

David M. Cordani Courage in Service Grant Program

Request for Application deadline:

Thursday, July 30, 2026 - 5:00 pm ET

Our commitment

One grant will be awarded annually over a ten-year period, aiming to improve the physical and mental health of **active service members, military families and veteran communities**, with a focus on increasing social connectedness.

Our why

The program is grounded in the belief that **strong social connection is a key driver of both physical and mental health**, enabling individuals and families to better navigate transition, reduce isolation, and improve overall well-being.¹

The initiative reflects a deep commitment to recognize David M. Cordani's and The Cigna Group Foundation's long-standing focus on improving the health and vitality of veterans and military through trusted support networks in local communities.

Research-backed programs focusing on peer support, group exercise, and holistic well-being have shown measurable success in improving veteran outcomes. By strengthening social bonds and promoting active lifestyles, such programs address root causes of distress (isolation, inactivity) and reinforce protective factors (camaraderie, physical health).^{2,3}

Our call for action

We seek to collaborate with and support one nonprofit organization that leverages evidence-informed programs and services to help active service members, military families and veteran communities build connection, strengthen well-being, and support stability.

Projects must align to one of the following program areas:

Peer-based programs that reduce isolation and build resilience among military families.

Community-centered health and wellness hubs offering physical activity, wellness programming, and mental health support.

Transition-focused services that help individuals and families navigate key military life moments such as deployment, relocation, recovery, and reintegration.

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Grant program process, eligibility and requirements

- The RFA and full application are two distinct steps. First step: Register on grant application [portal](#) to complete the RFA. Second step: If eligible and invited to submit a full application, you will receive an email with a link to access it. Please note the dates in the timeline for these steps.
- The organization must be a registered 501(c)(3) charitable organization and within one of the specific subsections of the Internal Revenue Code (see [FAQ](#)). Additionally, the organization must be registered with the [Benevity](#) causes portal.
- The budget narrative should reflect eligible expenses required for the specific grant request only. Salaries for staff members are allowable for related program implementation. Non-eligible expenses include fringe benefits, payroll taxes, general operating expenses, and administrative and indirect costs.
- Progress and impact measurement, including activity-tracking practices, outcome measurement and evaluation methodology, should be clearly articulated in the application.
- The measurement approach should include connecting how program outputs and activities result in long-term, sustainable improved physical and mental health among veterans and military families.
- Grantees awarded funding will be expected to complete a progress report (at 6 months) and final report (at 12 months/end of term).

Grant amount: \$150,000

Grant term:

One year (12 months)
active programming

Grant program delivery:

Eligible nonprofit based in
the United States

Grant program timeline

6/25/2026	RFA opens
7/30/2026 5:00 pm ET	RFA closes
Early August	Invite to submit full application
8/25/2026 5:00 pm ET	Full application due
October 2026	Decision notification
1/1/2027	Grant term begins

Resources:

1. [Exercise may be useful treatment option for Veterans with PTSD](#)
2. [THE POWER OF A SIMPLE CHECK-IN: HOW HUMAN CONNECTION CAN SAVE A LIFE](#)
3. [RWB_Blood+Biomarker+Study+Report_V4+\(4\).pdf](#)

