

VOA | ReST

Resilience Strength Time

You Are Not Alone with Peer Support



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

VOA | ReST 4 Veterans

VOA | ReST 4 Veterans is a confidential peer facilitated small group opportunity to share moral distress and moral injury as well as an opportunity to connect with and support other veterans. Engaging peer supporters and facilitators who are veterans themselves, our program offers critical skills to strengthen veterans against the challenges they face. Join this peer support session exclusive to veterans to receive support from others with similar lived experience. Try it out once, pop in occasionally, or keep coming back each week; whatever style works best for you, we welcome you to participate in these sessions as often as you like.

Learn More



Email: Rest@voa.org

www.voa.org/rest

Experience VOA | ReST 4 Vets

Every veteran deserves dignity and respect. 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.

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.



Use the code below to access free veterans only sessions now through September 2022:

FREE4VETS