



NATIONAL VETERANS AND MILITARY FAMILIES MONTH

Special Events and Offers for Military Families

Each November, the military community observes National Veterans and Military Families Month to celebrate how special military families are and recognize all the ways they support their service members. **Join us for virtual events all month long:**

- 11/5: Sleep Strategies for Stress
- 11/10: Family Fact-Finding: Explore Ancestry.com
- 11/17: Storytime with Bella (ages 3-6)
- 11/19: Family Picture Day
- 11/19: Storytime with Ryan (ages 7-10)
- 11/19: MilSpouse Secrets
- 11/20: Easy and Nutritious Meals for Your MilFam

Additional Information & Resources

<https://militaryonesource.mil/military-family-appreciation>



Appreciation kit for military families

The Department of Defense and Military OneSource are recognizing military families and transitioning veterans with Military Family Appreciation Kits. Kits are available to military service members and their immediate family members as well as to veterans within 365 days of their post-separation date.

Virtual events all month long

At Military OneSource, we're hosting special events to celebrate military families – spouses, partners, parents, co-parents, children, extended family members and even friends. Tune into our virtual events on Facebook throughout November, and spread the word about these special online broadcasts to the families in your community. <https://www.facebook.com/military.1source>

Helpful resources and fun tips

In November and all year long, we'll highlight resources and services for military families on Military OneSource and Spouse Education and Career Opportunities social channels. Follow along and share posts you think will be fun or helpful for families in your community.

Support whenever it's needed

This month and all year long, Military OneSource consultants are available 24/7 to connect service members and their spouses to info, answers and support – everything from confidential counseling to specialty consultations on child care, relationships, spouse employment, relocation and more. See all the ways we can support military families at <https://militaryonesource.mil/military-family-appreciation>.

