

Who We Are



The Veteran Spouse Network (VSN) provides evidence-based peer support, training, and tools to help military and veteran spouses and families grow through every phase of life. Through connection and shared experiences, we create a community where spouses feel seen, supported, and equipped to strengthen their well-being.

OUR PROMISE

REAL CONNECTIONS

Peer-led guidance from those who truly understand your 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 you where you

PEOPLE-FIRST

You're at the heart of our work, shaping support that reflects what matters

Connect with Us

Veteran Spouse Network is an affiliate of the Institute for Military & Veteran Family Wellness at The University of Texas at Austin.

WEBSITE

veteranspousenetwork.org

EMAIL

vsn@austin.utexas.edu

SOCIAL MEDIA

[veteranspousenetwork](#)



VETERAN SPOUSE
NETWORK



What We Offer

VSN empowers military and veteran families with free, proven support programs that help you thrive through every challenge.



PEER SUPPORT (GROUPS & 1:1)

Connect through shared experience and grow with a supportive community



WELLNESS WORKSHOPS

Explore practical skills for mindfulness, self-care, and everyday well-being



SUICIDE PREVENTION

Learn to recognize warning signs and take life-saving action during hands-on trainings



EDUCATIONAL SEMINARS

Gain expert insights and actionable strategies to navigate life's transitions



COMMUNITY VOICES

Discover real stories and perspectives that uplift and empower families



Join VSN Today

Together, we're shaping a future where every military and veteran family feels connected, supported, and equipped to thrive.

Whether you're navigating the challenges of military or veteran family life, seeking a community that understands, or simply looking to connect, VSN is here to support you every step of the way.

OUR VISION

We are building an inviting community for all military and veteran spouses and families—a network of meaningful connections that reach far beyond the VSN itself.

We envision a future where no one who loves a veteran or service member ever feels alone, and where every spouse and family member has access to the resources and the support they deserve. Our aim is simple: no one left behind.