



American Red Cross

Services Brief

Terri Illes

Director, Service to Armed Forces NJ Region

Terri.illes@redcross.org

(609) 480-1033

June 28, 2020

American Red Cross

Information and Referral

24/7/365

HERO CARE APP

Download the
free app or text
"GetHeroCare"
to 90999

#HeroCareNetwork



Resiliency

Virtual Stress Management Workshop



Small
Interactive
Groups

Available for
Military,
Veterans &
their Families

Managing the stress of

- **Isolation**
- **Multitasking**
- **Working from home**
- **Supporting children**
- **Managing health**
- **Caring for family members**
- **Career interruptions**

Learn Relaxation Exercises

Eventbrite

Search: American Red Cross

Resiliency Workshops





**American
Red Cross**

Become a Volunteer



**American
Red Cross**

National Guard Retirement Briefing 2020

Preparedness

- Hurricane season is here!
- Prepare in 3 Steps:
 - Get a Kit
 - Make a Plan
 - Stay Informed
- Red Cross Free Apps:
 - Emergency, text: "GETEMERGENCY" to 90999
 - Monster Guard – for kids ages 7-11 - text: "MONSTER" to 90999

