

## Opportunities on the Horizon

APR 15 | [Moral Injury: Suicide Risk, Survivor's Guilt & Other Clinical Manifestations](#)  
11:00 am - 12:00 pm ET

MAY 20 | [Keep Calm & Carry On: Working with Difficult Clients](#)  
11:00 am - 12:00 pm ET

JUN 9 | [Building Financial Resilience: 20 Resources for Financial Peace of Mind](#)  
11:00 am - 12:30 pm ET

JUL 21 | [CFPB Resources for Military Life Cycle Touchpoints](#)  
11:00 am - 12:30 pm ET

If you're working from home as a result of COVID-19 and wish to access professional development, we encourage you to check out our recorded webinars and earn Continuing Education Credits by searching: [militaryfamilieslearningnetwork.org/family-transitions/webinars/](http://militaryfamilieslearningnetwork.org/family-transitions/webinars/)



## Support Women Who Serve

by Karen Shirer, PhD

"Strong, brave, resilient", "Passionate women with families", "Sacrifice", "Patriotic", "Adapt to change". These statements reflect the responses from the 321 participants in the [Women in the Military: Special Considerations and Unique Challenges](#) webinar held in late March for Military Family Service Providers. As participants entered the webinar, they were asked to respond to this question in the chat box "When you think of women in the military, what comes to mind?" They also noted that women who serve face challenges like being overlooked, difficulty balancing work, family and military responsibilities and facing sexual assault and harassment.

More women are serving in the military and breaking ground. Since 2015, women, who have served in the military since 1775, gained access to serve in all roles including combat-related ones. What do we know about women who serve? What benefits and challenges do they experience? ... [follow the story](#)

## People are Talking About

### Featured Recorded Webinars:

[Women in the Military: Special Contributions and Unique Challenges](#); 3/26/20

[Domestic Violence: Helping Survivors Obtain Economic Freedom](#); 2/12/15

[Gender and Finances](#); 5/28/19

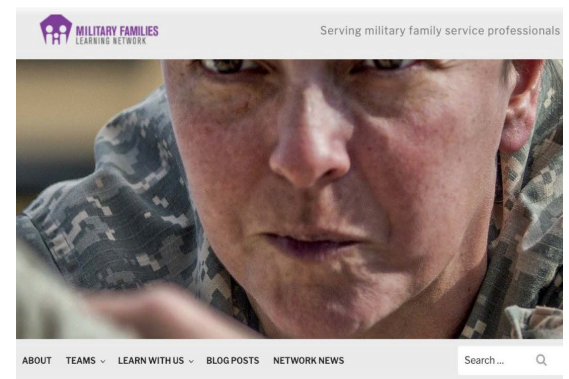
### Featured Blogs:

[The Battles They Fought: A Brief History of Women in the U.S. Military](#) by Jennifer Rea

[Unique Challenges Faced by the Powerful Women Who Serve in the United States Military](#) by Jennifer Rea

[Gender, Finances and Motherhood](#) by Molly Herndon

## Women in the Military Resource Page



### WOMEN IN THE MILITARY

“ Both in uniform and through the civilian sector, American mothers, daughters, sisters, and wives have selflessly served to defend and protect the land of the free and home of the brave. Even in grim situations and under austere conditions, these women have persevered—standing tall and strong as defenders of freedom, liberty, and justice. — DoD Memo ”

American women have served in the military since the Revolutionary War, and approximately 2.5 million women serve in the U.S. Armed Forces today.

It's our honor to serve these brave women through the curation of resources, development of blog posts, and production of webinars and podcasts celebrating Women in the Military.

On this page you'll find content showing a more integrated military service that supports women service members throughout their military journeys.

The MFLN Family Transitions Concentration Area provides education and resources for professionals working with military families to build resilience and navigate life cycle transitions. Additional professional development opportunities and resources are available from our MFLN Family Transitions page at [militaryfamilieslearningnetwork.org/family-transitions](http://militaryfamilieslearningnetwork.org/family-transitions)

# Sign up for the MFLN Family Transitions Newsletter!

## The Battles They Fought: A Brief History of Women in the U.S. Military

by Jennifer Rea, PhD



American women have served in the military for a long time and with much distinction. Their service (**although prohibited at the time**) first began during the **Revolutionary War (1775-1783)**; some wives and mothers followed their husbands or sons off to war (King & DiNitto, 2019). One woman, **Deborah Sampson**, served for over a year (1782-1783) in General Washington's army disguised as a man. However, after being wounded, her gender was discovered and Deborah was honorably discharged (Michals, 2015).

Throughout this time, women served with, not in, the Armed Forces. "That is, even though they may have been paid (or not paid) for the duties they performed, they did not hold military rank and were thus attached to, not a part of the Armed Forces" (Devilbiss, 1990, p.1).

In both the **Civil War (1861-1865)** and **Spanish-American War (1898)**, women continued to serve as civilians in needed positions, including administrators, spies and cooks of battlefield hospitals (Women's Memorial, 2017). By 1861, Congress authorized women to serve as paid contract nurses, **but the pay women received was half that of what male nurses received** (King & DiNitto, 2019). This sparked the formation of the Army Nurse Corps (1901) and the Navy Nurse Corps (1908); each were ... [follow the story](#)

## We Remember

### APRIL

#### Month of the Military Child

- 5 Gold Star Spouses Day

### MAY

- 2 Women's Overseas Service League Established (1921)
- 13 Navy Nurse Corps Established (1908)
- 15 Women's Army Auxilliary Corps Established (1942)

### JUNE

- 12 Women Veterans' Day/Women's Armed Services Integration Act (1948)

### JULY

- 1 Women's Army Corp & Cadet Nurses Corp Established (1942) / Air Force Nurses Corps Established (1949)

## Participants from the [Women in the Military](#) webinar are saying...

*"I think it will help me be more prepared and work on being more prepared to cope with my female veteran population and work toward what resources I need to have to assist them."*

*"It changed my viewpoint on a population I haven't been focused on thus far. Plus, how many are non-service members vs. service members."*

*"Working with military service members has its challenges but knowing more of what affects them and where services are not being met, will help me ask better questions."*



[Fighting for their Right to Fight: Women in the U.S. Military; Jennifer Rea interview with Rosemary Neidel Greenlee](#)

[Fostering Healthy Transitions for Military Families with Young Children; Hope Gerde and Gayle Luze](#)

[Access additional podcasts ...](#)

## A Message From Our Team



Sara Croymans is an Extension Educator with the University of Minnesota Extension Center for Family Development where she

is committed to assisting individuals and families develop critical life skills. Sara provides leadership for the Military Families Learning Network Family Transitions team. In this role, she works with team members and military family service providers to identify vital military family transition issues and collaborates to offer engagement and learning opportunities. Sara is the spouse of a retired Army National Guard Veteran and together they have three adult children, two of which are Army National Guard soldiers. Sara lives in west central Minnesota with her spouse and English Setter. She invites folks to work in partnership with the Family Transition team on key issues. Contact her at [croym001@umn.edu](mailto:croym001@umn.edu).

