



**American  
Red Cross**

Service to the Armed Forces



## *JOIN US* for a Virtual Reconnection Workshop!

### Support for Service Members, Veterans, Families and Caregivers

The American Red Cross Service to the Armed Forces (SAF) is offering virtual Reconnection workshops to help guide members of the military and veteran communities through a variety of important topics. Join us for a chance to connect with others in a live, virtual and guided conversation where you will have a chance to discuss your biggest concerns and learn and practice new, effective skills.

#### **Available workshop topics include:**

- Stress Solutions
- Effective Communication
- Connecting with Kids
- Caregivers of Wounded, Ill and Injured Service Members and Veterans
- Creating Calmness in Stressful Times

### Sign Up for a Virtual Workshop!

Each small-group session is organized by a Service to Armed Forces staff member in your community. Contact your local Red Cross office to find out when the next session is scheduled near you. To find your local office, visit [redcross.org](https://www.redcross.org) and click "Your Local Red Cross" at the top, or download the Hero Care application.