
Even More Resources

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Treating trauma through Shakespeare and Science.

Even More Resources:

Earlier today we shared an email from the VA providing resources for Veterans, Family of Veterans and others who are struggling as a result of recent events in Afghanistan. The response was immediate, thank you and please continue to respond and share that information.

We also received responses from partners whom we have personal relationships with and whom have asked us to share their information. We know these folks, we trust these folks, and we endorse these folks.

So here they are... a partial list for now...

[Link to Donation Form](#)



Mary Jo McConnell "[Coach MJ](#)" is a Veteran, a DE-CRUITer, a Resilience Coach, an actor and a friend. Below is a link to her weekly Guided Meditations. Since the Pandemic began Coach MJ has conducted 68 guided meditation workshops.

Visit the link below to sign up for her Friday workshops which take place from 1-2 pm EST.

<https://exit12danceco.org/vaw-op>

And her guided meditation CD has proven to be a welcome resource for our community & can be downloaded for free at www.maryjomcconnell.com/meditations



WOMEN VETERANS

EMPOWERED & THRIVING

A Few Veteran-Founded Organizations That We Partner With

[Women Veterans Empowered & Thriving](#) - Veteran-founded, Veteran-run. Women Veterans Empowered & Thriving is a reintegration program for women veterans that utilizes writing and performance to empower them to thrive in their daily life. We guide women Veterans to reconnect with

their mind, body, soul and passion for life. Through creativity, compassion and camaraderie in a nonjudgmental space, we empower each other to ascend to the best version of ourselves.

[Exit 12 Dance Company](#) -- Veteran-founded, Veteran-run, EXIT12 is a contemporary dance company committed to creating and performing works of high cultural significance that inspire conversations about world differences and the lasting effects of violence and conflict on communities, families, and individuals. Through movement, we educate audiences about the reality of war, advocate diversity and mutual understanding through cultural exchange, and champion the humanity and dignity of all persons.

EXIT12 supports and advances the notion that art heals and is devoted to serving those who have been touched by conflict by expressing their stories. And hosts weekly classes online which are free, [Visit HERE for a complete schedule.](#)

[DE-CRUIT](#) -Treating Trauma Though Shakespeare & Science. We will have a full list of online classes and workshops soon. Classes will run from Oct-Dec and, as always, they are free.

And a shout out to Sharon Bailey, USAF, MAJ, Ret, LCSW and the [PFC Joseph P. Dwyer Veteran Peer Support Program](#) with who Sharon works. And [BridgesRC.org](#)



Carrie and Taruno Steffensen are friends and colleagues at Meadows Behavioral Healthcare.

As someone in recovery, I know, first hand, what times like this can do to one's sobriety. Carrie and Taruno reached out to let me know that where they treat addiction, Meadows Behavioral Healthcare, accepts Tricare.

If someone is struggling and in need of a residential or inpatient level of care because of what this crisis has brought up, reach out to them at: 602-740-2565. They can speak to you about what Meadows can offer. For more information please visit: [Tricare Network Providers for Military Veterans HERE](#).

TRF-logo.svg



We would be remiss if we did not also mention our friend and colleague Dr. Bessel van der Kolk's Trauma Research Foundation.

His Book *The Body Keeps the Score* has been not only a bestseller, but also an invaluable resource in healing trauma. And his Foundation offers a online classes in every area of healing. Whether you are a clinician or a someone looking for help, TRF has a lot of resources. For course offerings, or more information please visit [Trauma Research Foundation's Website HERE.](#)



TEXVET

If you are in the Fort Worth/Tarrant County area we want to offer two invaluable resources:

1) [Veterans Court-Tarrant County, Texas](#)--The Veterans Court Diversion Program is a diversion program for Justice Involved Veterans (JIV) who are currently facing prosecution for one or more criminal cases. The program offers offenders a treatment option that is judicially supervised. It is designed to divert JIV out of the traditional criminal justice process and into appropriate rehabilitative alternatives.

2) LaJohn McDonald--he provides resources and referrals for veterans, service members and their families. Along with individual and group support for military veterans who are justice involved or transitioning back into civilian life. He also offers training and facilitation of potential mentors and peer specialist. LaJohn can be reached at lajohn.mcdonald@mhmrtc.org



Finally, we have also received inquiries asking how to help refugees.
So we are sharing this link from *Stars & Stripes*:

[New York-based HIAS](#) is urging people to volunteer and donate to support resettlement efforts, and it has partnered with Airbnb, where people can offer to host refugee families and others in need of a place to stay. [HERE is that link](#)

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