



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 torture and other violations of human rights. 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 27 - August 26



No soccer club on July 29

Location:

Meet at St. Paul Healing Center
649 Dayton Ave, St. Paul MN 55104

Questions? Please contact Scott Seres
scott.seres@cvt.org

