



VETERAN SPOUSE
NETWORK

WHO WE ARE

We strengthen the well-being of military and veteran spouses and families through evidence-based peer support, training, and wellness programs that equip them with the tools and support to grow through every phase of life.

CONNECT WITH US

 veteranspousenetwork.org

 vsn@austin.utexas.edu

 [veteranspousenetwork](#)



REAL CONNECTIONS

Peer-led guidance from those who truly understand family's unique journey.



A PLACE TO BELONG

A supportive, welcoming community for military and veteran families.



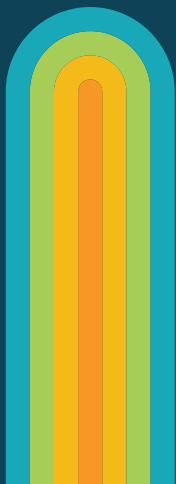
TOOLS TO THRIVE

Research-backed resources and practical skills that meet participants where they are.



PEOPLE-FIRST

Families are at the heart of our work, shaping support to reflect what matters most.



SERVICE



SOCIAL CLUB is a peer-led space for military/veteran families to connect, share experiences, and build resilience through supportive sessions and practical tools.



EMPOWERED offers expert-led, topic-driven seminars designed to equip military and veteran families and community members with valuable information, practical tools, and trusted resources.



VETERAN SPOUSE RESILIENCY GROUP is a research-backed, peer-led program helping veteran spouses build resilience, grow personally, and connect—offered as a six-week group or single-session preview.



SUICIDE PREVENTION trainings tailored to the military/veteran community, equipping participants to recognize risk, offer support, and take action to keep others safe.



PEER 2 PEER CONNECT provides free, virtual one-on-one support, pairing participants with trained Peer Leaders for connection, guidance, and resources (not a substitute for therapy).



VETERAN SPOUSE NETWORK PODCAST shares real stories and perspectives that uplift and empower military and veteran families.

OPEN TO

Varies by group focus.

- Spouses/partners
- Family members/caregivers
- Divorcees/widows/widowers
- Service members/veterans

All members of the military- and veteran-connected community

6 week groups:

- Spouses/partners of veterans/service members within 1 year of separation

Single sessions:

- Spouses/partners

All individuals nationwide

- Spouses/partners
- Divorcees/widows/widowers
- Family members/caregivers

Anyone who wants to better understand the military/veteran family experience