

## 2 great programs for CAF Veterans & Retired RCMP members!

All Veterans of the Canadian Armed Forces, Commonwealth, the RCMP, Allied Forces and First Responders are welcome. Legion Membership **NOT required** to attend. Come meet fellow Veterans in a safe, non-judgmental atmosphere of Comradeship.

### Operation VetBuild

Operation VetBuild is a Royal Canadian Legion initiative run by the RCL's OSI Special Section (BSO Legion OSI). This is a peer-to-peer program by veterans, for CAF veterans and includes RCMP and allied veterans. The objective is to help improve mental health through hobby and in this case, model building and is 100% free to veterans.



No experience necessary! **All materials are supplied.**

**Held 2<sup>nd</sup> Sunday each month from 11 am – 4pm**

### Buddy Check Coffee

A veteran only program of the Royal Canadian Legion OSI Special Section where veterans can gather at a designated place and time and enjoy peer support across Canada at Legion Branches. There will be FREE Tea, Coffee, and muffins. Hope to see you there! Thank you!



**Held on the 4th Wednesday of each month start at 10 am.**

Both activities are held in Long Sault at:

**Long Sault Legion Branch #569 7 Frost Ave. Long Sault, ON.**

Ken W. Stephens, CD Branch Service Officer  
Op VetBuild & Buddy Check Coffee Team Leader  
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