

Military Connected Children's Resource Guide

January, 2014

Southern California Area and National Resources for Military Connected Children and Families

CAMPS / RECREATION

ARMY RESERVE AR CYSS – www.arfp.org/cyss **Operation Military Kids** – www.operationmilitarykids.org
Request camp applications on websites.

ARMED SERVICES YMCA – <http://www.asymca.org>

33 branches that provide free programs to spouses, active duty, wounded warriors and military children. Youth and family recreation programs, camps, afterschool programs (Operation Hero program), and scholarships.

OUR MILITARY KIDS – www.ourmilitarykids.org Financial grants for enrichment activities

OPERATION PURPLE CAMPS See NMFA – NATIONAL MILITARY FAMILIES ASSOCIATION – www.nmfa.org

SPACE CAMP Five day program in Huntsville, Alabama – www.spacecamp.org

Scholarships provided through **Military Child Education Coalition (MCEC)** – www.militarychild.org

4H SUMMER CAMP Military 4-H Partnership – www.ca4h.org/Programs/MilitaryPartnership

CONTACTS

AIRMAN AND FAMILY READINESS CENTER 310 653-8631 Office 310 653-5111 Fax
LA Air Force Base, 61 MSS/DPF 483 N. Aviation Blvd El Segundo, CA 90245

SERVICES: Transition/relocation/school liaison, parent education, financial management.

CONTACT: Ida Humphrey, Educational Liaison

E-Mail: ida.humphrey@losangeles.af.mil

ARMY RESERVE FAMILY PROGRAMS 310 235-4129

Website: www.arfp.org

Information on programs providing support and resources for Army Reserve families.

CONTACT: Terri Olson, Family Programs Coordinator

E-Mail: theresa.olson@usar.army.mil

ARMY RESERVE CHILD, YOUTH & SCHOOL SERVICES

Website: www.arfp.org/index.php/programs/child-youth-a-school-services

Training and resources for educators and parents, advocacy, camp programs and youth leadership development.

CONTACT: Flora M. Sherman, Regional School Support Specialist – Odyssey – TCI Contractor

E-Mail: flora.sherman@us.army.mil Office: 951 251-7106 14941 Riverside Drive Riverside, CA 92518

LA COUNTY DEPARTMENT OF MENTAL HEALTH VALOR Program 213 763-0302

SERVICES: Prevention & early intervention, mental health, and homeless Veteran's services.

CONTACT: Carl P. McKnight, PsyD

E-Mail: CMcKnight@dmh.lacounty.gov

MILITARY CHILD EDUCATION COALITION (MCEC) 877 953-1923

Website: www.militarychild.org

SERVICES: Provides training and resources to assist in developing support systems for military children within public school systems. Performs research, conducts professional institutes and conferences, and publishes materials.

CONTACT: Dr. Mary M. Keller, President & CEO

E-Mail: mary.keller@militarychild.org



MILITARY ONESOURCE 800 342-9647Website: www.militaryonesource.com**SERVICES: 24/7 website.** Information/education for service members and families at **no cost**. Covers issues related to family/children, parenting skills, support, child care, tax and financial issues.**REFERRALS FOR COUNSELING:** Provides **12 free** counseling sessions per family member, per issue by a licensed counselor. No co-pay, no deductible. All branches of service. Services provided in person or telephonically.**CONTACT:** (Southern California area) – Jessica Whelchel, JFSAP Consultant 714 519-1321 or 800 342-9647E-Mail: Jessica.whelchel@militaryonesource.com**NATIONAL GUARD FAMILY PROGRAMS**Website: www.guardfamily.org**Joint Services Support** – www.jointservicesupport.org / <https://www.jointservicesupport.org/FP/Default.aspx>**OPERATION READY FAMILIES** – California National Guard Website: www.calguard.ca.gov/readyfamilies

Sites connect with State family program office and provides lists of current resources and outreach activities available for National Guard and California National Guard families.

CONTACT: Alexis DeLeon, Lead Child & Youth Program Coordinator – 916 854-3651 Sacramento, CAE-Mail: Alexis.P.DeLeon.ctr@mail.mil**Brandon Penn**, NG NGB USA – Southern California Region

Child & Youth Program Coordinator, Contractor – 626 633-8199 Office; 818 402-3296 Cell Azusa, CA

