

WOVEN IS DIFFERENT

WoVeN is a nationwide network of peer support groups that connects women Veterans of all eras and service branches and empowers them with information, education, and resources to improve quality of life.



"AS WOMEN VETERANS, WE DON'T ALWAYS KNOW WHO OUR OTHER SISTERS ARE, BUT WOVEN GIVES US THE OPPORTUNITY TO CONNECT. WOVEN HAS GIVEN ME SOMETHING BACK THAT WAS MISSING FOR A LONG TIME."

-WoVeN Peer Leader & Trainer

Woven
www.wovenwomenvets.org

WE'RE ONLINE!

Join the WoVeN Community Facebook Group to connect with other women Veterans from across the country!

Go to www.facebook.com and search "WoVeN Women Veterans Network Community Page"

LET'S STAY IN TOUCH!

Sign-up for our newsletter to stay up-to-date on WoVeN news and learn about more ways to get involved with WoVeN!

wovenwomenvets.org/stay-in-touch

CONTACT US!

- ✉ contact@wovenwomenvets.org
- f facebook.com/wovenwomenvets
- 📷 [@womenveteransnetwork](https://www.instagram.com/womenveteransnetwork)
- in [linkedin.com/company/wovenwomenvets](https://www.linkedin.com/company/wovenwomenvets)

OUR SPONSORS AND PARTNERS



OUR MISSION

To provide a unique social network of women Veterans to foster connections and build relationships in local communities and across the nation.



LEARN MORE BY VISITING:
www.wovenwomenvets.org

WOVEN GROUPS

Each WoVeN group is led by 2 women Veterans who have been trained as Peer Leaders. Groups meet weekly for 8 weeks.

OUR THEMES

To help group members share and reflect on many different aspects of their life, each group meeting focuses on a new theme.



TRANSITIONS

Discuss how to successfully navigate life's twists and turns.



BALANCE

Find new ways to keep the many aspects of your life in balance.



STRESS RELIEF

Discover strategies to reduce stress and its impact on your life.



CONNECTIONS

Take steps to improve existing relationships and build new ones.



TRUST

Discuss challenges associated with trusting yourself and others.



ESTEEM

Explore how your views of yourself and others impact different areas of life.

GET INVOLVED WITH WOVEN!

★ Join a WoVeN Group

You can join a WoVeN group as an in-person or online member. Enroll on our website under "Connect with WoVeN."

★ Apply to Become a Peer Leader

If there isn't an in-person WoVeN group in your city, apply to become a Peer Leader on our website under "Connect with WoVeN" so you can start your own.

★ Join the Online Community

Engage with other women Veterans from across the country by joining us on Facebook, Twitter, and Instagram!

★ Keep Up with WoVeN News

Together the latest news and updates from WoVeN, sign up for our newsletter!
www.wovenwomenvets.org/stay-in-touch/

FREQUENTLY ASKED QUESTIONS



What does being a WoVeN member mean?

As a WoVeN member, you are a part of the national WoVeN network and can participate in local and online groups. You can also join us on Facebook, Twitter, and Instagram!



Are there any requirements for being a WoVeN member? (i.e., era, discharge status, etc.)

If you are a woman who served in the United States Military, you are eligible to join WoVeN! Being a part of WoVeN is free.

