

WOMEN'S SERVICES 2024★2025



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Nationally, women veterans are a vital part of the veteran community. More than 80,000 women vets have chosen to make North Carolina their home.

VISIT US @ MILVETS.NC.GOV



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We are soldiers who happen to be women.

Tammy Martin



L-R: Tammy Williamson, Montford Point Marines Assoc. and Tammy Martin, NC DMVA Communications Director

According to U.S. Department of Veterans Affairs, more than 2 million women Veterans live in the U.S. today. Women are the fastest growing group in the Veterans population, from 4% in 2000 to 18% as per projection for 2040. They served across all military branches and divisions. Women Veterans are also racially and ethnically diverse, 43% of the women who used VA Health Services in FY20 belonged to a racial or ethnic minority group.

<https://www.womenshealth.va.gov/materials-and-resources/facts-and-statistics.asp>

NORTH CAROLINA WOMEN VETERANS

In 2020, North Carolina ranked 6th in the United States in its population of women veterans while ranking 8th in total veteran population. Women veterans are the fastest growing segment of vets nationally, and in North Carolina constitute 11 percent currently with projections of 17 percent by 2040.

WOMEN VETERANS DATA

- Are older than women non-veterans.
- A higher percent of women veterans is African American compared to non-veterans. In contrast, the percent of women veterans who are Hispanic is significantly lower than those of non-veterans.
- A higher percent of women non-veterans has never married compared to women veterans.
- Women veterans have a higher median household income than women non-veterans.
- A higher percent of women veterans work for the government compared to women non-veterans.
- A higher percent of women veterans has higher education attainment and are enrolled in higher education compared to women non-veterans.

Women have volunteered to serve in the U.S. military since the American Revolution. Today they constitute approximately 18 percent of new recruits, 17.4 percent of the 1.3 million active-duty servicemembers, 25 percent of the 347,800 reserve component, and 20 percent of the 446,000 National Guard force. More than 300,000 women have served Post 9/11 in Afghanistan and Iraq. While the number of male veterans has declined in 2020, the number

of women veterans is expected to continue to increase by 10 percent of the veteran population. Women who served our country in the military are strong and heroic, but their contributions have been underrecognized even by the women themselves. We identified serious gaps in every aspect of the programs that serve women, including health care, employment, finance, housing, social issues and the eradication of sexual assault. Many women who return from deployment are made stronger by their experiences, but a significant number have difficulty with transition and need support from healthcare/behavioral health services and all aspects of social supports. Research conduct by the VA shows that almost one in five women veterans has delayed or gone without needed care in the prior 12 months. Additionally, women have difficulty translating their military experience into civilian employment. The North Carolina Department of Military and Veterans Affairs (NC DMVA) is committed to providing information, advocacy, outreach, and support to all women veterans and their families in the state. The NC DMVA also seeks to ensure that women veterans are aware of their federal and state benefits so they can obtain the unique services and resources that are available to them. For more information and assistance, please visit our website at: www.milvets.nc.gov

NC MILITARY SPOUSE APPRECIATION DAY

Military Spouse Appreciation Day is a national observance created by President Reagan in 1984 to recognize the sacrifices and support of military spouses. It is officially observed the Friday before Mother's Day. The day is set aside to acknowledge and show appreciation for all military spouses, who play a vital role in the lives of their families while their spouse fulfills their duty to our country.

The NC Department of Military and Veterans Affairs pays tribute to all Armed Forces Spouses in the State of North Carolina each May. For more details visit our website at www.milvets.nc.gov

NORTH CAROLINA WOMEN MILVETS SUMMIT AND EXPO

The North Carolina Women Milvets Summit and Expo is an event whose purpose is to empower military and veterans women to live healthy, happy lives, become successful leaders in their communities, and to advocate on behalf of other women veterans. Women veterans throughout the state participate in this event to share their stories and exchange ideas about business, entrepreneurship, educational and career opportunities, and health and wellness. The event features state, local and federal exhibitors, a speaking program, and a series of networking and breakout sessions.