E-Mail: Brandon.j.penn2.ctr@mail.mil**Annalyn M. Bergin**, Family Assistance Specialist HRCI Contractor – 323 262-8444 ext. 6 562 254-6916 Cell Bell, CAE-Mail: annalyn.m.bergin.ctr@mail.mil**NATIONAL MILITARY FAMILIES ASSOCIATION (NMFA)** 800 260-0218 Toll FreeWebsite: www.nmfa.org**SERVICES:** Educates military families on rights, benefits & services that are available for them. Serves military spouses, families and children; also provides advocacy. Sponsors free camps for children of military personnel.**CONTACT:** Patty Barron, Director Youth Initiatives 703 931-6632**COUNSELING AND SUPPORTIVE SERVICES****CHILDREN'S INSTITUTE INTERNATIONAL (CII) Project Fatherhood** 213 260-7600 2121 West Temple St. L.A., CA 90026Website: www.childrensinstitute.org**SERVICES:** Supportive group sessions for veteran fathers. Program provides individual and family counseling, job training, financial literacy, healthy marriage workshops, parent-child enrichment activities, legal workshops and employment assistance. Child care is provided. Services are located at 17 sites throughout L.A. County and they are **free**.**CONTACT:** Alan-Michael Graves, Director, Project Fatherhood/Leadership CenterE-Mail: agraves@childrensinstitute.org 213 260-7604 Direct Line**COMING HOME PROJECT** 415 353-5363Website: www.cominghomeproject.net**SERVICES:** Counseling, individual, family retreats and community training.**CONTACT:** Founder and President – Dr. Joseph Bobrow, RoshiE-Mail: jbobrow@cominghomeproject.net / contact@cominghomeproject.net**DIDI HIRSCH MENTAL HEALTH SERVICES – MILITARY FAMILIES ARE RESILIENT (MFAR)** 310 677-7808Website: www.didihirsch.org/node/34**SERVICES:** Counseling, individual, family, school based intervention, for military connected families, community training.**CONTACT:** Erica Trejo, LMFT, Program Coordinator E-Mail: ETrejo@didihirsch.org 310 677-7808 ext. 243Rebecca Gaba, PhD, Project Director E-Mail: RGaba@didihirsch.org 310 390-6612**Didi Hirsch CMHC – Survivors of Suicide** 310 895-2326; **Crisis Line** 877 727-4747**Via Avanta** – Residential program for women with mental health and substance abuse concerns. Limited beds set aside for women veterans and their young children.**CONTACT:** Kathleen Price, Program Director 818 897-2609 ext. 702 E-Mail: KPrice@didihirsch.org**GIVE AN HOUR**Website: www.giveanhour.org / info@giveanhour.org**CONTACT:** Jessica Grove, Program Specialist E-Mail: jgrove@giveanhour.org**SERVICES:** Volunteers provide counseling for U.S. troops and families. **Free, confidential** mental health services in person or telephonic. Spanish speaking counselors available. Therapists are licensed mental health professionals.

MILITARY FAMILY LIFE CONSULTANTS MHN Government Services

<https://www.mhngs.com/app/home.content>

SERVICES: Behavioral health and wellness support by licensed clinicians who provide **confidential** short term, non-medical problem solving sessions (relationships, crisis intervention, grief, stress management, family concerns, occupational issues) via phone, email or in person. **No cost.**

MILITARY ONESOURCE 800 342-9647 800 273-TALK (8255) **Crisis Line**

Website: www.militaryonesource.com

SERVICES: Referrals for counseling. Offers (12) **no cost, confidential** counseling sessions per family member per issue by licensed counselors. Additionally, provides educational information and resources for military family member needs.

DoD Safe Helpline – Sexual Assault Support 877 995-5247

MILITARY WOMEN IN NEED 310 684-3854 Los Angeles, CA

Website: www.militarywomeninneed.org

SERVICES: Housing assistance, emergency subsidies, home visits, resources and referrals for women veterans, survivors and their children.

MILITARY SEXUAL TRAUMA

Website: www.afterdeployment.org/topics-military-sexual-trauma

SERVICES: Military Sexual Trauma (MST) resource guide. Wellness resources for the military community.

NATIONAL DOMESTIC VIOLENCE HOTLINE 800 799-SAFE (7233) or 800 787-3224 (TDD)**NATIONAL SEXUAL ASSAULT HOTLINE** 800 656-HOPE (4673)**NATIONAL SUICIDE PREVENTION LIFELINE** 800 273- (TALK) 8255, then press 1 or **Dial 911 for Emergency****PENNY LANE CENTERS CLINIC** 661 274-0770 43520 Division Street Lancaster, CA 93535

SERVICES: FOCUS resiliency training provided to military families.

CONTACT: Ken Blackman, MFT, Clinical Supervisor

PERINATAL MENTAL HEALTH (Depression and/or anxiety related to pregnancy and post-partum)

LA County Perinatal Mental Health Task Force 213 742-6349 Office

Website: www.maternalmentalhealthla.org

Program goal is to heighten awareness to perinatal mental health issues. Provide community education including provider training, consultation, program development, advocacy and client/family resources and referrals.

Post Partum Support International (PSI) Website: www.postpartum.net **Warmline:** 800 944-4PPD (4773)

Project FOCUS Nathanson Family Resilience Center – UCLA 310 794-2482

Website: www.focusproject.org / Info@focusproject.org

SERVICES: Family resiliency training and intervention for military connected families. Resources include **FOCUS World**, an interactive online educational tool supporting family resiliency.

CONTACTS: Patricia Lester, MD 310 794-3227 E-mail: plester@mednet.ucla.edu

William R. Saltzman, PhD 562 985-5615 E-Mail: wrsaltzman@mednet.ucla.edu

SPOUSE 2 SPOUSE 310 221-1907

Website: www.spouse2spouse.org

Provides military spouse peer support and group counseling in the San Pedro, CA area.

CONTACT: Monica Mooring, LCSW, Founder/Director E-Mail: monica@spouse2spouse.org / mmooring@voala.org

THE SOLDIERS PROJECT 818 761-7438 Office 877 576-5343 Toll Free 818 761-7476 Fax

Website: www.thesoldiersproject.org

SERVICES: Provides **no cost** individual/family/couples therapy for service members, veterans and their families (OIF/OEF). **Confidential** counseling provided at private office of therapist. All therapists are licensed mental health professionals.

CONTACT: Judith Broder, MD, Founder E-Mail: jbroder@thesoldiersproject.org / info@thesoldiersproject.org

UNITED HEALTHCARE MILITARY & VETERANS 877 988-9378

Regional contractor managing health benefits for California and the Western Region

SERVICES: Regional contractor who manages the health benefits for uniformed service members, retirees and their families in California and the Western Region. Click on link to locate resources including provider directory. Active duty family members can self refer for behavioral health services for the first (8) sessions.

