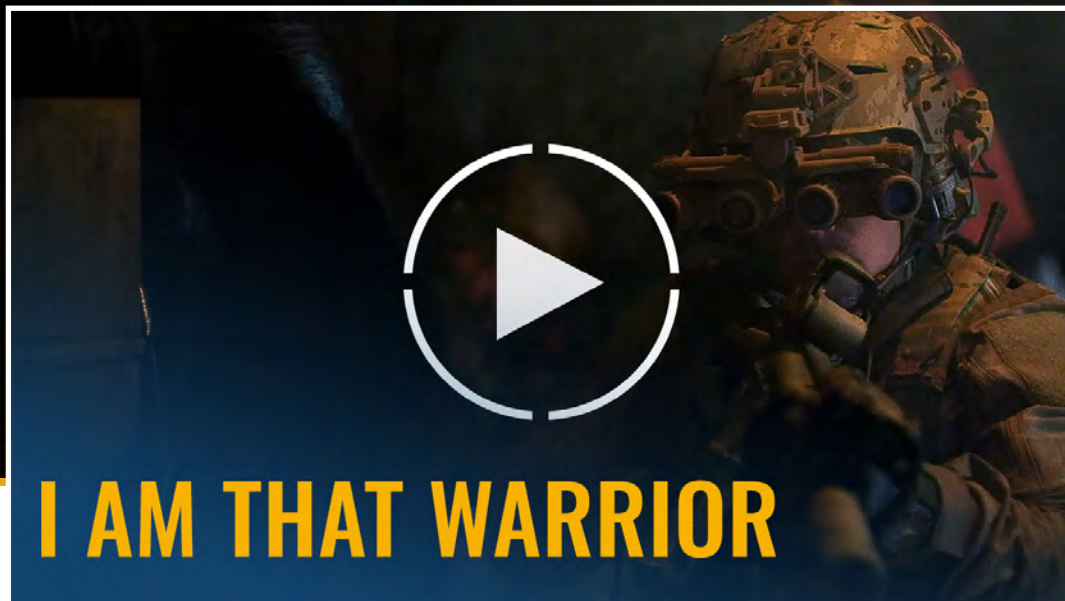


**CHECK OUT OUR NEWEST VIDEO**



**YTD DIRECT PROGRAM SPENDING: \$15,976,939**

**\$2,094,026**

**STRENGTH**

*Building Capabilities &  
Reducing Stressors*

**\$3,287,567**

**RESILIENCE**

*Addressing Tragedy &  
Aiding Recovery*



**\$6,374,812**

**HEALTH**

*Enhancing Physical &  
Mental Wellness*

**\$2,018,596**

**EDUCATION**

*Providing Scholarships &  
Development Opportunities*

**\$2,201,938**

**COMMUNITY**

*Empowering Connections &  
Preserving Legacy*

*as of 7/22/2024*

**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.



## STRENGTH

### EXCEPTIONAL FAMILY CHILDCARE

The Navy SEAL Foundation (NSF) is dedicated to addressing the unique challenges Naval Special Warfare (NSW) families enrolled in the Navy's Exceptional Family Member Program (EFMP) face. In many cases, it can be difficult to secure enough childcare when they have kids in this program and others who are not. Recognizing this gap, NSF extended our program to include all children in these families. This change ensures they can access comprehensive respite care, alleviating the stress of coordinating multiple caregivers and allowing them to focus on their well-being and time together.

## RESILIENCE

### GOLD STAR SUPPORT

In May, NSF proudly hosted our Remembrance Program and our first combined Parents and Sibling Wellness Weekend. This unique event, led by Dr. Mia Bartoletti and Mr. Rob Wilson, provided families with evidence-based wellness sessions and practices. The weekend also included a day of fun with team-building activities, and it concluded with a memorable family dinner at the oceanfront, filled with dancing, laughter, and bonding. Additionally, we were honored to support our NSW commands in their Memorial Day observances.



## HEALTH

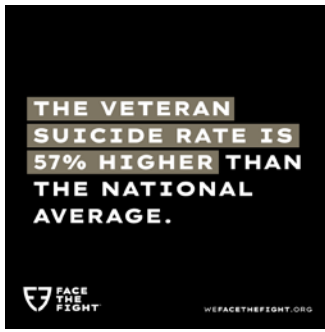
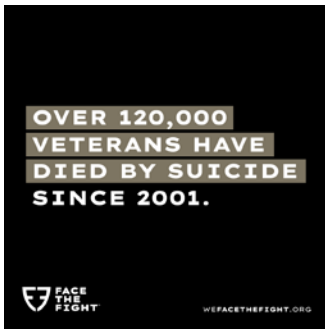
### HEADSTRONG PROJECT

NSF partners with the Headstrong Project to further our mission of providing critical support for SEAL and SWCC operators, veterans, their families, and our Gold Star and Surviving Family members. Headstrong offers specialized, evidence-based, trauma-focused treatment for experiences incurred before, during, or after service. This type of individually tailored program uses modalities proven effective for trauma and PTSD, including Eye Movement Desensitization and Reprocessing Therapy (EMDR), Cognitive Processing Therapy (CPT), and Prolonged Exposure Therapy (PE). Every month, there has been a consistent flow of new requests for this type of care, and we currently support over ninety community members undergoing treatment.



