



VOA is conducting a training for veterans to address moral injury with Spritual Resilecny Training (SRT)

SRT is a peer lead training pilot, designed to address moral injury and support personal resolve through a multi-dimensional process including journaling, artistic expression, spiritual exploration and relaxation exercises.

Spiritual Resiliency Training is designed to:

- Strengthen the spiritual, and emotional resiliency of veteran participants;
- Lower indicators of moral injury distress.
- Raise standards of veteran care and increase awareness of moral injury healing modalities.

Upon completion of the program, participants may be better able to:

- Access multiple strategies for understanding and processing morally injurious experiences;
- Integrate compassionate understandings of morality;
- Manage negative emotions;
- Connect emotionally with others and receive support
- Cultivate self-care skills, increase relaxation, decrease anxiety and improve sleep.

The training will be held in the Los Angeles –Long Beach, Harbor area, **includes financial compensation, meals refreshments, supplies and accommodations. This flyer is generating an interest list and we will determine day and times based on veteran preferences. Space is limited and the interest list will serve as a roster for registration. Please call for more information.**

**Interest List for
SRT Now Open**

\$50

**Survey
Compensation
\$150 for 3**

*"SRT was an amazing and
transformative training"*

US Navy Veteran 2018

*"I learned to identify moral
injuries, and discovered
techniques for deep
relaxation"*

US Marine Veteran 2017

**Inquiries
Welcome**

**Please Contact Jillianne
with any questions**

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