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

Table of Contents

Family Services

- One Stop Information Sites (p 2)
- Military Spouse Web Sites (p 2)
- Military Spouse Training (p 2)
- General Family Sites (p 3)
- Military Family Education (p 4)
- Military News (p 4)
- Travel and Vacation Sites (p 5)
- Maps and Travel Information (p 5)
- Search Web Sites (p 5)
- Military Shopping Web Sites (p 6)
- America Supports You (p 6)
- **NMFA** (p 7)
- Army Reserve Families (p 7)
- Family Readiness Groups (p 7)
- Army Family Team Building (p 7)
- Family Support Sites (p 7)

Deployment / Mobilization

- Battlemind Training (p 9)
- Preparing Children Resources (p 9)
- General Deployment Links (p 9)
- Dealing with Deployment (p 10)
- Preparing for Deployment (p 10)
- Returning from Deployment (p 11)
- Operation Ready Resources (p 11)
- Operation Ready Smart Book (p 12)
- General Information Sheets (p 12)
- FRG Handbooks (p 13)
- Army Family Program Contacts (p 13)

Our Favorite Web Sites

- General Web Sites (p 14)
- Educations Web Sites (p 15)
- Guard / Reserve Sites (p 16)
- Travel / Vacations Sites (p 16)
- Veteran's / Retiree Sites (p 16)
- Free E-mail (p 15)
- Commercial E-Mail (p 16)
- Voter Information (p 15)
- Maps and Travel Info (p 17)
- America Supports You (p 17)

Veterans Services

- General VA Web Sites (p 19)
- Gulf War Veterans (p 20)
- Uranium Depletion Exposure (p 20)
- Wounded Warrior Assistance (p 20)
- Transitional Services (p 20)
- Vocational Services (p 20)
- Veterans Re-Employment (p 21)
- Veterans Web Sites (p 21)
- Assistive Technologies (p 21)
- Additional Links (p 21)
- Help for the Wounded (p 22)
- Wounded Soldier /Family Hotline (p 23)
- The Military Amputee (p 24)
- Useful Numbers (p 24)

Military Resources

- ID and CAC Cards (p 25)
- Reserves / National Guard (p 25)
- U.S. Navy (p 25)
- U.S. Army (p 25)
- Army Commands (p 26)
- U.S. Marines (p 26)
- Veterans Web Sites (p 26)
- Senior Service Colleges (p 26)
- Officer Staff Level Schools (p 27)
- Congress/Legislative Affairs (p 27)
- Military Pay (p 27)
- DOD Web Sites (p 27)
- Military Affiliates (p 27)
- Government/Military Benefits (p 28)
- DOD Web Watch (p 28)
- Forms and Publications (p 28)
- Military Member Support (p 28)
- Government Retirement (p 29)

Health Services

- General Information (p 30)
- TRICARE Web Sites (p 30)
- Life Services (p 30)
- Relief Organizations (p 31)
- TRICARE Phone Numbers (p 31)

United States Army War College
Department of Command, Leadership, and Management
122 Forbes Avenue, Carlisle Pennsylvania, 17013

Family Services

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One Stop Information Sites

Army A-Z
www.carlisle.army.mil/dclm/Welcome.html

Military One Source
www.militaryonesource.com/"

Defense Link
www.defenselink.mil/

Military.com
www.military.com"

U.S. DOD
www.dod.mil/sites

Defend America
www.defendamerica.mil

My Army Life Too
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

Welcome to the Army Family
www.carlisle.army.mil/usawc/dclm/welcometothearmyfamily1.pdf

New Spouse Checklist
www.carlisle.army.mil/usawc/dclm/new spouse checklist.pdf

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

Marine Wives 101 Web Site
www.marinewives101.com/

Military Spouse
www.milspouse.org

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

Our Hero Book
www.carlisle.army.mil/usawc/dclm/hero book Revised (2) (2).doc

United States Army War College
Department of Command, Leadership, and Management
122 Forbes Avenue, Carlisle Pennsylvania, 17013

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

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

Red / Green - Which Phase Next?
www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuidebkForTrainingCmds.pdf

