



MILITARY FAMILY MONTH

NOVEMBER 2022

It is hard to believe it is already November! The holidays and end of the year are right around the corner. Did you know November is Military Families Month? In 1996, the U.S. Government and Armed Services YMCA established to recognize November as Military Families Month. Every year since the president signs a proclamation declaring November Military Families Month.

We lose 22 veteran's a day to suicide due to Post Traumatic Stress Disorder. [CLICK HERE](#) to learn more about what you can do to help this movement and get involved.

As the holiday season is approaching, Forward Lawrence would like to take this time to recognize the sacrifices military families deal with every single day, especially being separated during this special season.

For a service member and family "one-stop shop," visit [Military One Source](#).

Thank you to all service members and their families.

