Service Members, Veterans, and Their Families (SMVF)

Newsletter: November 2026

DEPARTMENT OF COMMUNITY & HUMAN SERVICES

November is a month of gratitude and recognition for our service members, veterans, and their families. Veterans Day, observed November 11, honors all who have served in the United States Armed Forces, while Military Family Appreciation Month recognizes the sacrifices and resilience of military families. Other important observances include the Marine Corps Birthday on November 10 and Warrior Care Month, highlighting the recovery and well-being of wounded, ill, and injured service members. November also emphasizes mental health and emotional wellness, encouraging awareness of stress, trauma, depression, and the importance of seeking support. Together, these observances remind us of the value of honoring military service, reducing mental health stigma, and ensuring service members, veterans, and their families have access to the care and community resources they deserve.

Please check out the November SMVF newsletter for more information on events and workshops happening this month!



Upcoming Events:

Tuesday, November 3:
VA Home Loan Benefits and BBQ - Learn how to use your #1 Veteran benefit | **Register Here**

Thursday, November 5:
Beyond the Uniform: Mental Health and Resilience in Military Families | **Register Here**

Friday, November 6:
Women Veterans ROCK! - 2026 Veterans Appreciation Week Kickoff | **Register Here**

Tuesday, November 10:
Arlington County Veterans Day Proclamation | **View Here**

Thursday, November 12
Job Fair at Joint Base Myer-Henderson Hall | **Register Here**

Scan to learn more about SMVF
alexandriava.gov/go/4966

Military Observances

- **November:**
  - National Veterans and Military Families Month
  - Military Families Appreciation Month
  - Warrior Care Month
  - National Caregivers Month
- **November 2–6:** National Veterans Small Business Week
- **November 8–14:** Veterans Buddy Check Week
- **November 10:** American Legion Auxiliary and US Marine Corps Birthday
- **November 11:**
  - Veterans Day
  - Remembrance Day

Supporting the SMVF Community

Support for Military Families & Veterans: Anxiety, depression, grief, and the stresses of military life can affect service members, Veterans, and their families at any stage. If you or someone you know is struggling, support is available locally and online. From confidential counseling services through our CSB, the Virginia Department of Veterans Services, Military OneSource, and Vet Centers, to VA mental health services and the Veterans/Military Crisis Line, there are resources available to help you take the next step.

Mental Health Resources for Military Families & Veterans

Veterans/Military Crisis Line — 988, then Press 1: Free, confidential crisis support is available 24/7 for Veterans, service members, National Guard and Reserve members, and their families. You can also text 838255 or use online chat.

Military OneSource: A free resource for active-duty service members, National Guard and Reserve members, and their families. It offers confidential, short-term counseling, including support for stress, grief, relationships, deployment, and other military-life challenges. Help is available by phone, online chat, video, and in person 24/7: 800.342.9647.

Military & Family Life Counseling (MFLC): Free, confidential counseling for service members and immediate family members. Counselors can assist with stress, relationships, grief, parenting, adjustment, and other challenges, with sessions available in person, by phone, or video. **More Information**

VA Mental Health Resource Locator: A nationwide tool for finding VA medical centers, Vet Centers, suicide prevention coordinators, and other mental health resources near you. **More Information**

Virginia Department of Veterans Services: Provides behavioral health, benefits assistance, healthcare resources, employment support, and services for Virginia veterans and families. **More information**