

# VOA | ReST

4 Veterans



## You Are Not Alone with Peer Support

VOA | ReST 4 Veterans uses trained peers to support veterans experiencing feelings of moral distress and injury. Sessions draw from skills and strategies developed in VOA's evidence-based program (Resilience Strength Training) for military veterans.

### What is it?

VOA | ReST 4 Veterans are confidential, online peer-facilitated small group sessions to share, connect with and support other veterans.

During a one-hour meeting, you may:

- Take a breath and clear your head
- Spend time with other vets who get it
- Have each other's backs and offer support
- Leave calmer and glad that you were there

**“Touched my heart and soul. The facilitators have so much empathy and compassion, that for the hour I’m in group, I forget about my pain and suffering.”**

–U.S. Army Veteran

**“I felt a lot of deep emotions. It was good to talk about these things with people that understand.”**

–VOA | ReST Participant



### JOIN A FREE PEER SUPPORT SESSION

Connect with others with similar lived experience.  
Try it out once or keep coming back each week.

Learn more with this QR code  
or go to [voa.org/rest](https://voa.org/rest)



Rest@voa.org  
VOA.org/rest  
(703) 341-5000

Volunteers of America 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](https://Rest@voa.org)