

RESOURCES

FOR MILITARY FAMILIES

MILITARY ONE SOURCE

Military OneSource, both a call center and a website, provides free, comprehensive information, referrals, and assistance on every aspect of military life 24 hours a day, 7 days a week to all service members & family members, and survivors.



BLUE STAR FAMILIES

Blue Star Families was founded by military spouses in 2009 to empower these families to thrive as they serve.

Committed to strengthening military families by connecting them with their neighbors to create vibrant communities of mutual support. We believe we're all stronger when we take care of one another.



MILITARY SPOUSE ADVOCACY NETWORK (MSAN)

Military Spouse Mentorship helps to bridge military families from every branch of the armed forces and their surrounding communities in locations around the world.



CHILD CARE AWARE OF AMERICA

CCAoA works with a national network of more than 400 child care resource and referral (CCR&Rs) agencies and other partners to ensure that all families have access to quality, affordable child care



MILITARY CHILD CARE

The Department of Defense (DoD) recognizes the importance of providing military and DoD-affiliated families with access to quality, affordable child care programs.



SECO

Spouse Education & Career Opportunities

The MyCAA provides military spouses the opportunity and financing to receive the training and education needed for careers that will persist during the military lifestyle of multiple relocations



MCEC

MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle. Military-connected children's academic, social and emotional needs are recognized, supported and appropriate responses provided.



MIC3

Military Interstate Children's Compact Commission

Interstate Compact to address some of the educational challenges transitioning children of military family's face



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AMSE

Association of Military Spouse Entrepreneurs connects Military Spouse entrepreneurs with the tools and resources needed to become successful in launching and growing their businesses. AMSE™ is an exclusive community for Military Spouse Entrepreneurs to start, scale and sustain their business.



THE ROSIE NETWORK

Our mission is to build stronger military families by developing entrepreneurial programs and support services that empower active-duty, veterans and military spouses to realize the American Dream of small business ownership, increasing financial stability and self-sufficiency of those who have served our country.



MARRIAGE & COUPLES

Resources for building a healthy marriage, healthy relationship skills, and challenges faced by military couples.



LICENSURE BENEFITS

If your career requires a professional license or certification, your service branch can help reimburse costs that come up when you PCS. The military services continue to support military spouse employment by offering up to \$1,000 in licensure and certification costs resulting from relocations or military moves within the United States or OCONUS to stateside.



TRICARE

Active duty servicemembers and their dependents (spouses, parents, and children registered in DEERS) are eligible for TRICARE. If you are registered in DEERS and have a valid military ID card, you are covered by one of the TRICARE (health care) programs.



NURSE ADVISE LINE

Mental health problems can affect your thoughts, mood and behavior. If you or a family member needs help, call a crisis hotline now! If you're not sure, call the Nurse Advice Line. Learn about TRICARE's mental health coverage.



MENTAL HEALTH

The Military and Family Life Counseling MFLC Program supports service members, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, military and family life issues.



FAP

FAP works to promote healthy relationship education, domestic (child and/or adult) and intimate partner violence prevention and intervention. Interventions can include individual and couples therapy, anger management, stress management, and other services.



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BUILDING HEALTHY RELATION- SHIPS

Make your most important relationships even stronger. This specialty consultation from Military OneSource helps you deepen relationships with family, friends and others through an education-based consultation.



MILSPOUSE MONEY MISSION

Our mission is to educate and empower military spouses to elevate their families by making smart money moves. Check out our Money Ready guide or the MiLife Milestones section to get started!



PLAN MY MOVE

Plan My Move creates a custom checklist for your move, filled with information about the tasks you need to complete and how to complete them. Your checklist is tailored to the unique needs that you or your family have.

You can save, download and print your list to update during your moving process and use for future moves.



360 LEADER PROGRAM

The 360° Leaders Course is the only DOD integrative resiliency, health, and wellness program with proven, statistically significant, independently validated, meaningful and relevant outcomes.



