



VISIT OUR WEBSITE FOR FULL INFORMATION AND AN UPCOMING SCHEDULE OF FREE EVENTS • WWW.YU.EDU/WURZWEILER/CARECAFE

Wurzweiler Care Cafe is a free offering from the Wurzweiler School of Social Work at Yeshiva University

Supported by New York City Councilmen Eric Ulrich and Ydanis Rodriguez

To learn more, please contact Dr. Katherine Mitchell, Program Director: katherine.mitchell@yu.edu or 631.481.6550

RESOURCES FOR VETERANS: Journeys Home and Reintegration

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GENERAL INFORMATION AND SUPPORT

NYC Department of Veteran Services • www1.nyc.gov/site/veterans/index.page

The New York City Department of Veterans Services fosters purpose driven lives for NYC service members, veterans, and their families. As a veteran, use the site to sign up for a newsletter of veteran events around the city. You may also learn how to freeze your rent or sign up for veteran income tax exemption. As a supporter, use the site to support our veterans. Sign up to mentor a veteran!

NYServes Veteran Services • <http://newyorkcity.americaserves.org/veteran-services/>

Contact 1-844-347-9244

New York City offers service members, veterans and their families access to a class-leading continuum of providers that runs the gamut from superior legal, housing and emergency service providers to employment, recreation and fitness, financial capabilities and more. Connect to other resources for veterans.

Blue Star Families • <https://bluestarfam.org/>

Blue Star Families offers strength through community for military families. This is a virtual meeting place to receive support as well as to share testimonials and best practices, from how to mend the military-civilian divide within your personal group to which patriotic recipes are best for summer picnics.

HEALING, REINTEGRATION AND UNDERSTANDING THROUGH THE ARTS

The Telling Project • <https://thetellingproject.org/>

Contact: info@thetellingproject.org

The Telling Project is a national performing arts non-profit that employs theater to deepen our understanding of the military and veterans' experience. Greater understanding fosters receptivity, easing veterans' transitions back to civil society, and allowing communities to benefit from the skills and experience they bring with them. Through this understanding, a community deepens its connection to its veterans, itself, and its place in the nation and the world.

Disclaimer: Wurzweiler Care Cafe provides this list of resources, programs and providers only as an informational service. These resources, programs and providers are not endorsed and have not been evaluated. We encourage attendees to independently investigate and evaluate the listed resources, programs and providers.

HEALING, REINTEGRATION AND UNDERSTANDING THROUGH THE ARTS (continued)

Theater of War Productions • <http://theaterofwar.com/>

Contacts:

Bryan Doerries, Artistic Director: bryan@theaterofwar.com

Marjolaine Goldsmith, Company Manager: marjolaine@theaterofwar.com

Theater of War presents readings of Sophocles' *Ajax* and *Philoctetes* to military and civilian communities across the United States and Europe. These ancient plays timelessly and universally depict the visible and invisible wounds of war. By presenting these plays to military and civilian audiences, our hope is to destigmatize psychological injury, increase awareness of post-deployment psychological health issues, disseminate information regarding available resources, and foster greater family, community, and troop resilience.

DE-CRUIT • <https://www.decrUIT.org/>

DE-CRUIT uses Shakespeare and science to heal trauma. At its core, DE-CRUIT is the process of interweaving personal writings with veteran-related Shakespeare texts, applying stage skills for life-skills and completing the communalization of trauma within their community. The DE-CRUIT program is a manualized course (currently delivered in a 20-hour course known as "tier one," but will also become available in two-week and one-month courses, as well as the complete course, which is a four-and-a-half-month residency program) teaching veterans how to re-wire around their unwanted habits. These classes are scientifically evaluated by Dr. Ali of NYU, with EEGs (electroencephalograms), heart coherence and psychological surveys. DE-CRUIT was founded by Stephan Wolfert – Actor/Writer/Director; AEA/SAG member; U.S. Army '86-'93 – Medic and Infantry Officer. Stephan left a career in the military for a life in the theatre after seeing a production of Shakespeare's *Richard III*. He received his Master of Fine Arts degree from Trinity Rep Conservatory in Providence, R.I. in 2000. On Broadway, Stephan helped to create the military segments for Twyla Tharp and Billy Joel's Tony Award-winning *Movin' Out*.

