

Military Connected Children's Resource Guide

November, 2016

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

CAMPS / RECREATION

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

ARMY RESERVE AR CYSS – www.arfp.org/cyss Operation Military Kids – www.operationmilitarykids.org
Request camp applications on websites. No cost or low cost activities for military connected children.

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

BIG BROTHERS BIG SISTERS of Greater Los Angeles – www.bbbsla.org 213 213-2408 School Based Specialist

BOYS & GIRLS CLUB OF AMERICA – <http://www.bgca.org/Pages/index.aspx>
Find a Club – <http://www.bgca.org/meetourpartners/Pages/OurPartners.aspx>

CAMP CORRAL – Blue Star Families <http://bluestarfam.org/blog/view/camp-corall-2014> / <http://www.campcorral.org/>

CHALLENGERS BOYS & GIRLS CLUB – “A Place to Go, A Place to GROW”
<http://www.cbgcla.org> 323 971-6161 Office; 323 971-2156 Fax 5029 S. Vermont Ave. Los Angeles, CA 90037

OPERATION PURPLE CAMPS See NMFA – NATIONAL MILITARY FAMILY ASSOCIATION
www.militaryfamily.org / www.militaryfamily.org/kids-operation-purple/camps/

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

OUTDOOR JOURNEYS – Community Office 909 982-5400 1226 N. Campus Ave. Upland, CA 91786
www.outdoorjourneys.org

Operation Kids Camp – Hosted at Camp Nawakwa in the San Bernardino Mountains and at Camp Blue Sky
SERVICES: Boys & Girls – Ages 6 - 17 – Day Camps, Overnight Camps, Adventure Camps, Teen Academy, Family Camp
CONTACT: Johnny McLaughlin, CEO/Founder 909 600-4072

SPACE CAMP – <http://www.spacecamp.com> Five day program in Huntsville, Alabama. Application for scholarships available from Military Child Education Coalition (MCEC) – www.militarychild.org Search: Space Camp

YMCA – <http://www.ymcala.org/metro/classes/military-families-support-program> Military Family Support Program

CHILD CARE

CHILD CARE AWARE or **OPERATION: MILITARY CHILD CARE** 800 424-2246 Toll Free

Website: www.childcareaware.org

SERVICES: State by state listing of resources for child care providers, parents and families. 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.

Military Child Care in Your Neighborhood (MCCYN), provides funding for child care for military children who are unable to access child care services on installation.

MILITARYCHILDCARE.COM 855 696-2934 Toll Free

Website: www.militarychildcare.com

SERVICES: A secure DoD website providing resources for military operated or military approved child care options worldwide.



NATIONAL ASSOCIATION OF CHILD CARE RESOURCES & REFERRAL AGENCIES – Child Care Aware of America
 Website: www.naccrra.org/node/3090 / <http://www.naccrra.org> Child Care Aware of America 800 424-2246
SERVICES: Information and referrals for child care, military fee assistance programs, military provider information.

SOUTHERN CALIFORNIA CHILD CARE RESOURCE & REFERRAL AGENCIES 888 922-4453 Toll Free
 Website: <http://cao.lacounty.gov/ccp/agencies.htm>

SERVICES: For Los Angeles County area child care resources. Includes information on child care resources, child development centers, licensed family daycare homes and after school enrichment programs.

CONTACTS

AIRMAN AND FAMILY READINESS CENTER 310 653-5428 Office <http://www.laafbforcesupport.com/directory>
LA Air Force Base, 61 FSS/FSFR 483 N. Aviation Blvd., Bldg. 272 El Segundo, CA 90245
Fort MacArthur – Bldg. 410 310 653-5428 Appointment only
Exceptional Family Member Program (EFMP) - Marc Pearson 310 653-5266
 Website: <http://www.laafbforcesupport.com/family/airman-family-readiness>
SERVICES: One stop information and referrals, transition/relocation/School Liaison Office (SLO), financial management, counseling (MFLC), family life education, employment/career counseling, transition assistance. Serving Active Duty, Guard, Reserves and civilians who work on base.



ARMY RESERVE CHILD, YOUTH & SCHOOL SERVICES 951 251-7106 Office 14941 Riverside Drive Riverside, CA 92518
 Website: www.arfp.org/index.php/programs/child-youth-a-school-services
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
 951 251-7106 Office E-Mail: flora.sherman@us.army.mil

ARMY RESERVE FAMILY PROGRAMS

Website: www.arfp.org
SERVICES: Information on programs providing support and resources for Army Reserve families.
CONTACT: **Maritza Ramirez**, Family Programs Coordinator 311th Expeditionary Sustainment Command (ESC)
 310 235-4129 1250 Federal Ave. Los Angeles, CA 90025

BOB HOPE USO *Showing appreciation and gratitude to America's military and their families throughout the world.*
 Website: <http://www.bobhopeuso.org/about-us.html>
 Operations in Southern California are located at airport centers serving **Los Angeles International Airport, Ontario International Airport, Orange County (John Wayne Airport), Palm Springs International Airport, and San Diego International Airport.** Additionally, the USO provides programs and outreach on military installations.

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: **Mary M. Keller**, EdD President & CEO E-Mail: mary.keller@militarychild.org

MILITARY ONESOURCE 800 342-9647 Toll Free 24/7

Website: www.militaryonesource.mil
SERVICES: Information/education for service members and families at **no cost.** Covers issues related to family/children, parenting skills, support, child care, special need advocacy, tax and financial issues, education and employment resources, and online library resources.
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) – **Jhoselyn Ramirez-Strait**, JFSAP Consultant 213 608-5767
 E-Mail: Jhoselyn.ramirez@militaryonesource.com

NATIONAL GUARD FAMILY PROGRAMS

Website: www.guardfamily.org

Joint Services Support – www.jointservicessupport.org / <https://www.jointservicessupport.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. Crisis intervention, referrals, legal/financial resources.

24 Hour Family Assistance Hotline – 800 449-9662 Help for issues when family member is deployed.

CONTACT: **Isaac Avila**, Southern Regional Coordinator 858 573-7233 Office 858 354-2857 Cell National City, CA

E-Mail: Isaac.t.avila.ctr@mail.mil

Alexis DeLeon, Lead Child & Youth Program Coordinator 916 854-3651 Office Sacramento, CA

E-Mail: Alexis.P.DeLeon.ctr@mail.mil

Alfred Sun, NG NGB USA – Southern California Region – Los Angeles, San Diego, Santa Barbara areas

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

E-Mail: Alfred.Sun.ctr@mail.mil

Omar Leyva, Family Assistance Specialist, HRCI Contractor 323 262-8444 ext. 6; 562 254-6916 Cell

Bell, CA E-Mail: Omar.h.levya.ctr@mail.mil

NATIONAL MILITARY FAMILY ASSOCIATION (NMFA) 800 260-0218 Toll Free

Website: www.militaryfamily.org

SERVICES: Educates military families on rights, benefits and services that are available for them. Serves military spouses, families and children; also provides advocacy. Sponsors **free** camps for children of military personnel.

CONTACT: **Katie Savant, MPA** E-Mail: KSavant@militaryfamily.org Southern California area

Theresa Buchanan, Director Youth Initiatives 703 931-6632

COUNSELING AND SUPPORTIVE SERVICES

CHILD GUIDANCE CENTER 714 953-4455 Locations – Buena Park, CA; Fullerton, CA; Santa Ana, CA

Strong Families Strong Children – Behavioral Health Services for Military Families 714 953-4455 ext. 661

525 N. Cabrillo Park Dr. Suite 300, Santa Ana, CA 92701

SERVICES: Services to improve family relationships, effective parenting, problem solving skills. Veterans serving veteran children and their families.

CHILDREN'S INSTITUTE INTERNATIONAL (CII) Project Fatherhood 213 260-7600 2121 West Temple St. L.A., CA 90026

Website: 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 Center

E-Mail: agraves@childrensinstitute.org 213 260-7604 Direct Line

**COMING HOME PROJECT**

Website: www.cominghomeproject.net PO Box 936 Santa Barbara, CA 93102

Founder and President – **Dr. Joseph Bobrow**, Roshi

SERVICES: Counseling, individual, family retreats for OIF, OEF veterans and military families, and community training.