### FACE THE FIGHT

NSF recently partnered with Face the Fight. Founded by USAA, Face the Fight is a coalition of corporations, foundations, nonprofits, and veteran-focused organizations dedicated to raising awareness and support



for veteran suicide prevention. The mission is to break the stigmas surrounding suicide, foster open conversations, and provide support. Facing the reality of veteran suicide is challenging, but when we face this fight together, there is hope. Learn more at [wefacethefight.org](http://wefacethefight.org).

## WOUNDED WARRIOR PROJECT GRANT

NSF is excited to announce our selection for the Wounded Warrior Project's 2024-2025 Community Partnership network and a grant supporting our Warrior Fitness Program. This partnership embodies the strength of the community and our shared commitment to addressing the most pressing needs of warriors, their families, and caregivers. Through our shared dedication, we can go further together to make a meaningful difference in the lives of those who've served our country.

## EDUCATION SCHOLARSHIPS

Cycle two of NSF's scholarships closed on June 28, 2024, with just over a hundred applications received exclusively from active duty and veteran SEALs and SWCCs. These are now under review by an independent committee, and we will announce awards in early August. We are beyond grateful for the opportunity to provide this incredible educational support to the NSW community.

*"Dear NSF, I am writing to express my sincere appreciation for the academic scholarship I received during the Spring 2024 scholarship cycle. Your generous support is pivotal to my success in law school and life post-Teams. Thank you for making this extraordinary journey possible."*

— Veteran SEAL



## COMMUNITY SUMMER CAMPS

So far this summer, we've welcomed over 500 NSW kids to Camps Spec Ops, Legacy, Ethos, and Ethos Mountaineers, including some traveling from Montana, Alaska, and Hawaii. Each camp offers a core experience while showcasing distinctive activities. Camp Spec Ops thrills with its water sports, while Camp Ethos, nestled in the mountains, features a thrilling new bike pump track. Camp Ethos Mountaineers ventures beyond, exploring San Diego through adventures like rock climbing in Mission Gorge. In West Virginia, Camp



Legacy fosters leadership skills among teens through exciting activities such as zip-lining and river rafting. We eagerly anticipate our final three camps this summer, including our Gold Star and Surviving Teen camp and the inaugural West Coast Teen Camp, the name of which will be determined by our first crew of campers!



# PARTNERSHIPS AND PROMOTIONS

## LUMINOX

The newest release from Luminox and NSF is the 3250 "Back To The Blue" watch, celebrating the SEALs' return to their aquatic roots after two decades of land operations. As NSF's Official Partner since 2020, Luminox has created this exclusive timepiece featuring striking shadow blue and gold accents as a tribute to naval heritage.

[SHOP NOW](#)



## ETHAN ANDERSON

Ethan Anderson, a Former UVA baseball player and son of a retired Navy SEAL, presented a \$10K check to NSF on June 26, representing his name, image, and likeness (NIL) earnings in gratitude for all the support his family has received. His work ethic and donations set a powerful example for young people everywhere, and the Baltimore Orioles recently drafted him. Good luck, Ethan!



**WATCH THE TRAILER**

## NEW PODCAST

In partnership with IRONCLAD Media, we are proud to announce the launching of our new official podcast, *On the X*, hosted by retired SEAL and NSF Communications Director Chris Irwin. Chris is speaking with renowned scientists, world-class practitioners, bestselling authors, and elite athletes to bring listeners the latest expertise on mental health, physical fitness, nutrition, sleep, relationships, education, business, and more. Upcoming episodes feature thought leaders like cognitive scientist Dr. Maya Shankar, surfer and wellness expert Laird Hamilton, journalist Sebastian Junger, CrossFit Games champion Mat Fraser, and NASA astronaut Jonny Kim. Subscribe on YouTube @thisisironclad or wherever you get your podcasts.

Episode One kicks things off with bestselling author Malcolm Gladwell. His new podcast, *Medal of Honor: Stories of Courage*, tells the extraordinary tales of some of our nation's heroes, including Vietnam-era SEALs Mike Thornton and Tommy Norris. Each week, Malcolm profiles one Medal of Honor recipient's life and courageous actions while exploring what makes a hero and the true nature of sacrifice.

### WAYS TO LISTEN





# UPCOMING EVENTS

## NEW YORK CITY SEAL SWIM

**AUG 10**

The NSF's New York City SEAL Swim is a multi-sport open-water swimming event held in the Hudson River that brings together former SEALs, veterans, police officers, firefighters, and first responders from across the country.

[LEARN MORE](#)



## STARS & STRIPES CLASSIC

**SEPT 2 @ *Gillette STADIUM***

Witness the first-ever lacrosse matchup between Green Berets and Navy SEAL veterans at Gillette Stadium on September 2. Your ticket provides access to the Stars & Stripes Classic and Premier Lacrosse League quarterfinal matches that day. A portion of ticket sales proceeds support NSF and the Green Beret Foundation.

[SECURE YOUR SPOT](#)



[CLICK HERE FOR A FULL LIST OF UPCOMING EVENTS →](#)