



Virginia Department of Veterans Services
Virginia Veteran and Family Support



Virtual Peer Support Group

Every 1st and 3rd Thursday at 5pm

Virtual Veteran Peer Support Groups are facilitated by veterans, in order to more effectively address the needs of the Veteran, National Guard, and Reservist communities by providing a relaxed and confidential environment in which to share past military, and current transitional, experiences with other veterans.²

The virtual groups employ a peer-to-peer format, which strives to foster support for their members by improving self-reliance, self-advocacy, and by encouraging each veteran along his/her own path to behavioral health wellness.

For more information, contact : David Skipper @ 804-248-8644