E-Mail: contact@cominghomeproject.net for information on Community Programs.

COACHING INTO CARE 888 823-7458 Toll Free

Website: <http://www.mirecc.va.gov/coaching/services.asp>

SERVICES: **Free**, confidential coaching service that will assist family and friends in talking to their veteran about concerns and treatment options. Services are provided by licensed clinical social workers and psychologists.

DCoE MILITARY OUTREACH CENTER 24/7 Help for psychological health and traumatic brain injury.

866 966-1020 Toll Free

Website: <http://www.dcoe.mil/Families/Help.aspx>

DEL AMO BEHAVIORAL HEALTH SYSTEM OF SOUTHERN CALIFORNIA 800 533-5266 Toll Free Torrance, CA

Website: www.DelAmoTreatment.com

SERVICES: Trauma Recovery/Military Trauma – partial hospitalization program utilizing various trauma treatment modalities providing individual and group support for PTSD, MST, and addictions. A multidisciplinary team approach staffed by mental health professionals, the program is an intensive 6 hours a day commitment, Monday thru Friday, and transportation is provided. **Tricare certified.** Del Amo BHS regularly schedules trainings and workshops for clinicians to enhance their therapeutic interventions with military connected clients. Community providers are welcome to attend.

DIDI HIRSCH MENTAL HEALTH SERVICES – 310 677-7808 Main

Website: www.didihirsch.org/node/34 Services provided to individuals who are MediCal eligible. Five service locations include the Inglewood, Glendale, Metro, Taper and Mar Vista offices.

SERVICES: Individual, family counseling, school based intervention for military connected students, community training.

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: **Deanne Bender**, Program Director 818 897-2609 ext. 702 E-Mail: DBender@didihirsch.org

DISTRESS 877 476-7734 24/7

Website: www.DStressLine.com

SERVICES: Confidential, **free** of charge counseling and crisis intervention services for Marines, attached Sailors, and their family members provided by veteran Marines, former FMF corpsmen, Marine Corps spouses or other family members and licensed behavioral health clinical counselors.

GIVE AN HOUR

Website: www.giveanhour.org E-Mail: info@giveanhour.org

SERVICES: Volunteers provide counseling for U.S. military personnel and their families. **Free, confidential** mental health services in person or telephonic. Spanish speaking counselors are available. Therapists are licensed mental health professionals.

CONTACT: **Jessica Grove**, Program Specialist E-Mail: jgrove@giveanhour.org

HOPE FOR THE WARRIORS RESTORING *SELF *FAMILY *HOPE 877 246-7349; 877 2HOPE4W Toll Free

Website: www.hopeforthewarriors.org

SERVICES: Assists in the care, coordination of services and family reintegration to enhance the quality of life for post-9/11 service members, their families, and families of the fallen who have sustained physical and psychological wounds in the line of duty. Clinical Support Services provided nationally include short term counseling via telephone, video conference and in person, by licensed therapists.

CONTACT: **Joseph McCarthy**, Regional Social Worker 910 546-0144 E-Mail: JMcCarthy@hopeforthewarriors.org

Crisis Hotline 800 273-8255, then press **1** **Dial 911** for Emergency

in TRANSITION Mental Health Coaching and Support Program – Confidential, Toll Free 24/7 call at 800 424-7877

Outside the US Toll Free: 800 424-4685 (DSN) Outside the US collect: 314 387-4700

SERVICES: Link to the successful transition of service members who are currently receiving mental health treatment. Providing tools and resources for mental health providers and service member clients.

Copy link and paste to browser: inTransition.dcoe.mil

iREST Integrative Restoration Institute

Website: <http://www.irest.us/projects/veterans>

SERVICES: Supporting active duty, veterans and their families in programs in 30 VA or military settings throughout the U.S. to support of healing traumas and the symptoms of PTSD.

LA COUNTY DEPARTMENT OF MENTAL HEALTH VALOR Program 213 763- 0300 Clinic
SERVICES: Prevention & early intervention, mental health, and homeless Veteran's services.
CONTACT: Carl P. McKnight, PsyD E-Mail: CMcKnight@dmh.lacounty.gov

MCAS MIRAMAR COMMUNITY COUNSELING CENTER 858 577-1129
SERVICES: Counseling services to Active Duty Marines/Sailors and their families, provided by licensed clinicians.

MILITARY FAMILY LIFE CONSULTANTS MHN Government Services

Website: <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** Toll Free

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 SEXUAL TRAUMA – After Deployment

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

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

MINDFUL WARRIOR PROJECT

Website: www.mindfulwarriorproject.org

SERVICES: Provides mindfulness-based practices to veterans struggling with PTSD, depression, addiction, homelessness, and other life challenges.

CONTACT: Gail Soffer, Founder and Executive Director 818 616-2931 Office E-Mail: Gail@mindfulwarriorproject.org

MOVING FORWARD

Website: <http://startmovingforward.t2.health.mil>

SERVICES: **Free**, online educational and life coaching program that teaches problem solving and stress reduction skills. Links to many other military related resources and supports.

NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY T2Health – Mobile Apps <http://t2health.dcoe.mil>

NATIONAL DOMESTIC VIOLENCE HOTLINE 800 799-SAFE (7233) or 800 787-3224 (TDD) Toll Free

NATIONAL HOPELINE NETWORK (National Suicide Line) 800 784-2433 Toll Free

NATIONAL SEXUAL ASSAULT HOTLINE 800 656-HOPE (4673) Toll Free

NATIONAL SUICIDE PREVENTION LIFELINE 800 273 – (TALK) 8255, then **press 1** Toll Free

Dial 911 for Emergency

NATIONAL VETERAN'S PTSD HOTLINE 800 293-1438 Toll Free 24/7 PTSD resources for vets.

PACIFIC CLINICS 626 254-5000 Corporate Office 800 S. Santa Anita Avenue Arcadia, CA 91006

Website: <http://www.pacificclinics.org> Pacific Clinics Locations: <http://www.pacificclinics.org/services/locations-list>

PACIFIC Clinics Training Institute – <http://www.mypcti.org>

SERVICES: Provides leading-edge behavioral healthcare services across the life-span to diverse populations in Los Angeles, Orange, Riverside, San Bernardino and Ventura counties. E-Mail: info@pacificclinics.org

PENNY LANE CENTERS CLINIC 661 274-0770 Office 43520 Division Street Lancaster, CA 93535
SERVICES: FOCUS resiliency training provided for military connected families.
CONTACT: Ken Backman, LMFT Clinical Supervisor E-Mail: kbackman@pennylane.org

PERINATAL MENTAL HEALTH (Depression and/or anxiety related to pregnancy and post-partum) **Dial 911** for Emergency
Maternal Mental Health NOW 213 742-6349 Office
 Website: www.maternalmentalhealthnow.org Directory: <http://www.directory.maternalmentalhealthnow.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 Progress

<http://www.postpartumprogress.com/support-veterans-military-moms-postpartum-mood-disorders>

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

Lisa Marie Dryan, Coordinator – Inland Empire Perinatal Mental Health Collaborative 951 683-5193 Office
 E-Mail: ldryan@wyliecenter.org

Perinatal Mental Health Resource Guide:

<http://www.postpartumprogress.com/womens-mental-health-treatment-programs-specialists-us-canada-australia>

PROJECT FOCUS Nathanson Family Resilience Center – UCLA 310 794-2482; 855 231-9500; 310 903-2308
 Website: www.focusproject.org / <http://nfrc.ucla.edu/programs> / focus@nfrc.ucla.edu
SERVICES: Family resiliency training and intervention for military connected families. Resources include **FOCUS World**, an interactive online educational tool supporting family resiliency. Website: www.focusworld.org
CONTACT: Patricia Lester, MD Director 310 794-3227 E-mail: plester@mednet.ucla.edu
 William R. Saltzman, PhD Associate Director 562 985-5615 E-Mail: wrsaltzman@mednet.ucla.edu

FAMILY DEVELOPMENT PROJECT

CONTACT: Catherine Mogil, PsyD Director 310 794-3518 Direct E-Mail: CMogil@mednet.ucla.edu

