



Virtual Caregivers of Wounded, Ill, and Injured Service Members and Veterans Workshop

Purpose: Provides caregivers with ways to reduce isolation, incorporate new identities and build personal wellness plans to achieve a healthy lifestyle and reduce stress.

Length: 60-120 minutes

Format: Facilitated group discussion by licensed behavioral health professionals

Workshop Size: 3-12 participants

Cost: Free

More Information: redcross.org/reconnectionworkshops

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