

**Published on *VirginiaNavigator* (<https://virginiannavigator.org>)**

## **Women Veterans Peer Support Group ~ Virtual**

Date and Time

Monthly on the third Tuesday at 5:00pm

Upcoming

- Tuesday 1/21/2025 5:00 to 7:00pm
- Tuesday 2/18/2025 5:00 to 7:00pm
- Tuesday 3/18/2025 5:00 to 7:00pm
- Tuesday 4/15/2025 5:00 to 7:00pm
- Tuesday 5/20/2025 5:00 to 7:00pm
- Tuesday 6/17/2025 5:00 to 7:00pm
- Tuesday 7/15/2025 5:00 to 7:00pm
- Tuesday 8/19/2025 5:00 to 7:00pm
- Tuesday 9/16/2025 5:00 to 7:00pm
- Tuesday 10/21/2025 5:00 to 7:00pm
- Tuesday 11/18/2025 5:00 to 7:00pm
- Tuesday 12/16/2025 5:00 to 7:00pm

Monthly on the first Tuesday at 5:00pm

Upcoming

- Tuesday 1/7/2025 5:00 to 7:00pm
- Tuesday 2/4/2025 5:00 to 7:00pm
- Tuesday 3/4/2025 5:00 to 7:00pm
- Tuesday 4/1/2025 5:00 to 7:00pm
- Tuesday 5/6/2025 5:00 to 7:00pm
- Tuesday 6/3/2025 5:00 to 7:00pm
- Tuesday 7/1/2025 5:00 to 7:00pm
- Tuesday 8/5/2025 5:00 to 7:00pm
- Tuesday 9/2/2025 5:00 to 7:00pm
- Tuesday 10/7/2025 5:00 to 7:00pm
- Tuesday 11/4/2025 5:00 to 7:00pm
- Tuesday 12/2/2025 5:00 to 7:00pm

Event Region

Statewide

Event Type

Support group

RSVP Info

Contact Khadjia Smith by email at [khadija.smith@dvs.virginia.gov](mailto:khadija.smith@dvs.virginia.gov)

Event Cost

\$0.00

Event Description

This virtual Veteran Peer Support Group is facilitated by women veterans in order to more effectively address the needs of the veteran, National Guard, and Reservist communities by providing a relaxed and confidential environment to share past military and current transitional experiences with other veterans, focusing on the unique experiences as women.

VVFS groups employ a peer-to-peer support format which strives to foster support for members by improving self-reliance, self-advocacy, and by encouraging each veteran along her own path to behavioral health wellness. These occur every first and third Tuesday of the month.

Please reach out to Khadjia Smith ([khadija.smith@dvs.virginia.gov](mailto:khadija.smith@dvs.virginia.gov)) for more information about this group.

Event Image or Sponsor Logo

Image

