

# MINDFUL VETERAN PROJECT



You are invited to a *free* VIRTUAL workshop to honor  
Sexual Assault Awareness Month

**CAL W VET**  
WOMEN VETERANS

## Vision Board/Healing Board Workshop

Tuesday  
April 27<sup>th</sup>, 2021  
2:00 - 3:30<sup>PM</sup>  
(Pacific Time)

to register click  
[HERE](#)

or copy/paste this URL into your browser:

[http://events.constantcontact.com/register/event?  
llr=ga8vqpfab&oeidk=a07ehttsx4e8684efef](http://events.constantcontact.com/register/event?llr=ga8vqpfab&oeidk=a07ehttsx4e8684efef)



This is not at all about considering ourselves  
“good at” or even capable of art.  
It is a simple but important and tangible way  
to express a range of feelings  
about sexual assault and  
those who have suffered its consequences.

Please have ready:

- ~ several magazines with a variety of color images
- ~ a poster board or piece of cardboard or heavy-ish paper
- ~ a glue stick

We will walk you through an exercise  
intended to bring understanding,  
hope, support, and healing.

(Please note: no one will be asked to share stories - this is to move forward with strength - not get triggered/re-traumatized)

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