

# U.S. Army War College Military Family Program Directory of Services

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## Family Services

Last updated 30 July 2007

### One Stop Information Sites

#### [Army A-Z](#)

<http://www.army.mil/a-z/>

#### [Military One Source](#)

[www.militaryonesource.com/](http://www.militaryonesource.com/)

#### [Defense Link](#)

[www.defenselink.mil/](http://www.defenselink.mil/)

#### [Military.com](#)

[www.military.com](http://www.military.com)

#### [U.S. DOD](#)

[www.dod.mil/sites](http://www.dod.mil/sites)

#### [Defend America](#)

[www.defendamerica.mil](http://www.defendamerica.mil)

#### [My Army Life Too](#)

[www.myarmylifetoo.com/skins/malt/home.a.spx?mode=user](http://www.myarmylifetoo.com/skins/malt/home.a.spx?mode=user)

### Military Spouse Web Sites

#### [Customs and Courtesies](#)

[www.carlisle.army.mil/usawc/dclm/customs and courtesies embedded.ppt](http://www.carlisle.army.mil/usawc/dclm/customs%20and%20courtesies%20embedded.ppt)

#### [Welcome to the Army Family](#)

[www.carlisle.army.mil/usawc/dclm/welcometothearmyfamily1.pdf](http://www.carlisle.army.mil/usawc/dclm/welcometothearmyfamily1.pdf)

#### [New Spouse Checklist](#)

[www.carlisle.army.mil/usawc/dclm/new spouse checklist.pdf](http://www.carlisle.army.mil/usawc/dclm/newspousechecklist.pdf)

#### [Jenny Comic Strip](#)

[jennyspouse.com/index.html](http://jennyspouse.com/index.html)

#### [Army Wives Web Site](#)

[www.armywives.com](http://www.armywives.com)

#### [The Heart Link Program](#)

[www.acc.af.mil/news/story.asp?id=123019123](http://www.acc.af.mil/news/story.asp?id=123019123)

#### [Military Widow - A Survival Guide](#)

[67.118.51.201/bol/bookdisplay.cfm?BookNum=49761](http://67.118.51.201/bol/bookdisplay.cfm?BookNum=49761)

#### [Marine Wives 101 Web Site](#)

[www.marinewives101.com/](http://www.marinewives101.com/)

#### [Military Spouse](#)

[www.milspouse.org](http://www.milspouse.org)

#### [Military Moms Network](#)

[www.militarymoms.net/](http://www.militarymoms.net/)

#### [Military Spouses Career Network](#)

[www.mscn.org](http://www.mscn.org)

#### [Military Spouse Newsletter](#)

[www.milspouse.org/newsletter/](http://www.milspouse.org/newsletter/)

#### [Spouse Career Center](#)

[www.military.com/spouse](http://www.military.com/spouse)

#### [Joint Senior Spouse Programs](#)

[www.carlisle.army.mil/usawc/dclm/joint.htm](http://www.carlisle.army.mil/usawc/dclm/joint.htm)

### Military Spouse Training

#### [Command Team Seminar](#)

[www-cgsc.army.mil/scp/download/CTSCRS.DOC](http://www-cgsc.army.mil/scp/download/CTSCRS.DOC)

#### [The Company Commanders Spouse Battle Book](#)

[www.carlisle.army.mil/usawc/dclm/Commanders Spouse Book.doc](http://www.carlisle.army.mil/usawc/dclm/Commanders%20Spouse%20Book.doc)

#### [Our Hero Book](#)

[www.carlisle.army.mil/usawc/dclm/hero book Revised \(2\) \(2\).doc](http://www.carlisle.army.mil/usawc/dclm/hero%20book%20Revised%20(2)%20(2).doc)

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**[The Leaders Guide to Trauma in the Unit](http://www.carlisle.army.mil/usawc/dclm/docs/traumapdf.pdf)**  
[www.carlisle.army.mil/usawc/dclm/docs/traumapdf.pdf](http://www.carlisle.army.mil/usawc/dclm/docs/traumapdf.pdf)

**[The Spouse Battle Book 2005](http://www.carlisle.army.mil/usawc/dclm/Batbook_05.doc)**  
[www.carlisle.army.mil/usawc/dclm/Batbook\\_05.doc](http://www.carlisle.army.mil/usawc/dclm/Batbook_05.doc)

**[Red / Green - Which Phase Next?](http://www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuidebkForTrainingCmds.pdf)**  
[www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuidebkForTrainingCmds.pdf](http://www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuidebkForTrainingCmds.pdf)

**[Spouse Guide To BSB / Garrison Cmds](http://www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuideToGarrisonCmds2.pdf)**  
[www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuideToGarrisonCmds2.pdf](http://www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuideToGarrisonCmds2.pdf)

**[Choices and Challenges](http://www.carlisle.army.mil/usawc/dclm/pdf/ChoicesandChallenges.pdf)**  
[www.carlisle.army.mil/usawc/dclm/pdf/ChoicesandChallenges.pdf](http://www.carlisle.army.mil/usawc/dclm/pdf/ChoicesandChallenges.pdf)

**[The Leader's Link](http://www.carlisle.army.mil/usawc/dclm/pdf/LeadersLink.pdf)**  
[www.carlisle.army.mil/usawc/dclm/pdf/LeadersLink.pdf](http://www.carlisle.army.mil/usawc/dclm/pdf/LeadersLink.pdf)

**[Resource Guide: Community Assistance](http://www.carlisle.army.mil/usawc/dclm/href=)**  
[www.carlisle.army.mil/usawc/dclm/href="resourceresource.doc"](http://www.carlisle.army.mil/usawc/dclm/href=)

**[FSG Handbook](http://www.carlisle.army.mil/usawc/dclm/fsghbook.doc)**  
[www.carlisle.army.mil/usawc/dclm/fsghbook.doc](http://www.carlisle.army.mil/usawc/dclm/fsghbook.doc)

**[Deployment Survival Handbook](http://www.carlisle.army.mil/usawc/dclm/SoldierFamilyDepSurvivalHndbk.pdf)**  
[www.carlisle.army.mil/usawc/dclm/SoldierFamilyDepSurvivalHndbk.pdf](http://www.carlisle.army.mil/usawc/dclm/SoldierFamilyDepSurvivalHndbk.pdf)

**[Family Team Building Handbook](http://www.carlisle.army.mil/usawc/dclm/MFTB-AFTBHandbook.pdf)**  
[www.carlisle.army.mil/usawc/dclm/MFTB-AFTBHandbook.pdf](http://www.carlisle.army.mil/usawc/dclm/MFTB-AFTBHandbook.pdf)

## **General Family Web Sites**

**[AR 608-1 Appendix J](http://www.carlisle.army.mil/usawc/dclm/AR608-1AppendixJ.pdf)**  
[www.carlisle.army.mil/usawc/dclm/AR608-1AppendixJ.pdf](http://www.carlisle.army.mil/usawc/dclm/AR608-1AppendixJ.pdf)

**[MTOM for Kids](http://www.defenselink.mil/mtom/index_k.htm)**  
[www.defenselink.mil/mtom/index\\_k.htm](http://www.defenselink.mil/mtom/index_k.htm)

**[Military.com](http://www.military.com)**  
[www.military.com](http://www.military.com)

**[Military Report.com](http://www.militaryreport.com)**  
[www.militaryreport.com](http://www.militaryreport.com)

**[National Military Family Association](http://www.nmfa.org/site/PageServer)**  
[www.nmfa.org/site/PageServer](http://www.nmfa.org/site/PageServer)

**[Army Family Team Building \(AFTB\)](http://www.AFTB.org)**  
[www.AFTB.org](http://www.AFTB.org)

**[AFTB Courses On-Line](http://www.defenseweb.com/aftb)**  
[www.defenseweb.com/aftb](http://www.defenseweb.com/aftb)

**[Military Assistance Program Website](http://www.dod.mil/mapsite/)**  
[www.dod.mil/mapsite/](http://www.dod.mil/mapsite/)

**[Military Living Magazine](http://www.militaryliving.com/)**  
[www.militaryliving.com/](http://www.militaryliving.com/)

**[Parents Helping Parents](http://www.parentshelpingparents.org/)**  
[www.parentshelpingparents.org/](http://www.parentshelpingparents.org/)

**[Army Families On-Line](http://www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true)**  
[www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true](http://www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true)

**[Tragedy Assistance Program](http://www.taps.org)**  
[www.taps.org](http://www.taps.org)

**[Armed Forces YMCA](http://www.asymca.org)**  
[www.asymca.org](http://www.asymca.org)

**[Administration for Child and Families](http://www.acf.hhs.gov/programs/cse/)**  
[www.acf.hhs.gov/programs/cse/](http://www.acf.hhs.gov/programs/cse/)

**[NYU Child Study Center](http://www.aboutourkids.org/)**  
[www.aboutourkids.org/](http://www.aboutourkids.org/)

**[Lifelines Quality of Life Web Site](http://lifelines2000.org/)**  
[lifelines2000.org/](http://lifelines2000.org/)

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## [Military Kids Web Site](#)

[www.militarykidz.com](http://www.militarykidz.com)

## [The Military Family Network](#)

<http://www.emilitary.org>

## [Military Taxes](#)

[www.military.com/Finance/Taxes/0,13397,82,00.html](http://www.military.com/Finance/Taxes/0,13397,82,00.html)

## [New Relief Act Provisions](#)

[www.carlisle.army.mil/usawc/dclm/NewReliefActProvisions.htm](http://www.carlisle.army.mil/usawc/dclm/NewReliefActProvisions.htm)

## **Family Education**

### [The College Board](#)

[www.collegeboard.com](http://www.collegeboard.com)

### [FinAid \(College Financial Aid\)](#)

[www.fafsa.org](http://www.fafsa.org)

### [Military Student](#)

[www.militarystudent.org](http://www.militarystudent.org)

### [Military Child in Transition / Deployment](#)

[www.militarystudent.dod.mil/ParentsToolkit\\_0406.pdf](http://www.militarystudent.dod.mil/ParentsToolkit_0406.pdf)

### [Family Education Research Network](#)

[www.cyfernet.org](http://www.cyfernet.org)

### [Family Literacy Foundation](#)

[www.read2kids.org](http://www.read2kids.org)

### [Military Child Education Coalition](#)

[www.militarychild.org](http://www.militarychild.org)

### [Federal Children's Scholarship Program](#)

[federalscholarship.org](http://federalscholarship.org)

### [U.S. Department of Education](#)

[www.ed.gov/index.jhtml](http://www.ed.gov/index.jhtml)

### [GI Bill Information](#)

[www.gbill.va.gov](http://www.gbill.va.gov)

## [Military Education Channel](#)

[www.military.com/Careers/Education/1,,11200.html](http://www.military.com/Careers/Education/1,,11200.html)

## [Info for Financial Aid Professionals](#)

[ifap.ed.gov](http://ifap.ed.gov)

## [The Military Coalition](#)

[www.themilitarycoalition.org](http://www.themilitarycoalition.org)

## [Military.Com Education Benefits](#)

[www.military.com/Careers/Education](http://www.military.com/Careers/Education)

## [The Princeton Review](#)

[www.princetonreview.com](http://www.princetonreview.com)

