



WELCOME TO THE NAVY SEAL FOUNDATION 2023 WINTER NEWSLETTER

Happy New Year! We are pleased to report that NSF's 2022 support for the Naval Special Warfare (NSW) community was the most ever, totaling **\$20.3 million**. Thanks so much for helping make this possible!



MISSION STATEMENT: The Navy SEAL Foundation provides critical support for the warriors, veterans, and families of Naval Special Warfare.

Candid, formerly Guidestar, has once again given NSF their Platinum Level Award for transparency. Candid connects donors and grantmakers with data about thousands of nonprofit organizations so they can make informed decisions about who they support. We are proud to receive this honor.

Platinum
Transparency
2023

Candid.

PROGRAMMATIC UPDATES



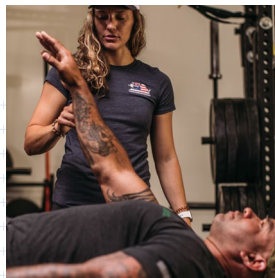
STRENGTH

Building Capabilities &
Reducing Stressors



RESILIENCE

Addressing Tragedy &
Aiding Recovery



HEALTH

Enhancing Physical &
Mental Wellness



EDUCATION

Providing Scholarships &
Development Opportunities



COMMUNITY

Empowering Connections &
Preserving Legacy

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NAVYSEALFOUNDATION.ORG

The Navy SEAL Foundation is a 501(c)(3) tax exempt, national nonprofit charitable organization. Tax ID# 31-1728910. CFC #11454.

The Navy SEAL Foundation is a non-federal entity. It is not a part of the Department of Defense or any of its components and it has no governmental status.



RESILIENCE

Addressing Tragedy & Aiding Recovery

We recognize the value of time spent together—time devoted to sharing the journey. The January Winter Weekend Getaway intentionally follows the holidays because of the challenges surviving families face during that time of year. Surviving spouses and their children spend this time with a light agenda so they can bond and share their unique and collective experiences. Our guest speaker offered a dynamic presentation on managing stress and uncertainty. He used science and practical applications that provided transformative instruction for each surviving member. He also offered tailored training for the teens.

"I just want to say thank you from my heart. I don't know why I was so afraid of attending in the past. This weekend was so overwhelming (in a good way). The location, experiences, structure, laughter, and tears... It was just fantastic. I felt welcome and seen. Thank you for all the hard work you all put in every single day. I truly appreciate it. I hope you get some much-needed time to relax!"

— Gold Star Surviving Family Member

DISCOVERY GRANTS

Each surviving child is unique and on a path of discovery regarding their goals and ultimate potential. As they navigate the challenges of growing up without a father, NSF provides an annual \$1500 renewable grant to allow them to develop their talents and chase their dreams. They can use this grant to build skills or find appropriate mentors and activities that empower and encourage them on their journey.

"My son has a natural talent and interest in technology and adventurous activities, so it was not surprising that he stumbled upon Microsoft Flight Simulator and was instantly hooked. After untold hours, he made it clear that he wanted a career as a commercial pilot. At 14, he researched and found a bachelor's degree program that includes a pilot's license. The Navy SEAL Foundation Discovery Grant allowed him to start flight training, and he flew for the first time last week. There is no going back now...he is OBSESSED! As a parent, it's gratifying to see my child find his purpose and passion, and the stability and support from the Navy SEAL Foundation has helped him pursue it with joy and happiness. We are incredibly fortunate, and this mama is incredibly grateful."

— Gold Star and Surviving Spouse



HEALTH

Enhancing Physical & Mental Wellness

HEADSTRONG PARTNERSHIP

NSF has partnered with The Headstrong Project (THP), a 501(c)(3) nonprofit and national-facing mental health treatment organization, to further our mission of providing critical support for Naval Special Warfare's SEAL and SWCC operators/veterans and their families, as well as our Gold Star and Surviving Family members. THP's model of care focuses on providing specialized, evidence-based, trauma-focused treatment for experiences incurred before, during, or after service for veterans and active duty service members. They deliver individually tailored treatment that adheres to the modalities proven effective for trauma and PTSD, including Eye Movement Desensitization and Reprocessing Therapy (EMDR), Cognitive Processing Therapy (CPT), and Prolonged Exposure Therapy (PE). This program is entirely confidential and bureaucracy-free regardless of the characterization of discharge or combat status. To apply, [click this link](#) or contact Angelina Campbell at acampbell@navysealfoundation.org.