For more details visit our website at www.milvets.nc.gov

NORTH CAROLINA DEPARTMENT OF COMMERCE

NCWorks Veterans Services, provided by the N.C. Commerce Department's Division of Workforce Solutions, assists veterans, transitioning service members, and eligible military spouses. Women veterans can visit their local NCWorks Career Center and take advantage of no-cost services, including career assessments, job interview preparation, resume and cover letter assistance, access to computers, free internet service, and help with applying for employment and training opportunities. Some veterans face significant barriers that make it difficult for them to find suitable employment. Most NCWorks Career Centers have specialized staff—all of whom are veterans—who work closely with employers to create more opportunities for these veterans and provide them with referrals to supportive services including vocational rehabilitation, transportation, elder care, food and nutrition services, and non-profit organizations that address housing and homelessness. Find a center near you at veterans.ncworks.gov.

UNITED STATES DEPARTMENT OF VETERANS AFFAIRS (VA)

The Women Veterans Call Center (WVCC) answers



questions and responds to concerns from women veterans, their families, and caregivers

NORTH CAROLINA VA MEDICAL CENTERS



Women's Health Clinics

Durham VAMC
508 Fulton Street
Durham, NC 27705
(919) 286-0411
(888) 878-6890

Kernersville VAMC
1695 Kernersville
Medical Pkwy
Kernersville, NC 27284
(336) 515-5000

Asheville VAMC
1100 Tunnel Road
Asheville, NC 28805
(828) 298-7911

Fayetteville VAMC
2300 Ramsey Street
Fayetteville, NC 28301
(910) 488-2120
(800) 771-6106

Salisbury VAMC
1601 Brenner Avenue
Salisbury, NC 28144
(704) 638-9000
(800) 469-8262



across the nation about VA services and resources. The call is free, and women veterans can call as often as they need until they have the answers to their questions. Hours of operation are Monday through Friday 8:00am to 10:00pm ET and Saturday, 8:00am to 6:30pm ET.

The VA is taking steps to improve and expand services for women veterans who are homeless or at risk of becoming homeless. Many women veterans face challenges when returning to civilian life that are different from those of their male counterparts, including raising children on their own or dealing with the psychological after effects of events such as military sexual trauma. These issues, without intervention, can put women veterans at greater risk of becoming homeless.

VA Homeless Women Veteran Resources

www.va.gov/homeless/for_women_veterans.asp

Women Veterans Call Center (WVCC) at

(855) 829-6686.

VA VETERANS HEALTH ADMINISTRATION (VHA)

The Veterans Health Care Act of 1992 authorized new and expanded services for women veterans. These services include: counseling for trauma related to sexual assault; specific health care services such as Pap smears, mammography, and general reproductive health care at VA facilities; and mental health services that include substance abuse counseling, evaluation and treatment of Military Sexual Trauma (MST) and post-traumatic stress disorder (PTSD).

The VHA encourages all women between ages 50 and 75 to get mammograms every two years. If your health care provider recommends a mammogram outside of this age range, the VA will still provide it.

The Department of Veterans Affairs Mobile Mammography Unit provides access to mammography screening at selected VA Health Care Centers in North Carolina, and is one of only two regional mobile radiology units in the US. The Mobile Mammography Unit features digital mammography technology; all-female technologists; a private changing room with separate clinical exam room; and the privacy and comfort of a traditional screening center with the convenience of a fully functioning mobile unit.

Maternity care is covered in the medical benefits package to include care for newborn children of women veterans for up to 7 days after birth. VA is also mandated to implement pilot programs to provide child care to women veterans receiving medical care, and to provide readjustment services to women veterans. Infertility evaluation and limited treatments also are available.

