



A UNITED WAY INITIATIVE

Positive Parental Support



*Strong Families
Strong Communities*



A UNITED WAY INITIATIVE

Navigators

Our Mission United Navigators are veterans, have walked in your boots and, can relate to the sacrifices you've had to make. We know that military members, veterans, and their families experience unique challenges navigating community support systems.

With access to a multitude of resources at their fingertips, United Way and the Mission United Navigators can connect callers to community resources to help reduce stress, give support, and provide advocacy to those members in need.



Peer To Peer Talk

Our confidential services, through the Military and Veteran Families Prevention Program are free, and available to all service members, regardless of income or discharge type: active duty, guard, reserves, veterans, and their family members.

Navigators work with members to:

- ★ *Assess their needs*
- ★ *Determine their options*
- ★ *Provide appropriate programs and services*
- ★ *Give support*
- ★ *Advocate for members as needed*



Connecting To Resources

Mission United Navigators help military members (past and present) and their families:

- ★ *Navigate the complicated maze of health and human services system*
- ★ *Act as personal advocates to ensure timely access to services*
- ★ *Follow up with members to determine if services were provided and needs were met*



Referral Services

Our Mission United Navigators provide referrals to the following programs:

- ★ *Child, Youth, and Adult Care*
- ★ *Counseling Services (family, individual and group)*
- ★ *Financial Assistance*
- ★ *Family Reintegration*
- ★ *Education and Literacy*
- ★ *Job Training and Placement*
- ★ *Legal Support*
- ★ *Mental Health Services (PTSD, depression and anxiety)*
- ★ *Parenting Programs (for new or experienced parents and grandparents seeking the tools to make their family a stronger unit)*
- ★ *Substance Abuse (in/out patient) services*





Caring Support

Family stress is real and the responsibilities of a military life may compound it. If you are feeling stressed and overwhelmed, we are here to provide you with caring support and community resources. Recognizing when it is time to seek help, can make all the difference in keeping families strong, safe and smiling.

We are here for you!

Recognizing risk factors in yourself:

- ★ *If you are feeling angry, frustrated and overwhelmed*
- ★ *If you grew up in a household where screaming and shouting or violence was the norm.*
- ★ *If other people have expressed concern, especially someone you normally respect and trust*
- ★ *If you feel emotionally disconnected from your child*
- ★ *If meeting the daily needs of your child seems impossible*

If this sounds familiar, then it's worth the effort for your family to seek help, we are here for you.

*Free Resources
in a Judgment Free Zone*



Call 211

Dial 211
(210) 227-4357 (HELP)
FREE & CONFIDENTIAL
24/7/365
Information,
referral, advocacy,
and follow-up support
is just a call away.



United Way is committed to connecting military members, veterans and their families to community resources, programs and services.

We're here to help!



A UNITED WAY INITIATIVE

700 South Alamo St | San Antonio, TX 78205
210.352.7000 | unitedwaysatx.org

