

INDY VET TO VET INC

PREAMBLE

Please mute your cell phones. My name is _____, I am a veteran like you.

Welcome to Indy Vet to Vet, your attendance alone is helpful whether you know it or not. We are veterans committed to helping ourselves and others achieve recovery, learn coping skills, and deal with the adjustment problems we face. We can regain a connection with the people we care about by identifying our issues and working to resolve them. This is an all-inclusive, non-judgmental meeting that operates on the idea that everyone is recovering from something.

We are not part of the V.A. However, if you need to apply for disability or receive care, we will be glad to assist you in the right direction after our meeting today.

We are here to learn about our behaviors, daily struggles, and how we affect the people in our lives. We support each other in dealing with problems such as anger, isolation and seclusion, anxiety and depression, and the need to abuse drugs or alcohol. We work to RELEARN how to function in society and UNLEARN the things the military taught us that prevent this from happening. We are not here to advise or solve each other's problems. We are here for fellowship and our mutual benefit.

There are four rules for these meetings:

- 1)** The rule of safety: We promise to do no harm to ourselves or others.
- 2)** The rule of anonymity: What is said here, stays here. If there is a violation of rule #1, we owe it to everyone involved to keep him or her safe.
- 3)** The rule of honesty: Say what you mean. Mean what you say, but don't say it mean. We are not here to impress each other with our military or combat experience. We are all in this together.
- 4)** The rule of respect: Please arrive on time, or at least be quiet when you do arrive. Please do not engage in side conversations during the group meeting. If we don't see eye to eye, we can agree to disagree.

We also offer monthly fellowship events such as karaoke, kayaking, and fishing. If you would like to get more information after the meeting, feel free to ask the facilitator or contact us at:

INDYVETTOVET.ORG

Cell: 317-737-6927