

Timor Awakening: Immersion Experience and Holistic Wellbeing Program

The vision and primary purpose of the Timor Awakening program is to raise the holistic health and wellbeing of veterans and their families, by a wide range of modalities involving education, communal lived experience, inspirational mentoring, reflection, peer sharing, development of a Health and Wellbeing Plan, guided specialist interventions, progressive Veterans Care Association review and positive reinforcement.

For more information, visit:
<http://veteranscare.com.au/timor-awakening-experience/>



Timor Awakening is brought to you by **Veterans Care Association**

RSL life member Chaplain Gary Stone founded Veterans Care Association. The aim of the charity is to empower veterans to support other veterans and their families.

Giving practical, direct support to wounded, injured and ill veterans, Veterans Care Association acts as a service hub for veteran services, bringing together traditional medical, allied health and complementary holistic practitioners including therapists, counselors and chaplains to support the journey to good health and vitality. Veterans Care Association aims to raise the holistic health and wellbeing of the wider veteran community.

Veterans Care Association Inc

Holistic Care of Body Mind & Soul for Veterans,
Families & Carers
Reg. Charity No: CH2629 | ABN: 97 213 464 172



Timor Awakening

A unique life changing
experience for
Veterans

A renewal and rehabilitation
program for Veterans and
Partners founded on solidarity,
camaraderie and holistic health
care



Timor Awakening



With the support of the Government of Timor-Leste, Veterans Care Association is delivering a unique program of renewal and rehabilitation for Australian, New Zealand and Timorese military Veterans called Timor Awakening (TA); a holistic education program over 9 months of personal and group engagement, follow up, pastoral care, mentoring and guidance, centered around an 11-day immersion experience in Timor-Leste.

Together with a group of Timorese Veterans the Timor immersion is a journey through places where Australian and Timorese veterans served from WW2 onwards. The backdrop of peace and development is an ideal setting for finding perspective, hope and purpose. We also draw inspiration through personal witness of the resilience, reconciliation and rehabilitation of the Timorese resistance warriors.

“This has helped me more than anything any specialist or Doctor can prescribe”

- TA3 Participant,
February 2017

Throughout the journey Veterans share stories of what has worked well, support each other in fellowship, and contemplate how we might better nurture our bodies, minds, souls, and relationships for the journey ahead.

A key outcome is developing a Health and Wellbeing plan for each veteran, and assistance to imagine a future life identity and purpose, especially in respect of involvement in the ex-service community.

To get started today, visit:
<http://www.veteranscare.com.au>

Each participant receives:

- return flights Darwin to Dili
- accommodation for 10 nights in Timor-Leste
- transport within Timor-Leste
- individual tour supplies (inc. TA shirt, hat, journal)
- expert veteran guides and coordinators
- comprehensive medical and travel insurance
- professional care (inc. pastoral care spt, psychologist spt, mental health nurse)
- all meals and water in Timor-Leste
- unique historical, traditional & cultural activities
- tailored holistic health plan and follow-up through the 9 month period



“It was a real awakening to healing. My partner has noticed a huge change in me since I came home”

- TA2 Participant, September 2016