FOCUS On The Go – Online skill building activities and games. <http://nfrc.ucla.edu/focus-on-the-go>

FOCUS World – Online resiliency training. <http://www.focusproject.org/focus-world-intro> / www.focusworld.org

Women Veterans FOCUS Project – <http://nfrc.ucla.edu/WomenVets> – Resiliency training serving the needs of female veterans in residence at US Vets Village (Long Beach) and VOALA – Blue Butterfly Village
CONTACT: Terri Morgan, LMFT Project Director 310 913-9772 E-Mail: tmorgan@mednet.ucla.edu

OPERATION MEND – <http://nfrc.ucla.edu/OpMend-FOCUS> / <http://operationmend.ucla.edu>

Free medical care at **UCLA Medical Center** for specialty injuries sustained while serving OIF/OEF as active duty and intensive structured treatment for invisible wounds of war (PTSD and mild TBI). Featuring online support for families.
CONTACT: Jo Sornborger, PsyD, Director 310 267-2110 Office; 310 983-3724 Fax E-Mail: jsornborger@mednet.ucla.edu

PROJECT FOCUS - Early Childhood Model – FOCUS parenting training for families with children ages 3– 6 years.
CONTACT: Cara J. Kiff, PhD Project Director 310 794-1642 E-Mail: CKiff@mednet.ucla.edu

PROJECT SANCTUARY – P.O. Box 1563 Granby, CO 80446

Website: <http://projectsanctuary.us/serving-military-families/thriving-into-the-future/> / <http://projectsanctuary.us/>

SERVICES: Therapeutic retreats for military connected children and their families, committed to bringing health and wellness to the family unit.

CONTACT: Heather Ehle, Founder/Executive Director

E-Mail: Heather@projectsanctuary.us or info@ProjectSanctuary.us

SAFE HELPLINE Sexual Assault Support 877 995-5247 **SECURE – WORLDWIDE – CONFIDENTIAL 24/7**

SAN DIEGO ACCESS AND CRISIS LINE 888 724-7240 **24/7**

SERVICES: Licensed clinicians providing resources for suicide prevention, crisis intervention, community resources, mental health referrals and alcohol and drug support services.

STEVEN A. COHEN MILITARY FAMILY CLINIC AT USC 213 688-9810 830 S. Flower Suite 100 Los Angeles, CA 90017
 Website: <https://militaryfamilyclinic.usc.edu/>
SERVICES: Integrated mental health services, case management for veterans and their families. Services are **free**.
CONTACT: **Jim Zenner**, MSW Associate Director Community Programs Contact: Cohenmfc@usc.edu

STRENGTH IN SUPPORT For Veterans, Active Military & Their Families
 Website: www.StrengthInSupport.org
SERVICES: Providing individual, couple, family & group counseling, mentorship, educational and recreational workshops.
CONTACT: **Connie S. Thomas**, MA, LMFT Los Angeles County Office 310 736-1090 or 714 371-7954 Cell
 Orange County Office 949 505-5015

STRONG FAMILIES STRONG CHILDREN 714 953-4455 ext. 661 **Behavioral Health Services for Military Families**
 (Child Guidance Center) 525 N. Cabrillo Park Dr. Suite 300, Santa Ana, CA 92701
SERVICES: Veterans serving veteran children and their families. Services to improve family relationships, effective parenting, problem solving skills.
CONTACT: E-Mail: strongfamilies@cginc.org Call or e-mail to make an appointment.

THE SOLDIERS PROJECT 818 761-7438 Office; 877 576-5343 **Toll Free** 818 761-7476 Fax
 4605 Lankershim Blvd. Suite 202 North Hollywood, CA 91602
 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: E-Mail: info@thesoldiersproject.org

THE VILLAGE FAMILY SERVICES 818 755-8786 Office 6736 Laurel Canyon Blvd., Ste. 200 North Hollywood, CA 91606
 Website: www.thevillagefs.org / <http://www.thevillagefs.org/contact-us>
 Two **VFS** clinic sites are located in North Hollywood and one is located in Huntington Park, CA
SERVICES: Children and family services including assessment, individual and family therapy, parenting classes, and court approved domestic violence treatment classes. Fees are sliding scale, MediCal, no one turned away for inability to pay.
CONTACT: **Deborah Hoffman**, PsyD Director of Outpatient Services 818 824-9814 Direct; 818 755-8786 ext. 1004
 E-Mail: dhoffman@thevillagefs.org

TRI-CARE www.tricare.mil **Behavioral Health Services** West Region 877 988-9378
 Website: <https://www.uhcmilitarywest.com/uhcmw/portal/search/overview/>
 Federal Health Insurance Program serving uniformed service members, retirees and their families worldwide.
SERVICES: Mental health services including, assessments, counseling, and psycho therapeutic interventions including prescribing psychotropic medications.
Behavioral Health Services & Clinician Search:
<https://www.lww-trans.com/clinicianSearch.laww?color=blue&id=3632&lang=en&eapCert=false&trans=00000000>
 If you feel you need **urgent help**, please call:
1-800-273-8255 National Suicide Prevention Lifeline
1-800-273-8255 FREE press 1 Military Crisis Line
1-866-966-1020 FREE Defense Centers of Excellence 24/7 Outreach Center

UNITED HEALTHCARE MILITARY & VETERANS 877 988-9378 **Toll Free**
 Website: www.uhcmilitarywest.com
 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.

VET CENTER 877 222 8387 **Toll Free**; 720 874-1031 Vet Center **"Combat Call Center"** 877 927-8387 – **24/7**
 Website: www.va.gov/rcs – Listings by local area
SERVICES: Readjustment and counseling for PTSD and Military Sexual Trauma (MST). Group, marital and family counseling, substance abuse, domestic violence and job counseling. **Confidential** services, **free** to eligible veterans and their families. **Operation WE CARE** meetings – offer general support.

LOCAL OFFICE: 323 728-9966 5400 East Olympic Blvd., Ste. 140 Commerce, CA 90022 (East Los Angeles area)
LOCAL OFFICE: 310 641-0326 5730 Uplander Way, Ste. 100 Culver City, CA 90230
LOCAL OFFICE: 800 225-8387 12453 Lewis Street, Ste. 101 Garden Grove, CA 92840

Vet Center – continued

LOCAL OFFICE: 310 767-1221 1045 w. Redondo Beach Blvd., Ste. 150 Gardena, CA 90247

LOCAL OFFICE: 818 576-0201 20946 Devonshire Street, Ste. 101 Chatsworth, CA 91311

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

VETERANS AND MILITARY CRISIS LINE 800 273-8255 Press 1 for **CRISIS**; text (838255) Toll Free 24/7

Website: <http://militaryparenting.t2.health.mil/#sthash.mYNfbwv.dpuf> /
<http://www.veteranscrisisline.net/Default.aspx>

WAR WITHIN CSSP Primary Health Care and Behavioral Health Provider Directory (Citizen Soldier Support Program)

Website: www.warwithin.org

SERVICES: Connecting service members, veterans and their families to primary care and behavioral health care resources nationwide.

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

WOUNDED HEROES OF AMERICA 310 355-0266 14147 Hawthorne Blvd. Hawthorne, CA 90250

Website: www.woundedheroesofamerica.org / www.facebook.com/WoundedHeroesOfAmerica

SERVICES: Providing one-on-one support and counseling, monthly financial assistance, social events and public education.

CONTACT: Mike Talleda, President 310 355-0266 Office 310-780-4540 Cell E-Mail: mtalleda@aol.com

GENERAL ASSISTANCE / RESOURCES

211 LA COUNTY Dial 211 for information. 626 350-1841 Administrative Office

Website: www.211la.org Access the Los Angeles County Veterans Resources Portal – Veterans & Military Services

Link: <https://www.211la.org/lacommunityveteransportal>

SERVICES: Los Angeles County resource and information portal and information line with specific services provided to support the resource needs of military service members, veterans and their families.

Text2Vet – 24 hour, Text “veterans” to LA211 (52211), for access to peer navigators and military related resources.
 Resources can also be accessed online via the Link above.

