



**YOU can help too!**

## Youth and Young Adult Volunteers

Youth and young adults can volunteer on a regular or occasional basis for special projects and VA Hospital visits. Regardless of how one serves, reaching out to Veterans can be a valuable experience. With the Red Cross, you can make a difference—a difference in your community and in your own life!

## For More Information

about the American Red Cross and volunteer opportunities through the “Visit a Vet” program and Youth Council, contact your local Red Cross Chapter by going to <http://www.redcross.org> and entering you ZIP code under Find the Red Cross Nearest You

Contact:

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Join the “Visit a Vet” Facebook group for more info!



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**VA Youth Project**

**“Visit a Vet”  
Program**



**American  
Red Cross**

# Visit a Vet

Giving thanks to those who made sacrifices so we wouldn't have to

## Why Visit a Vet?

The purpose of the "Visit a Vet" program is to encourage individuals, especially youth and young adults, to visit the men and women that have made sacrifices that allow our lives to be as they are today. This can include throwing birthday parties, having holiday programs, or just spending time with Veterans. It is important for us to thank them for all of they have done for us.



Your Opportunity to Serve—and say "Thanks"

### Plan and Attend Special Events

Participate in putting on Holiday programs like Christmas, Valentine's Day, and Memorial Day with different activities, food, and fun with our Veterans

### Distribute Comfort Items

Assist with handing out blankets, socks and t-shirts to VA Hospital patients

### Spend Time with Veterans

Watch movies, read books, and play games with Veterans.

## Youth Council

Youth Council is another exciting way for you to build leadership and organizational skills. You can help educate your community in First Aid, Disaster Preparedness and Safety awareness, mail holiday cards to deployed military members, and other service projects!

