WOMEN VETERANS | MASSACHUSETTS | VIRTUAL

Boundaries and Self-Care for Women Veterans

Monday, December 7, 2026 | 6:00-7:30 PM Eastern

WHERE

Online | Massachusetts Women Veterans Network

WHO CAN ATTEND

Women Veterans; confirm participation and registration requirements with the organizer.

COST / REGISTRATION

Cost is not stated on the official event page. Registration is listed.

ABOUT THIS EVENT

Interactive class on healthy boundaries, mindfulness, confident communication, military culture, caregiving roles, and practical self-care strategies.

OFFICIAL DETAILS / JOIN OR REGISTER

www.mass.gov/event/boundaries-and-self-care-for-women-veterans-with-adrianne-sturtevant- **OPEN OFFICIAL PAGE ->**

Source: Massachusetts Women Veterans Network | official state event page | Checked November 1, 2026

Confirm schedules, access, registration and costs with the organizer before travel.