



Lady Vets 1st Peer-Support Hub

FREE Support for Women Veterans

Empowering Women Veterans Beyond Service

At Lady Vets 1st, we understand that the journey after military service comes with unique challenges and opportunities. Our mission is to provide a safe, supportive space where women Veterans can receive guidance, encouragement, and connections to valuable resources.

FREE Services Available Every Thursday & Sunday

Thursday, 5:00 PM – 9:00 PM PST

Sunday, 9:00 AM – 1:00 PM PST

☀ Individual Peer Support

Connect one-on-one with someone who understands the military experience and is committed to supporting your personal growth and well-being.

☀ VA Claim Support

Receive guidance and support as you navigate the VA claims process and access the benefits you've earned.

☀ Resource Navigation & Referrals

Get connected to community resources, programs, and services designed to support women Veterans and their families.

Why Connect with Lady Vets 1st?

- ✓ Support from fellow women Veterans
- ✓ A welcoming and judgment-free environment
- ✓ Access to trusted resources and information
- ✓ Encouragement, camaraderie, and connection

You served with strength. You deserve support with understanding.

Join us and become part of a community where women Veterans can learn, support, and grow together.

FREE • Confidential • Compassionate

Lady Vets 1st

Learn. Support. Grow.

For more information, please visit www.ladyvets1st.com and click on the **Contact Us** link.