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, Program Manager E-Mail: Respinoza@1736fcc.org 562 388-7656 Office; 323 401-7572 Cell

AMERICAN LEGION FAMILY SUPPORT NETWORK 800 504-4098 Toll Free

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 Office 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: The **Red Cross** provides emergency communication, access to emergency financial assistance, & information and referral for military service members and their families. Support to wounded warriors, veterans and to their families. Deployment services, emergency preparedness and resiliency training.

CONTACT: **Lauren Duncan**, Regional Program Manager – Service to the Armed Forces & Veterans 310 445-9945 Office
 E-Mail: Lauren.Trosclairdunc@redcross.org

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

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

SERVICES: Provides emergency financial assistance to Army personnel.

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)

BLUE STAR FAMILIES Strengthening America’s Military Families

Website: <https://bluestarfam.org/>

SERVICES: Connecting military family communities with the general public, offering **free** resources and referrals to services. Leading source for data on needs of military families.

CONTACT: Southern California Contact

BOB HOPE PATRIOTIC HALL 213 744-4825 Main 1816 S. Figueroa Street Los Angeles, CA 90015

Website: <http://mva.lacounty.gov/wps/portal/mva>

SERVICES: Many organizations dedicated to supporting the needs of U.S. Military, veterans and their families are co-located within this facility offering a host of services. Monthly Legal Clinic, call or visit the website for a listing of resources and program offices. Open Monday thru Friday, 8:00 am to 4:00 pm.

CALIFORNIA DEPARTMENT OF VETERANS AFFAIRS VA departments are available for each State.

Website: www.calvet.ca.gov

SERVICES: Resources for housing, home loans, education, healthcare, and employment. Women and minority veteran resources.

CALIFORNIA STATEWIDE COLLABORATIVE FOR OUR MILITARY AND FAMILIES 408 779-6916; 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

CARING FOR MILITARY FAMILIES – THE ELIZABETH DOLE FOUNDATION Caregiver Resource Guide

Website: <http://elizabethdolefoundation.org/caregiver-resource-guide/#sthash.XwFoxZwX.dpbs>

SERVICES: A listing of local and National resources to assist military caregivers as they support and care for their injured service members and veterans.

DISABLED VETERANS NATIONAL FOUNDATION

Website: <http://www.dvnf.org/veterans-programs/gps-home-program>

SERVICES: (**Grants to Provide Stability**) Home Program provides emergency financial services resulting from a temporary financial setback. Assists disabled veterans with a mortgage payment, rent or utilities. Funding is limited and is given on an as needed basis.

DOWNTOWN WOMENS CENTER 213 680-0600 Office 442 South San Pedro Street Los Angeles, CA 90013

Website: www.downtownwomenscenter.org

SERVICES: Program provides basic need shelters, permanent supportive housing, medical/mental health services, screenings, education, and job readiness programs. Veterans Program for homeless female vets & their children.

CONTACT: **Myong Kim, LCSW** E-Mail: MyongK@downtownwomenscenter.org 213 213-2867

FAMILY OF A VET

Website: <http://www.familyofavet.com>

SERVICES: Education and resources to support veterans with PTSD, TBI and other post combat issues and their families and caregivers.

CONTACT: **Brannan Vines**, Founder and Proud Wife of a Hero E-Mail: Brannan-at-familyofavet.com

FISHER HOUSE FOUNDATION 888 294-8560 **Toll Free**; 301-294-8560 111 Rockville Pike, Ste. 420 Rockville, MD 20850
 Website: www.fisherhouse.org E-Mail: info@fisherhouse.org

Greater Los Angeles Fisher House Foundation 140 S. Barrington Avenue Los Angeles, CA 90049 310 440-8400
VA Greater LA Health Care – Fisher House 11301 Wilshire Blvd., Bldg. 512 Los Angeles, CA 90073 310 268-4457

Sharon Hudson, Manager E-Mail: Sharon.hudson4@va.gov

Calif. Naval Medical Center–Fisher House San Diego, CA 619 532-9055 Direct; 619 532-8751 **Kristin Palmer**, Manager
SERVICES: Provides “comfort homes” for military families to be close to loved one during hospitalization for illness, disease, or injury. Provides scholarships to the children of injured service members, veterans and to military spouses.

HEALTHY CITY

Website: www.healthycity.org

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

IRAQ & AFGHANISTAN VETERANS OF AMERICA Rapid Response Referral Program 855 917-2743; 855 91-RAPID **Toll Free**
 Website: www.iava.org/rrrp E-Mail: transition@iava.org

SERVICES: Transition support for OIF/OEF/OND veterans and their families living in California and New York, provides case management and referrals. Enroll for services on website.

CONTACT: **Anthony Pike**, Field Director 212 982-9699 (New York) E-Mail: Anthony@iava.org

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH – VALOR Program 213 763-0300

SERVICES: Prevention & early intervention mental health services, and homeless veteran’s services.

CONTACT: **Carl P. McKnight**, PsyD E-Mail: CMcKnight@dmh.lacounty.gov

LOS ANGELES HOMELESS SERVICES AUTHORITY 213 683-3333 811 Wilshire Blvd., 6th Floor
 Los Angeles, CA 90017

Website: <http://www.lahsa.org/veterans.resources.asp>

**LOS ANGELES VETERANS COLLABORATIVE (LAVC)**

Website: <http://cir.usc.edu/lavc> / <http://cir.usc.edu/community-engagement/la-vet-collaborative>

SERVICES: Networking, outreach and advocacy with military connected community partners. Monthly meetings.

CONTACT: **Nathan Graeser**, MDiv, MSW Community Liaison/Analyst 213 821-3616 E-Mail: graeser@usc.edu

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

Website: www.militarychildrenscollaborativegroup.com

SERVICES: A 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.COM Spouse

Website: www.military.com /

<http://www.military.com/spouse/military-life/military-resources/family-support-services.html>

SERVICES: Online links to resources for service members and military families.

MILITARY CONNECTION.COM 800 817-3777 **Toll Free**

Website: www.militaryconnection.com

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

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

Judy James E-Mail: Judij@militaryconnection.com

MILITARY ONE CLICK or MILITARYiCLICK

Website: www.militaryoneclick.com / www.militaryiclick.com

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

MILITARY WOMEN IN NEED 310 733-2450 Office 2355 Westwood Blvd., Ste. 350 Los Angeles, CA 90064

Website: www.militarywomeninneed.org

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

CONTACT: **Ranlyn Tilley Hill**, JD Executive Director, ext. 104 E-Mail: rhill@militarywomeninneed.org

Lisa Cash, LMFT Director of Programs, ext. 108 E-Mail: lcash@militarywomeninneed.org

MYARMYONESOURCE.COM

Website: www.myarmyonesource.com

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

NATIONAL MILITARY FAMILY ASSOCIATION

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

SERVICES: Resources and information for the military spouse, partner and the parents of service members and veterans.

NATIONAL RESOURCE DIRECTORY

Website: www.nrd.gov / <http://www.nationalresourcedirectory.org> /

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.

NATIONAL VETERANS FOUNDATION 310 642-0255 Office; 888 777-4443 *Lifeline for Vets 24/7/365*

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

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

CONTACT: **Floyd "Shad" Meshad**, LCSW, CTS, TFTdx – President & Founder E-Mail: Shad@nvf.org

NAVY MARINE CORPS RELIEF SOCIETY (NMCRS)

Website: <http://www.nmcrcs.org> Find an office: <http://www.nmcrcs.org/locations>

SERVICES: Education assistance, emergency travel, quick assist loans, disaster relief, health education and post-combat support.

NAVY REGION SOUTHWEST

Website: www.navylifefsw.com

CONTACT: **Kelly Frish**, Regional School Liaison Officer 619 532-1034 Navy Region Southwest

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

Website: <http://www.cnrc.navy.mil/regions/cnrcsw/ffr.html>

Navy Region Southwest School Liaison: <http://navylifefsw.com/sandiego/families/cyp/schoolliaison>

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

San Diego Naval Community Family Support Program

Website: <http://navylifefsw.com/sandiego/families/ffsc/family-programs>

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

The Navy's organization that coordinates the non-medical care of seriously wounded, ill, and injured Sailors, Coast Guardsmen and their families.

