

## What we are about...

Amy Mahoney, founder of Peaceful Minds and a Licensed and experienced holistic practitioner, began her journey to support the silently wounded over 10 years ago.

While studying acupuncture she met an FDNY Rescue & Recovery worker who served at Ground Zero and quickly became aware of the silent wounds that those who serve and protect us suffer from.

Unfortunately this individual took his own life before she could help. The quest of

Peaceful Minds is to offer effective treatment to those who have served our country and are now struggling to integrate back into the life they knew before.

## Mission Statement

Peaceful Minds is a non-profit community wellness center offering free complimentary therapies such as acupuncture, massage therapy, reiki, yoga and meditation to combat veterans that may be suffering from service related post combat stress, traumatic brain injury, anxiety, depression, insomnia and pain. Peaceful Minds services will assist veterans to successfully return and acclimate to civilian life.

*Are you experiencing chronic or acute pain as a result of combat related injuries?*

*Do you have difficulty sleeping and frequent nightmares?*

*Have you felt distant or cut off from other people since returning from combat?*

*Do you often feel irritable?*

*Has anxiety and depression been affecting your daily life?*

*Do you struggle with controlling feelings of anger and frustration?*

*Do you spend significant amounts of time thinking about memories of combat?*

*Are you experiencing difficulty concentrating and remembering things?*



**WE CAN HELP!**

## What we offer...

Acupuncture  
Reiki  
Massage Therapy  
Yoga  
Meditation  
Essential Oil Therapy  
Chinese Herbal Medicine  
Combat Support Groups

**Holistic therapies have been scientifically shown improve the quality of life for those suffering from...**

Chronic & Acute Pain  
Insomnia  
Nightmares  
Anxiety  
Depression  
Headaches  
Frustration & Irritability  
Post Combat Stress  
Traumatic Brain Injuries  
Ringing in the Ears

Information shared during treatment is always kept **CONFIDENTIAL**.

**Our practitioners are experienced, licensed and insured professionals.**

## TESTIMONIALS

“...Coming here helps to relieve the pain and the stress, I am able to connect with my spiritual self and I look forward to coming here because now I am more relaxed and I don't get aggravated and internalize those feelings anymore... It's not like a medical office, it's like a sanctuary.”

“...My pain, exhaustion and frustration were all being taken out on my family and were really affecting my job as a deputy sheriff. Now, after just 5 weeks of treatment I feel SO good, My pain has been reduced 80% and I sleep very well. I have minor weekly headaches, my anger has decreased and finally I have begun to enjoy the things in life that I seemed to have put on the back burner since I returned home from combat in 2008... I would definitely recommend this program to every veteran that comes back from serving with any emotional or physical problems.”

“...After I started to go to the sessions with Peaceful Minds I had noticed that my frustration and soreness from my injuries started to subside. I had started to feel emotions once again. Feelings that I thought I had lost and that I may never get back, but I have and I am working more and more in those areas. My family has noticed I have changed for the better and they have been telling me that they notice the treatments have been working. I also feel the treatments have been working... I do encourage combat veterans to set up an appointment with them. IT REALLY DOES WORK ☺”

TO VIEW THE COMPLETE  
TESTIMONIALS  
LISTED ABOVE AS WELL AS OTHERS  
VISIT: [PeacefulMindsNY.org](http://PeacefulMindsNY.org)

## Documents Required for Treatment

- Military ID/Photo
- And one of the following...
- DD 214, DA2-1 OR ERB

**You must be a combat veteran of  
OEF and OIF.**

Peaceful Minds is dedicated to the treatment of emotional and physical wounds that have resulted due to combat. Eligibility is at the discretion of the practitioners.

## Links to Helpful Sites

### ***Suicide Hotline***

<http://veteranscrisisline.net/>  
**1-800-273-8255** press 1

### ***Holliswood Hospital***

<http://www.militarywellnessprogram.com/>  
**718-766-8181**

Providing Inpatient care for PTSD, substance abuse, suicidal thoughts, and general psychiatry

### ***Northport VA***

<http://www.northport.va.gov/>  
**631-261-4400**

### ***Babylon Vet Center***

**631-661-3930**

Providing outpatient counseling services for PTSD

<http://www.northshoreli.com/NSLIJ/rosen>  
**516-562-3260**

<http://www.militaryonesource.com/>

## Office Locations

Farmingdale, and Manhattan

\*Mobile Clinic also available.



**PEACEFUL MINDS**  
**A Wellness Center for  
Combat Veterans**

[www.peacefulmindsny.org](http://www.peacefulmindsny.org)

**(516) 395-7007**

**[Peacefulmindsnyc@gmail.com](mailto:Peacefulmindsnyc@gmail.com)**

**Serving Nassau, Suffolk and  
the Five Boroughs**