




- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

## STAYING CONNECTED

Reassure your family, and remind yourself, that becoming a civilian does not mean you have to cut all your ties with the military. Associations like the Veterans of Foreign Wars (VFW) and the American Legion offer local events for veterans. You can arrange informal get-togethers for your military buddies and their families. You can also organize reunions with individuals or other families you have met and befriended while you served in the military, traveling together as families for vacations or reconnecting at a central place for a gathering. Online networking sites, such as Facebook.com, linkedin.com, plaxo.com, xing.com (for Europe), military.com/buddyfinder, and others will provide a way to find or stay connected to your military friends.

 Use the space below to write down information for the four people you most want to stay connected to. Including the contact information of a third party can help if your information becomes outdated. If you want to include contact information for more friends or associates, you can use your computer, cell phone, or BlackBerry or write on additional pieces of paper or the inside covers of this workbook.

Name \_\_\_\_\_ Birthday \_\_\_\_\_

E-mail \_\_\_\_\_ Skype name \_\_\_\_\_

Phone \_\_\_\_\_ Third-party contact \_\_\_\_\_

Mailing address \_\_\_\_\_

Name \_\_\_\_\_ Birthday \_\_\_\_\_

E-mail \_\_\_\_\_ Skype name \_\_\_\_\_

Phone \_\_\_\_\_ Third-party contact \_\_\_\_\_

Mailing address \_\_\_\_\_

Name \_\_\_\_\_ Birthday \_\_\_\_\_

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