

# REAL VOICE

A PROGRAM OF THE UCLA/VA VETERAN FAMILY WELLNESS CENTER (VFWC)

Resilience | Empowerment | Achievement | Leadership

REAL Voice is designed to create community among women who have served:

- ★ Provides special events and workshops surrounding physical, emotional, social, academic & professional concerns
- ★ Encourages meetings and discussions of personal challenges with a subject matter expert
- ★ Builds on skills that cultivate healthy relationships
- ★ Assists in navigating resources
- ★ Promotes personal goals and growth
- ★ Encourages community involvement and peer mentorship



Interested in presenting  
at a future REAL Voice  
Workshop?

Contact Sydelcis Mendez at  
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VA



U.S. Department  
of Veterans Affairs

VA Greater Los Angeles Healthcare System

UCLA Health

Nathanson Family Resilience Center  
Strong Families. Healthy Lives.