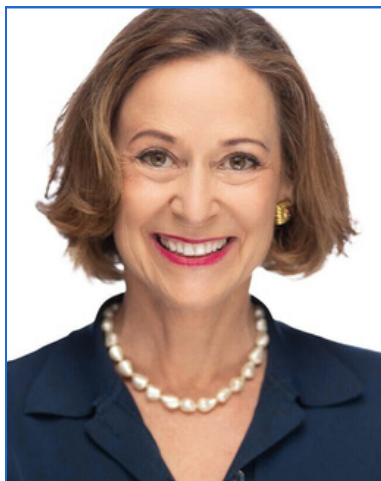




BLUE STAR FAMILIES BUILDS STRONGER COMMUNITIES FOR MILITARY FAMILIES ACROSS AMERICA



KATHY ROTH-DOUQUET
CEO, BLUE STAR FAMILIES

Military life comes with unique challenges—frequent moves, deployments, and navigating transitions between service and civilian life. Recognizing the need for better support, Kathy Roth-Douquet and other members of the military community launched Blue Star Families in 2009 to amplify their voices, provide meaningful resources, and build a connected network that helps them thrive. Today, the organization continues to transform support for military families through local chapters and outposts, peer-to-peer programs, events, career and caregiver resources, and a digital platform that connects families nationwide.

Peer-to-peer initiatives, such as **Blue Star Support Circles: Upstream Solutions to Crisis and Veteran** caregiver groups, offer trusted connections and are guided by mental health professionals. Signature programs, including the **4+1 Commitment for Military Spouse Success, Nourish the Service, and Do Your Part**, tackle employment, food insecurity, and community engagement. The **Outdoor Explorers for All** program helps military families connect with nature. Together, these initiatives help families not only manage the demands of military life, but thrive in it.

Blue Star Families follows a simple model: **Listen. Partner. Share. Act.** It listens to families, partners with leading organizations, shares insights, and acts on what is needed most. Serving both military and Veteran families—including active duty, National Guard, Reserve, and transitioning service members—Blue Star Families offers multiple ways to connect, engage, and find support.



Blue Star Families offers once-in-a-lifetime experiences like the Ford Proud to Honor Bronco Off-Roadeo.

One way it connects families is through its digital **Blue Star Neighborhood**, a digital platform for meeting peers with shared experiences, accessing resources, joining interest-based groups, and participating in virtual or local events.

“Wherever military and Veteran families go, they deserve to feel at home—welcomed, included, and celebrated. At Blue Star Families, we’re proving that military life can be not only manageable, but joyful. Because **when we stand together, we don’t just support our families—we lift them up, strengthen our communities, and remind the world that military life is a source of pride and connection,**” said Roth-Douquet.



Blue Star Families is all about community—connecting military and Veteran families with each other and within their local neighborhoods.



Outdoor programming fosters belonging, strengthens bonds, and boosts overall well-being.

The impact is measurable. Findings from the annual Military Family Lifestyle Survey shaped provisions in the 2025 National Defense Authorization Act, resulting in increased pay for junior enlisted members, expanded childcare, and enhanced employment support for military spouses.

Blue Star Families addresses a wide spectrum of needs, spanning career development, caregiving, mental health, community engagement, and family well-being.

Looking ahead, Blue Star Families continues to grow through its chapters, outposts, and the Blue Star Neighborhood digital platform, creating more opportunities for military and Veteran families to connect, engage, and thrive.

LEARN MORE



Military and Veteran families, along with supporters, can volunteer, attend events, or explore programs. To get involved or learn more, visit bluestarfam.org.