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Veterans Resources

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Article

[Reduce Your Risk from Respiratory Viruses This Holiday Season](#)

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

Article

[VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene](#)

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

Program of General Caregiver Support Services (PGCSS)

Program of General Caregiver Support Services

Article

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

Veterans Food Assistance Program

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

Article

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

[Social Security Administration](#)

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Community Calendar

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Dec
31

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Jan

1

Veteran Peer Support Group ~ Virtual

4:30 - 6:30pm

Statewide

Jan

1

Brain Injury Association of Virginia ~ Virtual Caregiver Support Group

6:00 - 7:00pm

Statewide

Jan

1

NAMI Family Support Group for Parents and Caregivers of Youth

7:00 - 8:30pm

Statewide

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