Spouse Guide To BSB / Garrison Cmds
www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuideToGarrisonCmds2.pdf

Choices and Challenges
www.carlisle.army.mil/usawc/dclm/pdf/ChoicesandChallenges.pdf

The Leader's Link
www.carlisle.army.mil/usawc/dclm/pdf/LeadersLink.pdf

Resource Guide: Community Assistance
www.carlisle.army.mil/usawc/dclm/href="resource.doc"

FSG Handbook
www.carlisle.army.mil/usawc/dclm/fsghbook.doc

Deployment Survival Handbook
www.carlisle.army.mil/usawc/dclm/Soldier Family Dep Survival Hndbk.pdf

Family Team Building Handbook
www.carlisle.army.mil/usawc/dclm/MFTB-AFTB Handbook.pdf"

General Family Web Sites

AR 608-1 Appendix J
www.carlisle.army.mil/usawc/dclm/AR 608-1 Appendix J - AFRG.pdf

MTOM for Kids
www.defenselink.mil/mtom/index_k.htm

Military.com
www.military.com

Military Report.com
www.militaryreport.com

National Military Family Association
www.nmfa.org/site/PageServer

Army Family Team Building (AFTB)
www.AFTB.org

AFTB Courses On-Line
www.defenseweb.com/aftb

Military Assistance Program Website
www.dod.mil/mapsite/

Military Living Magazine
www.militaryliving.com/

Parents Helping Parents
www.parentshelpingparents.org/

Army Families On-Line
www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true

Tragedy Assistance Program
www.taps.org

Armed Forces YMCA
www.asymca.org

Administration for Child and Families
www.acf.hhs.gov/programs/cse/

NYU Child Study Center
www.aboutourkids.org/

Lifelines Quality of Life Web Site
lifelines2000.org/

United States Army War College
Department of Command, Leadership, and Management
122 Forbes Avenue, Carlisle Pennsylvania, 17013

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

Military Kids Web Site
www.militarykidz.com

The Military Family Network
http://www.emilitary.org

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

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

Family Education

The College Board
www.collegeboard.com

FinAid (College Financial Aid)
www.fafsa.org

Military Student
www.militarystudent.org

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

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/

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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=newsletters

FLO Notes
www.wblo.org/skins/WBLO/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=95feafd9-2f18-440a-80bc-4bd0a2022486

Travel and Vacation Web Sites

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

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

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 -

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

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

First Gov
www.firstgov.gov/

Lycos
lycos.com

Excite
www.askjeeves.com

Major Search Engines
searchenginewatch.com/links/major.html –

Military Shopping Sites

Defense Commissary Agency (DECA)
www.commissaries.com/

Navy Exchange
www.navy-nex.com/

Army & Air Force Exchange
www.aafes.com

America Supports You

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

America Supports You Main Site
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

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

Get Frequent Flyer Miles
www.americasupportsyou.mil/AmericaSupportsYou/donate_miles.html

Get Gift Cirtificates
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

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

NMFA Links Page
www.nmfa.org/site/PageServer?pagename=links

NMFA Main Page
www.nmfa.org/site/PageServer?pagename=homepage

Army Reserve Families

Army Reserve Family Programs
www.arfp.org/skins/ARFP/home.aspx?AllowSSL=true

Family Readiness Group

FRG Leader's Handbook
www.mdw.army.mil/12thavnbn/FRG%20Leaders%20Handbook.pdf

Rear Detachment Commander's Handbook
www.carlisle.army.mil/usawc/dclm/smart%20book/handbooks/RearDetachmentCommandersHandbook.pdf

Army Family Team Building

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-AFTB Handbook.pdf

Family Support

Army Family Programs Contacts
www.carlisle.army.mil/usawc/dclm/directory-menu.htm#cont#cont

