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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) or Adam Meyer (adam.meyer@dvs.virginia.gov) for more information.

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