## [Scholarships for Military Children](#)

[www.militaryscholar.org/index.shtml](http://www.militaryscholar.org/index.shtml)

## **Military News**

### [The Army Physical Fitness Research Institute](#)

[carlisle-www.army.mil/apfri](http://carlisle-www.army.mil/apfri)

### [TRICARE Press Room](#)

[www.tricare.mil/pressroom/](http://www.tricare.mil/pressroom/)

### [TRICARE Evening News](#)

[www.tricare.osd.mil/eenews/index.cfm](http://www.tricare.osd.mil/eenews/index.cfm)

### [The Pentagon Channel](#)

[www.pentagonchannel.mil/](http://www.pentagonchannel.mil/)

### [The Army News Service](#)

[www4.army.mil/ocpa/news/index.html](http://www4.army.mil/ocpa/news/index.html)

### [The Navy News Stand](#)

[www.news.navy.mil/index.asp](http://www.news.navy.mil/index.asp)

### [Defense News](#)

[www.defensenews.com](http://www.defensenews.com)

### [The Army Times](#)

[www.armytimes.com/](http://www.armytimes.com/)

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## [Coast Guard News](#)

[www.piersystem.com/external/index.cfm?id=786](http://www.piersystem.com/external/index.cfm?id=786)

## [The Stars and Stripes Newspaper](#)

[estripes.osd.mil/](http://estripes.osd.mil/)

## [American Forces News Service \(AFIS\)](#)

[www.defenselink.mil/news/articles.html](http://www.defenselink.mil/news/articles.html)

## [Military Homefront](#)

[www.militaryhomefront.dod.mil/](http://www.militaryhomefront.dod.mil/)

## [Military Report .Com](#)

[www.militaryreport.com/](http://www.militaryreport.com/)

## [AUSA Newsletter](#)

[www.ausa.org/webpub/DeptFamilyPrograms.nsf](http://www.ausa.org/webpub/DeptFamilyPrograms.nsf)

## [The National Military Family Association Newsletter](#)

[www.nmfa.org/site/PageServer?pagename=newsletters](http://www.nmfa.org/site/PageServer?pagename=newsletters)

## [FLO Notes](#)

[www.wblo.org/skins/WBLO/display.aspx?Action=display\\_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=95feafd9-2f18-440a-80bc-4bd0a2022486](http://www.wblo.org/skins/WBLO/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=95feafd9-2f18-440a-80bc-4bd0a2022486)

## **Travel and Vacation Web Sites**

### [Armed Forces Vacation Club](#)

[www.afvclub.com/](http://www.afvclub.com/)

### [ARMY MWR Travel Tips](#)

[www.armymwr.com/portal/travel/travelresources](http://www.armymwr.com/portal/travel/travelresources)

### [Army lodging directory](#)

[www.carlisle.army.mil/dclm/worldwidedirectory2.pdf](http://www.carlisle.army.mil/dclm/worldwidedirectory2.pdf)

### [National Parks](#)

[www.nps.gov](http://www.nps.gov)

## **Maps and Travel Information**

### [Military Living](#)

[www.militaryliving.com/](http://www.militaryliving.com/)

### [Expedia](#)

[www.expedia.com](http://www.expedia.com)

### [Lonely Planet](#)

[www.lonelyplanet.com](http://www.lonelyplanet.com)

### [Map quest](#)

[www.mapquest.com](http://www.mapquest.com)

### [Orbitz](#)

[www.orbitz.com](http://www.orbitz.com)

### [Priceline](#)

[www.priceline.com](http://www.priceline.com)

### [Rand McNally](#)

[www.randmcnally.com](http://www.randmcnally.com)

### [Travelocity](#)

[www.travelocity.com](http://www.travelocity.com)

### [Yahoo Maps](#)

[maps.yahoo.com](http://maps.yahoo.com)

## **Search Engines**

### **How to Search the Internet**

#### [How to search the Web](#)

[www.pandia.com/goalgetter/](http://www.pandia.com/goalgetter/)

#### [Basic Search tips for Google](#)

[www.google.com/help/basics.html](http://www.google.com/help/basics.html)

#### [Advanced Search tips for Google](#)

[www.google.com/help/refinesearch.html](http://www.google.com/help/refinesearch.html)

#### [Search Engine Guide](#)

[www.searchengineguide.com/searchengines.html](http://www.searchengineguide.com/searchengines.html) -

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## **The Best Search Engines**

### [Google.com](http://www.google.com)

www.google.com

### [Yahoo.com](http://www.yahoo.com)

www.yahoo.com

### [Ask Jeeves](http://www.askjeeves.com)

www.askjeeves.com

## **Consider These Sites Also**

### [All The Web](http://www.alltheweb.com)

www.alltheweb.com

### [AOL External Search](http://search.aol.com/)

search.aol.com/

### [AOL Netfind](http://netfind.aol.com)

netfind.aol.com

### [Teoma](http://www.teoma.com)

www.teoma.com

### [Hotbot](http://hotbot.com)

hotbot.com

### [Open Directory](http://search.dmoz.org)

search.dmoz.org

## **Other Search Engines**

### [Netscape Search](http://search.netscape.com)

search.netscape.com

### [Alta Vista.com](http://www.altavista.com/)

www.altavista.com/

### [Look Smart](http://www.looksmart.com)

www.looksmart.com

### [First Gov](http://www.firstgov.gov/)

www.firstgov.gov/

### [Lycos](http://lycos.com)

lycos.com

### [Excite](http://www.askjeeves.com)

www.askjeeves.com

### [Major Search Engines](http://searchenginewatch.com/links/major.html)

searchenginewatch.com/links/major.html –

## **Military Shopping Sites**

### [Defense Commissary Agency \(DECA\)](http://www.commissaries.com/)

www.commissaries.com/

### [Navy Exchange](http://www.navy-nex.com/)

www.navy-nex.com/

### [Army & Air Force Exchange](http://www.aafes.com)

www.aafes.com

## **America Supports You**

"America Supports You," a nationwide program launched by the Department of Defense, recognizes citizens' support for our military men and women and our Armed Forces at home and abroad.

### [America Supports You Main Site](http://www.americasupportsyou.mil/americasupportsyou/index.aspx)

www.americasupportsyou.mil/americasupportsyou/index.aspx

### [Receive support \(Main Page\)](http://www.americasupportsyou.mil/americasupportsyou/need_help.html)

www.americasupportsyou.mil/americasupportsyou/need\_help.html

### [Military Family Support](http://www.americasupportsyou.mil/AmericaSupportsYou/military_family.html)

www.americasupportsyou.mil/AmericaSupportsYou/military\_family.html

### [Get Help for the Wounded](http://www.americasupportsyou.mil/AmericaSupportsYou/help_wounded.html)

www.americasupportsyou.mil/AmericaSupportsYou/help\_wounded.html

### [Get Help, So You Can Help Others](http://www.americasupportsyou.mil/AmericaSupportsYou/help_troops.html)

www.americasupportsyou.mil/AmericaSupportsYou/help\_troops.html

### [Scholarships](http://www.americasupportsyou.mil/AmericaSupportsYou/scholar_mil_children.html)

www.americasupportsyou.mil/AmericaSupportsYou/scholar\_mil\_children.html

# U.S. Army War College Military Family Program Directory of Services

## [Get Frequent Flyer Miles](#)

[www.americasupportsyou.mil/AmericaSupportsYou/donate\\_miles.html](http://www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html)

## [Get Gift Certificates](#)

[www.americasupportsyou.mil/AmericaSupportsYou/donate\\_miles.html](http://www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html)

## [Learn About Homes for the Disabled](#)

[www.americasupportsyou.mil/AmericaSupportsYou/homes\\_disabled.html](http://www.americasupportsyou.mil/AmericaSupportsYou/homes_disabled.html)

## [Receive Letters and Messages](#)

[/www.americasupportsyou.mil/AmericaSupportsYou/letters\\_messages.html](http://www.americasupportsyou.mil/AmericaSupportsYou/letters_messages.html)

## [Receive Phone Cards](#)

[www.americasupportsyou.mil/AmericaSupportsYou/phone\\_cards.html](http://www.americasupportsyou.mil/AmericaSupportsYou/phone_cards.html)

## [Receive and Send Care Packages](#)

[www.americasupportsyou.mil/AmericaSupportsYou/send\\_packages.html](http://www.americasupportsyou.mil/AmericaSupportsYou/send_packages.html)

## [Other Support](#)

[www.americasupportsyou.mil/AmericaSupportsYou/other\\_support.html](http://www.americasupportsyou.mil/AmericaSupportsYou/other_support.html)

## **NMFA**

### [NMFA Links Page](#)

[www.nmfa.org/site/PageServer?pagename=links](http://www.nmfa.org/site/PageServer?pagename=links)

### [NMFA Main Page](#)

[www.nmfa.org/site/PageServer?pagename=homepage](http://www.nmfa.org/site/PageServer?pagename=homepage)

## **Army Reserve Families**

### [Army Reserve Family Programs](#)

[www.arfp.org/skins/ARFP/home.aspx?AllowSSL=true](http://www.arfp.org/skins/ARFP/home.aspx?AllowSSL=true)

## **Family Readiness Group**

### [FRG Leader's Handbook](#)

[www.mdw.army.mil/12thavnb/FRG%20Leaders%20Handbook.pdf](http://www.mdw.army.mil/12thavnb/FRG%20Leaders%20Handbook.pdf)

### [Rear Detachment Commander's Handbook](#)

[www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/RearDetachmentCommandersHandbook.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/RearDetachmentCommandersHandbook.pdf)

## **Army Family Team Building**

### [Army Family Team Building Courses](#)

[www.defenseweb.com/aftb](http://www.defenseweb.com/aftb)

### [Army Family Team Building](#)

[www.AFTB.org](http://www.AFTB.org)

### [Military Living Publications](#)

[www.militaryliving.com/](http://www.militaryliving.com/)

### [MFTB-AFTB Handbook.pdf](#)

[www.carlisle.army.mil/usawc/dclm/MFTB-AFTB Handbook.pdf](http://www.carlisle.army.mil/usawc/dclm/MFTB-AFTB%20Handbook.pdf)

## **Family Support**

### [Army Family Programs Contacts](#)

[www.carlisle.army.mil/usawc/dclm/directory-menu.htm#cont#cont](http://www.carlisle.army.mil/usawc/dclm/directory-menu.htm#cont#cont)

### [CinCHouse.com](#)

<http://cinchouse.com/>

### [Operation Homefront.net](#)

[operationhomefront.net/aboutus.asp](http://operationhomefront.net/aboutus.asp)

### [Military Impacted Schools Assoc](#)

[www.militaryimpactedschoolsassociation.org](http://www.militaryimpactedschoolsassociation.org)

### [Free Military Handbooks](#)

[www.militaryhandbooks.com/](http://www.militaryhandbooks.com/)

# U.S. Army War College Military Family Program Directory of Services

## **Handbook for Retired Soldiers**

[www.me.ngb.army.mil/dhr/AGR/ARMY/Handbook%20For%20Retired%20Soldiers%20and%20Family%20members.htm](http://www.me.ngb.army.mil/dhr/AGR/ARMY/Handbook%20For%20Retired%20Soldiers%20and%20Family%20members.htm)