CinCHouse.com
http://cinchouse.com/

Operation Homefront.net
operationhomefront.net/aboutus.asp

Military Impacted Schools Assoc
www.militaryimpacted schoolsassociation.org

Free Military Handbooks
www.militaryhandbooks.com/

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Department of Command, Leadership, and Management
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Handbook for Retired Soldiers
www.me.ngb.army.mil/dhr/AGR/ARMY/Handbook%20For%20Retired%20Soldiers%20and%20Family%20members.htm

Carlisle Barracks PA - Newcomers Guide
www.carlisle.army.mil/usawc/dclm/newcomers%20guide.pdf

Military Family Network
www.emilitary.org/

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

Navy Exchange
www.navy-nex.com/

Army & Air Force Exchange
www.aafes.com/

Family Readiness Preparation Book
www.carlisle.army.mil/usawc/dclm/FRG%20Deployment%20Preparation%20Book%5b1%5d.doc

Commissary Sales On-line
www.emilitary.org/deca.html

Deployment / Mobilization

Last updated 17 July 2007

Battlemind Training

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

Walter Reed Battlemind Training
www.battlemind.org

Preparing Children Resources

Military Parent Support Information
childparenting.about.com/cs/parentsupport/a/militaryparent2.htm

General Information About Deployment
cyfernet.ces.ncsu.edu/cyfres/browse_3.php

YOUNIVERSITY MALL
www.guardfamilyyouth.org

Children and Deployment
www.ameriforce.net/PDF/dg2006/DEP06_030.pdf

Prparing to Say Goodbye
www.survivingdeployment.com/preparegoodbye.html

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

Military Children and Deployment
www.eustis.army.mil/ACS/military_children_and_deployment.htm

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

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

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

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

General Deployment Links

Cycles of Deployment Report from NMFA
www.nmfa.org/site/DocServer/NMFACyclesofDeployment9.pdf?docID=5401

Fort Leavenworth Deployment Handbook
www.carlisle.army.mil/usawc/dclm/fsbook.doc

Deployment Survival Handbook
www.mwrarmyhawaii.com/acs/acs_documents/Soldier_%20Family_Deployment_Survival_Handbook.pdf

Deployment Health and Family Readiness Library deploymenthealthlibrary.fhp.osd.mil/home.jsp

DeploymentLINK
deploymentlink.osd.mil/

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

Dealing with Deployment

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

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
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

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

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-c13b9b3e8e94&action=search&AllWords=Preparing+a+Family+Care+Plan

In Love and Deployed: Making the Marriage Decision
www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=54322ea2-c136-486d-a26e-581330097d81&IssueID=042a45fb-fc1a-44d0-a979-83f70d81034e&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6

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

Adjusting to Life After Disaster Relief Work
www.militaryonesource.com/skins/MOS/display.aspx?mode=user&action=material&ModuleID=ae74eaa3-d1b6-4dbd-b23e-354880172094&ObjectID=ae1b4ea5-f2a6-4440-aea9-8a97d75d6f3a&IssueID=42db049d-a206-42bc-a373-c52241a4a863&CatID=0e76431d-868a-44dc-8305-e5cca119a2f6

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

Training Videos

Operation Ready Videos List
http://www.myarmylifetoo.com/skins/malt/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=0588ea73-7f1d-4513-b039-d940ba54deb4&AllowSSL=true

Introduction to ACS
http://www.carlisle.army.mil/usawc/dclm/family/acs.asx"

Practical Readines
http://www.carlisle.army.mil/usawc/dclm/family/deploy.asx

Coping with Stress
http://www.carlisle.army.mil/usawc/dclm/family/stress.asx

Making Your Reunion Work
http://www.carlisle.army.mil/usawc/dclm/family/reunion.asx

Family Readiness Groups (FRG)
http://www.carlisle.army.mil/usawc/dclm/family/frg.asx

Family Assistance Center
http://www.carlisle.army.mil/usawc/dclm/family/fac.asx/

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

Handbooks

Family Readiness Group Handbook
http://www.carlisle.army.mil/usawc/dclm/family/FRG_Handbook[1].pdf

Army Leaders' Desk Reference
http://www.carlisle.army.mil/usawc/dclm/family/Leaders_Reference.pdf

Training

Introduction and Table of Contents
http://www.carlisle.army.mil/usawc/dclm/family/fac1int.doc

Family Assistance Center Overview
http://www.carlisle.army.mil/usawc/dclm/family/fac2lp.doc

PowerPoint Notes
http://www.carlisle.army.mil/usawc/dclm/family/fac3ppt.doc
A Resource guide to community assistance (Source: MyArmyLifeToo.com).