Veterans Art Therapy Group • www.thebridgeny.org/programs/veterans-services

Contact: Kevin Fisher, Director of Veterans Services, call (212) 663-3000, ext. 1964

Where: The Bridge Gardens Veterans Residence, 290 Lenox Avenue, New York, NY

The Bridge offers art therapy groups specifically for veterans. Held at Bridge Gardens Veterans Residence, the group provides a safe and supportive space for veterans to express their thoughts, feelings, and memories in a healthy, creative way. General art therapy groups that are not veteran specific are also offered. Veteran art therapy groups are run *Friday mornings*.

The Art Therapy Project • www.thearttherapyproject.org

Contact: Martha Dorn, Executive Director, call (212) 592-2755, email martha@thearttherapyproject.org

Where: 132 West 21st Street, 6th Floor, New York, NY

The Art Therapy Project is dedicated to helping trauma survivors through the creative process. Centered around challenges of family, violence and health, it is the only nonprofit in New York dedicated solely to providing guided art therapy to those seeking hope and support. It goes beyond traditional talk therapy. Clients and art therapists work together to turn negative energy positive. Projects include Women's and Men's Veterans Groups: Several different groups meet the needs of both male and female veterans confronting issues surrounding re-entry to civilian life, post-traumatic stress, military sexual trauma, substance abuse and homelessness.

Fordham University Spring Art Workshop for Veterans

www.fordham.edu/info/20732/services_and_resources_for_veterans/1533/writing_workshops

Contact: Steve Alpert, email steve.alpert7@gmail.com, call (917) 623-0147

Where: Fordham University Lincoln Center Campus, 113 West 60th Street, New York, NY

Artists access their own life experiences in order to make their own individual and unique art. The intensive workshop is an exploratory adventure designed to support the emerging artists in learning to access their life experiences and express them through their own art making.

HEALING, REINTEGRATION AND UNDERSTANDING THROUGH THE ARTS (continued)**Veterans Writing Workshop** • www.veteranswritingworkshop.org

Contact: call (866) 933-7780

Scheduled Workshops at Fordham Westchester: *Tuesdays, 6:30 pm – 8:30 pm*

Scheduled Workshops at Fordham Lincoln Center: *Thursdays, 7 pm – 9 pm*

Family Workshops on *Tuesdays, 6:30-8 pm* at White Plains Public Library, 100 Martine Ave., White Plains, NY

Contact: 914-422-1400

Veterans Writing Workshop provides free writing workshops for U.S. veterans and families of veterans in the New York Metropolitan area, publishes veterans writing, and promotes dialogue between veterans and civilians.

NYU Veterans Writing Workshop

<http://as.nyu.edu/cwp/graduate/fellowships-and-literary-outreach/nyu-veterans-writing-workshop-fellowships.html>

Contact: Zachary Sussman, Program Manager, call (212) 992-9809 or email zachary.sussman@nyu.edu

The Veterans Writing Workshop is held on *Saturday afternoons from 2:00 pm – 4:00 pm*

NYU Creative Writers House, 58 West 10th Street, New York, NY

The NYU Veterans Writing Workshop is a free, non-partisan outreach program offered to the veteran community in and around NYC. Running from September to May, three experienced and dedicated NYU Creative Writing Fellows lead a weekly writing workshop for veterans of the Gulf War and the wars in Iraq and Afghanistan in a wheelchair-accessible classroom at NYU. This workshop is free and offers participants the opportunity to express themselves on paper and to explore the basics of the craft of writing in a welcoming community of fellow veteran writers.

Voices from War Writing Workshop • www.voicesfromwar.org

Contact: email info@VoicesfromWar.org, Founder / Director, Kara Krauze

Empowering veterans to craft their stories. Propelling veteran stories into sight.

