



Supervisor Tony Buffington
Blue Ridge District
NewsFlash



Peer-to-Peer Veteran Support Groups

Sent: April 21, 2021

The Virginia Department of Veteran Services is offering free Peer to Peer Support Groups for Veterans!

One session is designed uniquely for female Veterans and provides a confidential environment to discuss the unique challenges faced by female Veterans.

The other session is open to all Veterans and provides a confidential environment to discuss military service and transitional experiences.



Virginia Department of Veterans Services
Virginia Veteran and Family Support



Female Virtual Peer Support Group

**Every 1st and 3rd Monday
6pm- 7:30pm**

Virtual Veteran Peer Support Groups are facilitated by veterans, in order to more effectively address the needs of the Veteran, National Guard, and Reservist communities by providing a relaxed and confidential environment in which to share past military, and current transitional, experiences with other veterans.

The virtual groups employ a peer-to-peer format, which strives to foster support for their members by improving self-reliance, self-advocacy, and by encouraging each veteran along his/her own path to behavioral health wellness.

For more information, contact Danielle Rock at 804-839-0480 or Danielle.rock@dvs.virginia.gov



VETERAN PEER SUPPORT GROUP

**Held virtually on the Google Meet
platform every other week on
Wednesday nights from 6:00-
8:00pm**

Veteran Peer Support Groups are facilitated by veterans and designed to address the needs of Veterans, National Guard and Reservists by providing a relaxed and confidential environment to share post military and transitional experiences with other veterans.

In a peer-to-peer format, the groups strive to support one another in improving self-reliance and self-advocacy, and encouraging veterans in their pursuit of wellness.

For more information, contact: **James Custodio @ 571-235-8308**



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