

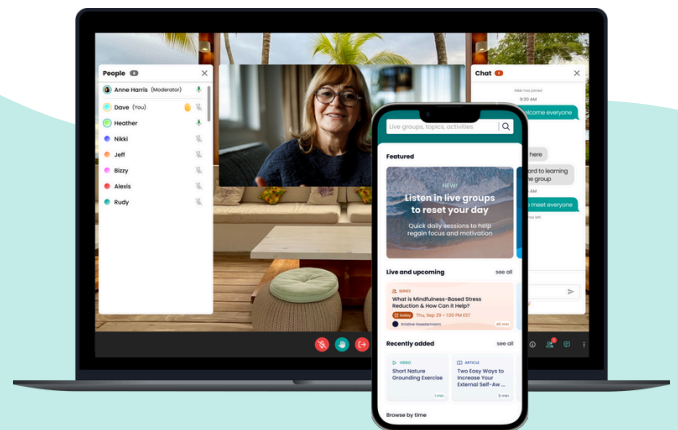
FREE CONFIDENTIAL VIRTUAL SUPPORT



Virginia Veteran & Family Support, a program of the Virginia Department of Veterans Services (DVS), in partnership with Cabana, now offers **virtual peer groups** and **guided support** for Virginia Veterans, Guard/Reserve members, Spouses, and Caregivers. Join us to connect, share, and find support—**all from anywhere.**



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NO COST.



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Whether you're balancing everyday life stress, navigating life post-service, or simply seeking connection, **we're here to help.**

Learn more about Virginia DVS Peer Support at: www.dvs.virginia.gov

Join Our Safe, Confidential Community

- Live Virtual & Anonymous Peer Groups
- Professional & Certified Peer Moderators
- Self-Guided Wellness Modules, Available 24/7
- Daily Support Tools and Resources



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