

Veterans Affairs and Rehabilitation
February 2026
By 2nd Vice – Lynda Griffin



**American
Red Cross**

Military and Veteran
Caregiver Network

The Military and Veteran Caregiver Network (MVCN) is a vital resource for military caregivers, offering a secure and customized experience to connect with caregivers from all eras, relationships, and locations. The network provides practical insights, valuable advice, and a community to share, listen, and learn from caregivers at all stages in their caregiving journey. MVCN aims to decrease feelings of isolation while increasing connection, hope, and wellbeing through peer-support, self-care practices, and education. Caregivers can access workshops on their whole health journey, a custom online community for educational content, and a Hero Care Resource Directory to access local resources and support. The MVCN also offers peer support programs, including one-on-one mentoring and peer support groups, to help caregivers build confidence, gain new skills, and maintain hope.

How to get involved:

- Join the MVCN if you are a caregiver.
- Become a peer mentor or mentee.
- Tell caregivers about the MVCN and the resources available through the website.
- Pass along information about the MVCN to other Veteran and Military Service Organizations in your area (local Veterans Councils, VFW Posts and similar organizations, Churches & other Religious bodies, local Senior resource groups/support organizations).

MVCN Resources

- Online Peer Support Community: This secure, custom, peer-moderated online community allows caregivers to connect with others who understand their unique challenges. It provides a safe space for sharing experiences and receiving support.
- Peer Mentor Support Program: Caregivers can engage in one-on-one relationships with peer mentors who offer guidance, support and understanding based on their own caregiving experiences.
- Peer Support Groups: These groups, available online and in community settings, provide a confidential environment where caregivers can discuss their challenges and triumphs with others who truly understand.
- Hero Care Resource Directory: This comprehensive library offers tools and programs designed to assist caregivers in military and Veteran communities. It includes information on a wide range of topics, from health and wellness to legal and financial support.
- Caregiver Calendar: The MVCN's calendar lists events, activities, conferences, retreats, camps, trainings and webinars specifically for military and Veteran caregivers. This allows caregivers to find and participate in events.

For general information on the MVCN please email: info.mvcn@redcross.org

Mark Your Calendars

2025 – 2026 ALA Mission Training & National Junior Meetings

January 31, 2026 Las Vegas NV

January 31, 2026 – Indianapolis IN

2025-2026 ALA Mission Training & National Junior Meetings

January 31: Las Vegas

Let us all remember the ALA Mission Statement in everything we do!

In the spirit of Service, Not Self, the mission of the American Legion Auxiliary is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.