

TEAM VETERAN

The Veteran Mentor Project, Inc.

www.thevmpi.org

V.E.T.S. Mentoring Program Information Sheet

Mission Statement

The mission of the Veteran Mentor Project, Inc. is to enhance military veterans & first responder veterans' transition from service to civilian life in order to reduce stress, provide resources & education to improve their quality of life through mentoring and **WARRIOR** wellness advocacy.

Five Pillars of Wellness

1. **Mental Wellness**
2. **Physical Wellness**
3. **Financial Wellness**
4. **Relationship Wellness**
5. **Career Wellness**



What Mentees Can Expect

- Weekly or monthly check-ins depending on individual needs and transition stage.
- Guidance with career transition, goal setting, leadership development, and life planning.
- Referrals to trusted third-party resources and wellness services.

- Access to the VMPI Mentoring & Wellness Center.
- Support through the Five Pillars of Wellness framework.
- Program participation ranging from 90 days to one year.
- Opportunity to graduate into a lifelong VMPI community member and future mentor.

What Mentors Can Expect

- Completion of V.E.T.S. Mentoring Program training.
- The fulfillment of supporting a fellow WARRIOR.
- Access to the wellness center and trusted resources.
- Ongoing mentorship and support for mentors.
- Connection to a wellness-focused leadership community.

Register or Learn More



James Espinoza, Program Director
james@thevmpi.org
(805) 387-4492
www.thevmpi.org

Join our mailing list and registration list today.



VENTURA COUNTY

BEHAVIORAL HEALTH