



Guide to the Service to Armed Forces Virtual Resiliency Workshops

Module Overview

These virtual modules were developed by a team of Resiliency mental health volunteers and SAF staff members to bring support to service members, veterans and families who are unable to attend in-person workshops. Each module is a modified version of an in-person workshop and offers an opportunity to connect with others in a small-group, virtual environment.

All workshops are live, interactive and virtual and are facilitated by Red Cross mental health volunteers. Participants are encouraged to share in the discussion as though they were in person together.

Format and Structure

- Sessions are 60-90 minutes.
- Sessions have 3-12 participants.
- Sessions are for adults only.
- There are two mental health facilitators running each session as well as a technical host.
- Sessions are closed to the general public, and participants are individually invited to attend upon registering.
- All service members, veterans and their family members are welcome and encouraged to attend the sessions.

Topics Presented

The goal of each workshop is to provide a safe, educational space for participants to discuss challenges and concerns and learn the tools to build upon their natural resilience.

Available workshop topics include:

- Stress Solutions
- Effective Communication
- Connecting with Kids
- Caregivers of Wounded, Ill and Injured Service Members and Veterans

Scheduling Workshops

For information on upcoming virtual workshops or to schedule a session, contact your [local Red Cross](#) or SAF point of contact.