NEW DIRECTIONS Where Veterans Turn 310 914-5966 – **24 Hour Assistance**; 910 914-5495 Fax
11301 Wilshire Blvd., VA Bldg. 116 West Los Angeles, CA 90073

Website: www.ndvets.org / http://www.newdirectionsinc.org/about_womens_program.html

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 – **Sharon McClendon**, Program Supervisor 310 398-0191

OPERATION FAMILY CAREGIVER

Website: www.operationfamilycaregiver.org

SERVICES: Operation Family Caregiver (OFC) provides free and confidential support to the families of those who have served our nation. OFC coaches the families of service members and veterans to manage the difficulties that come with returning home. OFC is a personalized program tailored specifically to the challenges and strengths of each family. The program is offered in person or through Skype.

For more information: www.operationfamilycaregiver.org or call, 800 827-1008. **Kim Fuller**, MFT Caregiver Coach
reachout@operationfamilycaregiver.org for caregiver resources or to be contacted by a Caregiver Coach within 24 hours.

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/social / www.Homefrontonline.com

1631 W. Sunflower Ste. 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

OUR MILITARY KIDS 866 691-6654 **Toll Free**

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

PATRIOTIC HALL (Bob Hope) 213 744-4825 Main 1816 S. Figueroa Street Los Angeles, CA 90015

Website: <http://mva.lacounty.gov/wps/portal/mva>

SERVICES: Services dedicated to supporting the needs of U.S. Military, veterans and their families are co-located within this facility. **Monthly Legal Clinic**, call or visit the website for a complete listing of resources and program offices. Open Monday thru Friday, 8am to 4 pm.

PATRIOTS AND PAWS

Website: www.patriotsandpaws.org

SERVICES: Providing to Active Duty personnel and Active Duty, small household items, furniture and rescued companion animals.

RESERVE AID 972 767-0331 Fax

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. Assistance with utility bills, auto insurance, rent/mortgage, auto payment. Apply online or fax application for consideration.

SALVATION ARMY Westwood Transitional Housing 310 477-9539 1401 S. Sepulveda Blvd. L.A., CA 90025

Website: http://www1.usw.salvationarmy.org/usw/www_usw_southcal.nsf/vw-sublinks/AF2BC42C61EA36C9882575A50067638A

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.

SEMPER FI FUND 760 725-3680 Oceanside, CA

Website: <https://semperfifund.org> E-Mail: info@semperfifund.org

SERVICES: Immediate financial assistance and emotional support to the families of injured or critically ill Post 9/11 service members. Also provide assistance to the spouses or children of active duty service members who face a life threatening illness or injury, including **Semper Fi Fund Kids Camp**.

CONTACT: Wendy Lethin, Senior Director Outreach and Development 760 725-3680

E-Mail: wlethin@semperfifund.org

SOLDIER AND FAMILY ASSISTANCE CENTER Located at or near **Warrior Transition Units (WTUs)**

Website: <http://www.wtc.army.mil/modules/family%20and%20caregivers/f6-assistance.html>

SERVICES: Assist with challenges faced by soldiers and their families who have been impacted by injury and the effects of war, including medical care, military and VA benefits, personnel actions and financial difficulties. Resources and referrals including support for soldiers transforming back into active duty or in transitioning from the Army.

SOUTHERN CAREGIVER RESOURCE CENTER www.caregivercenter.org

Operation Family Caregiver www.operationfamilycaregiver.org

SERVICES: Free, confidential support to family caregivers of returning service members and veterans.

CONTACT: Kim Fuller, MFT Caregiver Coach SCRC Office - 800 827-1008 Los Angeles; San Diego, CA 858 268-4432

To make a referral contact: scrc@caregivercenter.org or call 858 268-7816

reachout@operationfamilycaregiver.org for caregiver resources or to be contacted by a Caregiver Coach within 24 hours.

ST. JOSEPH'S CENTER Homeless Services 310 396-6468 204 Hampton Drive Venice, CA 90291-8633

Website: http://www.stjosephctr.org/homeless_center.html

SERVICES: Case management, emergency services including shelter placement, food pantry and showers.

Veterans Representative Payee Program, affordable housing, family center services.

CONTACT: ValEcia Adams, Executive Director E-Mail: Vadams@stjosephctr.org

SUPPORT KIDS IN PROGRESS (SKIP) 562 881-6573

Website: www.supportkidsinprogress.org

SERVICES: An intervention program providing education and resources to veterans and their families in support of suicide prevention and building effective coping skills for the emotional needs of military connected families.

CONTACT: Alice Varela, Founder E-Mail: avarela@skipwithus.org

SUPPORT THE ENLISTED PROJECT (STEP) 714 444-0075 Santa Ana, CA – 858 695-6810 San Diego, CA

Website: www.stepsocal.org

SERVICES: Emergency assistance for service members, veterans and their families.

SUPPORTIVE SERVICES FOR VETERAN FAMILIES (SSVF) – U.S. Department of Veterans Affairs

877 424-3838 (4AIDVET) Toll Free

Website: www.va.gov/homeless/ssvf.asp Click link to access listings of program providers in your area.

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 Fax

Website: <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: Carl Castro, PhD Director E-Mail: Cacastro@usc.edu

Los Angeles Veterans Collaborative (LAVC) – <http://cir.usc.edu/community-engagement/la-vet-collaborative>

The State of the American Veteran: The Los Angeles County Veterans Study, 2014

http://cir.usc.edu/wp-content/uploads/2013/10/USC010_CIRLAVetReport_FPpgs.pdf

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.**Benefits for Dependents and Survivors**Website: http://www.va.gov/opa/persona/dependent_survivor.asp**SERVICES:** The **Veterans Benefits Administration** offers information and benefits to spouses, children and parents of service members and veterans who are deceased or totally disabled as a result of a service-connected disability.**Healthy Living Centers** – An online library of health education and promotion materials.Website: [https://www.myhealth.va.gov/mhv-portal-](https://www.myhealth.va.gov/mhv-portal-web/anonymous.portal?_nfpb=true&_pageLabel=healthyLiving&contentPage=healthy_living/healthy_living_intro.htm)[web/anonymous.portal?_nfpb=true&_pageLabel=healthyLiving&contentPage=healthy_living/healthy_living_intro.htm](https://www.myhealth.va.gov/mhv-portal-web/anonymous.portal?_nfpb=true&_pageLabel=healthyLiving&contentPage=healthy_living/healthy_living_intro.htm)**US VETS United States Veterans Initiative** 213 542-2600 800 W. Sixth Street, Ste. 1505 L. A., CA 90017Website: 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, female veteran services, employment, housing, advocacy.**Non-Custodial Father Program/Veterans Re-Entry Project (VRP)** 310 348-7600 733 S. Hindry Ave. Inglewood, CA 90301**SSVF Program** – Homeless prevention, rapid re-housing 310 744-6536 733 S. Hindry Ave. Inglewood, CA 90301**US Vets, Inland Empire Office** 951 656-6892 15105 6th Street March Air Reserve Base, CA 92518**US Vets, Long Beach Office** 562 200-7300 2001 River Avenue Long Beach, CA 90810**US Vets, Riverside Office** 951 656-6892 5118 Riverside Drive Riverside, CA 92518**VET HUNTERS PROJECT** ‘Advocates for Homeless Heroes’ – P.O. Box 3174 South El Monte, CAWebsite: <http://vethunters.org> E-Mail: info@vethunters.org**SERVICES:** Dedicated to ending homelessness for all military veterans and their families.**CONTACT:** **Joe Leal**, President/Founder 909 200-8960 Cell E-Mail: Joe@vethunters.org**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 for caregivers.

