



Lunch & Learn Series for Veterans and Veteran Spouses

Veterans and their spouses are invited to participate in a special program designed to build relationships, reduce isolation, foster a renewed sense of purpose, learn about resources, and enjoy a meal.

Tuesdays, from 10 am - 1 pm

Six-weeks beginning September 23, 2025

Join us for this multi-week program sponsored by the NYC Department of Veterans Services, PFC Dwyer Veterans' Support Program in conjunction with AmeriCorps Seniors RSVP and the Staten Island Giving Circle designed to support every day living. The program includes:

- The Harmonteiks Project – learn a simple breathing technique that will help you reduce stress and improve mental clarity. It is easy to use and can be done anywhere.
- Transformational Living – short, reflective exercises designed to help you with personal growth and purpose-driven living.
- Knowledge Network – hear short presentations from local non-profit organizations and small businesses about programs, services, and resources available to veterans and their families.
- Bonding activities – connect with fellow veterans through shared experiences of helping others, trips and activities, or casual conversations.
- Lunch – enjoy a delicious lunch – on site or at a local restaurant.

Program will be held at the Staten Island Giving Circle, 4170 Hylan Blvd., Staten Island. Lunch, take home food and toiletry to-go bags, sand other incentives (trips and gift cards) will be provided based on participation..



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