The Women Veterans Health Program promotes the health, welfare, and dignity of women veterans and their families by ensuring equitable access to timely, sensitive, and quality healthcare. There is a full-time Women Veteran Program Manager at every VA Medical Center, a Women's Liaison at every community-based outpatient clinic, and a Women Veterans Coordinator at every regional office. **VA Women Veterans Health Care** (www.womenshealth.va.gov)

MILITARY SEXUAL TRAUMA

Other experiences that fall into the category of MST include unwanted sexual touching or grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening or unwelcome sexual advances.

Both women and men can experience MST during their service. All veterans seen at Veterans Health Administrations facilities are asked about experiences of sexual trauma because they know that any type of trauma can affect a person's physical and mental health, even many years later. People can recover from trauma and the VA has free services to help veterans do this.

You do not need to have a VA disability (service connected) rating to receive these services and may be able to receive services even if you are not eligible for other VA care. You do not need to have reported the incident(s) when they happened or have other documentation that they occurred.

For more information, veterans can speak with a VA healthcare provider, contact the MST Coordinator at their nearest VA Medical Center, or contact their local Vet Center. More MST information can be found at mentalhealth.va.gov.

VETERANS BENEFITS ADMINISTRATION (VBA)

The VA's Women Veterans Coordinators can assist women veterans with the development and handling of claims for gender-specific conditions, including trauma from sexual harassment and assault. A PDF document has been created that addresses women veterans' 25 most frequently asked questions about their benefits, and it can be found along with many other resources on the VA's Center for Women Veterans (CWV) website.

VA CWV Resources

www.va.gov/womenvet

NC WOMEN-OWNED BUSINESS, CERTIFIED WOMAN-OWNED BUSINESS:

North Carolina has four centers focused on assisting women owned businesses. They can assist with paperwork, process, and filing for certification as a woman-owned business, as well as other business services.

ASHEVILLE

Carolina Small Business Development Fund
Western Women's Business Center (WWBC)
Zurilma Anuel – Director
PHONE: (828) 633-5065
EMAIL: wwbc@carolinasmallbusiness.org
WEBSITE: www.wwbcnc.org

RALEIGH/DURHAM

The Women's Business Center of North Carolina (WBCNC)
Roberta McCullough, Exec Director
PHONE: (919) 956-8889
EMAIL: wbcadmin@theinstitutenc.org
WEBSITE: <https://theinstitutenc.org/programs/womens-business-center-of-north-carolina/>

CHARLOTTE

The Institute's Women's Business Center of Charlotte (WBCC)
Rocio Gonzalez – Executive Director
PHONE: (704) 509-5884
EMAIL: wbc-charlotte@TheInstituteNC.org
WEBSITE: <https://theinstitutenc.org/programs/wbcc/>

FAYETTEVILLE

NC Center for Economic Empowerment & Development (NC CEED)
Women's Business Center of Fayetteville (WBCfay)
Danice Langdon - Director
PHONE: (866) 323-3377
EMAIL: wbc1@nceed.org
WEBSITE: www.wbcfay.org



SUPPORT TO GET YOU TO A SAFE PLACE

Women Veterans Support Services, Inc.
Est 2008

Since 2008, Women Veterans Support Services, Inc., mission is to provide direct and referral support in a safe place to our Active and Veteran women, special cases of single fathers with daughters and spouses. We specialize in crisis management.

Our programs under the **Red Shoe** experience addresses our four main areas of support:

- Homelessness
- Domestic Violence/Sexual Assault
- H.E.R. Refined
- Ready4Work



We provide training and education about the true challenges of our underserved population to agencies.

Do not go it alone! Call us, we are here to help.

Services are free, thanks to the generosity of donors.