WRITING: For yourself or a broader audience.

STORIES: Remembered and factual or creation of fiction. Our truths are complex.

CRAFT: Through reading, writing, and community.

COMMUNITY: Through workshops and stories.

AUDIENCE: Through events, conversations, and publication.

Yoga for Veterans • www.yogaforvetsnyc.org

Contact: email info@yogaforvetsnyc.org or call Integral Yoga Institute at (212) 929-0586

Yoga for Vets NYC at Integral Yoga Institute (IYI), 227 W. 13th St. between 7th and 8th Ave., New York, NY

Thursdays, 7:00 pm – 8:30 pm, Yoga for Veterans, All Levels (taught by Anu or Sarah)

Wednesdays, 6:45 pm – 8:15 pm, Restorative Yoga (show up 20 minutes early to get a spot)

Veterans receive simple instruction in four key elements of yoga practice: meditation, breathing techniques, deep relaxation, and physical poses. Modifications of poses are taught for any students with specific physical challenges.

Yoga is designed to relax and focus the mind, relieve stress and anxiety, and increase strength and flexibility.

Taught by veterans, classes are free for veterans, family members and service providers. Yoga for Vets NYC classes

focus on the specific needs of the veteran population. All are welcome regardless of age or physical ability. No

previous yoga experience necessary. Mats and props provided. Lockers available. Please bring a lock if you would like to store your belongings during class. Wear loose, comfortable clothing and avoid eating at least 1 hour before class.

The David Lynch Foundation • www.davidlynchfoundation.org/veterans.html

FREE introductory Transcendental Meditation Sessions

WHERE: David Lynch Foundation, 228 E 45th St, 14th Floor New York, NY

Interested veterans should phone: (212) 644-9880

Register for classes and learn more: veterans@davidlynchfoundation.org

Operation Warrior Wellness (The David Lynch Foundation)

<https://davidlynchfoundation.org/navigating-volatility/operation-warrior-wellness.html>

“Building resilience and healing the hidden wounds of war.”

Operation Warrior Wellness (OWW), a division of the David Lynch Foundation, offers the Transcendental Meditation-based Resilient Warrior Program, a simple, easy-to-learn, evidence-based approach to relieving symptoms of PTSD and major depression and developing greater resilience to stress.

EXPLORE CAREER INTERESTS

Patriot Boot Camp • <http://patriotbootcamp.org/>

Events held nationwide to connect military veterans and inspire them to become creators, innovators, and entrepreneurs.

Career Cluster Interest Survey • <https://careerwise.minnstate.edu/careers/clustersurvey>

Tell us your interests. We'll show you career clusters you might like. Everyone has a different way to describe themselves and what they like to do. This survey lets you rate activities you enjoy, your personal qualities, and school subjects you like. Then you can see which career clusters are a match for your interests. Survey takes 5-10 minutes.

Bunker Labs • <https://bunkerlabs.org/>

Created by military veterans for veterans to start and grow businesses. Local chapters in cities nationwide.

VA Resume Builder • <https://www.vets.gov/employment/job-seekers/create-resume>

Manually enter your information into the form fields to help create a resume.

Vets in Tech • <https://vetsintech.co/>

Focus on education, entrepreneurship and employment. Local chapters in cities nationwide.

Free Military Resume Builder • <https://www.freemilitaryresumebuilder.com/>

Our system uses your Military Occupational Specialty Code including MOSC, AFSC, NEC and ONET. Easily document your military and civilian experience.

Free Military Resume Builder lets you choose what to include on your custom resume. Choose from over 10 different resume sections and we'll take care of all the specialized formatting for you.

Hire Our Heroes Resume Building • <https://hireourheroes.org/veterans/build-a-resume/>

Build a resume, explore veteran job resources, job courses for vets, job board for veterans, interview prep, and more.

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Yeshiva University
WURZWEILER SCHOOL OF SOCIAL WORK