



**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.