

# Listen to a Veteran



Open your ears. Open a heart.



## Helping veterans in our community through the power of listening with an open heart and open mind.

### Bridging the Divide Between Veterans & Nonveterans



*“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.”*

**VETERAN** who participated in a listening session



*“What I had not expected was the powerfully positive effect that the listening had on me. I learned about their humanity, but also about my own.”*

**NONVETERAN** who listened to a veteran’s story

**Any nonveteran can use our simple listening technique to help veterans and their loved ones.**

- FREE voluntary listening sessions.
- Listen to a veteran of any era.
- It’s not an interview or therapy — it’s about the human connection.
- Private sessions / no recordings.

To get involved or for more information, please email [listen2veterans@gmail.com](mailto:listen2veterans@gmail.com)

Listen to a Veteran.org