Website: www.uhcmilitarywest.com

VET CENTER 877 222 8387; 720 874-1031

Website: www.va.gov/rcs – Listings by local area

SERVICES: Readjustment and PTSD counseling, MST. Marital and family counseling, substance abuse, job counseling.

Confidential services, free to eligible veterans & families. **Operation WE CARE** meetings – general support

LOCAL OFFICE: 310 641-0326, 5730 Uplander Way, Suite 100, Culver City, CA 90230

LOCAL OFFICE: 818 892-9227, 9737 Haskell Ave, Sepulveda, CA 91343

LOCAL OFFICE: 323 728-9966, 5400 East Olympic Blvd. #140, Commerce, CA 90022 (East L.A.)

LOCAL OFFICE: 800 225-8387, 12453 Lewis Street, Suite 101, Garden Grove, CA 92840

VETERANS AND MILITARY CRISIS LINE phone (800 273-8255), text (838255)

Website: <http://militaryparenting.t2.health.mil/#sthash.mYNfbwav.dpuf>

WELLNESS WORKS Veteran Welcome Center (VWC) 818 247-2062 Glendale, CA

Website: www.wellnessworksglendale.org

SERVICES: Engaging the whole community by providing education, wellness and healing, and opportunities for self-care for veterans and their families. Clinical services include counseling, support groups, writing classes, yoga and acupuncture. Additionally, every 3rd Saturday, (rain or shine), there is a Bar-B-Que and 'Mini Clinic' for veterans and their families. Donations accepted.

CONTACT: Kathy Lynch, MFT, Clinical Director E-Mail: klynch@wellnessworksglendale.org

GENERAL ASSISTANCE / RESOURCES

1736 FAMILY CRISIS CENTER SSVF Program 310 543-9900 21707 Hawthorne Blvd., Ste. 300 Torrance, CA 90503

Website: www.1736familycrisiscenter.org

SERVICES: Financial assistance, homeless prevention and intervention, family stabilization, resources and referrals.

CONTACT: Robert Espinoza, Lead Case Manager – SSVF Program E-Mail: Respinoza@1736fcc.org 323 401-7572 Cell

211 LA COUNTY Dial – 211 for information on veteran services 626 350-1841 Administrative Office

Website: www.211la.org

SERVICES: Los Angeles County resource and information line with specific services provided to support the resource needs of veterans and their families, including a **developmental screening** of their children under age 5 years.

Dial: 211 from your telephone and identify as a military service member, veteran, or military connected family member.

AMERICAN LEGION FAMILY SUPPORT NETWORK 800 504-4098

Website: www.familysupport@legion.org / www.legion.org

Call the national phone number and a referral will be made to your local post.

SERVICES: Local community provides wide range assistance for service personnel and family members.

AMERICAN RED CROSS 310 445-9900 Local Telephone 11355 Ohio Avenue Los Angeles, CA 90025

Emergency Communication Center: Open - 24/7/365; 877 272-7337 or contact your **local Red Cross office**

Website: www.redcross.org

SERVICES: Provides emergency communication, access to emergency financial assistance, & information and referral for military service members and their families. Support to wounded warriors, to veterans and to their families. Deployment services, emergency preparedness and resiliency training.

ARMY EMERGENCY RELIEF “Helping the Army take care of its own”

Website: <http://www.aerhq.org>

SERVICES: Provides emergency financial assistance to Army personnel.

ARMY RESERVE WARRIOR & FAMILY ASSISTANCE CENTER 866 436-6290

Website: <http://arfp.org/skins/ARFP/home.aspx> E-Mail: ar-wfac@usar.army.mil

SERVICES: **24 Hour Hotline.** Staffed by Army Reserve soldiers to assist with challenges faced by families, including medical care, military and VA benefits, personnel actions and financial difficulties.

ASSOCIATION OF THE UNITED STATES ARMY Greater Los Angeles Chapter (AUSA-GLAC)

Website: http://www.ausaglac.org/HTML/Family_Programs/Home.html

SERVICES: Resources and support for local Army families. (Employment readiness, emergency relief, family activities funding)

CONTACT: Paul E. Mock, MG (Ret) US Army Reserve - VP, Soldier and Family Programs E-Mail: ausaglafamilies@aol.com

CALIFORNIA STATEWIDE COLLABORATIVE FOR OUR MILITARY AND FAMILIES 408 779-6916 or 408 489-0911

SERVICES: Listing of statewide providers offering services for military families.

CONTACT: Mary Ellen Salzano, Founder and Facilitator, Proud Parent of (Former) Cpl. Salzano, USMC, OIF 2 and 3 and Philippines.

E-Mail: maryellen_salzano@yahoo.com

FISHER HOUSE Website: www.fisherhouse.org

SERVICES: Provides “comfort homes” for military families to be close to loved one during hospitalization for illness, disease, or injury.

HEALTHY CITY

Website: www.healthycity.org

SERVICES: California’s information and action based resources site.

MILITARY CHILDREN’S COLLABORATIVE GROUP 714 536-6184 or 714 815-9097

Website: www.militarychildrenscollaborativegroup.com

SERVICES: A collaborative network of individuals, community providers and military personnel in Southern California who are committed to identifying and supporting the needs of military connected children and families.

