

VOA | ReST

Resilience Strength Time

You Are Not Alone with Peer Support



Developed by Volunteers of America, VOA|ReST 4 Veterans uses trained peers to support veterans experiencing feelings of moral distress and injury using skills and strategies developed from VOA's evidence-based program for military veterans called Resilience Strength Training™.

What Is It?

VOA|ReST 4 Veterans are confidential, online peer facilitated small group meetings to share, connect with and support other veterans. During a one-hour meeting, you may:

- **Deep breathe and meditate**
- **Share and feel understood**
- **Listen and empathize with others**
- **Feel a sense of commitment and gratitude**

Join this peer support session to receive support from others with similar lived experience. Try it out once or keep coming back each week.

Learn More



is committed to promoting the well-being of all veterans and their families, whether they are newly transitioning from military to civilian life or have long been returned. Rest@voa.org

Experience It Now

Available online right now are confidential, group meetings that support veterans who are struggling with fatigue, frustration, anxiety, and decreased emotional resilience.

Use the QR code below to sign up for a session.



Or go to

<https://www.voa.org/services/voa-rest-virtual-support/>

Use the code below to access **free** veterans only sessions:

FREE4VETS