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## [Veteran Virtual Mental Health Support](#)

### **Free Confidential Virtual Support - Cabana**

**Virginia Veteran and Family Support (VVFS)** has teamed up with **Cabana**—a virtual support platform that brings accessible, live mental health and wellness support to military-connected individuals, including service members, veterans, and their families. With Cabana, you get private, anonymous, and engaging access to live support groups covering a wide range of mental health and wellness topics.

**VVFS Peer Specialists** host weekly mental wellness and skill-building groups every Thursday at 12:30 p.m., designed to foster community and practical support for all military members and veterans. Just create your free Cabana account, and you're in.

### [Support & Skill Building Groups for Veterans & Families](#)

### **Getting Started with Cabana**

Any military-connected individual (all Service Members, Veterans, and adult family members) can request a free account by contacting the DVS team or using the QR code; DVS is funding free sign-ups through June. The Cabana Virtual Support Flyer has a QR code with the magic link to allow for easy sign-ups to Cabana.

### [Cabana Virtual Support Flyer](#)

### **For More Information**

**Questions?** Please reach out to Elvis Fields ([elvis.fields@dvs.virginia.gov](mailto:elvis.fields@dvs.virginia.gov)) or Adam Meyer ([adam.meyer@dvs.virginia.gov](mailto:adam.meyer@dvs.virginia.gov)) for more information.

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