



Military Caregivers Support Forum

*Do you provide support or
assistance to a Wounded, Ill
or Injured Warrior?*

**09:30 – 11:30 2nd Tuesday each month
Followed by lunch**

**(SFAC) Soldier Family Assistance Center
FT Sam Houston, TX**

12:30 – 2:30 3rd Thursday each month

Join us for lunch at 11:30

**Military & Family Readiness Center
4600 Bldg. Lackland AFB, TX**

*Our purpose is to bring caregivers together, build
peer support networks, share experiences and
information, and offer a private place to talk.*

For more information or to inquire
about childcare arrangements, call:

Peer Support Coordinator

(210) 557-2018

Military Family Life Counselor

(210) 426-9984 or (210) 540-5030



In **Military Caregiver PEER Forums** you can:

- **Gain emotional support** by connecting with other military caregivers
- **Learn skills** to embrace and overcome daily challenges
- **Share stories and resources** based on your personal experiences



www.WarriorCare.mil



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#MilitaryCaregiver

MILITARY CAREGIVER SUPPORT

Are you a spouse, family member, or friend who assists a wounded, ill, or injured Service member in activities of daily living?

Military Caregiver Support provides in person and virtual forums to discuss best practices, share resources, good news stories, and challenges in a safe environment facilitated by Military Family Life Counselors.

Discover your peer network that awaits you!

Contact your Regional Coordinator today!

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Ft. Sam Houston - SFAC

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“The Military Caregiver PEER Forum gives caregivers the ability to find their inner strength.”

— Military Caregiver