



GAIL SOFFER is the daughter of a veteran and the Founder & Executive Director of the Mindful Veteran Project (formerly known as the Mindful Warrior Project), a 501 (c)(3) non-profit organization* that guides veterans in simple, secular practices of mindfulness, empowering them to cultivate their inner strengths, support their own wellbeing, participate in their own healing process, explore new possibilities, and enjoy the highest possible quality of life – to Be Free, Be Well, and Be Whole in their daily lives.

MVP also serves Active Duty, Guard, and Reserve members, their family members, and caregivers/service providers, creating the community of care needed to ease the suffering and despair that drive over 22 veterans in this country to take their own lives every day.

Ms. Soffer holds a Bachelor of Arts degree with honors from UC Berkeley/Santa Cruz and has traveled extensively to experience how intellectual theories play out in day-to-day life in many cultures. Gail has been a counselor for inner city children following riots, a movement/dance teacher for blind students, a therapeutic arts & crafts workshops provider, the manager of a center for blind and autistic youth, and the director of endless projects helping others creatively overcome challenges and find “the gift in the wound.”

Drawing on her vast experience working with populations facing challenges and her decades-long practice of wellness modalities, she creates outside-the-box programs and customized support systems for the military-connected population and those who care about them. She has trained clinicians at Didi Hirsch Mental Health Services and Imperial County Department of Behavioral Health Services, case managers at Volunteers of America Los Angeles, phone/text first responders at 211 LA County, M.D.s and social workers in private venues, active duty soldiers in Army resiliency programs, victim advocates with the US Navy; and presented at the Association of Batterers Intervention Programs, University of Southern California School of Social Work, the Institute on Violence, Abuse and Trauma, the National Alliance on Mental Illness, and many other diverse conferences.

Ms. Soffer’s lectures, classes, events, Mindful Arts & Crafts, and Wellness Areas have been hosted by US Vets, Inc., churches, Bob Hope Patriotic Hall, CalMHSA, Weingart, YWCAs, libraries, American Legions, DCFS, California Humanities, Congress members, Veterans Administrations, Vet Centers, the U.S. Army, Navy, Coast Guard, and Air Force as well as their Reserve and Guard units. Her humanities and arts-based work, in partnership with organizations such as California Humanities/ the National Endowment for the Humanities and the Los Angeles Opera, has created important bridges between all-too-often-separated disciplines and communities and brought about remarkable inspiration and healing.

Gail is passionate about empowering people to explore with openness and curiosity and find the wealth of exciting possibilities that life holds, helping bring education, hope, and transformation, working with large groups in prestigious venues, “undercover” with kids at supposedly “just fun” events, or one-on-one on Skid Row.

* as a project of the prestigious Community Partners