



*Supporting Veterans  
Strengthening Families*

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## What to Expect: Listening Program

### Purpose

This program offers a safe, supportive space for veterans to share experiences with trained volunteer listeners. It is not therapy, but an opportunity to feel heard and connected.

### What Listeners Do

- Listen with empathy and respect
- Maintain confidentiality (except for safety concerns)
- Provide information about resources when requested

### What Listeners Do NOT Do

- Provide therapy or counseling
- Diagnose or give medical advice
- Promise outcomes

### Session Flow

- Welcome and explain role
- Veteran shares at their own pace
- Listener reflects and validates feelings
- Close with summary and next steps

### Confidentiality

Your privacy matters. Information shared stays confidential except when safety concerns require action.

### Need More Help?

If you need additional support, call Qualified Listeners at 720-600-0860 for information about VA or community resources.