

22 VETERANS COMMIT SUICIDE EVERYDAY!

That is almost one life every hour...

K9Guardians aims to reduce that number with our service dogs. Your generous contribution will be used for the training and care of K9Guardians' service dogs, educational programs for Veterans in need, the public regarding PTSD and TBI and the use of K9Guardians' service dogs in the Veterans' recovery. Please feel free to contact us with any questions regarding contributions. Finally, **Thank You** from the bottom of our hearts and all the Veterans in need for your help.



Retired Navy Senior Chief Dan Cole with Jaco Von Tilley and Leisa Tilley-Grajek, President of K9Guardians.

HOW YOU CAN HELP

- Funding
- Puppy raising
- Other donations of time and services

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K9 Guardians Inc.**

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Help us reach our goal of 10,000 Amazon Smile shoppers. Every little bit helps & adds up to support training a K9 Guardian for our disabled veterans. To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to make it even easier to return and start your shopping at AmazonSmile. On your first visit to AmazonSmile, simply select K9 Guardians as your charitable organization, and they will remember it for you for all future transactions with an automatic donation on all eligible purchases.

Call or Email K9 Guardians

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K9 GUARDIANS.ORG

Service Dogs for Those Who Have Served

SAVING LIVES
by
TEAMING SERVICE DOGS
with
VETERANS IN NEED



YOUR DONATION IS TAX DEDUCTIBLE!

THE NEED

The numbers are staggering. As many as 30% of veterans returning from Iraq & Afghanistan suffer with some form of PTSD. Additionally, thousands are suffering from TBI and other disabilities and 22 Veterans commit suicide each day. Due to such a significant backlog of Veterans in need of service dogs, K9Guardians was formed to team more service dogs with more veterans.



One of our recently placed service dogs with their veteran

We have witnessed that involving the Veteran in the training of the dog helps in the recovery process. The dogs can often sense trouble even before the veteran senses a problem.

SERVICE DOGS FOR VETS WITH PTSD

By Nancy Aziz, Channel 6 News San Diego

SAN DIEGO - It's estimated 30% of veterans who served in Iraq or Afghanistan returned home with PTSD. Many are treated with medication and counseling, but the San Diego non-profit K9 Guardians is helping heal wounded warriors with specially trained service dogs. "We place service dogs with those who have served," explains founder Leisa Tilley-Grajek. Over 18 months of training, the dogs are taught many skills. Tilley-Grajek raises German Shepherds for the task.

Training begins shortly after birth, as the pups are desensitized to many things they will encounter. Later, they are taught basic skills. "We have what they want and they figure out how to get it, so it's a reward system and then, of course, from that point on they learn other types of behavior that will then segue into whatever they need to do for their human," she says. One way the service dogs are taught to help is in dealing with a crowded situation. Many veterans with PTSD are uncomfortable in a crowd. The dogs are taught to put space between strangers and their vet by making a circle around him or her. They are also taught to lead the way around corners. They can send the dog forward to go and kind of check things out and say hey dad, hey mom it's okay, it's alright.

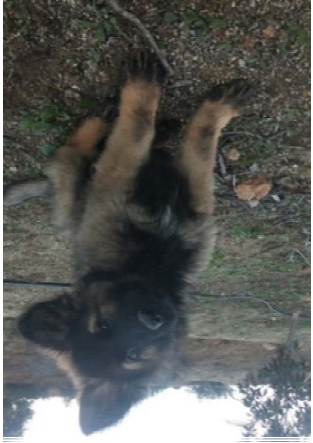
Retired Navy Senior Chief Dan Cole was teamed with his service dog through K9 Guardians. Cole says the dog has saved his life. He says he was angry and anxious after returning from two tours of duty in Iraq. He says at his lowest point he considered suicide. "If it wasn't for him I probably wouldn't be here today, or not probably, I wouldn't be here today," he says of his service dog Jaco. "He calms me down during moments of anxiety. When we are out in public out in a crowd, he helps keep them back and pulls me out of a situation that he knows I am having a hard time in," Cole says. Tilley-Grajek says "If I can help save one person with a service dog, hopefully more, what an impact that could make. One life, giving someone hope!"

<http://www.cwgsandiego.com/video/service-dogs-for-vets-with-ptsd/>

WHY DOGS HEAL PTSD

Published by Tracy Stecker Ph.D. in *Physiology Today*

Dogs are vigilant. Anyone who has ever had a nightmare knows that a dog in the room provides information that you know if you are really in immediate danger or if you have just had a nightmare. This extra layer of vigilance mimics the buddy system in the military. No soldier or grunt or sailor is ever alone in the battlefield. The same is true when you have a dog by your side. You are not alone. You can ease your mind searching for data in the environment because you know the dog is doing it for you.



Dogs are protective. Just like the buddy system in the military. Someone is there to have your back.

Dogs respond well to authoritative relationships. Many military personnel return from their deployments and have difficulty adjusting to the civilian world. Sometimes they realize that the skills they learned and used in the service weren't transferable or respected in the civilian sector. This can be devastating when they were well-respected for their position in the military. Dogs don't play any of these games. They just love it.

Dogs love unconditionally Many military personnel return from their deployments and have difficulty adjusting to the civilian world. Sometimes they realize that the skills they learned and used in the service weren't transferable or respected in the civilian sector. This can be devastating when they were well-respected for their position in the military. Dogs don't play any of these games. They just love it.

Dogs help relearn trust. Trust is a big issue in PTSD. It can be very difficult to feel safe in the world after certain experiences, and being able to trust the immediate environment can take some time. Dogs help heal by being trustworthy.