

H.A.V.E.N

Join us the 2nd and 4th Monday of every month (1730-1830)

[Go Here to register](#)

If you are a survivor of sexual assault/harassment, we want you to know you are not alone. H.A.V.E.N is for you.

Harassment Assault Violence Ends Now

So, if you are in need of someone to talk to, a little extra support, just don't want to feel alone then feel free to join us.

YarnAHolics

Join us this and every Thursday (1600-1700)

[Go here to register](#)

If you are experiencing depression, anxiety, etc... you're stressed out, or you just can't seem to get out of your own head then come and try out our YarnAHolics Group.

Working with your hands does wonders for the mind. Come and see for yourself. And learn a new hobby while you're at it.

This class is a hybrid class, meaning it is offered in both virtual and in-person.

Simply show up in-person or contact one of the MVPN PSC's for link to join the virtual.

Open Doors

Join us this and every Thursday (1730-1830)

[Go Here to register](#)

MVPN is excited to announce our peer support group. Join other LGBTQ+ in the SMVF (servicemembers, Veterans, and family) community. Build camaraderie, friendships, and networking while we discuss current events, gender identity, education, coping skills, by finding emotional support in a safe and welcoming zone.

Just know that you are not alone.

PathFinders

You are invited to join us this and every Thursday! (1900-2000)

[Go Here to register](#)

Don't think you're alone... you have your brothers and sisters to your left and right ready to have your back.

There's nothing you can't talk about whether it be your deployments, home life, work, whatever, you're not alone.

That is what this group is for. For us to come together and talk about it and not keep it to ourselves and feel like we are alone. Because you are not alone. Come out and join us. Don't carry that burden alone.

The Other Side

Join us this and every Thursday! (1900-2000)

[Go Here to register](#)

Are you a significant other, family member, related to a Veteran or service member and feel you have no one to talk to that can understand what you are going through; being on the "Other Side" of military life then you are invited to join us.

You will be welcomed by others that will understand what you are going through in a no judgement zone. And feel free to bring your Veteran/service member for our PathFinders Peer Support Group taking place at the same time.