



Virginia Department of Veterans Services
Virginia Veteran and Family Support



Women Veteran Virtual Peer Support Group

**Every 1st and 3rd Monday
2pm- 4pm**

This Virtual Veteran Peer Support Group is facilitated by women 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.

VVFS virtual groups employ peer-to-peer format, which strives to foster support for women veterans by improving self-reliance, self-advocacy, and by encouraging each veteran whether male or female along his/her own path to behavioral health wellness.

For more information, contact Danielle Rock at 804-839-0480 or
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