## **Carlisle Barracks PA - Newcomers Guide**

[www.carlisle.army.mil/usawc/dclm/newcomers%20guide.pdf](http://www.carlisle.army.mil/usawc/dclm/newcomers%20guide.pdf)

## **Military Family Network**

[www.emilitary.org/](http://www.emilitary.org/)

## **Military Taxes**

[www.military.com/Finance/Taxes/0,13397,82,00.html](http://www.military.com/Finance/Taxes/0,13397,82,00.html)

## **Navy Exchange**

[www.navy-nex.com/](http://www.navy-nex.com/)

## **Army & Air Force Exchange**

[www.aafes.com/](http://www.aafes.com/)

## **Family Readiness Preparation Book**

[www.carlisle.army.mil/usawc/dclm/FRG%20Deployment%20Preparation%20Book%5b1%5d.doc](http://www.carlisle.army.mil/usawc/dclm/FRG%20Deployment%20Preparation%20Book%5b1%5d.doc)

## **Commissary Sales On-line**

[www.emilitary.org/deca.html](http://www.emilitary.org/deca.html)

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## Deployment / Mobilization

Last updated 17 July 2007

### **Battlemind Training**

#### [OSD Battlemind Link](#)

deploymentlink.osd.mil/search.jsp?googlesearch=Kids+and+Deployment

#### [Walter Reed Battlemind Training](#)

www.battlemind.org

### **Preparing Children Resources**

#### [Military Parent Support Information](#)

childparenting.about.com/cs/parentsupport/a/militaryparent2.htm

#### [General Information About Deployment](#)

cyfernet.ces.ncsu.edu/cyfres/browse\_3.php

#### [YOUNIVERSITY MALL](#)

www.guardfamilyyouth.org

#### [Children and Deployment](#)

www.ameriforce.net/PDF/dg2006/DEP06\_030.pdf

#### [Prparing to Say Goodbye](#)

www.survivingdeployment.com/preparegoodbye.html

#### [Together in Deployment](#)

www.mccw-worldwide.org/files/Deployment.pdf

#### [Military Children and Deployment](#)

www.eustis.army.mil/ACS/military\_children\_and\_deployment.htm

#### [Dealing With Emotions](#)

deploymenthealthlibrary.fhp.osd.mil/products.jsp?topicid=80

#### [Preparing for the deployment of a parent](#)

www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Preparing+for+the+deployment+of+a+parent+--+a+checklist

#### [Questions and Answers](#)

www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Questions+and+Answers

#### [Helping Children Cope During Deployment](#)

www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Helping+Children+Cope+During+Deployment

### **General Deployment Links**

#### [Cycles of Deployment Report from NMFA](#)

www.nmfa.org/site/DocServer/NMFACyclesofDeployment9.pdf?docID=5401

#### [Fort Leavenworth Deployment Handbook](#)

www.carlisle.army.mil/usawc/dclm/fsbook.doc

#### [Deployment Survival Handbook](#)

www.mwrarmyhawaii.com/acs/acs\_documents/Soldier\_%20Family\_Deployment\_Survival\_Handbook.pdf

#### [Deployment Health and Family Readiness](#)

[Library](#) deploymenthealthlibrary.fhp.osd.mil/home.jsp

#### [DeploymentLINK](#)

deploymentlink.osd.mil/

# U.S. Army War College Military Family Program Directory of Services

## **Dealing with Deployment**

### **Building Family Rituals While You Are Deployed**

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Building+Family+Rituals+While+Deployed](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Building+Family+Rituals+While+Deployed)

### **Child Care Backup Planning When Your Spouse is Deployed**

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=41f0b18b-b79d-40a8-bbe4-ed73a53d20f6&IssueID=ab3b1c71-6707-4ce2-be6b-c4362bb94246&CatID=fb92f69d-bd32-4e16-a0d7-0f3074a3241c](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=41f0b18b-b79d-40a8-bbe4-ed73a53d20f6&IssueID=ab3b1c71-6707-4ce2-be6b-c4362bb94246&CatID=fb92f69d-bd32-4e16-a0d7-0f3074a3241c)

### **Coping with a Deployment Extension**

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=05aad350-5945-4e8f-b533-bae336b453d2&IssueID=ab3b1c71-6707-4ce2-be6b-c4362bb94246&CatID=fb92f69d-bd32-4e16-a0d7-0f3074a3241c](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=05aad350-5945-4e8f-b533-bae336b453d2&IssueID=ab3b1c71-6707-4ce2-be6b-c4362bb94246&CatID=fb92f69d-bd32-4e16-a0d7-0f3074a3241c)

### **Coping with Compassion Fatigue**

<http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=05aad350-5945-4e8f-b533-bae336b453d2&IssueID=ab3b1c71-6707-4ce2-be6b-c4362bb94246&CatID=fb92f69d-bd32-4e16-a0d7-0f3074a3241c>

### **Coping with Post-Traumatic Stress**

<http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=e5e04d57-b5ea-48bb-a001-6997cfcb0010&IssueID=42db049d-a206-42bc-a373-c52241a4a863&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6>

### **How Families are Learning To Cope With Repeat Deployment**

[http://www.ameriforce.net/PDF/dg2006/DEP06\\_08-13.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_08-13.pdf)

### **A Leg Up** (Readiness Groups)

[http://www.ameriforce.net/PDF/dg2006/DEP06\\_018-021.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_018-021.pdf)

### **Don't Leave Without It** (Life Insurance)

[http://www.ameriforce.net/PDF/dg2006/DEP06\\_022.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_022.pdf)

## **Preparing For Deployment**

### **Military.com Deployment Center**

<http://www.military.com/deployment>

### **Pre-Deployment Checklist**

[http://www.ameriforce.net/PDF/dg2006/DEP06\\_024-26.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_024-26.pdf)

### **Why it's Smart to Buy a Car on Deployment**

[http://www.ameriforce.net/PDF/dg2006/DEP06\\_014-016.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_014-016.pdf)

### **Balancing Work and Life as a Dual Military Couple**

<http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=3ba1df9e-b493-426a-a002-dca44412ca3f&IssueID=5d826c2e-7f7d-4769-9a3d-82d30ce6f4ec&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6>

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## [Choosing a Care giver While Deployed](#)

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=choosing+a+caregiver](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=choosing+a+caregiver)

## [Preparing a Family Care Plan](#)

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Preparing+a+Family+Care+Plan](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Preparing+a+Family+Care+Plan)

## [In Love and Deployed: Making the Marriage Decision](#)

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=54322ea2-c136-486d-a26e-581330097d81&IssueID=042a45fb-fc1a-44d0-a979-83f70d81034e&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=54322ea2-c136-486d-a26e-581330097d81&IssueID=042a45fb-fc1a-44d0-a979-83f70d81034e&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6)

## [Books and Resources for Children About Deployment](#)

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Books+and+Resources+for+Children](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Books+and+Resources+for+Children)

## **Returning From Deployment**

### [Adjusting to Life After Disaster Relief Work](#)

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=ae1b4ea5-f2a6-4440-aea9-8a97d75d6f3a&IssueID=42db049d-a206-42bc-a373-c52241a4a863&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=ae1b4ea5-f2a6-4440-aea9-8a97d75d6f3a&IssueID=42db049d-a206-42bc-a373-c52241a4a863&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6)

## [Dealing with Combat and Operational Stress](#)

[www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Dealing+with+Combat+and+Operational+Stress](http://www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-c13b9b3e8e94&action=search&AllWords=Dealing+with+Combat+and+Operational+Stress)

## **Operation Ready Resources**

Resources for **E**ducating **A**bout **D**eployment and **Y**ou (**READY**)

## *Training Videos*

### [Operation Ready Videos List](#)

[http://www.myarmylifetoo.com/skins/malt/display.aspx?Action=display\\_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=0588ea73-7f1d-4513-b039-d940ba54deb4&AllowSSL=true](http://www.myarmylifetoo.com/skins/malt/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=0588ea73-7f1d-4513-b039-d940ba54deb4&AllowSSL=true)

### [Introduction to ACS](#)

<http://www.carlisle.army.mil/usawc/dclm/family/acs.aspx>

### [Practical Readines](#)

<http://www.carlisle.army.mil/usawc/dclm/family/deploy.aspx>

### [Coping with Stress](#)

<http://www.carlisle.army.mil/usawc/dclm/family/stress.aspx>

### [Making Your Reunion Work](#)

<http://www.carlisle.army.mil/usawc/dclm/family/reunion.aspx>

### [Family Readiness Groups \(FRG\)](#)

<http://www.carlisle.army.mil/usawc/dclm/family/frg.aspx>

### [Family Assistance Center](#)

<http://www.carlisle.army.mil/usawc/dclm/family/fac.aspx>

# U.S. Army War College Military Family Program Directory of Services

## **Handbooks**

### **Family Readiness Group Handbook**

[http://www.carlisle.army.mil/usawc/dclm/family/FRG\\_Handbook\[1\].pdf](http://www.carlisle.army.mil/usawc/dclm/family/FRG_Handbook[1].pdf)

### **Army Leaders' Desk Reference**

[http://www.carlisle.army.mil/usawc/dclm/family/Leaders\\_Reference.pdf](http://www.carlisle.army.mil/usawc/dclm/family/Leaders_Reference.pdf)

## **Training**

### **Introduction and Table of Contents**

<http://www.carlisle.army.mil/usawc/dclm/family/fac1int.doc>

### **Family Assistance Center Overview**

<http://www.carlisle.army.mil/usawc/dclm/family/fac2lp.doc>

### **PowerPoint Notes**

<http://www.carlisle.army.mil/usawc/dclm/family/fac3ppt.doc>

A Resource guide to community assistance  
(Source: MyArmyLifeToo.com).

### **Handouts and FACEX Scenarios**

<http://www.carlisle.army.mil/usawc/dclm/family/fac4ho.doc>

### **Video Scripts**

<http://www.carlisle.army.mil/usawc/dclm/family/fac5vid.doc>

### **Bibliography and Websites**

<http://www.carlisle.army.mil/usawc/dclm/family/fac6bib.doc>

### **Reunion**

<http://www.carlisle.army.mil/usawc/dclm/family/Reunion.doc>

### **Children's Handouts**

[http://www.carlisle.army.mil/usawc/dclm/family/Children's\\_Handouts.doc](http://www.carlisle.army.mil/usawc/dclm/family/Children's_Handouts.doc)

### **Army Fun Kids Activity Book**

[www.myarmylifetoo.com/skins/malt/display.aspx?moduleid=2a285ab0-5db1-4f36-9b91-f2263c973c32&mode=user&CategoryID=556c5d95-54cc-465b-aa88-0392f3a4c2fb&Action=display\\_user\\_category\\_objects](http://www.myarmylifetoo.com/skins/malt/display.aspx?moduleid=2a285ab0-5db1-4f36-9b91-f2263c973c32&mode=user&CategoryID=556c5d95-54cc-465b-aa88-0392f3a4c2fb&Action=display_user_category_objects)

## **Operation Ready Smart Book**

(Source: [www.armyfrg.org](http://www.armyfrg.org))

### **Operation Ready Smart Book**

[www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/OPREADY%20Smart%20Book.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/OPREADY%20Smart%20Book.pdf)

(MATERIALS MAY BE REPRODUCED FOR  
DEPARTMENT OF ARMY USE.)

