



---

Kate Sullivan: (203) 569 - 0293

[kate.sullivan@cohenveteransnetwork.org](mailto:kate.sullivan@cohenveteransnetwork.org)

## Month of the Military Child: Cohen Veterans Network Introduces New Tools to Help #MightyMilitaryKids Manage Change

*Military kids face frequent changes—CVN offers strategies to help  
families adapt and thrive*

**Stamford, CT., April 8, 2025** – Change is a constant in military life, requiring military children to manage frequent relocations, adjust to new schools, and experience long separations from a parent or caregiver. As April marks Month of the Military Child, Cohen Veterans Network (CVN), a national not-for-profit network of mental health clinics for post-9/11 veterans, service members, and their families, is introducing [new resources](#) to help parents support their #MightyMilitaryKids in adapting to change and managing the impacts of military life.

There are more than 1.6 million military children in the U.S., and their families relocate three times as often as civilian families. Over the course of their education, military children move and change schools an average of six to nine times. These frequent transitions can have a significant impact on their mental well-being. The National Military Family Association’s [2024 Military Teen Experience Survey](#) found that 8% of military teens report high mental well-being, while 35% experience low well-being.

“Military children face unique challenges that require resilience and adaptability,” says Cohen Veterans Network President and CEO Dr. Anthony Hassan. “At CVN, we are committed to providing families with the tools they need to help their children thrive, no matter the changes or circumstances they may face.”

CVN’s new resources provide strategies and tips for parents and caregivers to support their children during key military life transitions, including:

- Helping Children Thrive During a PCS Move: A Parent’s Guide - Practical tips focused on easing the transition for kids.
- Managing Military Separations: Expert Tips for Families – Families can learn how to help their kids feel strong and connected through deployments and trainings.
- Supporting Military Kids During the Transition to Civilian Life – Strategies for open communication to help military children adjust to civilian life.

Since its inception in April 2016, CVN has provided care to over 82,000 individuals, including adolescents and children. In fact, approximately 17% of clients served have been children. CVN additionally treats the entire military family including spouses or partners, parents, siblings, caregivers and others. Treatment is available through the network’s 22 [Cohen Clinics](#) serving 20 states in-person and via CVN Telehealth, face-to-face video therapy.



---

Cohen Clinics b-roll and map are available [here](#).

Visit [cohenveteransnetwork.org/militarykids](https://cohenveteransnetwork.org/militarykids) to access the new tools and learn more about CVN’s therapy for military children.

### **ABOUT COHEN VETERANS NETWORK**

Cohen Veterans Network (CVN) is a 501(c)(3) national not-for-profit philanthropic organization for post-9/11 veterans, active duty service members and their families. CVN focuses on improving mental health outcomes, operating a network of outpatient mental health clinics in high-need communities, in which trained clinicians deliver holistic evidence-based care to treat mental health conditions. It was established in 2016 by philanthropist Steven A. Cohen with a commitment of \$275 million to build the network. Learn more about CVN at [cohenveteransnetwork.org](https://cohenveteransnetwork.org).

-end-