

MINDFUL VETERAN PROJECT



We're still here for you during the pandemic. **EMAIL OR CALL** for details on all we have to offer. You'll be really pleasantly surprised!

- ~ Overwhelmed by stress?
- ~ Frustrated by knee-jerk reactions with unfortunate consequences?
- ~ Longing for a peaceful, uninterrupted, refreshing night's sleep?



MVP offers free guidance in tools that empower you to address these issues simply and effectively.

WEEKLY VIRTUAL EVENTS



SATURDAYS - 1:00 - 3:00 PM *
REGULAR MINDFULNESS GROUPS

WEDNESDAYS - 3:00 - 5:00 PM *
WELLNESS GROUPS

MONDAYS - 10:00 AM - NOON *
FAMILY-FRIENDLY GROUPS

INCLUDES TIME FOR CHECKING IN,
EXPRESSING NEEDS/
SCHEDULING DELIVERIES
& SHARING RESOURCES

BE FREE

BE WELL

BE WHOLE



contact MVP
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818.616.2931
all conversations ~ calls & workshops ~ completely confidential
to learn more or to donate, please visit
www.MindfulVeteranProject.org

MVP is a 501(c)(3) project of Community Partners
Donations are Tax Deductible