## **General Information Sheets**

(Source: Operation Ready Smart Book)

### **Family Assistance Information Sheets**

[www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Family%20Assistance%20Information%20Sheet.doc](http://www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Family%20Assistance%20Information%20Sheet.doc)

### **Coping With Stress**

[www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Coping%20With%20Stress%20copy.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Coping%20With%20Stress%20copy.pdf)

### **FRG Frequently Asked Questions Army Guide to FRG Operations**

[/www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Frequently%20Asked%20Questions%20Army%20Guide%20to%20FRG%20Operations.doc](http://www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Frequently%20Asked%20Questions%20Army%20Guide%20to%20FRG%20Operations.doc)

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## [FRG Volunteer Position Descriptions](#)

[www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/FRG%20Volunteer%20Position%20Descriptions.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/FRG%20Volunteer%20Position%20Descriptions.pdf)

## [Soldier+Family Problem Solving Guide](#)

[www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Soldier+Family%20Problem%20Solving%20Guide.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/smart%20book/smart%20book%20linked%20files/Soldier+Family%20Problem%20Solving%20Guide.pdf)

## [Unit Family Readiness Brochure](#)

[www.carlisle.army.mil/usawc/dclm/smart%20book/Unit%20Family%20Readiness%20Brochure/UFR%20Brochure.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/Unit%20Family%20Readiness%20Brochure/UFR%20Brochure.pdf)

## **Family Readiness Group (FRG) Handbooks**

(Source: [www.armyfrg.org](http://www.armyfrg.org))

## [Family Readiness Group Leader's Handbook](#)

[www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/FRGLeadersHandbook.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/FRGLeadersHandbook.pdf)

## [Rear Detachment Commander's Handbook](#)

[www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/RearDetachmentCommandersHandbook.pdf](http://www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/RearDetachmentCommandersHandbook.pdf)

## [Operation Ready Videos List](#)

[www.myarmylifetoo.com/skins/malt/display.aspx?Action=display\\_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=0588ea73-7f1d-4513-b039-d940ba54deb4&AllowSSL=true](http://www.myarmylifetoo.com/skins/malt/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=0588ea73-7f1d-4513-b039-d940ba54deb4&AllowSSL=true)

## [Family Readiness Group Handbook](#)

[www.armyfrg.org/skins/frg/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&CategoryID=1e9b3feb-985e-4dd2-b5b2-db37a8aa0d63&ObjectID=9f160323-3fb2-4097-9a64-da80876bedd5](http://www.armyfrg.org/skins/frg/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&CategoryID=1e9b3feb-985e-4dd2-b5b2-db37a8aa0d63&ObjectID=9f160323-3fb2-4097-9a64-da80876bedd5)

## **Army Family Programs Contact Information**

### **Family and Morale Welfare and Recreation Command**

4700 King Street  
Alexandria, VA 22302  
Phone: (703) 681-5375

### **National Guard Bureau Family Programs**

1411 Jefferson Davis Highway  
Arlington, VA 22202-3231  
Phone: 1-(888)-777-7731 or (703)-607-5414

### **US Army Reserve Command - Family Programs**

1401 Deshler Street SW  
Fort McPherson, GA 30330-2000  
Phone: (404) 464-8970

# U.S. Army War College Military Family Program Directory of Services

## Our Favorite Web Sites

Last updated 10 July 2007

### General Web Sites

#### [Battlemind Training](http://www.battlemind.org/)

<http://www.battlemind.org/>

#### [Army Lodging directory](http://www.army.mil/cfsc/documents/lodging/worldwidedirectory2.pdf)

[www.army.mil/cfsc/documents/lodging/worldwidedirectory2.pdf](http://www.army.mil/cfsc/documents/lodging/worldwidedirectory2.pdf)

#### [Military Home Front](http://www.militaryhomefront.dod.mil)

<http://www.militaryhomefront.dod.mil>

#### [Military Widow - A Survival Guide](http://67.118.51.201/bol/bookdisplay.cfm?BookNum=49761)

<http://67.118.51.201/bol/bookdisplay.cfm?BookNum=49761>

#### [Marine Wives 101](http://www.marinewives101.com)

<http://www.marinewives101.com>

#### [Army Knowledge online \(AKO\)](https://www.us.army.mil/suite/login/welcome.html)

<https://www.us.army.mil/suite/login/welcome.html>

#### [Military Report.com](http://www.military.com/MilitaryReport/0,12914,MR_Current,00.html)

[http://www.military.com/MilitaryReport/0,12914,MR\\_Current,00.html](http://www.military.com/MilitaryReport/0,12914,MR_Current,00.html)

#### [Army A-Z](http://www.army.mil/a-z.htm)

<http://www.army.mil/a-z.htm>

#### [U.S. Army](http://www.army.mil)

<http://www.army.mil>

#### [U.S. Air Force](http://www.af.mil)

<http://www.af.mil>

#### [Army MWR](http://www.armymwr.com/)

<http://www.armymwr.com/>

#### [America Supports You](http://Americasupportsyou.mil)

<http://Americasupportsyou.mil>

#### [Armed Forces Benefit Association](http://www.afba.com)

<http://www.afba.com>

#### [Army Families Online](http://www.armyfamiliesonline.org/skins/WBLO/home.aspx)

<http://www.armyfamiliesonline.org/skins/WBLO/home.aspx>

#### [Army Family Team Building](http://www.AFTB.org)

<http://www.AFTB.org>

#### [Army Wives](http://www.armywives.com)

<http://www.armywives.com>

#### [Deployment Link](http://deploymentlink.osd.mil/deploy/family/family_support.shtml)

[http://deploymentlink.osd.mil/deploy/family/family\\_support.shtml](http://deploymentlink.osd.mil/deploy/family/family_support.shtml)

#### [Disabled Soldier Support System](http://www.ArmyDS3.org)

<http://www.ArmyDS3.org>

#### [DOD Per Diem committee](https://secureapp2.hqda.pentagon.mil/perdiem/)

<https://secureapp2.hqda.pentagon.mil/perdiem/>

#### [DOD SITES](https://www.dmdc.osd.mil/appj/sites/index.jsp)

<https://www.dmdc.osd.mil/appj/sites/index.jsp>

#### [Guard Family Team Building](http://www.gftb.org)

<http://www.gftb.org>

#### [Homes for our Troops](http://www.homesforourtroops.org)

<http://www.homesforourtroops.org>

#### [Human Resources Command](http://www.hrc.army.mil)

<http://www.hrc.army.mil>

#### [Military Child in Transition/Deployment](http://www.militarystudent.org)

<http://www.militarystudent.org>

#### [My Army Life Too](http://myarmylifetoo.com)

<http://myarmylifetoo.com>

#### [Military Family Research](http://www.mfri.purdue.edu)

<http://www.mfri.purdue.edu>

# U.S. Army War College Military Family Program Directory of Services

## [Military Family Resource Center](http://www.militaryhomefront.dod.mil/)

<http://www.militaryhomefront.dod.mil/>

## [Military Kidz](http://www.militarykidz.com)

<http://www.militarykidz.com>

## [Military Pay and Benefits](http://www.dod.mil/militarypay/)

<http://www.dod.mil/militarypay/>

## [MilSpouse.org](http://www.milspouse.org)

<http://www.milspouse.org>

## [Military Spouse Career Network](http://www.mscn.org)

[http://www.mscn.org/](http://www.mscn.org)

## [MTOM for Kids](http://www.defenselink.mil/mtom/index_k.htm)

[http://www.defenselink.mil/mtom/index\\_k.htm](http://www.defenselink.mil/mtom/index_k.htm)

## [The Military Family Network](http://www.emilitary.org/)

<http://www.emilitary.org/>

## [Tricare Online](http://www.tricareonline.com/)

[www.tricareonline.com/](http://www.tricareonline.com/)

## [Tragedy Assistance Program](http://taps.org)

<http://taps.org>

## [United Concordia](http://www.ucci.com/was/uccweb/home.jsp)

<http://www.ucci.com/was/uccweb/home.jsp>

## [U.S. Army War College Web site.](http://www.carlisle.army.mil/)

[www.carlisle.army.mil/](http://www.carlisle.army.mil/)

## [USAA Insurance](http://www.usaa.com/inet/ent_logon/Logon)

[www.usaa.com/inet/ent\\_logon/Logon](http://www.usaa.com/inet/ent_logon/Logon)

## [American Red Cross](http://www.redcross.org/)

[www.redcross.org/](http://www.redcross.org/)

## [Defense Commissary Agency](http://www.commissaries.com/)

[www.commissaries.com/](http://www.commissaries.com/)

## Education Web Sites

### [College Board](http://www.collegeboard.com/)

[www.collegeboard.com/](http://www.collegeboard.com/)

### [FinAid](http://www.finaid.org/)

[www.finaid.org/](http://www.finaid.org/)

### [GI Bill Information](http://www.gjbill.va.gov/)

[www.gjbill.va.gov/](http://www.gjbill.va.gov/)

### [Military.Com Education Benefits](http://www.military.com/Careers/Education)

[www.military.com/Careers/Education](http://www.military.com/Careers/Education)

### [Princeton Review](http://www.princetonreview.com/)

[www.princetonreview.com/](http://www.princetonreview.com/)

### [Scholarships for Military Children](http://www.militaryscholar.org/index.shtml)

[www.militaryscholar.org/index.shtml](http://www.militaryscholar.org/index.shtml)

### [Military Child Education Coalition](http://www.militarychild.org/)

<http://www.militarychild.org/>

### [Military Student](http://www.militarystudent.org)

<http://www.militarystudent.org>

### **Special Operations Warrior Foundation (SOWF)**

A foundation devoted to providing a college education to every child who has lost a parent while serving in the Special Operations Command and its units during an operational or training mission; includes special operations forces of Army, Air Force, Marines and Navy. Currently providing grants, not loans to over 500 children who are survivors of over 400 special operations personnel.

### **Address:**

Special Operations Warrior Foundation  
P.O. Box 14385, Tampa, FL 33690

### **SOWF Telephone:**

Toll Free - 877-337-7693

# U.S. Army War College Military Family Program Directory of Services

Main Telephone Number - 813-805-9400,  
Fax - 813-805-0567

## [E-Mail Carolyn M. Becker,](#)

Director of Education, Family Services

## [E-Mail Edie Rosenthal, USN \(Ret.\)](#)

Public Relations Director.

