



The
CENTER for
VICTIMS of
TORTURE
.....
Community
Programs &
Engagement



CVT United Soccer Club

CVT United is a Twin Cities fútbol club for individuals impacted by war trauma and conflict. Playing fútbol is proven to help improve symptoms of some mental health issues like depression and stress.

CVT United provides a place for exercise, a healthy outlet to reduce and relieve stress and anxiety. Women's and Men's groups. Free to participate! Snacks and water provided.

CVT United is a safe space for socialization, social rehabilitation, and community building.

Tuesdays 3 - 5 pm
May 28 - August 27, 2023



*No soccer club July 30



Questions? Please contact Mimi Starks
MStarks@cvt.org