

HEROIC
HONORABLE
DEDICATED
DUTY
SERVICE
BRAVE
READY
COMMITMENT
COURAGEOUS
SELFLESS
INTEGRITY
VALIANT

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Cohen Veterans Network

FOR IMMEDIATE RELEASE

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Cohen Veterans Network Now Supports Military Families Across Globe via New Platform

*CVN Partners with Blue Star Families to Launch Educational Course Focusing on
Tools to Manage Stress and Worry*

Stamford, Conn., November 11, 2020 - In support of military families around the world, [Cohen Veterans Network](#) has launched a new educational course "[Tools for Managing Stress and Worry](#)". The self-paced, free online course was specifically created to help manage stress and worry through a series of brief, easy-to-use tools, strategies, and techniques that participants can access whenever and wherever they need.

During this period of uncertainty, military families are faced with unique stressors causing enormous strain, including interrupted PCS plans, activations and deployments, shifting childcare and child education plans, personal finances and employment insecurity. These challenges can intensify stress and worry, making them more difficult to manage.

"We know that stress and worry are very real issues for military families both in the United States and abroad. This dynamic online course will give those in need the techniques to deal with these problems at their own pace and whenever they need the help," said Dr. Anthony Hassan, President & CEO of Cohen Veterans Network. "We are thankful to Blue Star Families for contributing to the development of the content and reaching military families across the globe who may lack accessible mental health resources."

In partnership with Blue Star Families, CVN's Clinical Training team designed the course to support the unique needs of military families around the globe. The course uses a research-based approach made up of brief modules designed to fit into small windows of time. More information about the [course is](#)

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[available here](#). CVN will partner with BSF and several other military-family focused non-profit organizations to disseminate the educational course to those who may be in need.

“We are thrilled to partner with CVN on this project. Their evidence-based approach to care will serve military families very well no matter where they are currently living,” said Kathy Roth-Douquet, CEO, Blue Star Families. “The challenges military families are facing are very real and constantly evolving. This online course will be there when needed.”

ABOUT COHEN VETERANS NETWORK

Cohen Veterans Network is a 501(c)(3) national nonprofit, clinically integrated mental health system for post-9/11 veterans and their families. CVN focuses on improving mental health outcomes, operating a network of outpatient mental health clinics for veterans and military families in high-need communities, in which trained clinicians deliver holistic, evidence-based care to treat mental health conditions. [Learn more about CVN here](#).

ABOUT BLUE STAR FAMILIES

Blue Star Families builds communities that support military families by connecting research and data to programs and solutions, including career development tools, local community events for families, and caregiver support. Since its inception in 2009, Blue Star Families has engaged tens of thousands of volunteers and serves more than 1.5 million military family members nationwide. With Blue Star Families, military families can find answers to their challenges anywhere they are. For more information, visit bluestarfam.org or follow us on Facebook (@BlueStarFamilies) or Twitter (@BlueStarFamily).

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