

Since 2012, True Patriot Love has led ambitious expeditions around the world, uniting Canadian Armed Forces members, Veterans, and civilians in extraordinary challenges that foster resilience, mentorship, and awareness. These expeditions not only serve as a transformative experience for participants but also play a critical role in supporting military and Veteran families across Canada.

### **Impact and Support**

Through these initiatives, True Patriot Love has raised over \$9 million, directly impacting the lives of 66 ill and injured military personnel and Veterans. The funds have been instrumental in enhancing job training and recruitment programs, facilitating rapid job placements for 144 Veterans, funding more than 9,800 hours of peer-to-peer mental health counselling, and investing \$500,000 to create a groundbreaking virtual reality therapy program for Veterans living with PTSD. This innovative program has since been implemented nationwide, providing crucial support to those who have served.

### **Participants and Roles**

Civilian participants in these expeditions include business and community leaders from across Canada who assist True Patriot Love in fulfilling its mission of supporting military and Veteran families. Military participants are either serving members or Veterans of the Canadian Armed Forces who have sustained a service-related illness or injury. Together, they embark on life-changing journeys that not only push them physically but also forge deep connections and meaningful mentorship opportunities.

### **Mentorship and Transition Support**

True Patriot Love Expeditions play a pivotal role in breaking down barriers, addressing the stigma of mental illness, and highlighting the challenges of transitioning from military to civilian life. Business leaders provide one-on-one mentorship, guiding military participants as they navigate new career paths, while also gaining firsthand insight into the resilience, leadership, and problem-solving skills that Veterans bring to the table. This exchange creates a mutually beneficial mentorship experience that leaves a lasting impact on all involved.

### **A Life-Changing Experience**

For both civilian and military participants, these expeditions are life-changing. They offer a powerful demonstration of the healing power of adventure, camaraderie, and shared purpose, reinforcing the belief that together, we can make a difference in the lives of those who have served.

### **View Expedition Video and Documentaries:**

[Expedition General](#)

[March to the Pole](#)

[March to the Top](#)