

What is the “Healing Through Expression” Project?

A Memorandum of Agreement was entered into between the Orlando VA Healthcare System and the Military Officers Association of America (MOAA) Central Florida Chapter Philanthropy Fund, Inc. This document sets forth the structure in which both entities will work in a mutually beneficial manner to advance and improve the quality of life for our Central Florida Veterans. A copy of this memorandum along with other important organization documents can be found on the Philanthropy Fund website.

In December of 2021 the MOAA Central Florida Chapter Philanthropy Fund, Inc. was incorporated as a Florida 501 (c) 3 non-profit public charity. At this time, in collaboration with the Orlando VA Healthcare System, the Healing Through Expression Project was established.

The mission of the Project is to increase the awareness in the local Veteran and civilian community of the healing powers of creative art. Also the project will provide the opportunity for Veterans to improve overall health and wellbeing through the art they produce. The art they develop may also promote physical stamina, increased sense of general well-being, improved self-esteem and increased focus and concentration. These art keys to wellness will help the Veteran reintegrate into his or her community, returning home to a potentially fuller and more productive life.

Do you want to talk with someone RIGHT NOW?

If you're a Veteran in crisis or if you are concerned about one, please call a caring, qualified VA responder, available 24 hours a day, 7 days a week.

The Veterans Suicide and Crisis Hot Line can help even if you are not enrolled in VA benefits or health care.

- 1) Dial 988 #1.
- 2) Call 1-800-273-8255 #1
- 3) Text 838255

For general information please go to the following website:
<https://www.veteranscrisisline.net/get-help-now/call>



<https://moaacfcphilanthropyfund.org>



Veterans “Healing Through Expression”

Serving the
Central Florida Veteran
Community



<https://moaacfcphilanthropyfund.org>

Does this sound like you or someone you know?

AT TIMES I FEEL:

1) HOPELESS: Nothing I do is right! I'm so discouraged. There is no end to my failures. I'm worthless.

2) ANXIOUS: I'm so worried. I just feel so uneasy and fearful, I can't go out.

3) ISOLATED: I feel so alone, nobody understands how I feel. I can't seem to explain it to them.

4) DEPRESSED: I feel sad, neglected and apathetic about everything. Life is miserable for me. Why should I go on like this?

5) OVERWHELMED: I'm so apprehensive, I can't see a way through the issues I have. I'm exhausted. I don't think I can take it any more.

6) DISCONNECTED, FORGOTTEN: No one cares. Is life really worth it?

Check out the

Power of Art to heal!

Art has the ability to:

- Elevate psychological health, relieve stress, build confidence, facilitate emotional release, prevent memory loss, and even promote physical health.
- Help Veterans slow down and relax in order to deal with their situation more peacefully
- Encourage creativity which can lead to discovering an inner space of comfort
- Make Veterans feel more empowered, valued, and able to deal with a task
- Help Veterans express deeper feelings and frustrations without speaking.

How Can Creative Art Help Me?

- Many times, our memories are stored as images in our bodies. So, to access these emotions and memories, we need to speak in their language - the language of images. Making art is a wonderful way to access emotional pain in a safe and mindful way.
- Art offers the unique opportunity to become completely immersed in self-expression
- Art can provide ways to help overcome anxiety and depression
- Art allows the freedom to play, experiment, problem solve, and safely process thought and emotions without criticism or attacking your self-worth.
- People use talk-therapy, but some don't know that art can be even more helpful. It can be the language we need when no words seem to come.

OK, WHERE DO I START?

If you are a Veteran and need to determine your eligibility for medical care, contact the Orlando VA Healthcare System at [\(407\)631-1000 #4.](tel:4076311000)

If you are a Veteran and know you are eligible for medical care, contact the Orlando VA Healthcare System at [\(407\)631-1000 #0](tel:4076311000) for operator assistance. Ask for the Recreational Therapy Section to discuss Creative Arts. Orlando VA Healthcare System website: www.orlando.va.gov

For information about the MOAA Central Florida Chapter Philanthropy Fund visit our website: www.moaacfcphilanthropyfund.org

If you would like to support our efforts to improve the lives of our disabled Veterans in Central Florida, please help us by making a donation on our website:

www.moaacfcphilanthropyfund.org
Your donation will be used to provide art supplies to our Veterans for their creative arts sessions as well as assisting them in marketing their art through art shows, auctions and more.