Website: www.caregiver.va.gov**VETERANS ASSISTANCE OF SAN DIEGO Interfaith Community Services** 550 West Washington Ave Escondido, CA 92025
760 489-6380 Escondido, CA – 760 529-9979 Oceanside, CAWebsite: <http://www.interfaithservices.org/our-programs/veterans-assistance> / www.vasd.org**SERVICES:** Offering a range of social services for veterans and their families including emergency shelter, transitional housing, employee assistance, mental health, homeless prevention and recuperative care.**CONTACT:** **Dean Dauphinais**, Director of Veterans Assistance 760 489-6380 ext. 241E-Mail: ddauphinais@interfaithservices.org or www.Contact@vasd.org**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 Office 3600 Wilshire Blvd., Ste. 1500 Los Angeles, CA 90010

Website: <http://www.voala.org/services/veteran.htm> / www.voala.org**SERVICES:** Battle Buddies, transition support, case management, SSVF, housing assistance, substance abuse and mental health services for 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 HEROES OF AMERICA 310 355-0266 14147 Hawthorne Blvd. Hawthorne, CA 90250
 Website: www.woundedheroesofamerica.org / www.facebook.com/WoundedHeroesOfAmerica
SERVICES: Supporting wounded heroes and their families by providing one-on-one support and counseling, monthly financial assistance, social events and public education.
CONTACT: **Mike Talleda**, President 310 355-0266 Office 310-780-4540 Cell E-Mail: mtalleda@aol.com

WOUNDED WARRIOR PROJECT

Website: <http://www.woundedwarriorproject.org> / <http://www.woundedwarriorproject.org/programs/family-support.aspx>
SERVICES: Resources and support for service members who have service connected injuries or illness, family support programs and advocacy are also provided.

YWCA of GLENDALE 818 242-4155 Office; **Domestic Violence Program 24 Hour Hotline** 888 999-7511
 735 E. Lexington Drive Glendale, CA 91206
SERVICES: Domestic violence hotline, emergency shelter, counseling, child care, legal advocacy, and resources.

GRIEF SUPPORT

AMERICAN GOLD STAR MOTHERS, Inc. (AGSM)

Website: <http://www.goldstarmoms.com>
 Provide support to mothers who have lost a son or daughter in the service to our country.

CENTER FOR GRIEF & LOSS FOR CHILDREN – 626 395-7100 Main; 866 744-7433; 866 74GRIEF; 213 792-6069 (Spanish)

Website: <http://www.griefcenterforchildren.org/what.html>
SERVICES: **No fee** groups for children and families, offered in English and Spanish. Several clinic sites within LA County.
CONTACT: **Mary Catherine Snyder** E-Mail: MaryCSnyder@Hathaway-Sycamores.org

COMPASSIONATE FRIENDS **Supporting Family After A Child Dies** 877 969-0010 National Office **Toll Free**

Link: nationaloffice@compassionatefriends.org for local chapter office locator.
 Website: <http://www.compassionatefriends.org/home.aspx>
SERVICES: Grief support for families after the death of a child of any age from any cause, customized bereavement materials.

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

OUR HOUSE 310 473-1511 Office; 310 475-2985 Fax 1663 Sawtelle Blvd., Ste.300 Los Angeles, CA 90025

Website: www.ourhouse-grief.org
SERVICES: Grief support for children and families, Camp Erin. Preschool, school age and teen grief groups, sliding fee.
CONTACT: **Lauren Schneider**, LCSW Child/Adolescent Programs E-Mail: Lauren@ourhouse-grief.org

NATIONAL MILITARY FAMILY BEREVEMENT STUDY

Website: <http://www.militarysurvivorstudy.org/resources.php>
SERVICES: Links for sources of support for surviving families.

NATIONAL RESOURCE DIRECTORY **Survivor Directory**

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

SURVIVOR OUTREACH SERVICES (SOS)

Website: <http://www.sos.army.mil>
SERVICES: Serving Army National Guard, US Army Reserves and Active Component Families, providing dedicated outreach and support to families of fallen soldiers.
CONTACT: **Vito Valdez**, SOS Support Coord. 858 573-7055 Office; 619 384-9806 Cell E-Mail: vito.l.valdez.ctr@mail.mil

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS) 800 959-TAPS (8277) **Toll Free**

Website: <http://www.taps.org>
SERVICES: Peer based emotional support, grief and trauma resources. **“Good Grief”** camps for children and retreats.

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 **Toll Free**

Website: www.uhcmilitarywest.com

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

VA GREATER LOS ANGELES HEALTHCARE <http://www.losangeles.va.gov/contact>

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

SERVICES: Medical services for returning veterans of all branches.

WOMEN'S WELLNESS PROGRAM – **VA – Los Angeles Ambulatory Care Center (LAACC)** 213 253-2677

315 E. Temple Street Los Angeles, CA 90012

CONTACT: 213 253-2677

Women's Health Services Contact Clinic @ ext. 4340 / 4341

Women's Mental Health Services Contact Clinic @ ext. 4754 / 4751

LEGAL RESOURCES

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

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

Website: www.cwlc.org E-Mail: info@cwlc.org

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

CONTACT: **Laura Riley**, JD Senior Staff Attorney 323 951-1041 Office E-Mail: laura.riley@cwlc.org

COUNTY OF LOS ANGELES – CHILD SUPPORT SERVICES DEPARTMENT 323 832-7216

5500 S. Eastern Avenue Commerce, CA 90040-2924

Website: <http://cssd.lacounty.gov/wps/portal/cssd>

SERVICES: Offers information and resources to assist residents in seeking and receiving **child support** payments

CONTACT: **Al Reyes**, Division Chief – Outreach Services Division E-Mail: Al_Reyes@cssd.lacounty.gov

HARRIET BUHAI CENTER FOR FAMILY LAW 213 388-7505 3250 Wilshire Blvd., Ste. 710 L.A., 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: **Elizabeth Beaty**, JD Staff Attorney 213 388-7505, ext. 319 E-Mail: Elizabeth@hbcfl.org

INNER CITY LAW CENTER 213 891-2880 or E-Mail: info@innercitylaw.org

Website: <http://www.innercitylaw.org> **Homeless Veterans** <http://www.innercitylaw.org/homeless-veterans>

SERVICES: Assistance with evictions, case managers and mental health providers.

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

Chapman/Berkeley Soldier's Project

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

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

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

Chapman University Campus – 328 N. Glassell Orange, CA

LOS ANGELES COUNTY BAR ASSOCIATION LACBA Veterans Project – Conducts Free Legal Clinics for Veterans
 Website: www.lacba.org/veterans E-Mail: inquiries-veterans@lacba.org
CONTACT: 213 896-6537

LOS ANGELES SUPERIOR COURT – Self Help Legal Clinic for Military Service Members and Veterans – Family Law/Child Support

Time: 1:30 pm – 4:00 pm, on the 4th Friday of the Month. Confirm date: 213 744-4825

Location: **Bob Hope Patriotic Hall** 1816 S. Figueroa Street Los Angeles, CA 90015

LAW HELP – <http://LawHelpCa.org> Links to legal resources in your area including non-profits and law libraries, download court forms.

LAW PROJECT of LOS ANGELES 213 254-2405 8939 S. Sepulveda Blvd., #110-746 Los Angeles, CA 90045

Website: <http://lawprojectla.org/expungements.html> E-Mail: info@lawprojectla.org

SERVICES: Provides **no-cost**, high quality legal services to workers with prior involvement in the criminal justice system.

LEGAL AID FOUNDATION OF LOS ANGELES

Veterans Justice Center (VJC) 800 399-4529 For service members, veterans and their families needing legal help.

LAFLA Program Sites: Central Office 213 640-3881 1550 W. 8th Street Los Angeles, CA 90017

East Los Angeles Office 213 640-3883 5228 Whittier Blvd. Los Angeles, CA 90022

Long Beach Office 562 435-3501 601 Pacific Ave. Long Beach, CA 90802

Santa Monica Office 310 899-6200 1640 5th Street #124 Santa Monica, CA

West Office 323 801-7989 1102 S. Crenshaw Blvd. Los Angeles, CA 90019

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, JD 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 assistance 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

Website: <http://www.levitt-quinn.org> **Veterans Project** 213 482-1800 ext. 312

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.

NEIGHBORHOOD LEGAL SERVICES OF L. A. COUNTY Veterans Empowerment Initiative 800 433-6251 ext. 128 Toll Free

13327 Van Nuys Blvd. Pacoima, CA 91331

Website: www.nlsla.org / <http://www.nlsla.org/projects/veterans-initiative/>

SERVICES: Legal services for veterans to ensure they have access to the benefits and support services they need.

