

THE HOME DEPOT FOUNDATION DONATES TO PTSD RETREAT CENTER TO BENEFIT LOCAL VETERANS

July 2, 2019

Julian, CA July 2, 2019 -- The Home Depot Foundation is supporting Veterans with PTSD by upgrading The Inner North Star PTSD Retreat Center property. This improvement includes walking trails and benches around the 20-acre property, and a vegetable garden for veterans to plant, care for, and have access to fresh, organic vegetables at home. There will also be a new dog run for "Zip" the PTSD Service dog, a new deck for yoga and meditation, and a tool shed to house the new tools for property maintenance in the future. This will all be completed by 100 San Diego area Home Depot Employee volunteers, on July 10th.

"These improvements will greatly impact the healing environment of this property. The vision was to create a space that Veterans can come and immediately feel a sense of peace and comradery with other Veterans. The incredible donation by The Home Depot Foundation, both in product and volunteers, will accomplish in one day what would have taken years. The immense support for our Veterans with PTSD who come to this retreat center will be felt for years to come," said Michelle Dutro, founder of The Inner North Star PTSD Retreat Center.

About The Home Depot Foundation

The Home Depot Foundation works to improve the homes and lives of U.S. veterans, train skilled tradespeople to fill the labor gap and support communities impacted by natural disasters. Since 2011, the Foundation has invested more than \$300 million in veteran causes and improved more than 43,000 veteran homes and facilities in 4,200 cities. In 2018, the Foundation pledged an additional \$250 million to veteran causes taking the total commitment to half of a billion dollars by 2025.

To learn more about The Home Depot Foundation visit thd.co/community and follow us on [Twitter](#) @HomeDepotFound and [Facebook](#) + [Instagram](#)@HomeDepotFoundation.

About The Inner North Star Retreat Center

Located on a 20-acre mountain top in Julian, CA this retreat center offers no cost retreats for Veterans with PTSD. As a 501 (c)(3) all donations are tax deductible. Fundraising events and donations are the sole source of funding. The center offers a

four day “train the trainer program” where the skills taught have been clinically proven to have the most efficacy in reducing the impact of PTSD. Once the four-day training is completed, each individual can take those skills and teach others who may be struggling at their home, workplace, or in life. This domino effect has the ability to make a significance impact on Veterans suffering with PTSD, with the goal of lowering the suicide rate.

To learn more about The Inner North Star PTSD Retreat Center visit www.innernorthstarptsdretreatcenter.org and follow us on Instagram [@innernorthstar](https://www.instagram.com/innernorthstar) and on Facebook at [facebook.com/innernorthstar](https://www.facebook.com/innernorthstar)