



## National Veterans and Military Families Month – Fact Sheet

### Special Events and Offers for Military Families

#### Individual giveaways for military families

The Defense Department and Military OneSource are recognizing military families and transitioning veterans with individual giveaways, such as doodle journals, pop-it toys and wooden blossom kits. Giveaways are available to military service members and their immediate family members, as well as to veterans within 365 days of their post-separation date.

Service providers — Military OneSource has also created products to help support the wonderful work you do! Order Military OneSource sticker sheets and temporary tattoos to distribute at installation events throughout November.

#### Podcast episodes all month long

Military OneSource is hosting special podcast episodes to celebrate military families and transitioning veterans — spouses, partners, parents, co-parents, children, extended family members and even friends. Tune in to Military OneSource podcasts throughout November, and help spread the word about these special online episodes to the families in your community: <https://www.militaryonesource.mil/training-resources/podcasts/>.

#### Helpful resources and fun tips

In November and all year long, we'll highlight resources and services for military families and transitioning veterans on Military OneSource and Spouse Education and Career Opportunities social channels. Follow along and share posts you think will be fun or helpful for families in your community.

#### Support whenever it's needed

This month and all year long, Military OneSource consultants are available 24/7 to connect service members and their spouses to info, answers and support — everything from confidential counseling to specialty consultations on child care, relationships, spouse employment, relocation and more. Check out the My Military OneSource app, making it easy for service members, military families and survivors to access personalized help, benefits and expert support. See all the ways we can support military families at <https://www.militaryonesource.mil/family-relationships/parenting-and-children/military-family-appreciation/>.

Every November, the Defense Department and the military community celebrates military families and transitioning veterans during National Veterans and Military Families Month.

#### Join the celebration:

- Fun giveaways\*
- "Test Your MilFam IQ" quiz
- New podcast episodes
- Resources to help you thrive

<https://www.militaryonesource.mil/media/toolkits/service-provider/national-veterans-military-families-month/>