Handouts and FACEX Scenarios
http://www.carlisle.army.mil/usawc/dclm/family/fac4ho.doc

Video Scripts
http://www.carlisle.army.mil/usawc/dclm/family/fac5vid.doc

Bibliography and Websites
http://www.carlisle.army.mil/usawc/dclm/family/fac6bib.doc

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

Children's Handouts
http://www.carlisle.army.mil/usawc/dclm/family/Children's Handouts.doc

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)

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)

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

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

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

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

Family Readiness Group (FRG) Handbooks

(Source: www.armyfrg.org)

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

Family and Morale Welfare and Recreation Command
4700 King Street
Alexandria, VA 22302
Phone: (703) 681-5375

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

US Army Reserve Command - Family Programs 1401 Deshler Street SW
Fort McPherson, GA 30330-2000
Phone: (404) 464-8970

Our Favorite Web Sites

Last updated 10 July 2007

General Web Sites

Battlemind Training
http://www.battlemind.org/

Army Lodging directory
www.army.mil/cfsc/documents/lodging/worldwidedirectory2.pdf

Military Home Front
http://www.militaryhomefront.dod.mil

Military Widow - A Survival Guide
http://67.118.51.201/bol/bookdisplay.cfm?BookNum=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

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

Military Family Resource Center
http://www.militaryhomefront.dod.mil/

Military Kidz
http://www.militarykidz.com

Military Pay and Benefits
http://www.dod.mil/militarypay/

MilSpouse.org
http://www.milspouse.org

Military Spouse Career Network
http://www.mscn.org/

MTOM for Kids
http://www.defenselink.mil/mtom/index_k.htm

The Military Family Network
http://www.emilitary.org/

Tricare Online
www.tricareonline.com/

Tragedy Assistance Program
http://taps.org

United Concordia
http://www.ucci.com/was/ucciweb/home.jsp

U.S. Army War College Web site.
www.carlisle.army.mil/

USAA Insurance
www.usaa.com/inet/ent_logon/Logon

American Red Cross
www.redcross.org/

Defense Commissary Agency
www.commissaries.com/

Education Web Sites

College Board
www.collegeboard.com/

FinAid
www.finaid.org/

GI Bill Information
www.gibill.va.gov/

Military.Com Education Benefits
www.military.com/Careers/Education

Princeton Review
www.princetonreview.com/

Scholarships for Military Children
www.militaryscholar.org/index.shtml

Military Child Education Coalition
http://www.militarychild.org/

Military Student
http://www.militarystudent.org

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

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

SOWF Telephone:
Toll Free - 877-337-7693

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

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

E-Mail Carolyn M. Becker,
Director of Education, Family Services

E-Mail Edie Rosenthal, USN (Ret.)
Public Relations Director.

U.S. Department of Education
www.ed.gov/index.jhtml

Guard / Reserve Sites

The US Coast Guard
www.uscg.mil/uscg.shtm

The National Guard
www.ngb.army.mil/

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/Welcome
Aboard/default.htm

Travel / Vacation Sites

Armed Forces Vacation Club
www.afvclub.com/

ARMY MWR Travel Tips
www.armymwr.com/portal/travel/travelresou
rces

National Parks
www.nps.gov/

Veterans / Retiree Web sites

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

Federal Voting Assistance Program
www.fvap.gov/index.html

Register to vote online
https://ssl.capwiz.com/congressorg/e4/nvra/

Free E-mail Services

Army Knowledge Online
www.us.army.mil/

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

Commercial E-mail

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/

Maps and Travel Information

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.

