

# VETERAN SPOUSE NETWORK

*Facilitating a network of support  
for military and veteran spouses  
and families*



# PROGRAMS



## Veteran Spouse Resiliency Group

Virtual and in-person peer-led, curriculum-driven support groups for veteran spouses/partners to come together, share their experiences and lean on one another for support and guidance.



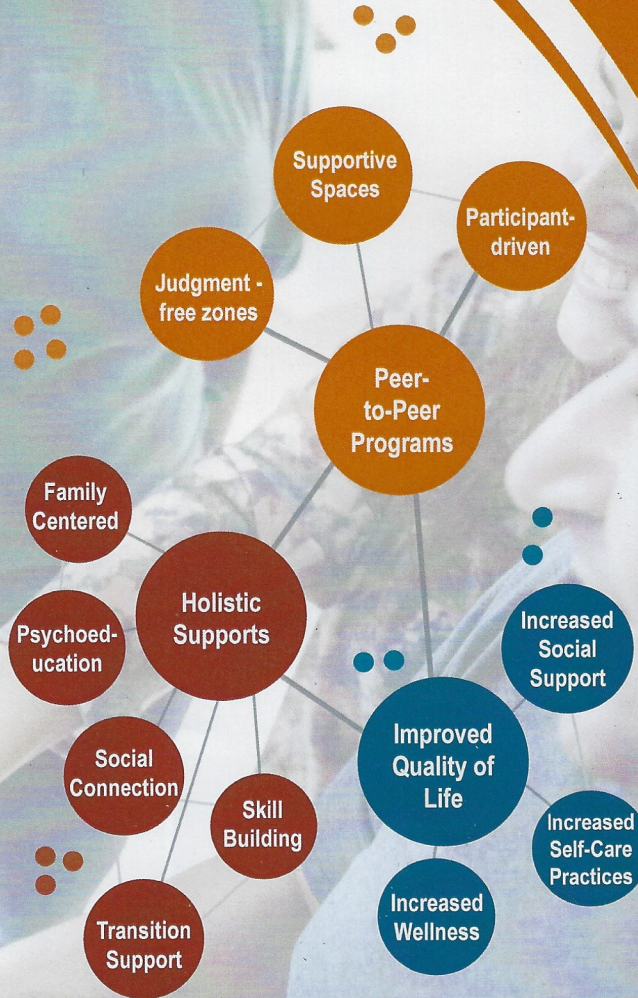
## VSN Social Club

Fun and supportive peer-led groups for the larger military and veteran-connected community. In-person and virtual groups offer a safe space to discuss topics of interest, while creating opportunities to connect, socialize, and provide and receive support.



## Veteran Family Transition Program

Holistic transition support for spouses and couples, providing a combination of virtual educational seminars, peer support groups, and peer panels to ensure a smooth and successful military to civilian transition for the whole family.



# GET INVOLVED

- ✓ Join a **Veteran Spouse Resiliency Group** and receive curriculum-driven peer support.
- ✓ Join a **VSN Social Club** to connect with others in the military and veteran family community around topics that interest you.
- ✓ Participate in our **Veteran Family Transition Program** to learn about resources, gain transition-focused tools, and connect with others who are going through military to civilian transition.
- ✓ Serve as a peer leader in any of the **VSN programs** to support military and veteran families in your community.



*VSN gave me a purpose again.  
Helping other Veteran Spouses/  
Partners helps me to stay connected  
to the core of who I am!*

- VSN Peer Leader

## ABOUT

Military and veteran families face a diverse set of experiences as they navigate active-duty and post-service life, which require equally unique supports. Whether your family is navigating changes in duty stations and deployments, making the "what's next?" decisions as you approach transition, or managing post-service health conditions or family stressors, VSN programs are designed to provide support at every step.

At the VSN, we prioritize the needs of spouses and families through the provision of peer support, educational information, and community connection, to ensure families are supported at each stage of their journey. We believe that adequately addressing the individual needs of each family member, is paramount to strengthening the family unit as a whole.

The VSN is an affiliate of the Institute for Military & Veteran Family Wellness at The University of Texas at Austin.

## Contact

Follow our socials, email us, or scan the QR code below!



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