



Join Us

for a Virtual Workshop

Support for Service Members, Veterans, and Families

The American Red Cross Service to the Armed Forces (SAF) is offering virtual workshops for Veterans, Military and their families. Join us for a chance to connect with others in a live, virtual, and guided conversation where you will have a chance to discuss, learn, and practice healthy coping strategies.

- **Caregivers:** Provides caregivers with ways to reduce isolation, incorporate new identities and build personal wellness plans to achieve a healthy lifestyle and reduce stress
- **Stress Solutions:** Teaches stress management through learning the signs of stress, practicing relaxation techniques, discussing sleep issues, learning to help others, and changing the way you think about stress.
- **Effective Communication:** Teaches the skills needed to achieve effective communication styles through non-verbal's, seeking clarification, self-reflection, "I" statements, and other activities.
- **Creating Calmness in Stressful Times:** teaches stress-management and relaxation techniques for service members, veterans, and their families. Discussion around the challenges of living through times of stress.

All resiliency programs are available free of charge, confidential, and led by licensed mental health professionals with additional Red Cross training.

Sign Up to schedule a virtual session for your group today to learn new avenues to combating stress or utilize to build upon your personal and professional development toolkit!

Contact **Sharon Woodville**, CONUS SAF Regional Program Specialist at **sharon.woodville@redcross.org** or **228-224-7232** to find out more or to sign up!