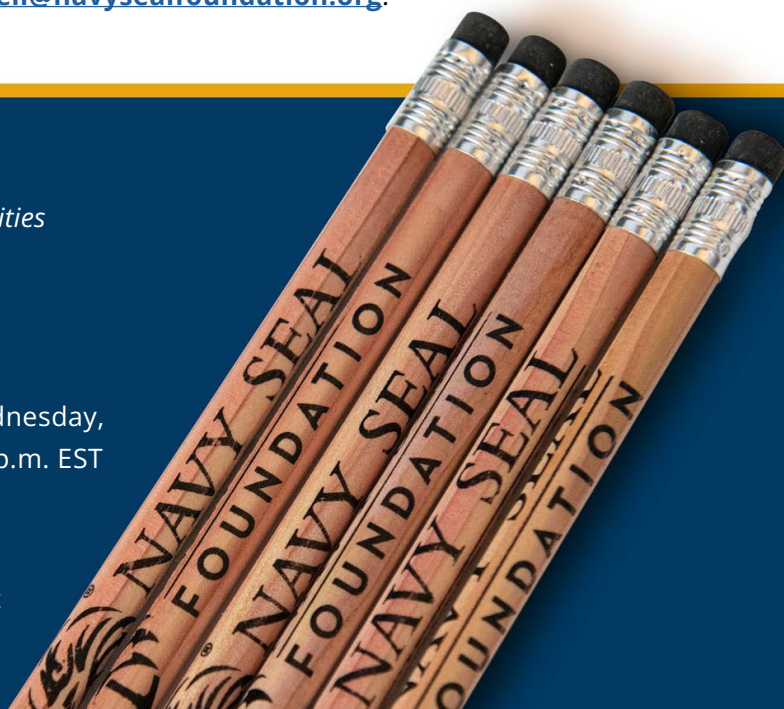
EDUCATION

Providing Scholarships & Development Opportunities

SCHOLARSHIPS

NSF 2023 Scholarship Cycle One: Opens Wednesday, January 4, 2023 and closes promptly at 11:59 p.m. EST on Wednesday, February 15, 2023

NSF 2023 Scholarship Cycle Two: Opens Thursday, June 1, 2023 and closes promptly at 11:59 p.m. EST on Friday, June 30, 2023





COMMUNITY

Empowering Connections & Preserving Legacy

RECONNECT EVENTS

NSF is honored to sponsor annual events and reconnection events designed to promote resilience across the NSW force and families. In December, the Foundation hosted holiday events for NSW service members and their families in Hawaii, California, Virginia Beach, Washington, D.C., and Germany.

NSF knows that feeling connected to the community is also important for our veterans, but even more so during the holiday season when isolation can weigh heavier. We were honored to support a reconnect event in Montana for a dozen local NSW veterans and their families. We look forward to sharing more stories with you about 2023 Reconnect Events.



"Thank you for all the work that goes into these events. I can't tell you how much of an impact these events and countless other support you do for our families has helped us through this Navy SEAL lifestyle over the years. You all are incredible. Thank you."

—Active duty spouse



"It was awesome to hang out with my boys and do some bonding with other guys at the command. I love the way you all promote strong families and help Team members have successful relationships with their kids."

—Active duty SEAL





PARTNERS



Born Primitive ran a Veterans Day promotion whereby they donated 100% of profits on a line of apparel to three charities, including NSF. Combining that total with the \$85K raised over Memorial Day Weekend, they presented the Foundation with a \$125K check in mid-November. We are so grateful for Born Primitive's continued commitment to our mission!



CDR ROBERT RAMIREZ, III
COMMANDER (SEAL)
December 19, 2022

NSF is honored to support the families, teammates, and commands of fallen NSW warriors. Under our Resilience Pillar, programs include travel assistance, immediate casualty assistance funds, and help with remembrance items and memorial services. Surviving families are also added to NSF's Gold Star and Surviving Family program to meet future needs as they arise.