



The  
CENTER for  
VICTIMS of  
TORTURE  
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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. Men's and Women's scrimmages on 2nd & 4th Tuesdays. Free to participate!

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

2nd & 4th Tuesdays 3 - 5 pm  
May 23 - September 12, 2023



If interested in joining CVT United, please join us for one of the Info & Orientation Sessions offered on Tuesday, May 9th & Tuesday, May 16th from 3 - 4 pm @ The Saint Paul Healing Center 649 Dayton Ave St. Paul, MN 55104

Questions? Please contact Jesse Valentin  
[jvalentin@cvt.org](mailto:jvalentin@cvt.org)





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CVT United  
TWIN CITIES

## Soccer Club Information

1. ALL talent and ability levels are welcome, even if you have never played soccer before, join us!!
  - Some survivors have soccer experience and have offered to be a mentor for those with less experience
2. We will have CVT staff volunteers at most if not all scrimmages to provide mentorship and ensure (especially when we first start) that we have enough players
3. Free to participate, snacks and Gatorade will be provided
4. Participants are encouraged to attend one (1) of the two (2) info & orientation sessions to join CVT United Soccer Club
  - Tuesday, May 9th 3-4 PM
  - Tuesday, May 16th 3-4 PM
5. CVT United plays scrimmages on:
  - 2nd and 4th Tuesdays 3-5 PM
  - May 23rd-September 12<sup>th</sup>
  - Meet at Saint Paul Healing Center then play at Carty Park
6. Participants who attend the info & orientation session will receive soccer athletic equipment and athletic shoes (if needed)
7. Participants can join us any time! If you join after May 23rd and didn't attend an orientation session:

Come prepared to meet with Jesse Valentin prior to the scrimmage to watch a short video and sign an activity liability form

If we have athletic shoes available we will provide them. Otherwise, you may need to bring your own.
8. CVT United is a soccer club and not part of a league. We will not be playing any other teams or clubs. We will play various soccer activities, games, and field scrimmages.
9. For everyone's privacy photos and videos will not be allowed
10. The intent of CVT United is to: have fun, exercise, build trusting relationships, and to build a strong survivor community in the Twin Cities

**Questions? Email: Jesse Valentin, LGSW [jvalentin@cvt.org](mailto:jvalentin@cvt.org)**