

SHE Served News Corner



Overview

As your Women Veterans Committee Chairperson for VFW Texas District 20, I am excited to share some of the wonderful initiatives we are working on to empower and uplift our women veterans in Bexar, Wilson, and Atascosa counties.

Monthly Women Veterans Makeover & Reveal Party

We are teaming up with local businesses to bring you a Monthly Women Veterans Makeover & Reveal Party at our Women Veterans Post. This event will give us the chance to celebrate and pamper the women veterans in our community, and I can't wait to see how we can make this a fun and meaningful experience for all involved. Stay tuned for more details!

Supporting Women Veterans' Businesses

In addition to celebrating and supporting women veterans personally, we're also focusing on helping to grow and promote their businesses. To encourage women veteran entrepreneurs, we will be offering discounted or waived fees for pop-up markets at various VFW posts throughout Bexar, Wilson, and Atascosa counties. This is a great opportunity for women veterans to showcase their businesses, gain exposure, and connect with customers in our local communities.

I am so proud to be a part of these initiatives and to serve as your Women Veterans Chairperson. We're working hard to make these events and opportunities a success, and I look forward to seeing all of you join in as we continue to support each other and build a stronger, more vibrant women veterans' community.

Stay Connected

I will continue to keep you updated with more details and event information in the coming weeks. Let's continue to work together to create more opportunities and celebrate the incredible women who have served our country.

H-A-P-P-Y Quarterly Report

**HEALTH AND
WELFARE**

**ASSISTANCESHIP
& GRANTS**

**PERSONAL &
PROFESSIONAL
DEVELOPMENT**

**YOUTH &
FAMILY**



Ann Rebollar

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HEALTH & WELFARE

WVP Peer Group Workshop Join us to learn about women veteran organizations and how to create peer groups in your area.

Date: Wednesday, January 22, 2025 Time: 3PM - 4PM CST



Wonder Woman Wednesdays Camp SHiEld creates a place to gather online with your peers and share experiences without judgment. Some weeks will feature planned topics for discussion and others may be a session full of our Women Vets who just need to vent in a safe space. Regardless of the biweekly topic, it will always be a forum to connect with your sisters-in-arms with similar experiences and backgrounds.

Events are scheduled January 8, 15, 22



Art Spark Texas Women Veterans Strong

Art Spark Texas hosts a virtual group for women vets to connect, create, and converse. We are reading *The Artist's Way* by Julia Cameron and meeting once a month to discuss each chapter. Two options: Meet either second Saturdays from 8-9 am or second Wednesdays from noon-1 pm. Events are scheduled for Jan 8, 11 Feb 8, 12 March 8, 12, April 9, (Online Event).



Vision Board Workshop

Woman Veteran Calendar Community is hosting an inspiring and empowering Vision Board Workshop exclusively for women veterans! Bring your dreams to life on your own vision board while sharing the experience with friends and family—everyone is welcome! January 16 at 6 pm. At VFW Post 7108

Pink Berets Free Archery Sessions (1st and 3rd Saturdays)

Free archery with equipment program from 12-2 pm at Viking Archery 41000 FM 3159 Canyon Lake TX 78133 for more info call Bernadine at 210-789-0166




Pink Berets Free Boxing Classes (Tuesdays) Every Tuesday at 9am offer free boxing classes for women veterans at Pure Technik Boxing 2819 Hillcrest Ave. San Antonio Texas for more info call Bernadine at 210-789-0166

Pink Berets Culinary Classes (Monthly) The Pink Berets has partnered up with Sugar Daddy's to provide culinary classes. For more info call Bernadine at 210-789-0166



Mondays Coffee & Conversation 9:30 AM - 10 AM Coffee and Conversations

Grace After Fire (GAF) a woman veteran nonprofit organization hosts weekly conversations among fellow women Veterans and enjoy a good cup of coffee or your choice of morning beverage and a great conversation! For more information contact Tel: (832) 769-6582

ASSISTANCESHIP & GRANTS

<p>Grace After Fire Operation Santa (Free Children's Gifts)</p> <p>The Operation Santa program, typically held around the holiday season, helps ensure that women veterans—many of whom may not have access to family support during the holidays— receive gifts, care packages, and other forms of recognition. December 21 will be the event. For more information contact lisa@graceafterfire.org</p>	
<p>CWE Vet Woman Entrepreneur Grant Program Texas women veteran who is starting or currently owns an existing business, you may qualify for the CWE's 5 grants of \$5,000 each will be awarded to qualified Texas women veterans. This grant program is aimed specifically at helping veterans and is open to women entrepreneurs throughout Texas. March 2025.</p>	
<p>Soldier's Angels Food Distribution</p> <p>Soldiers' Angels provide Service Members and Veterans in need during the Military and Veteran Food Distribution event. Service Members and Veterans must register ahead of time to receive support. This event occurs on the third Thursday of every month from 12 – 2 pm CT: 2024: November 21, December 19 at University Methodist Church 5185 De Zavala Rd 78249. Registration is required prior to the event.</p>	

PERSONAL & PROFESSIONAL DEVELOPMENT

<p>The Women Veterans Entrepreneurship Training (WVET) Program</p> <p>Lift Fund is a non-profit organization that helps small business owners with limited access to capital. The Texas-based Women Veteran Entrepreneurship Program is a seven-week course offering both in-person and online training and covers everything from technical assistance to capital requirements. The program serves the San Antonio, Dallas, Austin, Houston, Laredo, Brownsville, and El Paso areas.</p>	
<p>Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE)</p> <p>Premier training program in entrepreneurship and small business management. V-WISE helps women veterans and female military spouses/partners find their passion and learn the business savvy skills necessary to turn an idea or start-up into a growing venture. Upcoming Next Cohort in Phoenix, AZ!</p> <p>Phase I: Mar 31-April 25, 2025</p> <p>Phase II: May 2 – 4, 2025</p>	

PERSONAL & PROFESSIONAL DEVELOPMENT

American Corporate Partners Women's Veteran Mentoring Program

ACP connects female veterans with female entrepreneurs and business leaders for enhanced, one-on-one yearlong mentorships. ACP hand selects a Mentor for each veteran based on her career and professional development goals. Veterans are mentored on topics ranging from building a résumé or managing work-life balance to refining leadership and networking skills.



YOUTH & FAMILY

Soldiers' Angels Virtual Baby Showers

Soldier's Angels provides virtual baby showers for expectant families of the military community, including veterans and their spouses. Eligible expectant mothers will receive purchased baby items to help your family prepare for your new little bundle of joy. They may also put their personal sewing and crafting talents to use and lovingly create handmade baby gifts, including blankets and booties. In addition, mothers will receive a special gift box from Soldiers' Angels.



Military REBOOT Program

FREE 12 week, veteran-led, faith-based course. Open to all active military, veterans, family members. Materials, dinner, and childcare provided. Program held at University Methodist Church, 5084 De Zavala - San Antonio, 78249
Email: Karen Dorner - karen.dorner@crumilitary.org or
Text - 210-887-3390 for more information.
STARTS JANUARY 29 on Wednesdays at 5:45 p.m.



Camp Corral Summer Programs

Provides free of charge summer camps for military children. Camp Corral is a national non-profit organization whose mission is to transform the lives of children of this nation's wounded, ill, and fallen military heroes. Camp Corral has served children from every state in the nation with resilience-based programs focused upon the unique attributes and challenges shared by military-connected children across the country. Applications will open January 17

