

VFW Dept. of Oregon

2025-26 Commander Bert Little and

President Denise Keeton

Special Project: Guitars 4 Vets



V F W
N A T I O N A L H O M E



Guitars 4 Vets is a music therapy program that helps veterans cope with PTSD and other challenges by providing free guitar lessons and instruments, promoting emotional well-being through the power of music.

Why it matters:

- Music enables expression beyond words, helping veterans process trauma & reconnect with emotions.
- Studies highlight music's role in reducing anxiety, improving mood, and combating PTSD.
- Many veterans find isolation after service; G4V replaces that with meaningful connections and shared experiences.



Bert and Denise have set a goal to raise \$5,000 in support of the Guitars 4 Vets program at the VFW National Home.

Your support can help bring music and healing to those who have served.

Donate now by scanning this QR code.

-or- Use the "Donate Now" button
on the vfwor.org home page.