



MVCN Resources

- **Online Peer Support Community:** This secure, custom, peer-moderated online community allows caregivers to connect with others who understand their unique challenges. It provides a safe space for sharing experiences and receiving support.
- **Peer Mentor Support Program:** Caregivers can engage in one-on-one relationships with peer mentors who offer guidance, support and understanding based on their own caregiving experiences.
- **Peer Support Groups:** These groups, available online and in community settings, provide a confidential environment where caregivers can discuss their challenges and triumphs with others who truly understand.
- **Hero Care Resource Directory:** This comprehensive library offers tools and programs designed to assist caregivers in military and Veteran communities. It includes information on a wide range of topics, from health and wellness to legal and financial support.
- **Caregiver Calendar:** The MVCN's calendar lists events, activities, conferences, retreats, camps, trainings and webinars specifically for military and Veteran caregivers. This allows caregivers to find and participate in events that can



**American
Red Cross**

Military and Veteran
Caregiver Network

MILITARY & VETERAN CAREGIVER NETWORK FACT SHEET

provide additional support and educational opportunities.

The Military and Veteran Caregiver Network (MVCN) is a vital resource for military caregivers, offering a secure and customized experience to connect with caregivers from all eras, relationships, and locations. The network provides practical insights, valuable advice, and a community to share, listen, and learn from caregivers at all stages in their caregiving journey. MVCN aims to decrease feelings of isolation while increasing connection, hope, and wellbeing through peer-support, self-care practices, and education. Caregivers can access workshops on their whole health journey, a custom online community for educational content, and a Hero Care Resource Directory to access local resources and support. The MVCN also offers peer support programs, including one-on-one mentoring and peer support groups, to help caregivers build confidence, gain new skills, and maintain hope.

How to get involved:

- Join the MVCN if you are a caregiver.
- Become a peer mentor or mentee.
- Tell caregivers about the MVCN and the resources available through the website.
- Pass along information about the MVCN to other Veteran and Military Service Organizations in your area (local Veterans Councils, VFW Posts and similar organizations, Churches & other Religious bodies, local Senior resource groups/support organizations).

For general information on the MVCN please email: info.mvcn@redcross.org

Find them on Facebook, X, Instagram, LinkedIn and YouTube