CONTACT US: (919) 635-6123 • (919) 276-5083 / **TEXT** (919) 696-9572 /

Facebook.com/wvss.nc / **EMAIL** info@wvss-nc.org

ADMIN OFFICE: 5 West Haggett St. Suite 713, Raleigh, NC 27601

UNITED STATES SMALL BUSINESS ADMINISTRATION (SBA)

In March 2016, the SBA's Office of Veterans Business Development (OVBD) and Office of Women's Business Ownership (OWBO) submitted a report to Congress increasing attention on women veteran-owned small businesses. The report compiles and disseminates information on women veterans and makes recommendations to improve outreach to women veterans, providing them with greater access to procurement, lending, and affordable capital.

SBA Women Veterans Business Resources

<https://www.sba.gov/business-guide/grow-your-business/veteran-owned-businesses>

Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) is an entrepreneurial training program for female veterans of all service eras and branches with a passion for and interest in either starting a new small business or growing an existing one. V-WISE enables female veterans to learn business-savvy skills in order to turn their ideas or businesses into growth ventures while recognizing entrepreneurship as an important part of economic growth nationwide. This unique training program was designed specifically by Syracuse University with the Office of Veterans Business Development, SBA, to encourage and support female veterans with an interest in exploring career opportunities in small business ownership.

SBA and Syracuse University V-WISE

<https://ivmf.syracuse.edu/programs/entrepreneurship/start-up/v-wise/>

UNITED STATES DEPT. OF LABOR (DOL)

Women veterans, who comprise 10 percent of the veteran population, but only 2 percent of all working women in America, are a critical segment of today's workforce. Job-hunting can be difficult for anyone, and transitioning veterans may experience culture shock, difficulty translating skills, unfamiliarity with the civilian job search process, and more. Unlike their male veteran peers, women veterans may also experience unique challenges common among non-veteran working women.

Free employment services are available to women veterans nationwide from the DOL Veterans' Employment and Training Service (VETS) Women Veteran Program – these services are targeted to be particularly helpful to women veterans.

As a part of the VETS program, the DOL also funds The Homeless Female Veterans' and Homeless Veterans with Families Program. The program provides supportive services to eligible homeless female veterans and female veterans who are at risk of becoming homeless. The program provides direct services through a case management approach that leverages Federal, State and local resources. Eligible veterans are connected with appropriate employment and life skills support to ensure a successful integration into the workforce.

DOL VETS Women Veterans Program

<https://www.dol.gov/agencies/vets/womenveterans>



ADDITIONAL NORTH CAROLINA RESOURCES

North Carolina Council for Women

<https://ncadmin.nc.gov/boards-commissions/council-women>

North Carolina Coalition Against Sexual Assault (NCCASA)

www.nccasa.org

Dress for Success Triangle NC

trianglenc.dressforsuccess.org

Dress for Success Charlotte

charlotte.dressforsuccess.org

Dress for Success Winston-Salem

winstonsalem.dressforsuccess.org

Women Veterans Support Services

wvss-nc.org

The Aura Home for Homeless

Women Veterans Asheville

aurahomewomenvets.org

University of North Carolina at

Greensboro Women Veterans

Historical Project

libcdm1.uncg.edu/cdm/landingpage/collection/WVHP

Steadfast House For Women Asheville

https://www.shelterlistings.org/homeless_veterans.html

W.E.R.I.S.E Veterans

www.weriseveterans.org/

ADDITIONAL UNITED STATES RESOURCES

The Woman's Club of St. Matthews -

Athena's Sisters

<https://wvsm.org/athenas-sisters/>

Dress for Success

www.dressforsuccess.org

VA Office of Resolution Management,

Diversity & Inclusion (ORMDI)

