

# MILITARY CAREGIVER SUPPORT

**SERVICE MEMBERS** aren't the only  
ones fighting a daily battle



[www.WarriorCare.mil](http://www.WarriorCare.mil)

In **Military Caregiver  
PEER Forums** you can:

- **Gain emotional support** by connecting with other military caregivers
- **Learn skills** to embrace and overcome daily challenges
- **Share stories and resources** based on your personal experiences



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@WarriorCare #WarriorCare  
#MilitaryCaregiver

# MILITARY CAREGIVER SUPPORT

**Are you a spouse, family member, or friend who assists a wounded, ill, or injured Service member in activities of daily living?**

Military Caregiver Support provides provides in person and virtual forums to discuss best practices, share resources, good news stories, and challenges in a safe environment facilitated by Military Family Life Counselors.

**Discover your peer network that awaits you!**  
Contact your Regional Coordinator today!

To find your coordinator contact: [OSD.Caregiver@mail.mil](mailto:OSD.Caregiver@mail.mil)

**“The Military Caregiver PEER Forum gives caregivers the ability to find their inner strength.”**

— Military Caregiver