

women & non-binary Veterans have



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More Than One Story: A Creative Program for Military Women and Non-Binary Veterans Led by Veteran Artist Alexis Laryea

Women are the fastest growing group of Veterans in the United States today, making up approximately 15% of the Veterans. But, with over 2 million women Veterans living in the United States today, and over 400,000 currently serving in the military, military women are less likely than their male peers to self-identify as Veterans or use the VA services they've earned. There's less information about non-binary Veterans and military members, but research suggests that they too, are less likely to access services.

Of even more concern, the suicide rate among women Veterans grew over 4 times faster than their male counterparts in 2020-2021.

Mission Belonging's *More Than One Story* Program is reversing that trend for military women and non-binary servicemembers from all eras. Using live, interactive online art and poetry workshops, *More Than One Story* builds on a [2021 event](#) with the Military Women's Memorial to create a "Virtual Community Center" where women and non-binary military members can gather and experience belonging in a healthy, safe, and connected environment. The program provides a unique space that welcomes women and non-binary military members and Veterans with diverse backgrounds and service. The accessibility and convenience of virtual programs have the potential to serve as a bridge to more substantial clinical opportunities.

Through the process of creating art or writing in a group, participants connect across shared experiences of service as women and non-binary people. Here's what some participants are saying:

"This was amazing... I wrote [and] I came out of it feeling more honest than when I started. I love this safe place and the people that make it so."

It was nice to listen to others read things that could have been parts of my life. I know I'm in the right place. I know I'm not alone. Even when it doesn't feel that way."

Mission Belonging holds orientation sessions online on each month. All women and Non-Binary Veterans and service members interested in participating should register for an upcoming orientation session via Eventbrite [here](#).



<https://missionbelonging.org/programs/mtos>

Contact us: info@missionbelonging.org

For more information about Mission Belonging and our full schedule of events (including events for all Veterans, caregivers, & civilians) visit missionbelonging.org/events.