

# MINDFUL VETERAN PROJECT



To ease the loneliness of isolating at home  
and to connect *without* yet another Zoom meeting

we invite you to participate in  
MVP's new program:

## PHONE PALS

Veterans/Active Duty/Guard/  
Reserve members,  
their family members & caregivers

can be matched up  
with one (or more) of our callers  
for conversation  
and simple, human connection  
via telephone

during these strange times of  
being cut off from so much  
&/or being "zoomed out"

for more information on receiving calls  
or for being on the caller team  
please contact us at

818.616.2931  
[info@mindfulveteranproject.org](mailto:info@mindfulveteranproject.org)

[www.mindfulveteranproject.org](http://www.mindfulveteranproject.org)