CONTACT: Debbie Nichols, Founder E-Mail: Debbie@militarychildrenscollaborativegroup.com

MILITARY CONNECTION.COM 800 817-3777

Website: www.militaryconnection.com

SERVICES: Monthly newsletter sharing general resources and information for military families.

CONTACT: Debbie Gregory E-Mail: Debbie@newsletter.militaryconnection.com

MILITARY ONE CLICK or MILITARY1CLICK

Website: www.militaryoneclick.com / www.military1click.com

SERVICES: Extensive list of resources for service members and their families.

MILITARY WOMEN IN NEED 310 684-3854 Office Los Angeles, CA

Website: www.militarywomeninneed.org

SERVICES: Housing, emergency assistance, resources and referrals for women veterans, survivors and their children.

MYARMYONESOURCE.COM

Website: www.myarmyonesource.com

SERVICES: Newsletter with resources for Army (Active, Reserve, Guard & Family Readiness)

NATIONAL RESOURCE DIRECTORY

Website: www.nrd.gov /

https://www.nrd.gov/family_and_caregiver_support/states_and_territories/california

Connecting Wounded Warriors, Service Members, Veterans & Their Families to Those Who Support Them.

Subscribe for updates to this electronic newsletter which offers extensive resources and family support.

Family and Caregiver Support

https://www.nrd.gov/family_and_caregiver_support/

Parenting for Service Members and Veterans – Free, Online Parenting Course

<http://militaryparenting.org/index.php>

Domestic Violence and Sexual Assault

https://www.nrd.gov/family_and_caregiver_support/domestic_abuse_and_sexual_assault

Tips and Guide Books for Families

https://www.nrd.gov/family_and_caregiver_support/family_support/tips_and_guidebooks_for_families



NATIONAL VETERANS FOUNDATION 310 642-0255 Office 888 777-4443 Information & Referral Line
Website: <http://www.nvf.org>

SERVICES: Information and referrals for resources, crisis management, outreach for military veterans and their families.

CONTACT: Floyd "Shad" Meshad, President & Founder E-Mail: shad@nvf.org
Kristine Hesse, Women Veteran's Outreach Coordinator E-Mail: Kristine@nvf.org

NAVY MARINE CORPS RELIEF SOCIETY (NMCRS)

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

SERVICES: Education assistance, emergency travel, quick assist loans, disaster relief.

NAVY REGION SOUTHWEST

Fleet & Family Readiness – Child and Youth Program Services – Community Support Programs

Website: www.cnic.navy.mil/navylifesw / <http://www.cnic.navy.mil/CNRSW/FleetFamilyReadiness/index.htm>

SERVICES: Providing an array of assistance to the needs of the Fleet, Fighter and Family. Quality of life programs, counseling, employment/financial services, new parent support, educational support, child care, youth and teens.

San Diego Naval Base Family Support Counseling Services 619 556-8809

Fleet & Family Support Center – Murphy Canyon Branch/Family Readiness Express

4867 T Santo Rd, San Diego, CA 92124

CONTACT: Russel Scott, Education Services Facilitator 858 361-9545 Office E-Mail: russel.scott.ctr@mwrsw.com

NAVY WOUNDED WARRIOR – SAFE HARBOR 855 628-9997 Toll Free – **24 Hours**

Website: www.safeharborfoundation.org

NEW DIRECTIONS – Where Veterans Turn 310 914-5966 – **24 Hours** West Los Angeles, CA

Website: www.ndvets.org

SERVICES: Advocacy /assistance with veteran benefits. Family unification and substance abuse support. Separation/Transition assistance, homeless, legal assistance, resources and referrals. All services provided **free**.

New Directions Women's Program – Sylvia Renee Banton, Program Supervisor 310 398-0191 or 310 709-5871

OPERATION GRATITUDE

Website: www.OperationGratitude.com

SERVICES: Provides care packages for service members, military families including children and baby showers, special needs. Volunteer opportunities or identify an individual or family to support.

OPERATION HOMEFRONT 866 424-5210 Toll Free 714 444-0075 Office; 714 864-0982

Website: www.OperationHomefront.net/socal / www.Homefrontonline.com

1631 W. Sunflower, Suite C-34 Santa Ana, CA 92704

SERVICES: Emergency assistance for troops & families. Information on many issues and discounted or no cost services for military families facing adversity.

CONTACT: Operation Homefront, Orange County

OPERATION: MILITARY CHILD CARE 800 424-2246

Website: www.childcareaware.org

SERVICES: Support for child care needs of parents who are mobilized/deployed. Provides grants and assists eligible families to locate affordable care options in local communities.

OUR MILITARY KIDS 866 691-6654

Website: www.ourmilitarykids.org

SERVICES: Provides tangible support to children of deployed and severely injured National Guard and Military Reserve personnel through financial grants for enrichment activities (scouting, camp, sports programs, school trips and tutoring) that sustain children during the time a parent is deployed. Serving children ages 3 years to 12th grade. Maximum grant award is \$500. Application is on the website. E-Mail: omkinquiry@ourmilitarykids.org

RESERVE AID

Website: <http://reserveaid.org>

SERVICES: Provides financial support to the families of Reserve Service members from all services who have been called to active duty and are experiencing financial difficulties.

SALVATION ARMY 310 477-9539Website: <http://www1.usw.salvationarmy.org>**Westwood Transitional Housing Village****SERVICES:** Assists veterans with families who are in need of transitional housing and support services. Provides case management, supportive counseling, life skills, children's activities, employment services, medical and child care.**SUPPORTIVE SERVICES FOR VETERAN FAMILIES (SSVF) – US Department of Veterans Affairs** 877 424-3838 (4AIDVET)Website: www.va.gov/homeless/ssvf.asp Click link to access listings of program providers.**UNIVERSITY OF SOUTHERN CALIFORNIA (USC) School of Social Work, Center for Innovation and Research on Veterans and Military Families (CIR)** 213 821-3600 Office 213 821-7735 FaxWebsite: <http://cir.usc.edu/>**SERVICES:** To strengthen the support network for veterans and military families, CIR is involved in education and training, research and innovative practices, and creating military and civilian partnerships to support the military and their families.**CONTACT:** Anthony Hassan, EdD, LCSW, Director E-Mail: Hassana@usc.edu**Los Angeles Veterans Collaborative (LAVC) – <http://cir.usc.edu/los-angeles-veterans-collaborative>****LA Vets Survey:** <http://cir.usc.edu/community-engagement/los-angeles-veterans-survey>****To complete the LA Vet Survey, go to: www.LAvetsurvey.org** Launched 10/2013, the survey is to be taken by **veterans/service members** and their **spouses/partners**, including the Guard, Reserve, who reside in **Los Angeles County**. This survey will assist in identifying the diverse needs of the veteran/service member population and will guide resource development and policies to best address the issues facing them and military-connected families.***** All eligible individuals are encouraged to complete the LA Vets Survey before the end of March, 2014.****US VETS United States Veterans Initiative** 213 542-2600Website: www.usvetsinc.org**SERVICES:** Provider of services to veterans facing challenges in their transition to civilian life, including counseling, substance abuse referrals, assistance with benefits & claims, employment, housing, advocacy, etc.**U. S. DEPARTMENT OF VETERAN AFFAIRS** 800-273-8255 Press 1 for **Crisis Line**Website: <http://www.va.gov>**SERVICES:** Directory of services for returning veterans of all branches.**VETERANS ADMINISTRATION CAREGIVER SUPPORT** 855 260-3274 Toll Free

Mon-Fri 8:00am -11:00pm ET; Sat 10am – 6:0pm ET. Promotes the health and well-being of family members who are caring for a veteran. Provides education, resources and supportive services including respite.

Website: www.caregiver.va.gov**VFW UNMET NEEDS**Website: <http://www.vfw.org/Assistance/National-Military-Services>**SERVICES:** Emergency financial assistance and emotional support to military families, free phone time.**VOLUNTEERS OF AMERICA GREATER LOS ANGELES Supportive Services for Veteran Families (SSVF)**

213 389-1500 Headquarters 323 657-5550 3600 Wilshire Blvd, Ste. 1500 Los Angeles, CA 90010

Website: www.voala.org**SERVICES:** Housing assistance and services to homeless veterans and their families within Los Angeles County.**WARRIOR CARE**Website: www.WarriorCare.mil**SERVICES:** Resources for wounded service members and their families.**WOUNDED WARRIOR PROJECT**Website: <http://www.woundedwarriorproject.org/> /<http://www.woundedwarriorproject.org/programs/family-support.aspx>**SERVICES:** Family programs and support.**GRIEF SUPPORT****CENTER FOR GRIEF & LOSS FOR CHILDREN** 866 74GRIEF, (866 744-7433); 213 792-6069 (Spanish)**SERVICES:** **No fee** groups for children and families, offered in English and Spanish.**CONTACT:** Joan Cochran, LMFT, CT – 866 744-7433 E-Mail: joancochran@hathaway-sycamores.org

FAMILY MEMBERS OF DECEASED VETERANS 720 874-1031 Call during business hours 9am – 5pm Eastern Time (ET)

OUR HOUSE 310 475-0299; 310 475-2985 Fax

Website: www.ourhouse@ourhouse-grief.org

SERVICES: Grief support for children and families. Preschool, school age and teenage grief groups, sliding fee.

CONTACT: Lauren Schneider, LCSW Child/Adolescent Programs E-Mail: Lauren@ourhouse-grief.org

NATIONAL RESOURCE DIRECTORY Survivor Directory

Website: https://www.nrd.gov/family_and_caregiver_support/survivors/survivor_organizations

THE GATHERING PLACE 310 374-6323

Website: <http://www.griefcenter.info/welcome.html>

514 N. Prospect Ave #115 Redondo Beach, CA 90277

SERVICES: No fee for adolescent and children's groups, short term counseling.

CONTACT: Clare Towle, LCSW E-Mail: Gathering.Place@providence.org

HEALTH CARE

TRICARE www.tricare.mil

Federal Health Insurance Program serving uniformed service members, retirees and their families worldwide.

TRICARE Western Region – UNITED HEALTHCARE MILITARY & VETERANS 877 988-9378

Website: www.uhcmilitarywest.com

SERVICES: Medical insurance for military personnel and family (includes National Guard & Reserve)

Behavioral Health Services: 24/7 Benefit Specialist or **Crisis Line Clinician:** 888 874-9378

VETERANS ADMINISTRATION HEALTH CARE 310 478-3711 Main Office Los Angeles, CA

SERVICES: Medical services for returning veterans of all branches.

LEGAL RESOURCES

CALIFORNIA WOMEN'S LAW CENTER Focus on Veterans Project for Returning Service Members 323 951-1041

5670 Wilshire Blvd., Ste. 460 Los Angeles, CA 90036

Website: www.cwlc.org

Programs include: California Women Veterans Legal Collaborative and the Eliminating Health Barriers Project.

INSTITUTE FOR MILITARY PERSONNEL, VETERANS, HUMAN RIGHTS & INTERNATIONAL LAW

Website: <http://www.chapman.edu/research-and-institutions/military-law-institute/index.aspx>

AMVETS Legal Clinic 714 628-2692 E-Mail: awww.amvets@chapman.edu

SERVICES: Provides pro bono representation to military personnel and Veterans.

Chapman University Campus – 328 N. Glassell Orange, CA

HARRIET BUHAL CENTER FOR FAMILY LAW 213 388-7505 3250 Wilshire Blvd., Ste. 710 Los Angeles, CA 90010

Website: www.hbcfl.org / www.century@hbcfl.org

SERVICES: Provides family law and domestic violence services to the poor in the Los Angeles community.

Free legal education classes for women veterans and their service providers (Domestic Violence/Restraining Orders, Child Custody, Paternity, Child Support, Divorce, Fee Waivers.) Information on Family Law classes.

CONTACT: Meredith Alexander, Staff Attorney 213 388-7505, ext. 326 E-Mail: MAlexander@hbcfl.org

LEGAL AID SOCIETY – EMPLOYMENT LAW CENTER 800 800-8047 600 Harrison Street, Ste. 120 San Francisco, CA 94107

Website: <http://las-elc.org> Click on Links for information on specific legal needs.

SERVICES: Working locally, statewide and nationally to provide legal information and services to protect the employment status of low income and disadvantaged individuals and families.

CONTACT: Elizabeth Kristen, Senior Staff Attorney 415 864-8848 ext. 252 E-Mail: ekristen@las-elc.org

U.S. Military Reservists: Job and Benefit Protection

Project SURVIVE – 888 864-8335 (Toll Free in California) 415 864-8848 (Outside California) **Free** and confidential legal help to individuals facing problems at work because they are victims of domestic violence, sexual assault, or stalking.

LEVITT & QUINN FAMILY LAW CENTER Veterans Legal Corps 213 482-1800; 213 482-4225
1557 Beverly Blvd., Los Angeles, CA 90026

SERVICES: Provides services to veterans who are homeless or at risk of homelessness with legal services and family law issues including a Homeless Veterans Child Support program.

PUBLIC COUNSEL Center for Veterans Advancement 213 385-2977

Website: www.publiccounsel.org / http://www.publiccounsel.org/practice_areas?id=0008

610 South Ardmore Avenue, Los Angeles, CA 90005

SERVICES: Provides legal representation for veterans and their families at a local as well as national level.

CONTACT: Paul Freese, Vice President 213 385-2977 ext. 109 E-Mail: pfreese@publiccounsel.org

Rick Little, Director, Center for Veterans Advancement 213 385-2977 ext. 288 E-Mail: rlittle@publiccounsel.org

PUBLIC LAW CENTER Operation Veterans Re-Entry 714 541-1010 Office 714 541- 5157 Fax

Website: www.publiclawcenter.org / info@publiclawcenter.org

601 Civic Center Drive West Santa Ana, CA 92701

SERVICES: Free legal assistance for Orange County Veterans and families to facilitate their re-entry into civilian life.

CONTACT: Antoinette Balta, Staff Attorney 714 541-1010 ext. 291 E-Mail: abalta@publiclawcenter.org

SERVICE MEMBER RESOURCES

For general news articles and information:

AIR FORCE

www.af.mil

AIR FORCE RESERVE COMMAND

www.afrc.af.mil

AIR NATIONAL GUARD

www.ang.af.mil

ARMY

www.army.mil

ARMY NATIONAL GUARD

www.ng.mil

ARMY RESERVE

www.army.mil

COAST GUARD

www.uscg.mil

COAST GUARD RESERVE

www.uscg.mil/reserve

MARINE CORPS

www.marines.mil

MARINE CORPS RESERVE

www.marforres.usmc.mil

NAVY

www.navy.mil

NAVY RESERVE

www.navyreserve.navy.mil



SPECIAL NEEDS

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 760 380-3698 or 760 380-9195

IAP World Services, Inc. – Fort Irwin, CA

SERVICES: Resources, advocacy and coordination of services for families of children who have special needs.

CONTACT: Florine King, Exceptional Family Member Program Coordinator

MILITARY ONE SOURCE – Exceptional Family Member Program (EFMP) Guide

Website: <http://www.militaryonesource.mil/efmp>

SERVICES: Comprehensive resources for military families with special needs. Guides, toolkits, including an EFMP installation program guide. Educational, medical, financial, legal, adults with special needs, and advocacy support.

PROTECTION AND ADVOCACY, INC. – Special Education Rights & Responsibilities Guide (California)

Website:

<http://www.healthiersf.org/fys/Resources/caregivers/Special%20Education%20Handbook/Information%20on%20Basic%20Rights%20and%20Responsibilities.pdf> or to order book/CD online – <http://www.caseadvocacy.org/handbook.html>

STOMP PROJECT (Specialized Training of Military Parents)

Website: www.stompproject.org

SERVICES: Resources for military parents caring for a family member with special medical or developmental needs.

TEAM OF ADVOCATES FOR SPECIAL KIDS (TASK) 866 828-8275

Website: <http://www.taskca.org/index.htm>

100 W. Cerritos Ave, Anaheim, CA 92805

SERVICES: Information, advocacy, parent groups and training for parents who have children with special needs.

CONTACT: Brenda Smith, Deputy Director E-Mail: brenblessed@yahoo.com

WRIGHTSLAW Website: <http://www.wrightslaw.com/info/dod.index.htm>

Military and Department of Defense – Special Education Resources

STUDENT SCHOLARSHIPS

CHILDREN OF FALLEN PATRIOTS FOUNDATION Website: <http://www.fallenpatriots.org/>

Scholarships and educational counseling for children who have lost a parent in combat or training

GREEN BERET FOUNDATION Website: <http://greenberetfoundation.org/scholarships.html>

Dependents of wounded, ill or injured U.S. Army Special Forces Qualified Services and Special Forces Qualified Services

HEROES' LEGACY SCHOLARSHIP Website: <http://militaryscholar.org/legacy/index.html>

Dependent and unmarried children under the age of 23 years of those who have died in battle or have become disabled as a result of active military duty since September 11, 2001.

MILITARY CHILD EDUCATION COALITION – Scholarship information Website: www.SchoolQuest.org

College planning, scholarships, school find resources.

MILITARY1CLICK Website: <http://militaryoneclick.com/education/>

SCHOLAR Website: www.militaryscholar.org / <http://www.militaryscholar.org/sfmc/index.html>

Scholarships open to the sons or daughters of active duty or retired military personnel.

NATIONAL MILITARY FAMILY ASSOCIATION

Website: <http://www.militaryfamily.org/our-programs/military-spouse-scholarships/> / www.nmfa.org

Scholarship awards to military spouses.

POST 9-11 GI BILL Information Website: <http://www.benefits.va.gov/gibill/>

SCHOLARSHIP FINDER Website: <http://aid.military.com/scholarship/search-for-scholarships.do>

Scholarships and grants exclusively for military community.

TUTORIAL SUPPORT

ASSOCIATION OF THE UNITED STATES ARMY Military Child Education Resources

Website:

<http://www.ausa.org/resources/familyprograms/resources/InternetResources/Pages/MilitaryChildEducationResources.aspx>

DoDEA

Website: <http://www.dodea.edu/summerLearning/>

Summer learning activities for children ages 5 – 18 yrs.

MATH MOVES YOU

Website: www.mathmovesu.com

Interactive site sponsored by **RAYTHEON**, to engage middle school students in math and science. Interactive learning programs, scholarships, live events, contests, tutoring and more.

STUDENT ONLINE ACHEIVEMENT RESOURCES (SOAR)

Website: <http://www.soarathome.org>

Free, online program for military dependents.

TUTOR.COM

Website: <http://www.tutor.com/military-programs>

Support for homework and online tutoring – elementary to advanced, for military children. Assistance with studying and homework, GED test prep; professional tutor available 24 hours a day, 7 days a week. Services are **free**.

RESOURCES & PROGRAMS FOR MILITARY FAMILIES – Web Links

AFTERDEPLOYMENT

Wellness resources for the military community – podcasts, videos, assessments.

www.afterdeployment.org

AMERICAN ACADEMY OF PEDIATRICS

Children's health topics and resources.

www.aap.org

AMERICA SUPPORTS YOU

Department of Defense program that provides opportunities for citizens to show their support for the US Armed Forces. Connects individuals, organizations and companies to hundreds of home front groups offering a variety of support to the military community.

www.americasupportsyou.mil

ARMY – ACTIVE, RESERVE, GUARD Resources for Army & family members.

www.myarmyonesource.com

ARMY RESERVE CHILD, YOUTH & FAMILY SCHOOL SERVICES

Information for adults and activities for military connected children.

www.arfp.org/cys

ARMY RESERVE FAMILY PROGRAMS

Resources and information for Reserve families.

www.arfp.org

ARMED SERVICES YMCA

33 branches Nationwide, providing free programs to spouses, active duty, wounded warriors and military children. Youth and family recreation programs, camps, afterschool programs (Operation Hero program), and scholarships.

<http://www.asymca.org>

BLUE STAR FAMILIES

Resources and support for military service personnel and their families.

www.bluestarfam.org

BRAINLINE

Preventing, treating and living with Traumatic Brain Injury. Information, resources and support for the injured and their families.

www.brainline.org / www.brainlinemilitary.org

CALIFORNIA NATIONAL GUARD FAMILY PROGRAM

California National Guard Bureau Family Program providing information on Family Readiness, Program Services & Plans and Operations. www.guardfamily.org / <http://www.jointservicesupport.org/FP/>

COACHING INTO CARE 888 823-7458

Free and confidential coaching service to help callers talk to their Veteran about their concerns and treatment options.

www.mirecc.va.gov/coaching/index.asp

DEFENSE CENTERS OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH & TRAUMATIC BRAIN INJURY

Resources, support and information on traumatic brain injury and psychological injury.

<http://www.dcoe.health.mil>

Information on deployment health and health care for health care providers, service members, veterans and their families. Designed to assist clinicians in the delivery of post deployment health care services to the service member and their families.

<http://www.pdhealth.mil/main.asp>

DEPLOYMENT KIDS

Resources to support children through the deployment process of their loved ones and 'beyond.'

www.deploymentkids.com



FAMILY OF A VET

PTSD information and resources for service members and their families.

www.FamilyOfaVet.com

GOT YOUR 6 A campaign launched to initiate support for service members and their families in 6 service areas including, jobs, education, housing, health, family and leadership.

www.GotYour6.org

HOME BASE PROGRAM – (Red Sox Foundation & Massachusetts General Hospital)

Provides education and training of providers to understand the mental health needs of veterans and their families.

<http://www.homebaseprogram.org>

STAYING STRONG – a component of the Home Base Program

An interactive site that provides support for military families at home and in the school community. Developmentally appropriate information is presented in video format to assist the parent or teacher in dealing with a child's needs related to parental loss, injury, separation, deployment, etc.

www.stayingstrong.org

HOOAH 4 HEALTH

Health related web site specifically targeted for the Reserve components.

www.hooah4health.com

JOINING FORCES

First Lady Michelle Obama and Dr. Jill Biden's initiative to support our nation's military and their families.

Links for advocacy, community education, resources and support are offered on this website.

<http://www.whitehouse.gov/joiningforces>

KIDS SERVE TOO

Program created by military families to provide resources that support military children and can be found on the menu of the *Salute Our Services* website.

www.saluteourservices.org

MAKE THE CONNECTION

Site provides information and support around the sensitive subject of military sexual assault. Shared experiences and resources are provided.

www.maketheconnection.net / www.maketheconnection.net/conditions/military-sexual-trauma

MARINE FORCES RESERVE

Reserve retention, family readiness and other service related information.

www.marforces.usmc.mil

MEDLINEPLUS

U.S. National Library of Medicine, National Institutes of Health (NIH) - Compilation of articles and information pertinent to issues related to military connected children and their families.

<http://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&query=military+children+and+families&x=0&y=0>

MILITARY CHILD EDUCATION COALITION

Non-profit organization that identifies the challenges facing the highly mobile military child, increases awareness of the challenges in military and educational communities and initiates and implements programs to facilitate change.

www.militarychild.org

MILITARY FAMILY

A community website which provides guidance and support for military members and their families.

www.militaryfamily.com

MILITARY FAMILY STRONG

Advocacy, resources and support for military families and education of the civilian sector to the needs of military families. Reyna Reyna, Military Community Organizer

E-Mail: militaryfamilystrong@gmail.com

MILITARY HOMEFRONT

Reliable quality of life information designed to help troops and their families, leaders and service providers.

www.militaryhomefront.dod.mil

MILITARY K-12 PARTNERS

A DoDEA Partnership program providing educational resources for military children to support a quality education.

<http://www.militaryk12partners.dodea.edu/>

MILITARY KIDS CONNECT

Resources and information for military connected children, youth and their families.

www.militarykidsconnect.org

MILITARY ONE CLICK or MILITARY1CLICK

Extensive list of resources for service members and their families.

www.militaryoneclick.com / www.military1click.com

**MILITARY ONE SOURCE**

Resource with many links to programs and articles of interest for military families and professionals.

www.militaryonesource.com

NATIONAL GUARD CHILD AND YOUTH PROGRAM

Mission is to support social, emotional, academic needs of National Guard children and youth.

www.guardfamilyyouth.org

NATIONAL MILITARY FAMILY ASSOCIATION 2500 North Van Dorn Street, Suite 102 Alexandria, VA 22302-1601

Online resources and support for military connected children and their families.

www.militaryfamily.org

OFFICE OF RESERVE AFFAIRS

Income replacement program, family readiness, Tricare and related publications.

www.dod.mil/ra

OPERATION MILITARY KIDS

The U.S. Army's collaborative effort with America's communities to support the children and youth impacted by deployment.

www.operationmilitarykids.org

PARENTING FOR SERVICE MEMBERS AND VETERANS

Free, online six module parenting course, including parenting information, videos and guidance.

www.militaryparenting.org

REAL WARRIORS

Resilience, Recovery, Reintegration. Psychological health and traumatic brain injury. Resources and information for Active Duty, Guard & Reserve, veterans, families and professionals.

<http://www.realwarriors.net>

REBUILD HOPE

Organization promoting the perspective that huge humanitarian problems experienced by severely injured military service members and veterans and shared by their care giving families can be solved only with the direct collective action of individual citizens. Focus on the identification of critical needs, lessening severe hardship and improving the quality of lives.

www.rebuildhope.org

SALUTE OUR SERVICES

Nonprofit organization created to augment existing family support programs of the United States Military and to encourage and facilitate the use of the Internet as a tool to enhance communication between deployed Soldiers and the families they leave behind while serving our country.

www.saluteourservices.org

SESAME STREET**‘Sesame Street for Military Families ‘**

Apps including e-books, games, & activities for military families.

<https://itunes.apple.com/us/app/sesame-street-for-military/id550520652?mt=8>

‘Talk, Listen, Connect – Toolkit’

Resources to assist parents of young children with the social and emotional impact of parental deployment and reintegration including resources to support young children in their coping with grief and loss due to the injury or death of a parent.

www.sesameworkshop.org Search: Military Deployments

USA FOR MILITARY FAMILIES

An initiative that engages and educates policy makers and organizations in addressing 10 Key Issues impacting military service members, veterans and their families.

www.usa4militaryfamilies.dod.mil

U.S. DEPT OF VETERANS AFFAIRS

Site with information for the public as well as providers on PTSD identification, interventions, and research.

www.ptsd.va.gov

VOLUNTEERS OF AMERICA GREATER LOS ANGELES

Social service programs for Veterans, families, youth programs, homelessness, affordable housing, substance abuse.

www.voala.org

VA KIDS

Site dedicated to educating children about veterans and the Department of Veterans Affairs.

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

ZERO TO THREE

www.zerotothree.org Link: Military Family Project

A nonprofit, multidisciplinary organization which supports the healthy development and well-being of infants, toddlers and their families by informing, educating and supporting adults who influence their lives. This site provides information and resources related to deployment and grief loss for families with young children.

FOR FURTHER INFORMATION CONTACT
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