

Vets4Vets



"I can't talk to my friends at home. They just don't understand."

"My dad's blood pressure is too high and my mom's heart isn't good. I can't tell them what I did, what I saw, how it was for me."

- ★ **Veterans Speak**
- ★ **Veterans Listen**
- ★ **Veterans
Take Action**



First National Vets4Vets Workshop
Miami, Florida, Dec. 9-11, 2005

DEEP DEMOCRACY

Contributions to Deep Democracy to support Vets4Vets are tax-deductible.

Vets4Vets is nonpartisan and takes no positions on any issues.

Contact

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Vets4Vets



www.Vets4Vets.US

OUTREACH TO IRAQ-ERA VETS BY IRAQ-ERA VETS

**Speaking Heals
Listening Heals
Action Heals**

Vets4Vets is a project of Deep Democracy,
a 501(c)(3) nonprofit organization.

*Non-Iraq-era military veterans may contact
Deep Democracy for information about
groups for other vets.

Vets4Vets support groups consist of veterans listening and taking equal and uninterrupted turns telling their stories within an agreement of complete confidentiality.

★ **Veterans Speak**

★ **Veterans Listen**

The goal is to help vets...

★ **Feel good** about themselves and the good parts of their military service.

★ **Heal** from the negative aspects of their military service and the war.

★ **Take power** by playing powerful and increasingly rational roles in how the society deals with issues affecting veterans, the military, and foreign policy.

★ **Veterans take action**

Empowerment workshops assist veterans in becoming involved in taking action in ways of their own choosing to support other veterans and veterans' activities. By connecting with local, state, and national veterans' organizations, we heal through action.

Vets4Vets4Women

Recognizing that women in military service are sometimes recipients of violence, harassment, sexual assault, and rape by their fellow personnel, not all women are comfortable in a mixed group. Safe, women-only listening circles, empowerment groups, and retreats are being created for women veterans.

We make these assumptions:

- ★ All veterans are good.
- ★ War and military service causes damage to veterans.
- ★ The psychological damage from war can be healed completely over time with help.

Local Contact List

find a group near you

Arizona

TucsonAZ@Vets4Vets.US

California

BayAreaCA@Vets4Vets.US
HollywoodCA@Vets4Vets.US
HumboltCoCA@Vets4Vets.US
LosAngelesCA@Vets4Vets.US
OrangeCoCA@Vets4Vets.US
PaloAltoCA@Vets4Vets.US
SanDiegoCA@Vets4Vets.US
SanJoseCA@Vets4Vets.US
SantaBarbaraCA@Vets4Vets.US

Colorado

ColoradoSpringsCO@Vets4Vets.US

Florida

PalmBeachFL@Vets4Vets.US
MiamiFL@Vets4Vets.US
TampaFL@Vets4Vets.US

Georgia

AtlantaGA@Vets4Vets.US

Hawaii

HonoluluHI@Vets4Vets.US

Illinois

CarbondaleIL@Vets4Vets.US
ChicagoIL@Vets4Vets.US

Kentucky

LouisvilleKY@Vets4Vets.US

Louisiana

NewOrleansLA@Vets4Vets.US

Maine

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Michigan

DetroitMI@Vets4Vets.US

Minnesota

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New Jersey

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New Mexico

SantaFeNM@Vets4Vets.US
SilverCityNM@Vets4Vets.US

New York

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NewYorkNY@Vets4Vets.US
PotsdamNY@Vets4Vets.US
SyracuseNY@Vets4Vets.US

North Carolina

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Ohio

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Pennsylvania

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More Information

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