



## Testimonials

### To the Success of the Merritt Center Veterans Program

*Since 2006 the Merritt Center has offered a special educational retreat program for returning combat veterans. Vet participants discover ways to reorder their personal priorities, rid themselves of the toxins of mind, body, emotions, and spirit, and return to a normal, happy life.*

*Many program graduates offer testimonials to the change the program has brought about in their lives. Here is what some of these vets had to say:*

#### Men

“I was able to release a lot of the pain I had been holding for so long. Each time I return, I discover something new and continually improve my inner self.” – L. T.

“Without the Merritt Center I do not know where I would be. My time spent here has been transformational.” – M. G.

“[The Merritt Center has] given me invaluable assets/skills to apply in my life. I love the environment the Merritt Center fosters. It really brings about a calm, serene atmosphere in which you can focus your directives on healing. It has given me so much hope. I can only look forward to next time!” – T. B.

**“The Merritt Center Vet Program has been a life-saver, a place of hope, and a foundation for strong recovery. I recommend the program to all veterans of foreign wars.” – S. M.**

“I came to the Merritt Center ready to end it all. Through the efforts of Betty Merritt and the vet mentors, I was given the opportunity and the knowledge to move forward in my journey of healing. My life has been forever changed.” – A. J.

“This program has taken me from a life of fear, shame, and anxiety to a life of peace and tranquility.” – N. S.

“The Merritt Center vets program has helped me so much in my journey toward wholeness, and in my relationship with my wife and my children.” – W. H.

“The Merritt Center and Betty have been a godsend. I feel safe and able to expose my darkness without fear of judgment. Thanks to the Merritt Center, I have begun to learn to trust again.” – G. J.

“Six years of treatment with the VA cannot touch what a weekend at the Merritt Center can accomplish.” – A. A.

“The Merritt Center has put me on the path to recovery from the trauma and losses of war. I’ve been able to reintegrate myself with my family and work, and have become a viable asset to my community. It is my hope that others returning from the battlefield can receive this blessing.” – S. M.



“I kept myself isolated and never let anyone close. My world was empty and dark. My experience at the Merritt Center has helped me open up and release my pain. I feel much better about being around others and have learned that I am not alone. I finally feel alive again. It had been almost a decade since I have had a close friend, and now I have six.” – C. J.

## Women

“When I returned from combat I closed myself off from family, friends, and co-workers. But I was willing to make a change. With the tools and therapies the Merritt Center gave me, I learned that I need to love and take care of myself first, then I will be open to family, friends and co-workers.” – S. L.

“This program saved my life! It reconnected me with female vets like myself. Every time I come to the Merritt Center I feel a sense of calm and peace” – T. G.



“At the Merritt Center, my perspective on life changed completely. I’ve learned tools to let go of pain and shame. I am empowered, proud of my military service, and see a bright future ahead of me.” – N. P.

“It has been a wonderful experience. The focus has been on healing: body, mind, and soul. Betty is totally devoted to helping us connect to the parts that are wounded, abused, and broken.



I’ve had lots of teachers and she is the best. The facility is wonderful.” – C. B.

“This program saved my life. I don’t feel alone. I have been given life-changing tools to help with my PTSD. I now have a life to look forward to. I am a strong, proud, smart woman who has a story to tell. My future is bright and I am no longer living in a black cloud.” – S. S.

“I am forever grateful to Betty and the Merritt Center for helping me change the way I go through life:

- (1) I can decide to be a victim or not!
- (2) I have the power to love others unconditionally and the encouragement to move forward!
- (3) I have new skills and tools to help me deal with my PTSD.
- (4) I have a support group of veterans who know what I am going through and accept me and encourage me to move forward!
- (5) I am loved, I am beautiful, I am accepted!” – L. M.

“When I first came here I had just gotten out of the VA psych ward for attempting suicide. The Merritt Center gave me the courage and energy to deal with my problems, and empowered me to find my place and purpose in this world. I am myself again.” – J. H.

“I was in a dark place before I came here. I was resorting to substance abuse. Thanks to the Merritt Center I have made many great changes over the past four months. I am not angry. I am creating boundaries because I care for and believe in myself.” – T. P.

“The Merritt Center has changed my life! I graduated from the vet program in 2012 and I’ve had the privilege and honor to serve as a vet mentor since then. It has been amazing to see these women transform into beautiful, strong combat women with a voice. This program is a must for all combat vets to heal their souls and complete their journey.” – T. A.

**“Betty, I know you were put in my path for a reason. You have given me the support, courage, tools, strength, and holistic healing I needed to see the beauty in life again!” – A. P.**

“As a vet mentor for years, I have witnessed profound healing in the veterans who have been through the program here. It is an honor and privilege to help this process and transformation in any way I can.” – R. B

“What I received at the Merritt Center was incredible. The healing was better than years of medication. This is a place of acceptance, understanding, and caring. It is a safe place to release all those toxic things that imprison you.” – C. W.

**The Merritt Center**  
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