CONTACT: Paula Clamurro, MSW, JD 818 834-7528 Direct E-Mail: PaulaClamurro@nlsla.org

Paul Freese, JD Director, Litigation and Policy Advocacy 310 228-8923 Cell E-Mail: paulfreese@nlsla.org

HOTLINE: Mon/Wed/Fri – 9:00am – 1:00pm 800 433-6251 Toll Free, Veteran Disability Benefits & Veteran Pensions

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: 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
601 Civic Center Drive West Santa Ana, CA 92701

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

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

STATESIDE LEGAL

Website: www.Statesidelegal.org

SERVICES: Assisting veterans with legal questions. Funded by Legal Services Corp (LSC).

VA – LEGAL CLINICS Listings of Legal Clinics within VAs

Website: <http://www.va.gov/ogc/docs/LegalServices.pdf>

VA LONG BEACH HEALTHCARE SYSTEM – **Expungement Workshops** – *Clean up your criminal record.*
(California Penal Code 1203.4 Dismissal)

SERVICES: Free, no reservation Expungement workshops, the 1st Tuesday of every other month. Contact for schedule.

CONTACT: Kay Kim 562 826-5593 E-Mail: kim@va.gov

VETERANS LEGAL INSTITUTE (VLI) 714 852-3492

2100 N. Broadway, Ste. 209 Santa Ana, CA 92706

Website: <http://www.vetslegal.com/home.html> Contact: info@vetslegal.com

SERVICES: Provides pro bono (free) legal services to homeless, at risk, disabled and low income current service members and veterans, with focus on reducing barriers in housing, education, employment and health care.

CONTACT: Dwight Stirling, Esq., M.ED President & Co-Founder E-Mail: dstirling@vetslegal.com

Antoinette Balta, Esq., LLM Executive Director & Co-Founder E-Mail: abalta@vetslegal.com

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.marforces.usmc.mil

NAVY
www.navy.mil

NAVY RESERVE
www.navyreserve.navy.mil



Installations Located in Southern California – All services on installations are listed.

Camp Pendleton Oceanside, CA

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:400,INSTALLATION

Edwards Air Force Base Edwards AFB, CA

<http://www.edwards.af.mil>

Ft Irwin Ft. Irwin, CA

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

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:445,INSTALLATION

Joint Forces Training Base Los Alamitos Los Alamitos, CA

<http://www.calguard.ca.gov/JFTB-LosAl>

Los Angeles Air Force Base Los Angeles, CA

<http://www.losangeles.af.mil> /

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:475,INSTALLATION

March Air Reserve Base Riverside, CA

<http://www.march.afrc.af.mil>

Marine Corps Air Station Miramar San Diego, CA

<http://www.miramar.marines.mil>

MCRD San Diego San Diego, CA

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:520,INSTALLATION

Naval Base San Diego, CA

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:655,INSTALLATION

Naval Base Ventura County Point Mugu, Port Hueneme and San Nicolas Island, CA

http://www.cnic.navy.mil/regions/cnsw/installations/navbase_ventura_county.html

Twentynine Palms MCAGCC Twentynine Palms, CA

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0::NO::P4_INST_ID,P4_INST_TYPE:790,INSTALLATION

SPECIAL NEEDS

AUTISM SPEAKS

Website: <http://www.autismspeaks.org/military-families/resources>

SERVICES: Military specific resources for autism. Online, multi-state resources for families impacted by autism.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

SERVICES: Resources, advocacy and coordination of services for children and other family members who may have special needs.

29 Palms – Website: <http://www.mccs29palms.com/pages/mfamservices/EFMP/EFMP.html> 760 830-7740 Office

Camp Pendleton – Website: <http://www.mccscp.com/efmp>

Mainside Bldg. 760 725-5363 Office

SOI Bldg. 760 763-0868 Office

Ft. Irwin – Website: <http://www.irwin.army.mil/Pages/default.aspx> Florine King, Manager 760 380-9698 Office

Los Angeles Air Force Base – Website: <http://laafbforcesupport.com/family/airman-family-readiness/exceptional-family-members-program-efmp/>

310 653-5428 Office

MCAS Miramar – Website: http://www.mccsmiramar.com/exceptional_family_member.html 858 577-4668 Office
Demetra Anderson, MA, Ed.S Program Manager 858 577- 8644 Direct 858 577-9955 Fax

MCDR San Diego – Website:

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0:::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:520,EFMP%20-%20Enrollment,30.90.180.30.190.0.0.0.0,15 619 524-6078 Office

San Diego Naval Base – Website: <http://navylifesw.com/sandiego/families/ffsc/family-programs> 619 556-7404 Office

MILITARY ONE SOURCE – Exceptional Family Member Program (EFMP) Guide 800 342-9647

Website: <http://www.militaryonesource.mil/efmp> Toolkit: <http://www.militaryonesource.mil/efmp/parent-tool-kit> / http://www.militaryonesource.mil/f?p=MOS3:SEARCH:0:::P10_SEARCH:special%20ed

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.

ORGANIZATION FOR AUTISM RESEARCH

Website: www.operationautismonline.org

Resource Guide: *Life Journey Through Autism: A Guide For Military Families*

SPECIAL EDUCATION Special Education Rights & Responsibilities (SERR) Manual (California) E-copy

<http://www.disabilityrightsca.org/pubs/PublicationsSERREnglish.htm> Revised and Updated, September, 2011

Publications – <http://www.disabilityrightsca.org/pubs/PublicationsSpecialEducation.htm>

or to order book/CD online: <http://www.caseadvocacy.org/handbook.html>

SPECIAL NEEDS NETWORK INC. 323 291-7100 Office; 323 291-7104 Fax 4401 S. Crenshaw, Ste. 215 L. A., CA 90043

Website: www.specialneedsnetwork.org

SERVICES: Provides autism awareness and education on related developmental disorders. Resources, advocacy, training, participation in policy related activities and a **free** summer inclusion camp program for children ages 5-16 years old.

CONTACT: **Areva D. Martin**, Esq. President and Co-Founder E-Mail: info@specialneedsnetwork.org

STOMP PROJECT (Specialized Training of Military Parents) **PAVE** – Partnerships for Action, Voices for Empowerment

Website: <http://wapave.org/programs/specialized-training-military-parents-stomp>

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> E-Mail: task@taskca.org

100 W. Cerritos Avenue 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

THINK COLLEGE Website: www.thinkcollege.net Resources on colleges for students who have disabilities.

WARRIOR HEARTED Special Children's Foundation – Serving Los Angeles and Orange Counties

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

SERVICES: Scholarships in support of specialized equipment and service needs for children who have special needs, Advocacy Boot Camp for parents.

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

Military and Department of Defense – Special Education Resources

STUDENT SCHOLARSHIPS / VETERAN STUDENT EDUCATION OPTIONS

ACCREDITED ONLINE COLLEGES

Website: <http://www.accreditedonlinecolleges.org/resources/veteran-continuing-ed>

Continuing education resources for veterans and their spouses, including information regarding grants and scholarships.

AFFORDABLE COLLEGES ONLINE

Website: <http://www.affordablecollegesonline.org/spotlight/affordable-colleges-for-students-with-disabilities>

Guide to financing college for students with disabilities.

AMERICAN LEGION AUXILIARY SCHOLARSHIPS

Website: <https://www.alaforveterans.org/Scholarships>

Scholarships available for veterans, children of veterans and auxiliary members. Check web link for application, deadlines and other available 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.

DEFENSE AND VETERANS BRAIN INJURY CENTER *Back to School: Guide to Academic Success After Traumatic Brain Injury*

Website: <https://dvbic.dcoe.mil/material/back-school-guide> /

<https://dvbic.dcoe.mil/sites/default/files/Back%20to%20School%20Academic%20Success%20After%20TBI.pdf>

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

FEDERAL STUDENT AID

Website: <http://studentaid.ed.gov/types/grants-scholarships/military>

Resources for educational scholarships and financial aid for service members, veterans and their families.