## [U.S. Department of Education](#)

[www.ed.gov/index.jhtml](http://www.ed.gov/index.jhtml)

## **Guard / Reserve Sites**

### [The US Coast Guard](#)

[www.uscg.mil/uscg.shtm](http://www.uscg.mil/uscg.shtm)

### [The National Guard](#)

[www.ngb.army.mil/](http://www.ngb.army.mil/)

### [Army National Guard](#)

[www.arng.army.mil/](http://www.arng.army.mil/)

### [Army Reserve](#)

[www.army.mil/usar](http://www.army.mil/usar)

### [Air Force Reserve](#)

[www.afreserve.com/](http://www.afreserve.com/)

### [Air National Guard](#)

[www.ang.af.mil/](http://www.ang.af.mil/)

### [Coast Guard Reserve](#)

[www.uscg.mil/hq/reserve/  
reshmpg.html](http://www.uscg.mil/hq/reserve/reshmpg.html)

### [Guard Family](#)

[www.guardfamily.org/](http://www.guardfamily.org/)

### [Marine Reserve](#)

[www.mfr.usmc.mil/](http://www.mfr.usmc.mil/)

### [Naval Reserve](#)

[navyreserve.navy.mil/Public/Staff/Welcome  
Aboard/default.htm](http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm)

## **Travel / Vacation Sites**

### [Armed Forces Vacation Club](#)

[www.afvclub.com/](http://www.afvclub.com/)

### [ARMY MWR Travel Tips](#)

[www.armymwr.com/portal/travel/travelresou  
rces](http://www.armymwr.com/portal/travel/travelresources)

### [National Parks](#)

[www.nps.gov/](http://www.nps.gov/)

## **Veterans / Retiree Web sites**

### [American Legion](#)

[www.legion.org](http://www.legion.org)

### [Arlington National Cemetery](#)

[www.arlingtoncemetery.org/](http://www.arlingtoncemetery.org/)

### [Cemetery Administration](#)

[www.cem.va.gov/](http://www.cem.va.gov/)

### [Veteran's Affairs](#)

[www.va.gov/](http://www.va.gov/)

### [Veteran's of Foreign Wars](#)

[www.vfw.org/](http://www.vfw.org/)

## **Voter information**

### [Federal Voting Assistance Program](#)

[www.fvap.gov/index.html](http://www.fvap.gov/index.html)

### [Register to vote online](#)

<https://ssl.capwiz.com/congressorg/e4/nvra/>

## **Free E-mail Services**

### [Army Knowledge Online](#)

[www.us.army.mil/](http://www.us.army.mil/)

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## Commercial E-mail

### [AOL Mail](#)

[www.aolmail.aol.com/](http://www.aolmail.aol.com/)

### [Email Addresses](#)

[www.emailaddresses.com/](http://www.emailaddresses.com/)

### [Google Email](#)

[www.gmail.google.com/](http://www.gmail.google.com/)

### [Google Email](#)

[www.hotmail.com/](http://www.hotmail.com/)

### [Junot](#)

[www.juno.com/](http://www.juno.com/)

### [Lycos Mail](#)

[www.mail.lycos.com/](http://www.mail.lycos.com/)

### [Yahoo](#)

[www.yahoo.com/](http://www.yahoo.com/)

## Maps and Travel Information

### [Expedia](#)

[www.expedia.com/](http://www.expedia.com/)

### [Lonely Planet](#)

[www.lonelyplanet.com/](http://www.lonelyplanet.com/)

### [Map quest](#)

[www.mapquest.com/](http://www.mapquest.com/)

### [Orbitz](#)

[www.orbitz.com](http://www.orbitz.com)

### [Priceline](#)

[travel.priceline.com/default.asp?rdr=1](http://travel.priceline.com/default.asp?rdr=1)

### [Rand McNally](#)

[www.randmcnally.com/](http://www.randmcnally.com/)

### [Travelocity](#)

[www.travelocity.com/](http://www.travelocity.com/)

### [Yahoo Maps](#)

[maps.yahoo.com/](http://maps.yahoo.com/)

## America Supports You

America Supports You," a nationwide program launched by the Department of Defense, recognizes citizens' support for our military men and women and our Armed Forces at home and abroad.

### [America Supports You Main Site](#)

[www.americasupportsyou.mil/americasupportsyou/index.aspx](http://www.americasupportsyou.mil/americasupportsyou/index.aspx)

### [Receive support \(Main Page\)](#)

[www.americasupportsyou.mil/americasupportsyou/need\\_help.html](http://www.americasupportsyou.mil/americasupportsyou/need_help.html)

### [Military Family Support](#)

[www.americasupportsyou.mil/AmericaSupportsYou/military\\_family.html](http://www.americasupportsyou.mil/AmericaSupportsYou/military_family.html)

### [Get Help for the Wounded](#)

[www.americasupportsyou.mil/AmericaSupportsYou/help\\_wounded.html](http://www.americasupportsyou.mil/AmericaSupportsYou/help_wounded.html)

### [Get Help, So You Can Help Others](#)

[www.americasupportsyou.mil/AmericaSupportsYou/help\\_troops.html](http://www.americasupportsyou.mil/AmericaSupportsYou/help_troops.html)

### [Scholarships](#)

[www.americasupportsyou.mil/AmericaSupportsYou/scholar\\_mil\\_children.html](http://www.americasupportsyou.mil/AmericaSupportsYou/scholar_mil_children.html)

### [Get Frequent Flyer Miles](#)

[www.americasupportsyou.mil/AmericaSupportsYou/donate\\_miles.html](http://www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html)

### [Get Gift Certificates](#)

[www.americasupportsyou.mil/AmericaSupportsYou/donate\\_miles.html](http://www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html)

### [Learn About Homes for the Disabled](#)

[www.americasupportsyou.mil/AmericaSupportsYou/homes\\_disabled.html](http://www.americasupportsyou.mil/AmericaSupportsYou/homes_disabled.html)

# U.S. Army War College Military Family Program Directory of Services

## **Receive Letters and Messages**

[/www.americasupportsyou.mil/AmericaSupportsYou/letters\\_messages.html](http://www.americasupportsyou.mil/AmericaSupportsYou/letters_messages.html)

## **Receive Phone Cards**

[www.americasupportsyou.mil/AmericaSupportsYou/phone\\_cards.html](http://www.americasupportsyou.mil/AmericaSupportsYou/phone_cards.html)

## **Receive and Send Care Packages**

[www.americasupportsyou.mil/AmericaSupportsYou/send\\_packages.html](http://www.americasupportsyou.mil/AmericaSupportsYou/send_packages.html)

## **Other Support**

[www.americasupportsyou.mil/AmericaSupportsYou/other\\_support.html](http://www.americasupportsyou.mil/AmericaSupportsYou/other_support.html)

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## Veterans Services

Last updated 17 July 2007

### General VA Web Sites

#### [Board of Veterans' Appeals](http://www.va.gov/vbs/bva/)

www.va.gov/vbs/bva/

#### [Center for Minority Veterans](http://www1.va.gov/)

www1.va.gov/

#### [Center for Minority Veterans](http://www1.va.gov/centerforminorityveterans/)

http://www1.va.gov/centerforminorityveterans/

#### [Center for Women Veterans](http://www1.va.gov/womenvet/)

www1.va.gov/womenvet/

#### [Center for Veterans Enterprise](http://www.vetbiz.gov/)

www.vetbiz.gov/

#### [Compensation Rate Tables, 12-1-03](http://www.vba.va.gov/bln/21/Rates/comp01.htm)

www.vba.va.gov/bln/21/  
Rates/comp01.htm

#### [Department of Veterans Affairs](http://www.va.gov/)

www.va.gov/

#### [Veterans Service Organizations](http://www1.va.gov/vso/index.cfm?template=view)

www1.va.gov/vso/index.cfm?template=view

#### [Disability Examination Worksheets](http://www.vba.va.gov/bln/21/Benefits/exams/index.htm)

www.vba.va.gov/bln/21/Benefits/exams/index.htm

#### [Due Process](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc)

www.warms.vba.va.gov/admin21/m21\_1/mr/part1/ch02.doc

#### [Duty to Assist](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc)

http://www.warms.vba.va.gov/admin21/m21\_1/mr/part1/ch01.doc

#### [Electronic Code of Federal Regulations](http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=%2Findex.tpl)

ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=%2Findex.tpl

#### [Federal Benefits for Veterans 2006](http://www1.va.gov/opa/vadocs/current_benefits.asp)

www1.va.gov/opa/vadocs/current\_benefits.asp

#### [Environmental Agents Service \(EAS\)](http://www1.va.gov/environagents/)

www1.va.gov/environagents/

#### [Environmental Agents Service - Persian Gulf Program](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002)

www1.va.gov/vhapublications/ViewPublication.asp?pub\_ID=1002

#### [Establishing Combat Veteran Eligibility](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315)

www1.va.gov/vhapublications/ViewPublication.asp?pub\_ID=315

#### [Environmental Agents M10](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002)

www1.va.gov/vhapublications/ViewPublication.asp?pub\_ID=1002

#### [VA Priority Outpatient Care](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=206)

www1.va.gov/vhapublications/ViewPublication.asp?pub\_ID=206

#### [Forms and Records Request](http://www.va.gov/vaforms/)

www.va.gov/vaforms/

#### [Federal Benefits for Veterans and Dependents 2005](http://www1.va.gov/opa/vadocs/fedben.pdf)

www1.va.gov/opa/vadocs/fedben.pdf

#### [The Geriatrics and Extended Care Strategic Healthcare](http://www1.va.gov/geriatricsshg/)

www1.va.gov/geriatricsshg/

#### [Homeless Veterans](http://www1.va.gov/homeless/)

www1.va.gov/homeless/

#### [Health Services Research and Development Service \(HSR&D\)](http://www.hsrdr.research.va.gov/)

www.hsrdr.research.va.gov/

#### [VA's Office of Research and Development](http://www.research.va.gov/default.cfm)

www.research.va.gov/default.cfm

# U.S. Army War College Military Family Program Directory of Services

## [Information for Veterans exposed to Ionizing Radiation](#)

[www1.va.gov/irad/](http://www1.va.gov/irad/)

## [VA Health Care Eligibility](#)

[www.va.gov/healtheligibility/home/hecmain.asp](http://www.va.gov/healtheligibility/home/hecmain.asp)

## [Health Services Research and Development](#)

[www.hsrp.research.va.gov/](http://www.hsrp.research.va.gov/)

## **Gulf War Veterans**

### [Guide to Gulf War Veterans' Health](#)

[www1.va.gov/gulfwar/docs/VHlgulfwar.pdf](http://www1.va.gov/gulfwar/docs/VHlgulfwar.pdf)

### [Gulf War Illnesses – Subject Index](#)

[www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A](http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A)

### [.Gulf War Veterans' Illnesses Q&As](#)

[www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf](http://www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf)

## **Depleted Uranium Evaluation**

### **EVALUATION PROTOCOL FOR GULF WAR AND IRAQI FREEDOM VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU)**

#### [Iraqi Freedom Veterans](#)

[www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC](http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC)

### **EVALUATION PROTOCOL FOR NON-GULF WAR VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU)**

#### [Non Gulf War \(NGW\)](#)

[www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC](http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC)

## [Depleted Uranium Fact Sheet](#)

[www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc](http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc)

## **Wounded Warrior Assistance**

### [Military Severely Injured Center](#)

[www.military.com/support](http://www.military.com/support)

### [Wounded Warrior Program:](#)

[www.AW2.army.mil](http://www.AW2.army.mil)

### [Always a Soldier](#)

[www.amc.army.mil/alwaysasoldier](http://www.amc.army.mil/alwaysasoldier)

### [Marine for Life](#)

<https://www.m4l.usmc.mil/>

## **Transitional Services**

### [Portal for Military Transitioner](#)

[www.dodtransportal.dod.mil/dav/Isnmedia/LSN/dodtransportal/](http://www.dodtransportal.dod.mil/dav/Isnmedia/LSN/dodtransportal/)

