

Reaching Out is a Sign of Strength

The strength of our military is legendary, but at the heart of our military is a strong, family structure. The Rosalynn Carter Institute for Caregivers helps create strong healthy families by supporting the unsung heroes behind our heroes with two military-centered support programs.



One-On-One Coaching

- Operation Family Caregiver (OFC) provides 8 sessions of free, confidential one-on-one coaching
- Serving family and friends who support service members and veterans from all service eras
- Personalized sessions tailored to what you need when you need it
- Coaches work with you on problem-solving, self-care, stress management, and safety

Virtual Peer Support Group

- Operation Caregiver Support (OCS) is virtual peer support groups for those who provide care to post-9/11 service members and veterans
- Groups foster connections and create a community of support
- Unlock new strategies for managing stress, creating a care team self-care, and more
- In addition to the general support group, there are also specialized support groups for Spanish speakers and parents of veterans

They served • You serve • We serve

<https://www.rosalynncarter.org/programs/military-caregivers/>