FISHER HOUSE FOUNDATION

Website: www.fisherhouse.org E-Mail: info@fisherhouse.org

Provides scholarships to the children of injured service members and veterans and to military spouses.

FOLDS OF HONOR

Website: <https://www.foldsofhonor.org/scholarships>

Provides scholarships and educational support to the spouses and children of the fallen and wounded service members.

HEROES' LEGACY SCHOLARSHIP – Fisher House Foundation Scholarship Programs

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, 2011.

NATIONAL MILITARY FAMILY ASSOCIATION

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

Scholarship awards to military spouses.

NAVY MARINE CORPS RELIEF SOCIETY

Website: <http://www.nmcrs.org/pages/nmcrs-gold-star-scholarship-programs>

Educational scholarships to the surviving spouse or child of a deceased Navy or Marine Corps service member. See online application for specific qualifications.

ONLINE SCHOOLS Financial Aid for Disabled Students

Website: <http://www.onlineschools.org/financial-aid/disabilities>

PAT TILLMAN SCHOLARSHIP FOUNDATION Serving active duty, veterans and military spouses with educational scholarships for higher education.

Website: <http://pattillmanfoundation.org/apply-to-be-a-scholar>

POST 9-11 GI BILL Information on service member and veteran educational benefits for college and career training.

Website: <http://www.benefits.va.gov/gibill>

SCHOLARSHIP PROGRAMS OF THE FISHER HOUSE FOUNDATION

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.

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

Scholarships and grants exclusively for military community.

THANKS USA Need based college, vocational and technical school scholarships for military children and spouses.

Website: <http://www.thanksusa.org/?source=GovDelivery>

U.S. ARMY WOMEN'S FOUNDATION LEGACY SCHOLARSHIP

Website: <http://www.flc.losrios.edu/Documents/Student%20Services/Financial%20Aid/S-011514-US%20Army%20Womens%20Foundation%20Legacy.pdf>

TUTORING / EDUCATION RESOURCES

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.

MILITARY K12PARTNERS

Website: <http://www.militaryk12partners.dodea.edu/resources.cfm?colId=references>

Military family educational resources and policy information.

MILITARY ONE SOURCE

Website: www.militaryonesource.mil /

<https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/Content.do?contentId=27777> /

http://www.militaryonesource.mil/voluntary-education?content_id=274671

DoD Online library resources available at no charge to service members and their families.

OPERATION HERO (ASYMCA) Armed Services YMCA

Website: www.asymca

Special support for military connected children ages 6-12 who are experiencing difficulties, academic, socially or emotionally. After-school tutoring, mentoring programs provided at selected locations. Check website for locations.

OPERATION WE ARE HERE

Website: http://www.operationwearehere.com/ChildrenEducation.html#anchor_321

Educational resources and support for military connected children and families, including website listings and toolkits.

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

Behavioral health and wellness resources for the military community, post-deployment – podcasts, videos, assessments.

www.afterdeployment.org

**AMERICAN ACADEMY OF PEDIATRICS**

Children's health topics and resources.

www.aap.org

AMERICAN MILITARY PARTNERS ASSOCIATION

Resource and support network for the partners, spouses and families of service members and veterans.

<http://militarypartners.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 ONESOURCE Resources to assist communities in providing informed services to service members & families.

<http://www.aosresourcecenter.com/about>

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 Support, Connect and Empower Military Families

Resources and support for military service personnel and their families. The **Blue Star 2014 Survey of Military Families** is currently available. Excellent statistical data on the needs of military 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

BUILDING CAPACITY and Welcoming Practices in Military Connected Schools – University of Southern California (USC)

Resources, information, and promising practices for assisting military connected students and their families in schools.

<http://buildingcapacity.usc.edu>

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

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

COMFORT CREW for MILITARY KIDS

Resources that support the social and emotional resiliency in military connected children and families. Toolkits include journals, DVD's, and books. In-person live experiences are available. Telephone: 512 337-CREW (2739) Austin, Texas

www.ComfortCrew.org

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 HEALTH CLINICAL CENTER (DHCC)

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

<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



DEFENSE CENTERS OF EXCELENCE

Support tools (links) for military families and children.

http://www.dcoe.mil/blog/13-04-23/Support_Tools_for_Military_Families_Military_Kids.aspx

FAMILY OF A VET

PTSD information and resources for service members and their families.

www.FamilyOfaVet.com

GOLD STAR CHILDREN

This organization raises awareness about American child survivors whose mother or father were killed or died while serving as a member of the United States military. Also see the “*Gold Star Children*” a documentary about child survivors of war casualties, written and directed by Mitty Griffis Mirrer, a gold star child herself.

<http://goldstarchildren.org/about-us>

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

HOPE FOR THE WARRIORS – RESTORING Self – Family – Hope

Support for Post 9/11 service members, their families and families of the fallen who have sustained physical and psychological wounds in the line of duty.

www.hopeforthewarriors.org

in TRANSITION Mental Health Coaching and Support Program – Confidential, Toll Free, 24/7 at 800 424-7877

Outside the US **Toll Free:** 800 424-4685 (DSN) Outside the US collect: 314 387-4700

Link to the successful transition of service members who are receiving mental health treatment. Providing tools and resources for mental health providers and service members in mental health treatment.

Copy Link and paste to browser: inTransition.dcoe.mil

IRAQ & AFGHANISTAN VETERANS OF AMERICA 855 917-2743; 855 91-RAPID **Toll Free**

Rapid Response Program – Transition support, case management and referrals for OIF/OEF/OND veterans and their families who reside in **California** and **New York**.

www.iava.org/rrrp E-Mail: transition@iava.org

iREST Integrative Restoration Institute – Supporting active duty, veterans and their families in programs in 30 VA or military settings throughout the U.S. to support of healing traumas and the symptoms of PTSD.

<http://www.irest.us/projects/veterans>

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=o&y=o>

**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.COM Spouse

Online links to resources for service members and military families.

www.military.com /

<http://www.military.com/spouse/military-life/military-resources/family-support-services.html>

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.

CONTACT: Reyna Mora Reyna, MSW 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

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

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

MOVING FORWARD

Free, online educational and life coaching program that teaches problem solving and stress reduction skills.

<http://startmovingforward.t2.health.mil>

NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY T2Health – Mobile Apps for Behavioral Health, PTSD, Health, Parenting, Stress, Coaching

<http://t2health.dcoe.mil>

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 Ste. 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 FAMILY CAREGIVER

Support for family and caregivers of returning service members and veterans.

www.operationfamilycaregiver.org / www.caregivercenter.org

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

OPERATION WE ARE HERE

Resource listings and toolkits for service members, veterans and military family needs

http://www.operationwearehere.com/ChildrenEducation.html#anchor_321

PARENTING FOR SERVICE MEMBERS AND VETERANS

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

www.militaryparenting.org

PROJECT SANCTUARY

Therapeutic retreats for children, supportive family counseling. Services are **FREE**.
www.projectsanctuary.us

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

Focus is on the identification of critical needs, lessening hardships and improving the quality of lives of severely injured service members, veterans and their care providing families.
www.rebuildhope.org

RESTORE WARRIORS

A link to the Wounded Warrior Project which provides information about living with the invisible wounds of war, including PTSD, TBI, and combat stress.
<http://restorewarriors.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' – <http://www.sesamestreetformilitaryfamilies.org/>

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' – <http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc>

'When Families Grieve – Toolkit' – <http://www.sesamestreetformilitaryfamilies.org/topic/grief/>

Resources to assist parents of young children with the social and emotional impact of parental deployment and

re-integration 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 – <http://www.sesameworkshop.org/?s=military>

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

VA KIDS

Site dedicated to educating children about veterans and the Department of Veterans Affairs.
<http://www.va.gov/kids>

VOLUNTEERS OF AMERICA GREATER LOS ANGELES

Social service programs for Veterans, families, youth programs, homelessness, affordable housing, substance abuse, including case management, counseling and referrals.
www.voala.org

ZERO TO THREE

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.

www.zerotothree.org Link: Military Family Project

FOR FURTHER INFORMATION CONTACT

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