### [Disabled Transition Assistance Program](#)

[www.dol.gov/vets/programs/tap/main.htm](http://www.dol.gov/vets/programs/tap/main.htm)

### [Seamless Transition - Operation Enduring Freedom/Iraqi Freedom](#)

[www.seamlesstransition.va.gov](http://www.seamlesstransition.va.gov)

## **Vocational Services**

### [Vocational Rehabilitation Web Site](#)

[www.vba.va.gov/bln/vre/index.htm](http://www.vba.va.gov/bln/vre/index.htm)

### [State Vocational Rehabilitation](#)

[janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM](http://janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM)

### [JAN Web Site](#)

[www.jan.wvu.edu](http://www.jan.wvu.edu)

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## Veterans Reemployment

### Real-Lifelines Web Site

[www.dol.gov/vets/proarams/Real-life/main.htm](http://www.dol.gov/vets/proarams/Real-life/main.htm)

### Computer/ Electronic Accommodations

[www.tricare.osd.mil/cap/](http://www.tricare.osd.mil/cap/)

### DOD Vets Web Site

[www.dodvets.com/](http://www.dodvets.com/)

### Hire Vets First Web Site

[www.hirevetsfirst.gov](http://www.hirevetsfirst.gov)

### Veterans Employment and Training

[www.dol.gov/vets/](http://www.dol.gov/vets/)

### E-Vets Web Site

[www.dol.gov/elaws/evets.htm](http://www.dol.gov/elaws/evets.htm)

## Veterans Web Sites

### American Legion

[www.legion.org](http://www.legion.org)

### Arlington National Cemetery

[www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)

### Cemetery Administration

[www.cem.va.gov](http://www.cem.va.gov)

### Veteran's Affairs

[www.va.gov](http://www.va.gov)

### Veteran's of Foreign Wars

[www.vfw.org](http://www.vfw.org)

## Accommodations and Assistive Technology

### Computer/Electronic Accommodations Program

[www.tricare.osd.mil/cap/](http://www.tricare.osd.mil/cap/)

### Assistive Technology Public Funding

[www.techaccess-ri.org/atfundva.htm](http://www.techaccess-ri.org/atfundva.htm)

### U.S. Department of Health and Human Services

[www.aoa.gov/PRESS/fact/pdf/fs\\_assitive\\_tech.pdf](http://www.aoa.gov/PRESS/fact/pdf/fs_assitive_tech.pdf)

### USA TechGuide

[www.usatechguide.org/index.php](http://www.usatechguide.org/index.php)

### Disabled/Injured Resources

[www.careeronestop.org/MilitaryTransition/diability.aspx](http://www.careeronestop.org/MilitaryTransition/diability.aspx)

### Disability Information

[www.disabilityinfo.gov/digov-public/public/DisplayPage.do?parentFolderId=53](http://www.disabilityinfo.gov/digov-public/public/DisplayPage.do?parentFolderId=53)

## Additional Links

### U.S. Court of Appeals for Veterans Claims

[www.vetapp.gov/](http://www.vetapp.gov/)

### VA Best Practice Manual for Posttraumatic Stress Disorder (PTSD)

[www.avapl.org/pub/PTSD%20Manual%20final%206.pdf](http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf)

### VA INSTITUTING GLOBAL ASSESSMENT OF FUNCTION (GAF)

[www.avapl.org/gaf/gaf.html](http://www.avapl.org/gaf/gaf.html)

### VA Loan Lending Limits and Jumbo Loans

[valoans.com/va\\_facts\\_limits.cfm](http://valoans.com/va_facts_limits.cfm)

### VA National Hepatitis C Program

[www.hepatitis.va.gov/](http://www.hepatitis.va.gov/)

### VA Office of Research and Development

[www1.va.gov/resdev/](http://www1.va.gov/resdev/)

### VA Trainee Pocket Card on Gulf War

[www.va.gov/OAA/pocketcard/gulfwar.asp](http://www.va.gov/OAA/pocketcard/gulfwar.asp)

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## [VA WMD EMSHG](http://www1.va.gov/emshg/)

[www1.va.gov/emshg/](http://www1.va.gov/emshg/)

## [VA WRIISC-DC](http://www.va.gov/WRIISC-DC/)

[www.va.gov/WRIISC-DC/](http://www.va.gov/WRIISC-DC/)

## [Federal Benefits for Veterans Book](http://www1.va.gov/OPA/vadocs/current_benefits.asp)

[www1.va.gov/OPA/vadocs/current\\_benefits.asp](http://www1.va.gov/OPA/vadocs/current_benefits.asp)

## [Veterans Benefits Administration Main Web Page](http://www.vba.va.gov/)

[www.vba.va.gov/](http://www.vba.va.gov/)

## [Veterans Legal and Benefits Information](http://valaw.org/)

[valaw.org/](http://valaw.org/)

## [VHA Forms, Publications, Manuals](http://www1.va.gov/vhapublications/)

[www1.va.gov/vhapublications/](http://www1.va.gov/vhapublications/)

## [VHA Programs - Clinical Programs & Initiatives](http://www1.va.gov/health_benefits/page.cfm?pg=13)

[www1.va.gov/health\\_benefits/page.cfm?pg=13](http://www1.va.gov/health_benefits/page.cfm?pg=13)

## [VHA Public Health Strategic Health Care Group Home Page](http://www.publichealth.va.gov/)

[www.publichealth.va.gov/](http://www.publichealth.va.gov/)

## [VHI Guide to Gulf War Veterans](http://www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp)

[www1.va.gov/vhi\\_ind\\_study/gulfwar/istudy/index.asp](http://www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp)

## [Vocational Rehabilitation](http://www.vba.va.gov/bln/vre/)

[www.vba.va.gov/bln/vre/](http://www.vba.va.gov/bln/vre/)

## [Vocational Rehabilitation Subsistence](http://www.vba.va.gov/bln/vre/InterSubsistencefy04.doc)

[www.vba.va.gov/bln/vre/InterSubsistencefy04.doc](http://www.vba.va.gov/bln/vre/InterSubsistencefy04.doc)

## [VONAPP online](http://vabenefits.vba.va.gov/vonapp/main.asp)

[vabenefits.vba.va.gov/vonapp/main.asp](http://vabenefits.vba.va.gov/vonapp/main.asp)

## [WARMS - 38 CFR Book C](http://www.warms.vba.va.gov/bookc.html)

[www.warms.vba.va.gov/bookc.html](http://www.warms.vba.va.gov/bookc.html)

## [Wartime Disability Compensation](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110)

[frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse\\_usc&docid=Cite:+38USC1110](http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110)

## [War-Related Illness and Injury Study Center - New Jersey](http://www.wri.med.va.gov/)

[www.wri.med.va.gov/](http://www.wri.med.va.gov/)

## [Welcome to the GI Bill Web Site](http://www.gibill.va.gov/)

[www.gibill.va.gov/](http://www.gibill.va.gov/)

## [What VA Social Workers Do](http://www1.va.gov/socialwork/page.cfm?pg=3)

[www1.va.gov/socialwork/page.cfm?pg=3](http://www1.va.gov/socialwork/page.cfm?pg=3)

## [WRIISC Patient Eligibility](http://www.illegion.org/va1.html)

[www.illegion.org/va1.html](http://www.illegion.org/va1.html)

## [Help for the Wounded](#)

(Links from the "America Supports You" web site)

## [American Freedom Foundation](http://www.americanfreedomfoundation.org/)

[www.americanfreedomfoundation.org/](http://www.americanfreedomfoundation.org/)

## [Angels Of Mercy](http://www.mcleanpost270.org/oifoef)

[www.mcleanpost270.org/oifoef](http://www.mcleanpost270.org/oifoef)

## [Armed Forces Foundation](http://www.armedforcesfoundation.org/)

[/www.armedforcesfoundation.org/](http://www.armedforcesfoundation.org/)

## [Azalea Charities Aid for Wounded Soldiers](http://www.azaleacharities.org/)

[www.azaleacharities.org/](http://www.azaleacharities.org/)

## [Boatsie's Boxes](http://www.boatsie.com/)

[www.boatsie.com/](http://www.boatsie.com/)

## [Blue Star Mothers of America](http://www.bluestarmothers.org/)

[www.bluestarmothers.org/](http://www.bluestarmothers.org/)

## [Caring For Troops](http://www.caringfortroops.com/)

[www.caringfortroops.com/](http://www.caringfortroops.com/)

## [Cause-Comfort for America's Uniformed Services](http://www.cause-usa.org/)

[www.cause-usa.org](http://www.cause-usa.org/)

# U.S. Army War College Military Family Program Directory of Services

**Citizen Soldier Family Support Foundation**

[www.csfamilysupport.org/](http://www.csfamilysupport.org/)

**Coalition to Salute America's Heroes**

[saluteheroes.org/](http://saluteheroes.org/)

**Defenders of Freedom**

[www.defendersoffreedom.us/](http://www.defendersoffreedom.us/)

**Disabled Sports USA**

[www.dsusa.org/](http://www.dsusa.org/)

**Family and Friends For Freedom Fund**

[www.injuredmarinesfund.org/](http://www.injuredmarinesfund.org/)

**Fisher House Foundation**

[www.fisherhouse.org/](http://www.fisherhouse.org/)

**Flags Across the Nation**

[www.flagsacrossthenation.org/](http://www.flagsacrossthenation.org/)

**Freedom Calls**

[www.guardianangelsforsoldierspet.org/](http://www.guardianangelsforsoldierspet.org/)

**Freedom Is Not Free**

[www.freedomisnotfree.com/](http://www.freedomisnotfree.com/)

**Give 2 theTroops**

[/www.give2thetroops.org/](http://www.give2thetroops.org/)

**Golfers For Freedom**

[www.golfers4freedom.org/](http://www.golfers4freedom.org/)

**Guardian Angels For Soldier's Pets**

[www.guardianangelsforsoldierspet.org/](http://www.guardianangelsforsoldierspet.org/)

**Helping Our Heroes Foundation**

[www.hohf.org/](http://www.hohf.org/)

**Hope Coming Ministries**

[www.hopcoming.com/military.htm](http://www.hopcoming.com/military.htm)

**Hope For The Warriors**

[www.hopeforthewarriors.org/](http://www.hopeforthewarriors.org/)

**Hugs From Home**

[www.hugsfromhome.org/](http://www.hugsfromhome.org/)

**The Hugs Project**

[www.thehugsproject.org/](http://www.thehugsproject.org/)

**Injured Marine Semper Fi Fund**

[www.semperfifund.org/](http://www.semperfifund.org/)

**Keystone Soldiers**

[/www.keystonesoldiers.org/](http://www.keystonesoldiers.org/)

**Kids for our Troops**

[www.kidsforourtroops.org/](http://www.kidsforourtroops.org/)

**Landstuhl Hospital Care Project**

[www.landstuhlhospitalcareproject.org/](http://www.landstuhlhospitalcareproject.org/)

**Letters From Home**

[www.lettersfromhomeprogram.org/](http://www.lettersfromhomeprogram.org/)

**Military Aid, Inc.**

[www.militaryaid.us/](http://www.militaryaid.us/)

**Military Pets Foster Project**

[www.netpets.org/](http://www.netpets.org/)

**Military Mom in Action**

[www.militarymominaction.org/](http://www.militarymominaction.org/)

