

About Lutheran Family Services

For over 130 years, Lutheran Family Services (LFS) has worked to build stronger people, families, and communities. With its vision of safety, hope, and well-being for all people, LFS brings decades of experience and earned trust to serving people of all ages and situations. LFS has answers for those struggling with life's greatest challenges or support for parents who simply want the best for their children. LFS serves children who are victims of sexual abuse or labor trafficking, persons with severe and persistent mental illness, veterans, refugees, and children in foster care. LFS staff members do their work with excellence and humility, a sense of community responsibility, and a commitment to dignity and justice for all.



Have Questions?

Contact us
(402) 292-9105
mvs@OneLFS.org

Lutheran Family Services Military Veterans Program Locations

**Health 360
Integrated Care**
2301 O Street
Lincoln, NE 68510
(402) 441-7940

**Rupert Dunklau Center for
Healthy Families®**
1420 East Military Avenue
Fremont, NE 68123
(402) 721-1774

**Mourning Hope
Grief Center**
1311 South Folsom Street
Lincoln, NE 68522
(402) 441-7940

Sarpy County LFS Office
11515 South 39th Street
Bellevue, NE 68025
(402) 292-9105



OneLFS.org



Military and Veteran Services

Serving Those Who Serve
Our Country



What is the Military Veterans Services Program?

Military Veterans Services is a program that provides confidential counseling services, peer support, and care and service coordination to active military personnel, veterans, and their loved ones.

The program is designed to address the unique challenges that can often accompany military service. The MVS staff, who are themselves Veterans, understand the experiences and struggles of military service. They work with individuals to identify their needs and connect them with the services and support to be successful. Whether it be help connecting with the VA or finding a counselor, at MVS, nobody is left behind.

The program is committed to ensuring that all members of the military community have access to the support they need to keep moving forward.



Services Available

Individual Peer Support

Certified peer support specialists are also veterans. These staff members have experienced military service, the transition back to civilian life, and the struggles of recovery. They use their lived experience to assist others in identifying and accessing services, developing a recovery and wellness plan, setting and coaching personal goals, and supporting them to live self-directed lives of recovery. Peer support builds on the individual, is non-judgmental, and recovery oriented.

Group Peer Support

If you've worn the uniform, you can attend any of our support groups for active military and veterans.

Coffee Groups allow military members and veterans to support one another and simply connect. Coffee Groups are casual, and there is no pressure. Attend as you are able.

Buddy Check is a monthly event focused on ensuring that no veterans are left behind. More than 20 veterans die from suicide every day. Buddy Check is a check-in where veterans develop relationships, connect, and support one another.

WRAP Groups focus on developing a Wellness Recovery Action Plan (WRAP). A WRAP plan is a safe and effective tool to create and maintain wellness, a daily plan to stay on track with your life and wellness goals, a tool for identifying what throws you off track, and a plan to keep moving forward. A WRAP plan helps you incorporate key recovery concepts and wellness tools into your life.



Resource and Benefit Navigation

Navigating the system of resources and benefits can be overwhelming. LFS peer support staff have extensive knowledge of the various resources and benefits available to the public and those accessible only to military members and veterans. Resource and benefit navigation may be as simple as finding a phone number or involve ongoing engagement and support. It can include the following:

- Healthcare
- Employment/Unemployment
- VA Services and Benefits Eligibility
- Food Pantry
- Public Assistance
- Education – GI-Bill

We invite you to **support** the **life-changing** work of **LFS**. For more information on how to volunteer or make a gift, please visit "Get Involved" at www.OneLFS.org.