

APRIL 2022

MILITARY CAREGIVING NEWSLETTER



VA Solid Start: A Program for Transitioning Service Members

April 27, 2022 | 11 A.M. ET

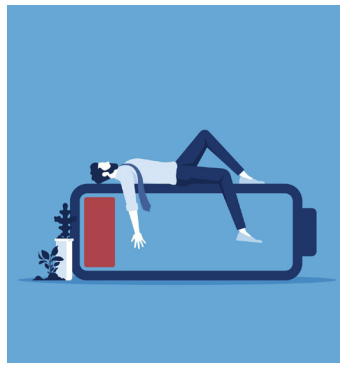
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Are you working with a service member or military family that may be transitioning from service? The VA Solid Start program is designed to assist service members in helping build a solid foundation for individuals by connecting them with direct benefits, resources through partner organizations, and navigating new challenges that may come with transitioning to civilian life.



Professionalism Skills for Individuals with Disabilities

Employers list professionalism as the one of the top skills they need in their new and current employees. What is professionalism? How does an individual with a disability seeking employment or currently employed learn professionalism skills? How can professionalism be maintained throughout one's career? Let's now closely examine this definition and identify some key skills that will empower individuals with disabilities to learn, develop and maintain professionalism in the workplace.



Feeling Depleted? Ways to Self-Assess & Refuel

The pandemic has wreaked havoc and as service providers we find ourselves experiencing stressors that seem new, different, or exacerbated. Coping strategies we used in the past seem to be falling short and leaving us asking ourselves, "now what?" Let us take time to self-assess how depleted we are, what depletes us, what we need to refuel and how much of it do we need to refuel. The best way to find the answers is to first acknowledge that we have perhaps depleted from within. Resilience and self-care are running dangerously low.



Programming Clusters & Continuing Education Credit

OneOp programming clusters cover topics of interest for professionals working with military families. Learn at your own pace, earn continuing education credits, and gain a deeper understanding of these hand-selected offerings from OneOp's best programming. Looking to maintain your professional certification? Explore OneOp's targeted continuing education opportunities by credentialing agency and learn at your own pace.

UPCOMING EVENTS

Military Children's Family
Relationships

APRIL 12 @ 11:00 A.M. ET

Nutrition in Individuals with
Autism Spectrum Disorder

MAY 18 @ 11:00 A.M. ET



Coming June 2022!

Join us as we kick-off the
**2022 Military Family Readiness
Academy series.**

TOPIC:

*Family Well-Being: Navigating
the Social Justice Landscape*

DATE:

June 1, 2022 at 11:00 a.m. ET.

RSVP to join [HERE](#).

The kick-off event will provide a brief overview of the asynchronous courses and offer an opportunity to hear from special guests regarding Academy content and its implications for service providers.


Readiness. Knowledge. Network.
Formerly Military Families Learning Network