**Mothers of Military Support**

[www.mothersofmilitarysupport.org/](http://www.mothersofmilitarysupport.org/)

**National Military Family Association**

[www.nmfa.org/](http://www.nmfa.org/)

**Wounded Soldier / Family  
Hotline**

**MG Sean J. Byrne Sends**

As of 26 March, the Wounded Soldier and Family Hotline will begin 24-hour operations, 7 days a week. Use these numbers to contact the hotline:

Email: [wfsupport@conus.army.mil](mailto:wfsupport@conus.army.mil)

Stateside: 1-800-984-8523

Overseas DSN: 312-328-0002

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## [Battlemind Training](#)

[www.battlemind.org/](http://www.battlemind.org/)

## **The Military Amputee**

### [Military In-step](#) (New)

<http://www.amputee-coalition.org/military-instep/index.html>

## **Useful Numbers**

### **VA Regional Office**

1-800-827-1000

### **VA Insurance, PHiA**

1-800-669-8477

### **VA Headstones/Markers**

1-800-697-6947

### **VA Education Center**

1-888-442-4551

### **VA Debt Management Center**

1-800-827-0648

### **Home Loan Services**

1-800-729-5772

### **Mammography Hotline**

1-888-492-7844

# U.S. Army War College Military Family Program Directory of Services

## Military Resources

Last updated 17 July 2007

### ID and CAC Cards

#### RAPIDS Site Locator

<http://www.dmdc.osd.mil/rsl/owa/home>

#### Army Personnel Command

<http://www.hrc.army.mil/site/active/persinsd/PERSINSD-MAIN.htm>

### Reserves / National Guard

#### Reserve Affairs

<http://www.defenselink.mil/ra>

#### Army Reserve (OCAR)

<http://www.army.mil/usar/ocar.htm>

#### Army National Guard

<http://www.arng.army.mil/>

#### Coast Guard Reserve

<http://www.uscg.mil/hq/reserve/reshmpg.html>

#### Coast Guard

<http://www.uscg.mil/>

#### Navy Reserve

<http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm>

Official information about the Navy Reserve

#### Marine Reserve

<http://www.mfr.usmc.mil>

#### National Guard Family

<http://www.guardfamily.org>

### U.S. Navy

#### All Hands Magazine

<http://www.news.navy.mil/allhands.asp>

#### BUMED

<http://navymedicine.med.navy.mil>

#### U. S. Navy Chaplain Corps

<http://www.chaplain.navy.mil>

#### Navy Office of Information

<http://www.chinfo.navy.mil>

#### Direct Line

<http://www.directline.navy.mil>

#### Family Line

<http://www.lifelines.usmc.mil/Familyline>

#### Naval Media Center

<http://www.mediacen.navy.mil>

#### NAVFAC

<http://www.navfac.navy.mil>

#### Navel Supply Systems Command (NAVSUP)

<http://www.navsup.navy.mil>

#### Navy Knowledge Online

<https://wwwa.nko.navy.mil/>

### U.S. Army

#### Office of the Judge Advocate General

<http://www.jag.navy.mil>

#### Retiree Council

<http://www.lifelines.navy.mil/retireecouncil>

#### USA Center for Military History

<http://www.army.mil/cmh-pg/default.htm>

#### U.S. Army Web Site

<http://www.army.mil>  
sites.

#### (HQ DA)

<http://www.hqda.army.mil>

# U.S. Army War College Military Family Program Directory of Services

## Civilian Personal Online

<http://www.cpol.army.mil/>

## **Army Commands**

### Army Forces Command

<http://www.forscom.army.mil>

### Army Materiel Command (AMC)

<http://www.amc.army.mil>

### Army Medical Department (AMEDD)

<http://www.armymedicine.army.mil/default2.htm>

### U.S. Army Space Command

<http://www.armyspace.army.mil/>

### Army Veterinary Command

<http://vets.amedd.army.mil/vetcom/>

### U.S. European Command

<http://www.eucom.mil/Directorates/ECRA/index.htm>

### U.S. Northern Command

<http://www.northcom.mil/>

### U.S Strategic Command

<http://www.stratcom.mil/>

### Training and Doctrine Command (TRADOC)

<http://www-tradoc.monroe.army.mil>

### U.S. Army Publications Agency

<http://www.usapa.army.mil>

## **U.S. Marines**

### Marine Forces Reserve

<http://www.marforres.usmc.mil>

### Community Services

<http://www.usmc-mccs.org>

## Public Affairs Division

<http://www.usmc.mil/pashops/pashops.nsf/pamain>

## Mobilization Command

<https://mobcom.mfr.usmc.mil/MOBCOM.asp>

## Sergeant Major MC

<http://www.usmc.mil/sgtmaj/smmc14.nsf>

## **Veterans Web Sites**

### American Legion

<http://www.legion.org>

### Arlington National Cemetery

<http://www.arlingtoncemetery.org>

### Cemetery Administration

<http://www.cem.va.gov>

### Veteran's Affairs

<http://www.va.gov>

### Veteran's of Foreign Wars

<http://www.vfw.org>

## **Senior Service Colleges**

### The Army War College (AWC)

<http://www.carlisle.army.mil/>

### The National War College

<http://www.ndu.edu/>

### The Industrial College of the Armed Forces

<http://www.ndu.edu/icaaf/>

### The Marine Corps War College

<http://www.mcu.usmc.mil/mcu/factbook/MCWAR.htm>

### The Naval War College (NWC)

<http://www.nwc.navy.mil/defaultf.htm>

### The Air War College

<http://www.au.af.mil/au/awc/awchome.htm>

# U.S. Army War College Military Family Program Directory of Services

## Officer Staff Level Schools

[Army Command and General Staff College](http://www-cgsc.army.mil/)  
<http://www-cgsc.army.mil/>

[Marine Corps Command Staff College](http://www.mcu.usmc.mil/csc/)  
<http://www.mcu.usmc.mil/csc/>

[Naval Staff College \(NSC\)](http://www.nwc.navy.mil/nsc/)  
<http://www.nwc.navy.mil/nsc/>

[Air Command and Staff College](http://wwwacsc.au.af.mil/)  
<http://wwwacsc.au.af.mil/>

## Congress/Legislative Affairs

[Air Force Legislative Liaison](http://www.safll.hq.af.mil/)  
<http://www.safll.hq.af.mil/>

[Army Legislative Liaison](http://www.hqda.army.mil/ocll/)  
<http://www.hqda.army.mil/ocll/>

[House of Representatives](http://www.house.gov/)  
[House of Representatives](http://www.house.gov/)  
<http://www.house.gov/>

[House Appropriations Committee](http://www.house.gov/appropriations/)  
<http://www.house.gov/appropriations/>

[House Armed Services Committee](http://www.house.gov/hasc/)  
<http://www.house.gov/hasc/>

[House Budget Committee](http://www.house.gov/budget/)  
<http://www.house.gov/budget/>

[House Government Reform Committee](http://www.house.gov/reform/)  
<http://www.house.gov/reform/>

**The Senate**  
[The Senate](http://www.senate.gov/)  
<http://www.senate.gov/>

[Senate Appropriations Committee](http://www.senate.gov/~appropriations/)  
<http://www.senate.gov/~appropriations/>

[Senate Armed Services Committee](http://www.senate.gov/~armed_services/)  
[http://www.senate.gov/~armed\\_services/](http://www.senate.gov/~armed_services/)

[Senate Budget Committee](http://www.senate.gov/~budget/)  
<http://www.senate.gov/~budget/>

[Library of Congress](http://www.loc.gov/)  
<http://www.loc.gov/>

[Thomas](http://thomas.loc.gov/)  
<http://thomas.loc.gov/>

## Military Pay

[Defense Finance and Accounting Service](http://www.dod.mil/dfas/)  
<http://www.dod.mil/dfas/>

[DFAS MyPay](https://mypay.dfas.mil/mypay.aspx)  
<https://mypay.dfas.mil/mypay.aspx>

[Military Compensation](http://www.dod.mil/militarypay/)  
<http://www.dod.mil/militarypay/>

## DOD Web Sites

[Defense Info Sys Agency \(DISA\)](http://www.disa.mil/)  
[http://www.disa.mil](http://www.disa.mil/)

[DOD Military Speeches](http://www.defenselink.mil/speeches)  
<http://www.defenselink.mil/speeches>

[Department of Defense \(DOD\)](http://www.defenselink.mil/)  
[http://www.defenselink.mil](http://www.defenselink.mil/)

[Pentagon.](http://pentagon.afis.osd.mil/)  
[pentagon.afis.osd.mil/](http://pentagon.afis.osd.mil/)

[World Fact Book](http://www.theodora.com/wfb/abc_world_fact_book.html)  
[http://www.theodora.com/wfb/abc\\_world\\_fact\\_book.html](http://www.theodora.com/wfb/abc_world_fact_book.html)

## Military Affiliates

[American Red Cross](http://www.redcross.org/)  
<http://www.redcross.org/>

# U.S. Army War College Military Family Program Directory of Services

## [Family Literacy Foundation](http://www.read2kids.org)

<http://www.read2kids.org>

## [Fleet Reserve Assoc](http://www.fra.org/)

<http://www.fra.org/>

## [Naval Services Family](http://www.lifelines.usmc.mil/Familyline)

<http://www.lifelines.usmc.mil/Familyline>

## [Navy-Marine Relief Society](http://www.nmcrcs.org/)

<http://www.nmcrcs.org/>

## [Navy Mutual Aid Association](http://www.navymutual.org)

<http://www.navymutual.org>

## **Government / Military Benefits**

### [Tax Information](http://www.irs.gov/newsroom/article/0,,id=97273,00.html)

<http://www.irs.gov/newsroom/article/0,,id=97273,00.html>

### [Armed Forces, Benefits by State](http://www.military.com/benefits/veteran-benefits/state-veterans-benefits-directory)

<http://www.military.com/benefits/veteran-benefits/state-veterans-benefits-directory>

