

Show Your Support for Military Families

In a 2010 survey, 9 out of 10 military families said the general public did not understand or value the sacrifices they make for the nation.

Individuals, families, communities and organizations can reach out and let military families know they are appreciated and not alone.

Here is what you can do to support the families of the men and women defending the nation:

- ★ Donate to camps for children or retreats for families reconnecting after deployment. Both are operated by the National Military Family Association <http://www.militaryfamily.org>.
- ★ Provide a foster home for the beloved pets a military member has to leave behind. Register at the Military Foster Pet Project <https://www.netpets.org/militarypet/foster.php>.
- ★ Share a message to brighten a family's day through Joining Forces, which supports service members and their families. Go to <http://www.whitehouse.gov/joiningforces/message>
- ★ Connect with military families in your area. Let them know you or an organization are available. Ask a local veterans service group about new families in the community.
- ★ Invite a military family to dinner or involve military children in a family fun day.
- ★ Offer to babysit or pick up children from school activities.

**Express gratitude for the freedoms we all enjoy
by supporting military families.**



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline