

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

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Family Services

One Stop Information Sites

[Army A-Z](#)

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

[Military Onesource](#)

www.militaryonesource.com/

[Defense Link](#)

www.defenselink.mil/

[Military.com](#)

www.military.com

[U.S. DOD](#)

www.dod.mil/sites

[Army Onesource](#)

www.myarmylifetoo.com/skins/malt/home.aspx?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](#)

<http://www.armyfamiliesonline.org>

[New Spouse Checklist](#)

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

[Jenny Comic Strip](#)

jennyspouse.com/index.html

[Army Wives Web Site](#)

www.armywives.com

[The Heart Link Program](#)

www.acc.af.mil/news/story.asp?id=123019123

[Military Widow - A Survival Guide](#)

67.118.51.201/bol/bookdisplay.cfm?BookNum=49761

[Return](#)

[Military Spouse](#)

www.milspouse.org

[Marine Wives 101 Web Site](#)

www.marinewives101.com/

[Military Moms Network](#)

www.militarymoms.net/

[Military Spouses Career Network](#)

www.mscn.org

[Military Spouse Newsletter](#)

www.milspouse.org/newsletter/

[Spouse Career Center](#)

www.military.com/spouse

[Joint Senior Spouse Programs](#)

www.carlisle.army.mil/usawc/dclm/joint.htm

Military Spouse Training

[Command Team Seminar](#)

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)

[Combined Our Hero Handbook](#)

http://www.carlisle.army.mil/usawc/dclm/Combined_HeroHandbook.pdf

[The Leaders Guide to Trauma in the Unit](#)

www.carlisle.army.mil/usawc/dclm/docs/traumapdf.pdf

[The Spouse Battle Book 2005](#)

www.carlisle.army.mil/usawc/dclm/Batbook_05.doc

[Spouse BattleBook III \(2007\)](#)

<http://www.carlisle.army.mil/usawc/dclmbattlebook3.html>

[Return](#)

[Return](#)

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[Battlemind Web Site](https://www.battlemind.army.mil/)

<https://www.battlemind.army.mil/>

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

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

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

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

Handbooks and Guides

[Return](#)

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

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

[Handbook for Retired Soldiers](http://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>

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

<http://www.carlisle.army.mil/usawc/dclm/newcomers%20guide.pdf>

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

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

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

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

[Family Readiness Preparation \(Excellent\)](http://www.carlisle.army.mil/usawc/dclm/FRGDeploymentPreparationBook[1].doc)

[http://www.carlisle.army.mil/usawc/dclm/FRGDeploymentPreparationBook\[1\].doc](http://www.carlisle.army.mil/usawc/dclm/FRGDeploymentPreparationBook[1].doc)

[Ft Levenworth Family Assistance](http://www.carlisle.army.mil/usawc/dclm/fsbook.doc)

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

[OpReady DCS Handbook](http://www.carlisle.army.mil/usawc/dclm/OPREADYDCSHANDBOOK1.pdf)

<http://www.carlisle.army.mil/usawc/dclm/OPREADYDCSHANDBOOK1.pdf>

General Family Web Sites

[Return](#)

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

www.militaryliving.com/

[Army Housing One Stop](https://onestop.army.mil/)

<https://onestop.army.mil/>

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

[www.carlisle.army.mil/usawc/dclm/AR608-1AppendixJ - AFRG.pdf](http://www.carlisle.army.mil/usawc/dclm/AR608-1AppendixJ-AFRG.pdf)

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

www.defenselink.mil/mtom/index_k.htm

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

www.military.com

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

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

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

www.militaryreport.com

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

www.nmfa.org/site/PageServer

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

www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true

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

www.taps.org

Military Kids

[Return](#)

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

www.parentshelpingparents.org/

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

www.acf.hhs.gov/programs/cse/

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

www.aboutourkids.org/

[Military Kids Web Site](http://www.militarykidz.com)

www.militarykidz.com

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

www.asymca.org

[Child Care Aware](http://www.childcareaware.org/en/)

http://www.childcareaware.org/en/

[Children with Disabilities](http://www.nichcy.org/)

http://www.nichcy.org/

[EVERYDAYKIDZ \(asthma\)](http://www.everydaykidz.com/registration.aspx?source=867)

http://www.everydaykidz.com/registration.aspx?
source=867

Military Family Support

[Return](#)

[New Relief Act Provisions](http://www.carlisle.army.mil/usawc/dclm/New%20Relief%20Act%20Provisions.htm)

www.carlisle.army.mil/usawc/dclm/New Relief
Act Provisions.htm

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

http://www.emilitary.org

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

lifelines2000.org/

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

www.military.com/Finance/Taxes/0,13397,82,00.
html

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

www.carlisle.army.mil/usawc/dclm/directory-
menu.htm#cont

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

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

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

http://67.118.51.201/bol/bookdisplay.cfm?BookN
um=49761

[Operation Homefront.com](http://www.homefrontonline.com/)

http://www.homefrontonline.com/

[America's Promise](http://www.americaspromise.org/APAMini.aspx?id=5844)

http://www.americaspromise.org/APAMini.aspx?
id=5844

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

operationhomefront.net/aboutus.asp

[Military Impacted Schools Assoc](http://www.militaryimpactedschoolsassociation.org)

www.militaryimpacted
schoolsassociation.org

[Free Military Handbooks](http://www.militaryhandbooks.com/)

www.militaryhandbooks.com/

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

www.me.ngb.army.mil/dhr/AGR/ARMY/Handboo
k%20For%20Retired%20Soldiers%20and%20F
amily%20members.htm

[Carlisle Barracks PA - Newcomers Guide](http://www.carlisle.army.mil/usawc/dclm/newcomers%20guide.pdf)

www.carlisle.army.mil/usawc/dclm/newcomers%
20guide.pdf

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

www.emilitary.org/

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

www.carlisle.army.mil/usawc/dclm/FRG%20Depl
oyment%20Preparation%20Book%5b1%5d.doc

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

http://www.nmfa.org/site/PageServer?pagename
=homepage

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

http://www.nmfa.org/site/PageServer?pagename
=links

Family Education

[Return](#)

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

www.collegeboard.com

[FinAid \(College Financial Aid\)](http://www.fafsa.org)

www.fafsa.org

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

www.militarystudent.org

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[Military Child in Transition / Deployment](#)

www.militarystudent.dod.mil/ParentsToolkit_0406.pdf

[Family Education Research Network](#)

www.cyfernet.org

[Family Literacy Foundation](#)

www.read2kids.org

[Military Child Education Coalition](#)

www.militarychild.org

[Federal Children's Scholarship Program](#)

federalscholarship.org

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

www.ed.gov/index.jhtml

[GI Bill Information](#)

www.gibill.va.gov

[Military Education Channel](#)

www.military.com/Careers/Education/1,,112.00.html

[Info for Financial Aid Professionals](#)

ifap.ed.gov

[The Military Coalition](#)

www.themilitarycoalition.org

[Military.Com Education Benefits](#)

www.military.com/Careers/Education

[The Princeton Review](#)

www.princetonreview.com

[Scholarships for Military Children](#)

www.militaryscholar.org/index.shtml

Military News

[Return](#)

[The Army Physical Fitness Research Institute](#)

carlisle-www.army.mil/apfri

[TRICARE Press Room](#)

www.tricare.mil/pressroom/

[TRICARE Evening News](#)

www.tricare.osd.mil/eenews/index.cfm

[The Pentagon Channel](#)

www.pentagonchannel.mil/

[The Army News Service](#)

www4.army.mil/ocpa/news/index.html

[The Navy News Stand](#)

www.news.navy.mil/index.asp

[Defense News](#)

www.defensenews.com

[The Army Times](#)

www.armytimes.com/

[Coast Guard News](#)

www.piersystem.com/external/index.cfm?cid=786

[The Stars and Stripes Newspaper](#)

estripes.osd.mil/

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

www.defenselink.mil/news/articles.html

[Military Homefront](#)

www.militaryhomefront.dod.mil/

[Military Report .Com](#)

www.militaryreport.com/

[AUSA Newsletter](#)

www.ausa.org/webpub/DeptFamilyPrograms.nsf

[The National Military Family Association Newsletter](#)

www.nmfa.org/site/PageServer?pagename=newletters

[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

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Travel and Vacation Web Sites

[Return](#)

[Armed Forces Vacation Club](#)

www.afvclub.com/

[ARMY MWR Travel Tips](#)

www.armymwr.com/portal/travel/travelresources

[Army lodging directory](#)

www.carlisle.army.mil/dclm/worldwidedirectory2.pdf

[National Parks](#)

www.nps.gov

Maps and Travel Information

[Return](#)

[Military Living](#)

www.militaryliving.com/

[Expedia](#)

www.expedia.com

[Lonely Planet](#)

www.lonelyplanet.com

[Map quest](#)

www.mapquest.com

[Orbitz](#)

www.orbitz.com

[Priceline](#)

www.priceline.com

[Rand McNally](#)

www.randmcnally.com

[Travelocity](#)

www.travelocity.com

[Yahoo Maps](#)

maps.yahoo.com

Search Engines

[Return](#)

[How to Search the Internet](#)

[How to search the Web](#)

www.pandia.com/goalgetter/

[Basic Search tips for Google](#)

www.google.com/help/basics.html

[Advanced Serach tips for Google](#)

www.google.com/help/refinesearch.html

[Search Engine Guide](#)

www.searchengineguide.com/searchengines.html

The Best Search Engines

[Google.com](#)

www.google.com

[Yahoo.com](#)

www.yahoo.com

[Ask Jeeves](#)

www.askjeeves.com

Consider These Sites Also

[All The Web](#)

www.alltheweb.com

[AOL External Search](#)

search.aol.com/

[AOL Netfind](#)

netfind.aol.com

[Teoma](#)

www.teoma.com

[Hotbot](#)

hotbot.com

[Open Directory](#)

search.dmoz.org

Other Search Engines

[Netscape Search](#)

search.netscape.com

[Alta Vista.com](#)

www.altavista.com/

[Look Smart](#)

www.looksmart.com

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[First Gov](#)

www.firstgov.gov/

[Lycos](#)

lycos.com

[Excite](#)

www.askjeeves.com

[Major Search Engines](#)

searchenginewatch.com/links/major.html –

Military Shopping Sites

[Return](#)

[Defense Commissary Agency](#)

www.commissaries.com/

[Navy Exchange](#)

www.navy-nex.com/

[Army & Air Force Exchange](#)

www.aafes.com

America Supports You

[Return](#)

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

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

www.americasupportsyou.mil/americasupportsyou/need_help.html

[Military Family Support](#)

www.americasupportsyou.mil/AmericaSupportsYou/military_family.html

[Get Help for the Wounded](#)

www.americasupportsyou.mil/AmericaSupportsYou/help_wounded.html

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

www.americasupportsyou.mil/AmericaSupportsYou/help_troops.html

[Scholarships](#)

www.americasupportsyou.mil/AmericaSupportsYou/scholar_mil_children.html

[Get Frequent Flyer Miles](#)

www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html

[Get Gift Certificates](#)

www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html

[Learn About Homes for the Disabled](#)

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

[Receive and Send Care Packages](#)

www.americasupportsyou.mil/AmericaSupportsYou/send_packages.html

[Other Support](#)

www.americasupportsyou.mil/AmericaSupportsYou/other_support.html

NMFA

[Return](#)

[NMFA Links Page](#)

www.nmfa.org/site/PageServer?pagename=links

[NMFA Main Page](#)

www.nmfa.org/site/PageServer?pagename=homepage

Army Reserve Families

[Return](#)

[Army Reserve Family Programs](#)

www.arfp.org/skins/ARFP/home.aspx?AllowSSL=true

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Family Readiness Group

[Return](#)

[FRG Leader's Handbook](#)

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

Army Family Team Building

[Return](#)

[Army Family Team Building Courses](#)

www.defenseweb.com/aftb

[Army Family Team Building](#)

www.AFTB.org

[Military Living Publications](#)

www.militaryliving.com/

[MFTB-AFTB Handbook.pdf](#)

www.carlisle.army.mil/usawc/dclm/MFTB-AFTBHandbook.pdf

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Deployment / Mobilization

Battlemind Training

[Return](#)

OSD Battlemind Link

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

Walter Reed Battlemind Training

www.battlemind.org

Preparing Children Resources

[Return](#)

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

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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/

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Dealing with Deployment

[Building Family Rituals While You Are Deployed](#) [Return](#)

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

[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

[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-a001-6997cfeb0010&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

[A Leg Up](#) (Readiness Groups)

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

Preparing For Deployment

[Military.com Deployment Center](#) [Return](#)

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

[Pre-Deployment Checklist](#)

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

[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>

[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

[Preparing a Family Care Plan](#)

www.militaryonesource.com/skins/MOS/display.aspx?mode=user&ModuleID=e81d2900-82b5-477a-8d6c-

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

c13b9b3e8e94&action=search&AllWords=Preparation+a+Family+Care+Plan

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

www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=a e74eaa3-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

Returning From Deployment

[Return](#)

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

www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=a e74eaa3-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

Operation Ready Resources

Resources for **Educating About Deployment and You (READY)**

[Return](#)

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

[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/

Handbooks

[Family Readiness Group Handbook](#)

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

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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>

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

Operation Ready Smart Book

(Source: www.armyfrg.org)

[Return](#)

Operation Ready Smart Book

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)

[Return](#)

Family Assistance Information Sheets

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

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)

FRG Volunteer Position Descriptions

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

**U.S. Army War College - Military Family Program
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Phone: (703) 681-5375

[Unit Family Readiness Brochure](#)

www.carlisle.army.mil/usawc/dclm/smart%20book/Unit%20Family%20Readiness%20Brochure/UF%20Brochure.pdf

**Family Readiness Group
(FRG) Handbooks**

(Source: www.armyfrg.org)

[Return](#)

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

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

[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.

[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

**Army Family Programs
Contact Information**

[Return](#)

**Family and Morale Welfare and
Recreation Command**

4700 King Street
Alexandria, VA 22302

**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

General Web Sites

[Return](#)

Battlemind Training

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

Army Lodging directory

www.army.mil/cfsc/documents/lodging/worldwideirectory2.pdf

Military Home Front

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

Military Widow - A Survival Guide

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

Marine Wives 101

<http://www.marinewives101.com>

Army Knowledge online (AKO)

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

Military Report.com

http://www.military.com/MilitaryReport/0,12914,MR_Current,00.html

Army A-Z

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

U.S. Army

<http://www.army.mil>

U.S. Air Force

<http://www.af.mil>

Army MWR

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

America Supports You

<http://Americasupportsyou.mil>

Armed Forces Benefit Association

<http://www.afba.com>

Army Families Online

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

Army Family Team Building

<http://www.AFTB.org>

Army Wives

<http://www.armywives.com>

Deployment Link

http://deploymentlink.osd.mil/deploy/family/family_support.shtml

Disabled Soldier Support System

<http://www.ArmyDS3.org>

DOD Per Diem committee

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

DOD SITES

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

Guard Family Team Building

<http://www.gftb.org>

Homes for our Troops

<http://www.homesforourtroops.org>

Human Resources Command

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

Military Child in Transition/Deployment

<http://www.militarystudent.org>

My Army Life Too

<http://myarmylifetoo.com>

Military Family Research

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

Military Family Resource Center

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

Military Kidz

<http://www.militarykidz.com>

Military Pay and Benefits

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

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

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

www.princetonreview.com/

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

<http://www.milspouse.org>

[Military Spouse Career Network](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

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

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

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

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/

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

www.usaa.com/inet/ent_logon/Logon

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

www.redcross.org/

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

www.commissaries.com/

Education Web Sites

[Return](#)

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

www.collegeboard.com/

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

www.finaid.org/

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

www.gibill.va.gov/

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

www.military.com/Careers/Education

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

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

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

www.ed.gov/index.jhtml

Guard / Reserve Sites

[Return](#)

[The US Coast Guard](http://www.uscg.mil/uscg.shtml)

www.uscg.mil/uscg.shtml

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

www.ngb.army.mil/

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[Army National Guard](#)

www.arng.army.mil/

[Army Reserve](#)

www.army.mil/usar

[Air Force Reserve](#)

www.afreserve.com/

[Air National Guard](#)

www.ang.af.mil/

[Coast Guard Reserve](#)

www.uscg.mil/hq/reserve/reshmpg.html

[Guard Family](#)

www.guardfamily.org/

[Marine Reserve](#)

www.mfr.usmc.mil/

[Naval Reserve](#)

navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm

Travel / Vacation Sites

[Return](#)

[Armed Forces Vacation Club](#)

www.afvclub.com/

[ARMY MWR Travel Tips](#)

www.armymwr.com/portal/travel/travelresources

[National Parks](#)

www.nps.gov/

Veterans / Retiree Web sites

[Return](#)

[American Legion](#)

www.legion.org

[Arlington National Cemetery](#)

www.arlingtoncemetery.org/

[Cemetery Administration](#)

www.cem.va.gov/

[Veteran's Affairs](#)

www.va.gov/

[Veteran's of Foreign Wars](#)

www.vfw.org/

Voter information

[Return](#)

[Federal Voting Assistance Program](#)

www.fvap.gov/index.html

[Register to vote online](#)

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

Free E-mail Services

[Return](#)

[Army Knowledge Online](#)

www.us.army.mil/

Commercial E-mail

[Return](#)

[AOL Mail](#)

www.aolmail.aol.com/

[Email Addresses](#)

www.emailaddresses.com/

[Google Email](#)

www.gmail.google.com/

[Google Email](#)

www.hotmail.com/

[Junot](#)

www.juno.com/

[Lycos Mail](#)

www.mail.lycos.com/

[Yahoo](#)

www.yahoo.com/

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

[You/help_wounded.html](#)

Maps and Travel Information

[Return](#)

[Expedia](#)

www.expedia.com/

[Lonely Planet](#)

www.lonelyplanet.com/

[Map quest](#)

www.mapquest.com/

[Orbitz](#)

www.orbitz.com

[Priceline](#)

travel.priceline.com/default.asp?rdr=1

[Rand McNally](#)

www.randmcnally.com/

[Travelocity](#)

www.travelocity.com/

[Yahoo Maps](#)

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.

[Return](#)

[America Supports You Main Site](#)

www.americasupportsyou.mil/americasupportsyou/index.aspx

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

www.americasupportsyou.mil/americasupportsyou/need_help.html

[Military Family Support](#)

www.americasupportsyou.mil/AmericaSupportsYou/military_family.html

[Get Help for the Wounded](#)

www.americasupportsyou.mil/AmericaSupports

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

www.americasupportsyou.mil/AmericaSupportsYou/help_troops.html

[Scholarships](#)

www.americasupportsyou.mil/AmericaSupportsYou/scholar_mil_children.html

[Get Frequent Flyer Miles](#)

www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html

[Get Gift Certificates](#)

www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html

[Learn About Homes for the Disabled](#)

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

[Receive and Send Care Packages](#)

www.americasupportsyou.mil/AmericaSupportsYou/send_packages.html

[Other Support](#)

www.americasupportsyou.mil/AmericaSupportsYou/other_support.html

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Veterans Services

General VA Web Sites

[Return](#)

[Board of Veterans' Appeals](#)

www.va.gov/vbs/bva/

[Center for Minority Veterans](#)

www1.va.gov/

[Center for Minority Veterans](#)

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

[Center for Women Veterans](#)

www1.va.gov/womenvet/

[Center for Veterans Enterprise](#)

www.vetbiz.gov/

[Compensation Rate Tables, 12-1-03](#)

[www.vba.va.gov/bln/21/
Rates/comp01.htm](http://www.vba.va.gov/bln/21/Rates/comp01.htm)

[Department of Veterans Affairs](#)

www.va.gov/

[Veterans Service Organizations](#)

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

[Disability Examination Worksheets](#)

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

[Due Process](#)

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

[Electronic Code of Federal Regulations](#)

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

[Federal Benefits for Veterans 2006](#)

www1.va.gov/opa/vadocs/current_benefits.asp

[Environmental Agents Service \(EAS\)](#)

www1.va.gov/environagents/

[Environmental Agents Service - Persian Gulf Program](#)

www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002

[Establishing Combat Veteran Eligibility](#)

www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315

[Environmental Agents M10](#)

www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002

[VA Priority Outpatient Care](#)

www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=206

[Forms and Records Request](#)

www.va.gov/vaforms/

[Federal Benefits for Veterans and Dependents 2005](#)

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

[The Geriatrics and Extended Care Strategic Healthcare](#)

www1.va.gov/geriatricsshg/

[Homeless Veterans](#)

www1.va.gov/homeless/

[Health Services Research and Development Service \(HSR&D\)](#)

www.hsr.d.research.va.gov/

[VA's Office of Research and Development, Information for Veterans exposed to Ionizing Radiation](#)

www1.va.gov/irad/

[VA Health Care Eligibility](#)

www.va.gov/healtheligibility/home/hecmain.asp

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[Health Services Research and Development](#)

www.hsrd.research.va.gov/

Gulf War Veterans

[Return](#)

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

www1.va.gov/gulfwar/docs/VHlgulfwar.pdf

[Gulf War Illnesses – Subject Index](#)

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

Depleted Uranium Evaluation

[Return](#)

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

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

[Depleted Uranium Fact Sheet](#)

www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc

Wounded Warrior Assistance

[Return](#)

[Military Severely Injured Center](#)

www.military.com/support

[Wounded Warrior Program:](#)

www.AW2.army.mil

[Always a Soldier](#)

www.amc.army.mil/alwaysasoldier

[Marine for Life](#)

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

Transitional Services

[Return](#)

[Portal for Military Transitioner](#)

www.dodtransportal.dod.mil/dav/lsnmedia/LSN/dodtransportal/

[Disabled Transition Assistance Program](#)

www.dol.gov/vets/programs/tap/main.htm

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

www.seamlesstransition.va.gov

Vocational Services

[Return](#)

[Vocational Rehabilitation Web Site](#)

www.vba.va.gov/bln/vre/index.htm

[State Vocational Rehabilitation](#)

janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM

[JAN Web Site](#)

www.jan.wvu.edu

Veterans Reemployment

[Return](#)

[Real-Lifelines Web Site](#)

www.dol.gov/vets/proarams/Real-life/main.htm

[Computer/ Electronic Accommodations](#)

www.tricare.osd.mil/cap/

[DOD Vets Web Site](#)

www.dodvets.com/

[Hire Vets First Web Site](#)

www.hirevetsfirst.gov

[Veterans Employment and Training](#)

www.dol.gov/vets/

[E-Vets Web Site](#)

www.dol.gov/elaws/evets.htm

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

Veterans Web Sites

[Return](#)

[American Legion](#)

www.legion.org

[Arlington National Cemetery](#)

www.arlingtoncemetery.org

[Cemetery Administration](#)

www.cem.va.gov

[Veteran's Affairs](#)

www.va.gov

[Veteran's of Foreign Wars](#)

www.vfw.org

Accommodations and Assistive Technology

[Return](#)

[Computer/Electronic Accommodations
Program](#)

www.tricare.osd.mil/cap/

[Assistive Technology Public Funding](#)

www.techaccess-ri.org/atfundva.htm

[U.S. Department of Health and Human
Services](#)

www.aoa.gov/PRESS/fact/pdf/fs_assitive_tech.p
df

[USA TechGuide](#)

www.usatechguide.org/index.php

[Disabled/Injured Resources](#)

www.careeronestop.org/MilitaryTransition/disabil
ity.aspx

[Disability Information](#)

www.disabilityinfo.gov/digov-
public/public/DisplayPage.do?parentFolderId=53

Additional Links

[Return](#)

[U.S. Court of Appeals for Veterans Claims](#)

www.vetapp.gov/

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

www.avapl.org/pub/PTSD%20Manual%20final%
206.pdf

[VA INSTITUTING GLOBAL ASSESSMENT OF
FUNCTION \(GAF\)](#)

www.avapl.org/gaf/gaf.html

[VA Loan Lending Limits and Jumbo Loans](#)

valoans.com/va_facts_limits.cfm

[VA National Hepatitis C Program](#)

www.hepatitis.va.gov/

[VA Office of Research and Development](#)

www1.va.gov/resdev/

[VA Trainee Pocket Card on Gulf War](#)

www.va.gov/OAA/pocketcard/gulfwar.asp

[VA WMD EMSHG](#)

www1.va.gov/emshg/

[VA WRIISC-DC](#)

www.va.gov/WRIISC-DC/

[Federal Benefits for Vetrans Book](#)

www1.va.gov/OPA/vadocs/current_benefits.asp

[Veterans Benefits Administration Main Web
Page](#)

www.vba.va.gov/

[Veterans Legal and Benefits Information](#)

valaw.org/

[VHA Forms, Publications, Manuals](#)

www1.va.gov/vhapublications/

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

[VHA Programs - Clinical Programs & Initiatives](#)

www1.va.gov/health_benefits/page.cfm?pg=13

[VHA Public Health Strategic Health Care Group Home Page](#)

www.publichealth.va.gov/

[VHI Guide to Gulf War Veterans](#)

www1.va.gov/vhi_ind_study/gulfwar/istudy/index.asp

[Vocational Rehabilitation](#)

www.vba.va.gov/bln/vre/

[Vocational Rehabilitation Subsistence](#)

www.vba.va.gov/bln/vre/InterSubsistencefy04.doc

[VONAPP online](#)

vabenefits.vba.va.gov/vonapp/main.asp

[WARMS - 38 CFR Book C](#)

www.warms.vba.va.gov/bookc.html

[Wartime Disability Compensation](#)

frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=Cite:+38USC1110

[War-Related Illness and Injury Study Center - New Jersey](#)

www.wri.med.va.gov/

[Welcome to the GI Bill Web Site](#)

www.gibill.va.gov/

[What VA Social Workers Do](#)

www1.va.gov/socialwork/page.cfm?pg=3

[WRIISC Patient Eligibility](#)

www.illegion.org/va1.html

Help for the Wounded

(Links from the "America Supports You" web site)
[Return](#)

[American Freedom Foundation](#)

www.americanfreedomfoundation.org/

[Angels Of Mercy](#)

www.mcleanpost270.org/oifoef

[Armed Forces Foundation](#)

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

[Azalea Charities Aid for Wounded Soldiers](#)

www.azaleacharities.org/

[Boatsie's Boxes](#)

www.boatsie.com/

[Blue Star Mothers of America](#)

www.bluestarmothers.org/

[Caring For Troops](#)

www.caringfortroops.com/

[Cause-Comfort for America's Uniformed Services](#)

www.cause-usa.org

[Citizen Soldier Family Support Foundation](#)

www.csfamilysupport.org/

[Coalition to Salute America's Heroes](#)

saluteheroes.org/

[Defenders of Freedom](#)

www.defendersoffreedom.us/

[Disabled Sports USA](#)

www.dsusa.org/

[Family and Friends For Freedom Fund](#)

www.injuredmarinesfund.org/

[Fisher House Foundation](#)

www.fisherhouse.org/

[Flags Across the Nation](#)

www.flagsacrossthenation.org/

[Freedom Calls](#)

www.guardianangelsforsoldierspet.org/

[Freedom Is Not Free](#)

www.freedomisnotfree.com/

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

[Give 2 theTroops](#)

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

[Golfers For Freedom](#)

www.golfers4freedom.org/

[Guardian Angels For Soldier's Pets](#)

www.guardianangelsforsoldierspet.org/

[Helping Our Heroes Foundation](#)

www.hohf.org/

[Hope Coming Ministries](#)

www.hopecoming.com/military.htm

[Hope For The Warriors](#)

www.hopeforthewarriors.org/

[Hugs From Home](#)

www.hugsfromhome.org/

[The Hugs Project](#)

www.thehugsproject.org/

[Injured Marine Semper Fi Fund](#)

www.semperfifund.org/

[Keystone Soldiers](#)

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

[Kids for our Troops](#)

www.kidsforourtroops.org/

[Landstuhl Hospital Care Project](#)

www.landstuhlhospitalcareproject.org/

[Letters From Home](#)

www.lettersfromhomeprogram.org/

[Military Aid, Inc.](#)

www.militaryaid.us/

[Military Pets Foster Project](#)

www.netpets.org/

[Military Mom in Action](#)

www.militarymominaction.org/

[Mothers of Military Support](#)

www.mothersofmilitarysupport.org/

[National Military Family Association](#)

www.nmfa.org/

Wounded Soldier / Family Hotline

[Return](#)

[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: wsfsupport@conus.army.mil

Stateside: 1-800-984-8523

Overseas DSN: 312-328-0002

[Battlemind Training](#)

www.battlemind.org/

The Military Amputee

[Return](#)

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

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

Useful Numbers

[Return](#)

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

ID and CAC Cards

[Return](#)

RAPIDS Site Locator

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

Army Personnel Command

http://www.hrc.army.mil/site/active/persinsd/PER_SINSD-MAIN.htm

Reserves / National Guard

[Return](#)

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

[Return](#)

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://www.nko.navy.mil/>

U.S. Army

[Return](#)

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>

Civilian Personal Online

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

Army Commands

[Return](#)

Army Forces Command

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

Army Materiel Command (AMC)

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

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

[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

[Return](#)

[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/pama>
in

[Mobilization Command](#)

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

[Sergeant Major MC](#)

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

Senior Service Colleges

[Return](#)

[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/ica/>

[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>

Officer Staff Level Schools

[Return](#)

[Army Command and General Staff College](#)

<http://www-cgsc.army.mil/>

[Marine Corps Command Staff College](#)

<http://www.mcu.usmc.mil/csc/>

[Naval Staff College \(NSC\)](#)

<http://www.nwc.navy.mil/nsc/>

[Air Command and Staff College](#)

<http://wwwacsc.au.af.mil/>

Congress/Legislative Affairs

[Return](#)

[Air Force Legislative Liaison](#)

<http://www.safll.hq.af.mil/>

[Army Legislative Liaison](#)

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

[House of Representatives](#)

[House of Representatives](#)

<http://www.house.gov/>

[House Appropriations Committee](#)

<http://www.house.gov/appropriations/>

[House Armed Services Committee](#)

<http://www.house.gov/hasc/>

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

[House Budget Committee](#)

<http://www.house.gov/budget/>

[House Government Reform Committee](#)

<http://www.house.gov/reform/>

The Senate

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[The Senate](#)

<http://www.senate.gov/>

[Senate Appropriations Committee](#)

<http://www.senate.gov/~appropriations/>

[Senate Armed Services Committee](#)

http://www.senate.gov/~armed_services/

[Senate Budget Committee](#)

<http://www.senate.gov/~budget/>

[Library of Congress](#)

<http://www.loc.gov/>

[Thomas](#)

<http://thomas.loc.gov/>

Military Pay

[Return](#)

[Defense Finance and Accounting Service](#)

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

[DFAS MyPay](#)

<https://mypay.dfas.mil/mypay.aspx>

[Military Compensation](#)

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

DOD Web Sites

[Return](#)

[Defense Info Sys Agency \(DISA\)](#)

<http://www.disa.mil>

[DOD Military Speeches](#)

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

[Department of Defense \(DOD\)](#)

<http://www.defenselink.mil>

[Pentagon.](#)

pentagon.afis.osd.mil/

[World Fact Book](#)

http://www.theodora.com/wfb/abc_world_fact_book.html

Military Affiliates

[Return](#)

[American Red Cross](#)

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

[Family Literacy Foundation](#)

<http://www.read2kids.org>

[Fleet Reserve Assoc](#)

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

[Naval Services Family](#)

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

[Navy-Marine Relief Society](#)

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

[Navy Mutual Aid Association](#)

<http://www.navy mutual.org>

Government / Military Benefits

[Return](#)

[Tax Information](#)

<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>

[Armed Forces Benefit Association](#)

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

[Personal Benefits Center](#)

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

[Military Benefits](#)

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

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

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

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

DOD Web Watch Sites

[Return](#)

[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/in dex.html)

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

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

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

[Defense Contract Management](http://www.dod.mil/dbb/)

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

[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

[Return](#)

[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>

[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/ddeforms.htm)

<http://web1.whs.osd.mil/icdhome/ddeforms.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

[Return](#)

[Military Report - Benifits Update](http://www.military.com/military-report)

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

[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

[Military Money](#)

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

www.militarymoney.com/

[Salute Our Services](#)

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

[TSGLI Life Insurance](#)

www.hrc.army.mil/site/crsc/tsgli/index.htm

[San Diego Military Affiliates](#)

[/www.sdmac.org/Affiliates.aspx](http://www.sdmac.org/Affiliates.aspx)

[Military Mental Health](#)

www.militarymentalhealth.org/welcome.asp

[Military Student](#)

www.militarystudent.org/

Government Retirement

[Return](#)

[TSP Web Site](#)

www.tsp.gov/

[Retirement Information](#)

www.firstgov.gov/Federal_Employees/Federal_Employees_Gateway.shtml

[Social Security Calculators](#)

www.ssa.gov/planners/calculators.htm

[Federal Tax Withholding Calculator](#)

apps.opm.gov/tax_calc/withhold_calc/

[Military Retirement Calculator](#)

www.dod.mil/militarypay/retirement/calc/index.html

[CSRS/CSRS Offset Calculator](#)

hr.er.usgs.gov/calculators/retire/csrs.html

[TSP Calculator](#)

www.tsp.gov/calc/

[FEGLI Life Insurance Calculator](#)

www.opm.gov/calculator/index.htm

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Health Services

General Information

[Return](#)

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

Europe Regional Medical Command

<http://www.healthcare.hqusareur.army.mil/>

TRICARE Web Sites

[Return](#)

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.healthnetfederalerservices.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

[Return](#)

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/>

Air Force Crossroads

<http://www.afcrossroads.com>

JAG Net

<http://www.jagcnet.army.mil/Legal>

Air Force Aid Society

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

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[Navy-Marine Corps Relief Society](http://www.nmcrs.org/)

<http://www.nmcrs.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

[Return](#)

[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.nmcrs.org/)

<http://www.nmcrs.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

[Return](#)

[Claims Processing Rates for 2006](http://www.tricare.mil/pressroom/news.aspx?fid=270)

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

[e-mail subscription service](http://www.tricare.osd.mil/tricaresubscriptions)

www.tricare.osd.mil/tricaresubscriptions

TRICARE Phone Numbers

[Return](#)

[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

[TRICARE North Region](#)

(Contractor)

1-877-TRECARE

(1-877-874-2273)

www.healthnetfederalservices.com

[TRCARE South Region](#)

(Contractor)

1-800-444-5445

www.humana-military.com

[TRICARE West Region](#)

(Contractor)

1-888-TRIWEST

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