



**American  
Red Cross**

Military and Veteran  
Caregiver Network

## Federal Employee Resource Group for Veteran Caregivers

**66% of caregivers are working while also providing care. Nearly two in three caregivers say their caregiving responsibilities are impacting their work and professional lives.**

**-2019 Northwestern Mutual C.A.R.E. Study**

Are you a Military or Veteran Caregiver?

Join the American Red Cross Military and Veteran Caregiver Network for connection, engagement, knowledge, skills, and hope.



Connect Online



Share with a Mentor



Join a Support Group

## **Join the Network!**

Employment and workplace support, education and training opportunities, benefits and compensation information, self-care and wellbeing offerings, **Caregiver Calendar of Events**, and resiliency workshops. We look forward to supporting you on your caregiving journey with structured **Peer Support** and our **Hero Care Resource Directory**.

For information on a specific MVCN program, please email: [programs.mvcn@redcross.org](mailto:programs.mvcn@redcross.org)

Disclaimer: MVCN is not a federal agency or program.

The new, customer-focused [VA.gov](https://www.va.gov) makes it easy for Veterans to schedule an appointment, update contact info, file a claim, apply for healthcare and much more!

Download the VA Welcome kit and Quick Start Guides! <https://www.va.gov/welcome-kit/>