

WARRIORS AT EASE

HEALTH ★ RESILIENCE ★ CONNECTION

“While we see anger and violence in the streets of our country, the real battlefield is inside our bodies. If we are to survive as a country, it is in our bodies that it needs to be resolved.”

- Therapist and trauma specialist Resmaa Menakem

Warriors at Ease sends our deepest condolences, heartfelt thoughts, and continued prayers to the families and communities of George Floyd, Breonna Taylor, Ahmaud Arbery. We send the same compassion to the many lives lost, and those who have experienced acts of discrimination and violence due to systemic racism and police brutality. Warriors at Ease does not tolerate treating anyone differently due to race or any other perceived differences.

The events of the past few weeks have heavily impacted Warriors at Ease and have made our global community even more aware of the inequalities People of Color experience. The fact that the military community (active-duty, guard, reserve, and veteran) has a higher percentage of People of Color than that of the United States' general population makes it even more evident that anti-racism and healing racial trauma are the work and responsibility of Warriors at Ease.

The Warriors at Ease Commitment

- Engage in the honest and uncomfortable work of self-examination, learning, and listening necessary to eliminating cultural and racial barriers.
- Demonstrate authentic diversity, equality, and inclusion in our leadership, training, and operations.

Holding Ourselves Accountable

- The Warriors at Ease Faculty and Training committee will conduct a systematic review (which began in September of 2019) of our internal policies, processes, and procedures to ensure inclusion and diversity and will share the plan of action in July.
- The Board of Directors will identify and recruit members who represent our military and veteran community more broadly so as to better address the current and changing climate and needs of our community.

The only way we will get there is together,

The Warriors at Ease Leadership