FOCUS

Families Over Coming Under Stress provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life.



SPECIAL NEEDS

Managing the care and services for a family member with special needs — whether it's a spouse, child or dependent adult — is a lot easier with the right support. The best place to start is to enroll them in the military-wide Exceptional Family Member Program.



ECHO

Families enrolled in EFMP who have been diagnosed with a moderate or severe intellectual disability, a serious physical disability, or an extraordinary physical or psychological condition, may qualify for ECHO.



CHAPLAINS

Chaplains are available 24/7 for both in-person and telephone counseling sessions. They counsel on a wide range of issues to include stress, relationships, life transitions, suicide, sexual assault, grief and many others. Information shared with a chaplain is treated with absolute confidentiality, offering privileged communication of personal matters without chain of command notification.

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ZERO TO THREE



ZERO TO THREE is a national nonprofit organization whose mission is to promote the healthy development of our nation's infants and toddlers.



BIRTH TO 5: WATCH ME THRIVE



a coordinated federal effort to encourage healthy child development, universal developmental and behavioral screening for children, and support for the families and providers who care for them.



CDC CDC'S CHILDREN'S DEVELOPMENTAL MILESTONES

CDC's milestones and parent tips have been updated and new checklist ages have been added (15 and 30 months). Skills such as taking a first step, smiling for the first time, and waving "bye bye" are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move.



BABY WHEELS-STAGES 0-3

Smiling, sitting up, grabbing, crawling, talking, walking - babies and toddlers acquire new skills at an awesome pace. For parents and professionals, .



ADOPTION CONSULTANT

A Military OneSource adoption consultant can guide you on the process of adopting or fostering a child. Our adoption consultants are specially trained in military adoptions and foster care essentials and will help you navigate the process.



THRIVE

Thrive provides evidence-informed, best-parenting guidelines that promote positive parenting, stress management and healthy lifestyle practices.



ELDER CARE CONSULTANT

An elder care consultant can help you connect with the services and support you need to take care of the older adult in your military family - whether that person lives with you or across the world.



SPECIAL CARE ELDER CARE

Is an organizing tool for families with an elderly member with special health care needs. It is intended to help track and organize information in one central location and to make it easier for someone to care for your family member when you are unable to do so.



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HEAD START PROGRAM

ADMINISTRATION FOR
CHILDREN & FAMILIES

Head Start programs promote the school readiness of infants, toddlers, and preschool-aged children from families with low income. Services are provided in a variety of settings including centers, family child care, and children's own home.



SURE START PROGRAM

dodea

Children follow the same development pattern, but they have different growth rates. The early learning programs in DoDEA integrate the curriculum lessons with adult and peer interactions to align with the developmental level of each child.



MILITARY CHILD EDUCATION COALITION



Public school districts, private schools, colleges and universities, small businesses and corporations, organizations, military commands and installations, military families, and caring individuals from local communities across our Nation



INTERSTATE COMPACT ON EDUCATIONAL OPPORTUNITY FOR MILITARY

The Interstate Compact eases school transitions for military-connected students. Learn how the compact standardizes school policies in all 50 states, the District of Columbia and DODEA.



SCHOOL LIAISON OFFICE

This is a list of contacts for School Liaison Program support open to all DOD ID card holders, educators who service military students and community partners involved with pre-K-12 education to help you locate your local installation school liaison office.



MWR DIGITAL LIBRARY

The DOD MWR Libraries digital collection includes e-books, audiobooks, movies, academic support (tutors), professional development, career transition and a vast array of learning resources and online content for all ages and interests.



SESAME STREET WORKSHOP

Sesame Street's Little Children, Big Challenges. Provide families and young children ages 2 to 8 with critically needed resources, to help reassure children that they will be cared for, and that, together with their families, they can learn ways to cope with the stress and changes



MARRIAGE PROGRAMS

Each military service branch offers programs designed to enrich marriage and maintain a healthy relationship by helping couples develop better communication skills and rekindle the romance.

