

Fostering Resilience in our Military / Veteran Families

"Just as service members can build resilience, families can also take steps to boost their resilience or 'family fitness!' Family fitness is every military family's ability to use physical, psychological, social, and spiritual resources to prepare for, adapt to, and grow from military lifestyle demands."

- The Real Warriors Campaign realwarriors.net

Together, Beyond the Yellow Ribbon SEMN and Family Service Rochester's goal is to help military families meet the challenges of deployment and reintegration.

Donations from Mayo-Hiawatha Chapter 28 of the Disabled American Veterans, Rochester Tee it Up for the Troops, and other local supporters have made these services possible.



For More Information

Contact Family Service Rochester

Phone: 507-287-2010

Email: office@familyservicerochester.org

- Be sure to ask for the Veteran Family Services Program Coordinator

FamilyServiceRochester.org

BeyondTheYellowRibbonSEMN.com



When Soldiers go to war, their families go with them.



▼ *Are you a **FAMILY MEMBER*** of a currently serving, Active Duty, National Guard or Reserve service member?*

▼ *Are you a **FAMILY MEMBER*** of a Veteran who has served since 9/11?*

** FAMILY MEMBERS include parents, siblings, children, spouses and significant others.*

IF SO, is your family experiencing:

Deployment or reintegration problems?

Parenting concerns?

Financial challenges?

Marriage or other family relationship issues?

Anxiety, depression, or stress?

Understanding the need to support military families in our midst, **Beyond the Yellow Ribbon SEMN** and **Family Service Rochester** have partnered to provide mental health services to military families. **Family Service Rochester** will offer case management, counseling, and therapy services to Veteran Families in Southeast Minnesota.

This is a subsidized service for eligible Military and Veteran families.

THEN the Veteran Family Services Program may be able to help!

