2026 Impact Report

THE HOME FRONT DESERVES A HAVEN

OUR FIRST YEAR TOGETHER

HOMEFRONT haven™

Care for the people holding the home front.

THE LIFE BEHIND THE NUMBERS

A life you understand differently when you have lived it

Before a partner leaves, the separation has already begun to shape daily life. There are arrangements to make, conversations to have, and the awareness that soon the ordinary responsibilities of home may rest on one person.

During deployment, life keeps asking things of you. For a spouse raising children, it may be the school run, bedtime, and the questions you cannot always answer. For another, it may be work, an unfamiliar community, and a quiet house at the end of the day. Alongside it all can be the worry about someone you love.

Homecoming brings its own adjustment. Being together again does not mean every routine, feeling, or relationship immediately settles back into place.

And deployment is not the only way military life creates distance. Geo-baching can mean maintaining a family life across separate households because of an assignment. Training and operational demands can take a partner away repeatedly. Even when someone is physically home, the demands of service can leave little room for presence.

These experiences can take a physical, emotional, and mental toll. They can be difficult to put into words for someone who has never lived them.

At HomeFront Haven, spouses do not have to begin by explaining why this life can feel heavy. We begin by making room for them.

You deserve to receive care, too.

A YEAR OF FIRSTS

In 2026 we made room

Our first year began with spouses navigating deployment, from six months before a partner's departure through one year after their return. We recognized that support could be needed well before the goodbye and long after the welcome home.

2	13	5	4
inaugural retreats	spouses served	Anchor Guides	staff members

Six spouses joined us in April. Seven more joined us in September. Thirteen stories, and a new community.

In a rank-blind, judgment-free environment, participants had space to pause, build relationships, and explore practical wellness resources. They could spend time on their own well-being alongside others who understood military life.

Our first year also established clinical and community relationships and the foundation for ongoing support.

Our inaugural Friendraiser is planned for November 2026, inviting a wider circle of supporters into this work.

Before HomeFront Haven, I was navigating a cross-country move while my husband was deployed, focusing on everyone else's needs while rarely making time to acknowledge my own struggles.

Through the retreat, I found a community of women who understood what I was carrying and reminded me that I didn't have to carry it alone and that's what "connection before crisis" means to me: knowing there's someone you can turn to before the weight of it all becomes too much.

10 YEARS MARRIED

ANCHOR GUIDES

Beside you is someone who understands

From the beginning, Anchor Guides have been part of the support surrounding our spouses.

Anchor Guides are experienced military spouses. They know the worry of a partner far from home, the work of raising a family through separation, and the ache of missing someone in an otherwise ordinary day.

They also understand that absence can be more complicated than distance. A partner may be stateside and still away often. They may be home while their attention remains with the responsibilities of service.

That shared understanding offers a place to start. A spouse can be honest about a difficult day without having to explain the whole military life behind it.

Through Anchor Guides, the Anchor Circle, and The Steady Year, we are building a community that continues beyond a retreat weekend, with peer encouragement, wellness resources, and ongoing connection.

The person who pours into everyone else needs people who will pour into them, too.

WHAT PARTICIPANTS REPORTED

Feeling understood became something participants could name

For many military spouses, the need is to be around people who understand.

33% BEFORE THEIR RETREAT

100% IMMEDIATELY AFTER

Felt connected to others who understand military life

A 67-percentage-point increase in reported connection

Agree or strongly agree	Before	After
Connected to people who understand military life	33%	100%
Confident creating sustainable self-care routines	33%	67%
Have practical tools for anxiety or overwhelm	67%	83%
Confident managing stress during uncertainty	25%	58%
Confident asking for reintegration support	42%	83%

The changes participants reported speak to everyday life: making room for self-care, finding tools for overwhelm, and feeling more able to ask for support. We see these early findings as a reason to keep listening and building.

Survey basis: 12 matched pre- and post-retreat respondents across both cohorts. Percentages rounded. Findings are descriptive, self-reported, and based on small cohorts. They do not prove causation or clinical treatment outcomes.

Before HomeFront Haven, I was navigating my first deployment while working full time and raising two toddlers, often feeling exhausted and alone.

The retreat brought an instant sense of comfort and connection with other military spouses, reminding me to give myself grace during this challenging season of motherhood and that it's okay to ask for help.

6 YEARS MARRIED

SUPPORT BEYOND THE WEEKEND

The weekend ended and the connection continued

Returning home means returning to real life. Responsibilities are still there. Uncertainty may be, too. That is why continued connection matters to our approach.

83%

still felt connected three months later

Before the April retreat, 17% felt connected to others who understood military life. Three months afterward, 83% still reported that connection.

Connected to others who understand military life	83%
Confident building self-care routines	83%
Confident managing stress	67%
Agreed staff helped them feel supported, connected, and safe	100%

Our goal is to keep a line of support open through peer relationships, wellness outreach, and opportunities to reconnect as circumstances change.

THE YEAR AHEAD

More seasons of military life deserve support

We began with the deployment cycle. In 2027, we are expanding our focus to reflect the wider experience of spouses with active-duty partners.

That includes deployed partners, families navigating geo-baching, and the recurring demands of service that can create distance even without a deployment.

The need for understanding does not begin and end with a departure date. Neither should our concern for a spouse's well-being.

4 retreats planned for 2027

Twice the number held in our inaugural year

2027 retreat	Enrollment status
January	Completely filled
April	Completely filled
September	Open
November	Open



January and April are already completely filled. That early response shows demand for a space where military spouses can receive care and feel understood.

Our plans also include expanded programming in Northern Virginia and new relationships to support a broader community of military spouses and partners. As we grow, we want to preserve the personal attention and sense of belonging that shaped our beginning.

Before HomeFront Haven, I felt unprepared for the challenges of deployment, with limited resources, support, and connections to other military spouses.

Through the retreat, I discovered a community of women who understood what I was going through, gained access to valuable resources, and learned that taking care of myself is just as important as taking care of my family.

10 YEARS MARRIED

YOUR GIFT MAKES THIS POSSIBLE

Give military spouses a place to turn

We cannot do this without donations and funding. Your gift helps military spouses receive the understanding, resources, and continued support they deserve.

Donations help fund retreats, wellness resources, and Anchor Guide support beyond the weekend, keeping care free for military spouses.

Help make four planned 2027 retreats possible and sustain the community that continues after spouses return home.

Give to HomeFront Haven

For current giving options, email info@homefronthaven.org.