, and build tools for moving forward.

Today, Project New Hope provides much more than retreats. Through food assistance, case management, holistic wellness, VA claims assistance, outreach, peer connection, and other essential programs, we work to support the whole Veteran and Military Family.

At Project New Hope, **healing happens through community.**



Join our PNH Community!



**NEED SUPPORT • ATTEND A RETREAT
VOLUNTEER • DONATE**

WORCESTER OFFICE:

70 James Street, Suite 129A
Worcester, MA 01603
774.243.7859

OFFICE HOURS:

Monday through Friday: 7:30am–3:30pm

WESTFIELD OFFICE:

Hampton Ponds Plaza #9
1029 North Road, Suite 9
Westfield, MA 01085
413.485.7988

OFFICE HOURS:

Monday, Tuesday, Thursday: 8:30am–1:30pm
Wednesday and Friday: Closed

NEED ASSISTANCE?

Veterans, Service Members, and Military Families needing assistance can connect with Project New Hope through our **Connecting the Dots** program.

Scan the QR code to **visit** our website, **learn** about available services, and **connect** with our team.



STAY CONNECTED



www.projectnewhopema.org

Supporting Our Military, Veterans & Families



**Project
New
Hope** INC.

Where Veterans
Rebuild With Honor



Providing life-changing
support, connection, and
healing for those who served,
and the families who stand
beside them.

www.projectnewhopema.org

Our Programs & Services

Sully's Veterans Food Pantry

Providing food and essential support to Veterans, Service Members, and Military Families.

Veterans Farmers Market

Providing fresh food and additional resources to Veteran and Military households.

Veterans Coffee Socials

Connection, camaraderie, and peer support in a welcoming environment.

VA Claims Assistance

Connecting Veterans with experienced assistance to help access the benefits they earned.



Holistic & Wellness Programs

Supporting physical and emotional well-being through wellness education and holistic approaches.

Brain-Based Healing Retreats

No-cost retreats focused on healing, connection, resilience, and renewed purpose.

Connecting the Dots — Case Management

Helping Veterans, Service Members, and Military Families navigate resources and achieve greater stability.

Community Outreach

Connecting Veterans and Military Families with resources, benefits, programs, and community support.

Operation Jeepers Christmas

Supporting Military and Veteran Families during the holiday season.

For our Heroes...

Project New Hope Inc. was founded on a commitment that **no Veteran, Service Member, or Military Family should face life's challenges alone.**

We help individuals and families **heal, reconnect, rebuild, and move forward** through compassionate support, essential resources, peer connection, holistic wellness, and no-cost retreats.

Our retreats provide safe and supportive environments where participants can step away from daily stress, build meaningful connections, develop new tools, and rediscover strength and purpose.

Our Brain-Based Healing Retreats incorporate approaches designed to help participants change how they respond to difficult or traumatic memories without requiring them to continually relive those experiences.

But Project New Hope is much more than retreats.

From **Sully's Veterans Food Pantry** and **Veterans Farmers Market** to *case management, VA claims assistance, wellness programs, emergency support, outreach, and peer connection*, we work to meet Veterans and Military Families wherever they are in their journey.

Based in Massachusetts and serving Veterans and Military Families from across the United States, Project New Hope remains committed to one simple belief:

Those who served our country should never have to navigate the journey home alone.



Learn more:
www.projectnewhopema.org

Voices of Those We Serve

Real stories. Real healing. Real impact.

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

“ This retreat has been a revelation for me. I have always had an inability to sit still but these new techniques and practices are extremely helpful. ”

“ Thank you for letting me share this wonderful experience. As the last remaining member of my family, the support of such kind non-judgemental people was wonderful. The energy (positive) was exceptional, truly special. ”

“ A 5-star experience! I feel extremely blessed to have the opportunity offered by Project New Hope. From the beginning to end I felt the love and support given by all the staff. The healing therapy modalities were amazing and the TCM is an incredible experience that exceeded my expectations. ”

“ I learned through TCM a way to file my past traumatic memories/events as just emotions from what happened in such a way that I am telling the story as a fact, but without the welling up of emotion and thinking, I could do nothing to change that. I learned to pay attention to being living in the moment, not dwelling on the past (which I cannot change) and not thinking of the future (which I cannot predict) and living in the present knowing I will be able to manage what will come. ”