



Supporting Veterans in Our Community

- FREE/ Voluntary listening sessions
- A nonveteran listening to a veteran of any era
- It's NOT an interview, NOT therapy – it's about the human connection
- Helping veterans through the power of listening with an open heart and open mind
- NO recordings
- Private

The Welcome Johnny and Jane Home Project is about human connections and the power of listening. The project helps veterans - and reduces the too-common chasms between veterans and nonveterans - by having one nonveteran at a time simply listen to a veteran from any era.

If you are a veteran who would like to do one of the listening sessions, or if you are a nonveteran who would like to get involved as a listener, please email listen2veterans@gmail.com

For detailed information about the Project and Veterans' testimonials, please visit:

www.listen2veterans.org

WHAT VETERANS SAY

ABOUT HAVING DONE THE LISTENING SESSIONS:

Veterans told us they appreciated being able to speak without being interrupted with questions about military terminology or anything else. One valued talking to someone who appeared genuinely interested, without worrying about either confusing the listener or being judged. Another was relieved not to have to "package stories" or omit "personally important or interesting aspects."

A veteran from Iraq and Afghanistan described feeling able to "ramble and jump back and forth" in a way that "made sense in my own mind," making it possible to go freely through a range of emotions from the past, which is rare does in other settings, where there is either less time or a specific purpose for the session determined by someone else. By contrast, The Welcome Johnny and Jane Home session made it possible to speak about anything, "without needing to come to a specific conclusion or point," and this felt "freeing."

A veteran who participated in a listening session recently said:

"It was helpful to talk without judging or interruption. It was good to not have to keep justifying and defending my words, my actions, my experiences."

A nonveteran who listened to a veteran's story in The Welcome

Johnny and Jane Home Project said, "I decided to do this to try to help a veteran, and the veteran I listened to said it did help. What I had not expected was the powerfully positive effect that the listening had on me. My politics are very different from the veteran's but that was irrelevant. This was about human connection. By listening to what this veteran had been through in the military and then after coming home, I learned about their humanity but also about my own. I was inspired by the person's integrity and honesty and the courage in speaking so openly to me."