www.diversity.va.gov

Grace after Fire

www.graceafterfire.org

Military Women's Memorial

www.womensmemorial.org

American Women Veterans

americanwomenveterans.org

National Association of Black Military Women

www.nabmw.org

U.S Army Women's Foundation

www.awfdn.org

The Vietnam Women's Memorial Foundation

vietnamwomensmemorial.org

Women Marines Association

www.womenmarines.org

Women's Army Corps Veterans Association

www.armywomen.org

Ms Veteran America Pageant

www.msveteranamerica.com

Army Women's Foundation

www.awfdn.org

Academy Women

www.academywomen.org

Service Women's Action Network

www.servicewomen.org

Department of Defense Sexual Assault

Prevention and Response with Safe Helpline

www.dla.mil/Info/SAPR/resources/

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Helping Homeless Women Veterans In Buncombe, Henderson & Haywood Counties

aurahomewomenvets.org

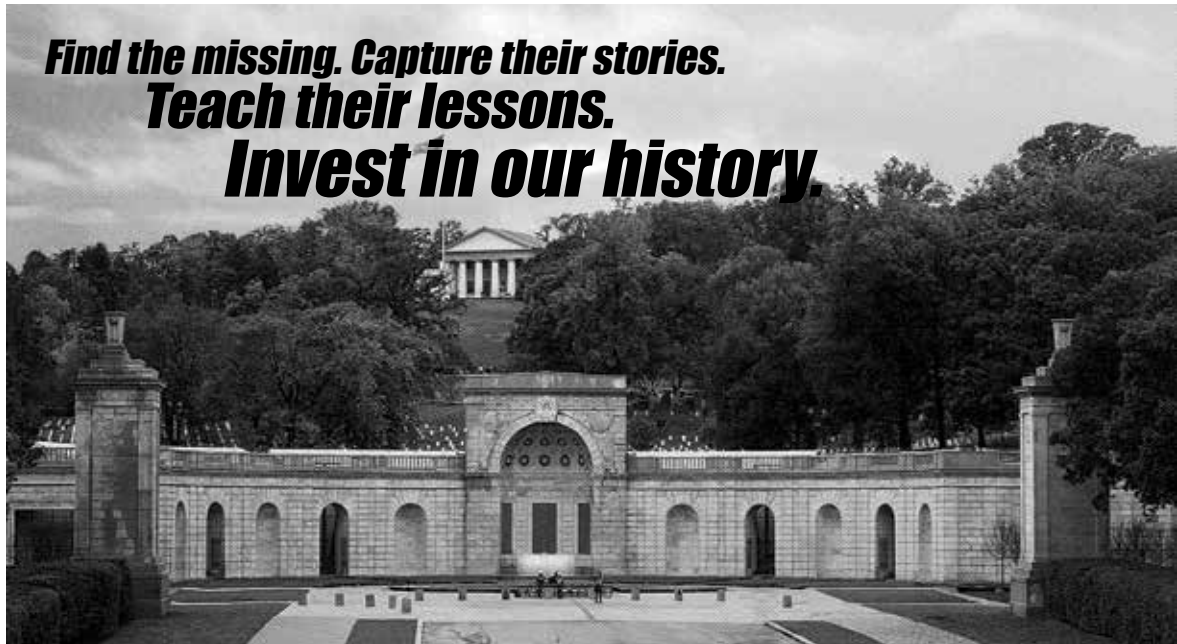


828-771-6979

Aura Home empowers Women Veterans to be vibrant & self-sufficient to thrive in their community.

Homeless Prevention / Temporary Housing / Access to Services / Veteran's Affairs benefits information, assistance and guidance

St Matthias Episcopal Church Parish House, 1 Dundee St - Asheville, NC 28801



**Find the missing. Capture their stories.
Teach their lessons.
Invest in our history.**

Some 3 million women have served in our nation's armed forces ...

at the Women's Memorial, America's only major memorial honoring our service-women—past and present—we're telling their story. But we need your help. If you know of a servicewoman, past or present, register her today.

For information or to register,

visit www.womensmemorial.org or call 800-222-2294



Women In Military Service For America Memorial • Gateway Arlington National Cemetery
800-222-2294 • hq@womensmemorial.org • www.womensmemorial.org • facebook.com/womensmemorial



NC Coalition of Women Veteran Organizations (NC-CWVO)

is a voluntary partnership of organizations that serves women veterans. We are joining forces to target the issues and needs of NC women veterans while building impactful relationships. This collaborative effort allows us to move forward in unity.

