Community Building Art Works is a non-profit organization with a mission to reconnect Veterans and service members with their communities through programs in the creative arts. It aims to create healthy and safe, online and in-person spaces, where Veterans, service members and their families can share their unique stories, be heard and feel supported by their peers with the guidance and support of professional artists and writers.

The More Than One Story: Women and Non-Binary Veterans’ Group (MTOS) is a monthly online writing and creative arts workshop partially funded by the Department of Veterans Affairs’ SSG Parker G. Fox Suicide Prevention Grant.

Artists and writers will help participants connect across shared experiences of service as women and non-binary people by writing poems, stories, journaling, narratives, and creating visual arts such as paintings and meditative art. No experience with art making or poetry is necessary.

Participants will join via Zoom on the fourth Monday of the month, with an additional optional session on the first Wednesday of each month. Cameras can be on or off.

As part of the VA grant, eligible participants will fill out surveys on the topics of well-being, suicidal ideation and other topics. This data will remain confidential and protected and will be used to further research used to develop support programs for these populations.

There is a need for further research into the experiences of women and non-binary veterans, and the MTOS monthly group will allow us to serve this population in a safe environment while also gathering voluntary information into how best to meet the needs of these Veterans.

Find out more and download our media kit here: https://cbaw.org/mtos

Register for an orientation session here: https://CBAW_MTOS_infosession.eventbrite.com

For other questions, email our Program Coordinator Valerie Acosta at valerie@cbaw.org