### [Armed Forces Benefit Association](http://www.afba.com/)

<http://www.afba.com/>

### [Personal Benefits Center](http://www.military.com/Benefits/0,14972,,00.htm)

<http://www.military.com/Benefits/0,14972,,00.htm>

### [Military Benefits](http://www.militarybenefits.com/)

<http://www.militarybenefits.com/>

### [Military Benefit Association](http://www.militarybenefit.org/)

<http://www.militarybenefit.org/>

## **DOD Web Watch Sites**

### [DOD Master Web Watch Directory](http://www.defenselink.mil/home/webwatch/)

<http://www.defenselink.mil/home/webwatch/>

### [Defend Aamerica](http://www.defendamerica.mil/)

<http://www.defendamerica.mil/>

### [U.S. Department of Defense](http://www.dod.mil/)

<http://www.dod.mil/>

## [FY 2005 Budget](http://www.defenselink.mil/comptroller/defbudget/fy2005/index.html)

<http://www.defenselink.mil/comptroller/defbudget/fy2005/index.html>

## [Defense Business Board](http://www.dod.mil/dbb/)

<http://www.dod.mil/dbb/>

## [Defense Contract Management](http://www.dcma.mil/)

<http://www.dcma.mil/>

## [DEERS Enrollment Eligibility](http://www.tricare.mil/deers/default.cfm)

<http://www.tricare.mil/deers/default.cfm>

## [Defense Privacy Office](http://www.dod.mil/privacy/)

<http://www.dod.mil/privacy/>

## [POW / MIA Office](http://www.dtic.mil/dpmo/)

<http://www.dtic.mil/dpmo/>

## [DOD Procurement Policy](http://www.acq.osd.mil/dpap/)

<http://www.acq.osd.mil/dpap/>

## [DOD Military Speeches](http://www.defenselink.mil/speeches)

<http://www.defenselink.mil/speeches>

## [DENIX Environmental Network](https://www.denix.osd.mil/)

<https://www.denix.osd.mil/>

## [Family Advocacy Program](http://www.dod.mil/fapmip/)

<http://www.dod.mil/fapmip/>

## [Joint Electronic Library](http://www.dtic.mil/doctrine/)

<http://www.dtic.mil/doctrine/>

## [Defense Info Sys Agency \(DISA\)](http://www.disa.mil/)

<http://www.disa.mil/>

## **Forms and Publications**

### [Army Corps of Engineers Publications](http://www.usace.army.mil/usace-docs)

<http://www.usace.army.mil/usace-docs>

### [Military Periodicals](http://www.dtic.mil/search97doc/aulimp/main.htm)

<http://www.dtic.mil/search97doc/aulimp/main.htm>

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## [TRADOC Digital Library](http://www.adtdl.army.mil)

<http://www.adtdl.army.mil>

## [Optional Forms \(OFs\)](http://web1.whs.osd.mil/icdhome/ofeforms.htm)

<http://web1.whs.osd.mil/icdhome/ofeforms.htm>

## [DOD Electronic Forms](http://web1.whs.osd.mil/icdhome/ddefforms.htm)

<http://web1.whs.osd.mil/icdhome/ddefforms.htm>

## [Standard Forms \(SFs\)](http://web1.whs.osd.mil/icdhome/sfeforms.htm)

<http://web1.whs.osd.mil/icdhome/sfeforms.htm>

## [FORMDEPS-FORSCOM Regs](http://freddie-forscome.army.mil/pubs)

<http://freddie-forscome.army.mil/pubs>

## [USAPA Electronic pubs](http://www.usapa.army.mil)

<http://www.usapa.army.mil>

## [GSA Electronic Forms](http://www.gsa.gov/forms)

<http://www.gsa.gov/forms>

## [USARC form files \(FTP\)](http://www.usarc.army.mil)

<http://www.usarc.army.mil>

## **Military Member Support**

### [Military Report - Benefits Update](http://www.military.com/military-report)

[www.military.com/military-report](http://www.military.com/military-report)

### [Veteran's Report](http://www.military.com/NL_MR/1,14852,4069,00.html)

[www.military.com/NL\\_MR/1,14852,4069,00.html](http://www.military.com/NL_MR/1,14852,4069,00.html)

### [Learn to use your GI Bill](http://education.military.com/money-for-school/gi-bill/learn-to-use-your-gi-bill)

[education.military.com/money-for-school/gi-bill/learn-to-use-your-gi-bill](http://education.military.com/money-for-school/gi-bill/learn-to-use-your-gi-bill)

### [Military Money](http://www.militarymoney.com/)

[www.militarymoney.com/](http://www.militarymoney.com/)

### [Salute Our Services](http://www.militarymoney.com/)

[/www.militarymoney.com/](http://www.militarymoney.com/)

### [TSGLI Life Insurance](http://www.hrc.army.mil/site/crsc/tsgli/index.htm)

[www.hrc.army.mil/site/crsc/tsgli/index.htm](http://www.hrc.army.mil/site/crsc/tsgli/index.htm)

### [San Diego Military Affiliates](http://www.sdmac.org/Affiliates.aspx)

[/www.sdmac.org/Affiliates.aspx](http://www.sdmac.org/Affiliates.aspx)

### [Military Mental Health](http://www.militarymentalhealth.org/welcome.asp)

[www.militarymentalhealth.org/welcome.asp](http://www.militarymentalhealth.org/welcome.asp)

### [Military Student](http://www.militarystudent.org/)

[www.militarystudent.org/](http://www.militarystudent.org/)

## **Government Retirement**

### [TSP Web Site](http://www.tsp.gov/)

[www.tsp.gov/](http://www.tsp.gov/)

### [Retirement Information](http://www.firstgov.gov/Federal_Employees/Federal_Employees_Gateway.shtml)

[www.firstgov.gov/Federal\\_Employees/Federal\\_Employees\\_Gateway.shtml](http://www.firstgov.gov/Federal_Employees/Federal_Employees_Gateway.shtml)

### [Social Security Calculators](http://www.ssa.gov/planners/calculators.htm)

[www.ssa.gov/planners/calculators.htm](http://www.ssa.gov/planners/calculators.htm)

### [Federal Tax Withholding Calculator](http://apps.opm.gov/tax_calc/withhold_calc/)

[apps.opm.gov/tax\\_calc/withhold\\_calc/](http://apps.opm.gov/tax_calc/withhold_calc/)

### [Military Retirement Calculator](http://www.dod.mil/militarypay/retirement/calc/index.html)

[www.dod.mil/militarypay/retirement/calc/index.html](http://www.dod.mil/militarypay/retirement/calc/index.html)

### [CSRS/CSRS Offset Calculator](http://hr.er.usgs.gov/calculators/retire/csrs.html)

[hr.er.usgs.gov/calculators/retire/csrs.html](http://hr.er.usgs.gov/calculators/retire/csrs.html)

### [TSP Calculator](http://www.tsp.gov/calc/)

[www.tsp.gov/calc/](http://www.tsp.gov/calc/)

### [FGLI Life Insurance Calculator](http://www.opm.gov/calculator/index.htm)

[www.opm.gov/calculator/index.htm](http://www.opm.gov/calculator/index.htm)

# U.S. Army War College Military Family Program Directory of Services

## Health Services

Last updated 17 July 2007

### General Information

#### Talking to Children about Terrorism

<http://www.aboutourkids.org/aboutour/articles/war.html>

#### Hoonah 4 Health

<http://hooah4health.com>

#### Quit Smoking

[http://www.quitnet.com/qn\\_gizmo.jhtml?q\\_feature=30](http://www.quitnet.com/qn_gizmo.jhtml?q_feature=30)

#### Europe Regional Medical Command

<http://www.healthcare.hqusareur.army.mil/>

### TRICARE Web Sites

#### TRICARE Main Web Site

<http://www.tricare.osd.mil/>

#### TRICARE Eligibility

<http://www.tricare.mil/deers/default.cfm>

#### TRICARE Claims Check

<http://www.mytricare.com>

#### TRICARE On-line

<http://www.tricareonline.com/>

#### TRICARE Information Service

<http://www.tricare.osd.mil>  
1-888-DoD-CARE - (1-888-363-2273).

#### TRICARE North Region

<http://www.healthnetfederalservices.com>  
1-877-TRECARE - (1-877-874-2273)

#### TRICARE South Region (Contractor)

<http://www.humana-military.com>  
1-800-444-5445

#### TRICARE West Region

<http://www.triwest.com>  
1-888-TRIWEST (1-888-874-9378)

#### TRICARE Overseas

<http://www.tricare.osd.mil/overseas>  
1-888-777-8343

#### Services Family Health Plan

<http://www.usfamilyhealthplan.org>  
1-800-740-SFHP - (1-800-740-7347)

#### Mail Order Pharmacy Program

<http://www.express-scripts.com/TRICARE>  
1-866-DOD-TMOP - (1-866-363-8667)

#### Retail Pharmacy

<http://www.tricare.ods.mil/pharmacy>  
1-866-DOD-TRRx - (1-866-363-8779)

#### Reserve Dental Plan

<http://www.ucci.com>

#### Retiree Dental Plan

<http://www.ddpdelta.org/>

#### DOD/VA Program Coordination

<http://www.tricare.osd.mil/DVPCO/default.cfm>

### Life Services

#### LIFELines

<http://www.lifelines.navy.mil/>

#### Military Assistance Program (MAP)

<http://www.dod.mil/mapsite/>

#### Military .com

<http://www.military.com>

#### Military Report.com

<http://www.militaryreport.com>

#### MWR Web Site

<http://www.armymwr.com/>

# U.S. Army War College Military Family Program Directory of Services

## [Air Force Crossroads](http://www.afcrossroads.com)

<http://www.afcrossroads.com>

## [JAG Net](http://www.jagcnet.army.mil/Legal)

<http://www.jagcnet.army.mil/Legal>

## [Air Force Aid Society](http://www.afas.org/)

<http://www.afas.org/>

## [Navy-Marine Corps Relief Society](http://www.nmcrcs.org/)

<http://www.nmcrcs.org/>

## [Army Emergency Relief](http://www.aerhq.org/)

<http://www.aerhq.org/>

## [American Red Cross](http://www.redcross.org)

<http://www.redcross.org>

## [World USO](http://www.uso.org/)

<http://www.uso.org/>

## **Relief Organizations**

### [Fleet Reserve Assoc](http://www.fra.org/)

<http://www.fra.org/>

### [Naval Services Family](http://www.lifelines.usmc.mil/Familyline)

<http://www.lifelines.usmc.mil/Familyline>

### [Nav-Mar Relief Society](http://www.nmcrcs.org/)

<http://www.nmcrcs.org/>

### [Navy Mutual Aid Assoc](http://www.navy mutual.org/)

<http://www.navy mutual.org/>

### [Claims Processing Rates](#)

Article from TRICARE News - Claims Processing Rates for 2006, March 6 2006

## **TRICARE Information**

### [Claims Processing Rates for 2006](http://www.tricare.mil/pressroom/news.aspx?fid=270)

[www.tricare.mil/pressroom/news.aspx?fid=270](http://www.tricare.mil/pressroom/news.aspx?fid=270)

## [TRICARE Web site](http://www.tricare.osd.mil/reserve/reserveselect/index.cfm)

[www.tricare.osd.mil/reserve/reserveselect/index.cfm](http://www.tricare.osd.mil/reserve/reserveselect/index.cfm)

## [e-mail subscription service](http://www.tricare.osd.mil/tricaresubscriptions)

[www.tricare.osd.mil/tricaresubscriptions](http://www.tricare.osd.mil/tricaresubscriptions)

## **TRICARE Phone Numbers**

### [TRICARE Information Service](#)

1-888-DoD-CARE

(1-888-363-2273)

<http://www.tricare.osd.mil>

### [DEERS- verify eligibility](#)

1-800-538-9552

[www.tricare.osd.mil/deers](http://www.tricare.osd.mil/deers)

### [TRICARE North Region](#)

(Contractor)

1-877-TRECARE

(1-877-874-2273)

[www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

### [TRICARE South Region](#)

(Contractor)

1-800-444-5445

[www.humana-military.com](http://www.humana-military.com)

### [TRICARE West Region](#)

(Contractor)

1-888-TRIWEST

(1-888-874-9378)

[www.triwest.com](http://www.triwest.com)

### [TRICARE Overseas](#)

1-888-777-8343

[www.tricare.osd.mil/overseas](http://www.tricare.osd.mil/overseas)

# U.S. Army War College Military Family Program Directory of Services

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