NC-CWVO members will work with one another to improve data and methods for tackling unique women veteran issues, as well as sharing them with women veteran providers.

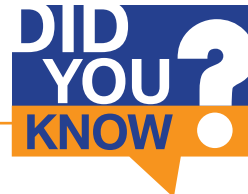
NC-CWVO will provide guidance and information about NC organizations that service women veterans. This is achieved by conferences, webinars, personal consultations, and publications.

NC-CWVOs are community-based organizations and providers who are concerned by the lack of gender specific programs and services currently available to women veterans. We want to ensure inclusion of women veteran only programs in our local and state healthcare facilities.

Our Mission:

- To assist with finding resources for women veterans that can support and improve their livelihood.
- To collaborate with other women veteran organizations and share information across the state to eradicate disconnect.
- To promote responsibility, readiness and resilience with providers who care for our women veterans.

nccwo18@gmail.com



If you are in the military, you can find support with domestic violence, abuse, and sexual assault by contacting Military One Source at militaryonesource.mil or 1-800-342-9647, or

National Sexual Assault Hotline

1-800-656-HOPE (4673), or

the National Domestic Violence Hotline

1-800-799-7233 or if you are unable to speak safely, Text LOVEIS to 22522

<https://www.milvets.nc.gov/about/women-veterans>



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North Carolina
DEPARTMENT OF MILITARY
AND VETERANS AFFAIRS



Combat Female Veterans Families United

Combat Female Veterans Families (CFVF) United seeks to engage the combat female veterans of North Carolina, as well as deployed combat females preparing for their returns home to North Carolina. With focus on education, support, and advocacy, CFVF United will act as a conduit between female military heroes and the vital resources they need to ensure long, healthy, and fulfilling lives after war.

At CFVF United, we honor the efforts of existing Veterans' services and strive to partner in our ventures to serve our Veteran community. At the same time, we recognize the areas in which, as a nation, as sisters and brothers in service to others, we can and should collectively improve when it comes to lifting-up and protecting this unique and highly-valued sector of our population.

**(919) 637-7679
INFO@CFVFUNITED.COM
WWW.CFVFUNITED.COM**

Triangle Women Veterans #144

www.trianglewomenveterans.org

Facebook: Triangle Women Veterans

triwomenvets@gmail.com



Military Women Across the Nation

www.milwomen.org

Honoring Our History By Continuing To Serve

A non-profit Veterans Service Organization under IRS 501(c)(19)

Who: All women who served or are currently serving in the United States military.

What: To be a conduit for women veterans regarding programs and benefits, resources, preserving history, promoting morale and patriotism, and supporting veterans in the community.

Where: Members are from North Carolina, South Carolina, and Virginia but meetings occur in the greater Raleigh-Durham Triangle area (and Zoom).

When: Quarterly meetings and unit activities to support veterans.

Why: To advocate for women veterans, foster camaraderie, and educate others.

How: Participate in community veteran events and support women/veteran owned businesses, organizations, VA hospitals and hospice centers.





American Gold Star Mothers, Inc.

Department of North Carolina

Serving Veterans Since 1928

Who Are American Gold Star Mothers?

The success of our organization continues because of the bond of mutual love, sympathy, and support of the loyal, capable, and patriotic mothers who share their grief and pride, and have channeled their time, efforts and gifts to lessening the pain of others.

We stand tall and proud by honoring our children, assisting our veterans, supporting our nation, and healing with each other.



HOW CAN YOU GET INVOLVED?

We welcome you to join us in our mission by contributing to our ongoing campaign to support our military communities or by volunteering in your area with your local American Gold Star Mothers, Inc. Chapter.

AmericanGoldStarMothers.org