

Editor's Picks

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[VA Welcome Kit for Veterans and Families](#)

Whether you're just getting out of the service or you've been a civilian for years now, the VA Welcome Kit can help guide you to the benefits and services you've earned. Based on where you are in life, your VA benefits and services can support you in different ways.

[Image](#)



[VA Leads the Way in Exposure-Informed Care](#)

The passage of the PACT Act (Promise to Address Comprehensive Toxics) marked a transformative step in addressing care gaps Veterans were facing after returning home from combat.

[Image](#)



Veterans Food Assistance Program

The Disabled Veterans National Foundation (DVNF) is providing a one-time grant of essential food and household support to veterans and their families. This program offers a much-needed lifeline to those who have served our country.

[Image](#)



Disaster Assistance and Resources for Veterans

An active tornado season, historic flooding and severe weather have impacted millions of Americans this year. It's important to know that the VA is here to help. In the wake of a disaster, there are resources available to you.

[Image](#)



SNAP and Military and Veteran Families

As an active duty service member or veteran, you may be eligible for assistance through a SNAP nutrition program. SNAP benefits can help you and your family eat right when money is tight.

[Image](#)

[ask an expert question](#)

What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

About

We're Here to Help You Navigate Your Journey

Since 2001 VirginiaNavigator and our family of websites have been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, someone with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

Veterans Resources

Find Resources for You

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

Find Resources for You

- [Benefits](#)
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Veteran Caregivers in Virginia

Family caregivers for Veterans often face unique challenges - find helpful caregiving information and access to key resources for support.

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