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 Cirtificates
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

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

Veterans Services

Last updated 17 July 2007

General VA Web Sites

Board of Veterans' Appeals
www.va.gov/vbs/bva/

Center for Minority Veterans
www1.va.gov/

Center for Minority Vetrans
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

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 Dependants 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.hsrd.research.va.gov/

VA's Office of Research and Development,
www.research.va.gov/default.cfm

Information for Veterans exposed to Ionizing Radiation
www1.va.gov/irad/

VA Health Care Eligibility
www.va.gov/healtheligibility/home/hecmain.asp

Health Services Research and Development
www.hsrd.research.va.gov/

Gulf War Veterans

Guide to Gulf War Veterans' Health
www1.va.gov/gulfwar/docs/VHIgulfwar.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

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

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

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

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

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

Veterans Reemployment

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

Veterans Web Sites

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

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.pdf

USA TechGuide
www.usatechguide.org/index.php

Disabled/Injured Resources
www.careeronestop.org/MilitaryTransition/disability.aspx

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

Additional Links

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/

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)

American Freedom Foundation
www.americanfreedomfoundation.org/

Angels Of Mercy
www.mcleanpost270.org/oifoef

Armed Forces Foundation
/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

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

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/

Give 2 theTroops
/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/

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

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

Military In-step (New)
http://www.amputee-coalition.org/military-instep/index.html

Useful Numbers

VA Regional Office
1-800-827-1000

VA Insurance, PHilA
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

Military Resources

Last updated 17 July 2007

ID and CAC Cards

RAPIDS Site Locator
http://www.dmdc.osd.mil/rsl/owa/home

Army Personnel Command
http://www.hrc.army.mil/site/active/persinsd/PERSINSD-MAIN.htm

Reserves / National Guard

Reserve Affairs
http://www.defenselink.mil/ra

Army Reserve (OCAR)
http://www.army.mil/usar/ocar.htm

Army National Guard
http://www.arng.army.mil/

Coast Guard Reserve
http://www.uscg.mil/hq/reserve/reshmpg.html

Coast Guard
http://www.uscg.mil/
.

Navy Reserve
http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm
Official information about the Navy Reserve

Marine Reserve
http://www.mfr.usmc.mil

National Guard Family
http://www.guardfamily.org

U.S. Navy

All Hands Magazine
http://www.news.navy.mil/allhands.asp

BUMED
http://navymedicine.med.navy.mil

U. S. Navy Chaplain Corps
http://www.chaplain.navy.mil

Navy Office of Information
http://www.chinfo.navy.mil

Direct Line
http://www.directline.navy.mil

Family Line
http://www.lifelines.usmc.mil/Familyline

Naval Media Center
http://www.mediacen.navy.mil

NAVFAC
http://www.navfac.navy.mil

Navel Supply Systems Command (NAVSUP)
http://www.navsup.navy.mil

Navy Knowledge Online
https://wwwa.nko.navy.mil/

U.S. Army

Office of the Judge Advocate General
http://www.jag.navy.mil

Retiree Council
http://www.lifelines.navy.mil/retireecouncil

USA Center for Military History
http://www.army.mil/cmh-pg/default.htm

U.S. Army Web Site
http://www.army.mil
sites.

(HQ DA)
http://www.hqda.army.mil

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

Civilian Personal Online
http://www.cpol.army.mil/

Army Commands

Army Forces Command
http://www.forscom.army.mil

Army Materiel Command (AMC)
http://www.amc.army.mil

Army Medical Department (AMEDD)
http://www.armymedicine.army.mil/default2.htm

U.S. Army Space Command
http://www.armyspace.army.mil/

Army Veterinary Command
http://vets.amedd.army.mil/vetcom/

U.S. European Command
http://www.eucom.mil/Directorates/ECRA/index.htm

U.S. Northern Command
http://www.northcom.mil/

U.S Strategic Command
http://www.stratcom.mil/

Training and Doctrine Command (TRADOC)
http://www-tradoc.monroe.army.mil

U.S. Army Publications Agency
http://www.usapa.army.mil

U.S. Marines

Marine Forces Reserve
http://www.marforres.usmc.mil

Community Services
http://www.usmc-mccs.org

Public Affairs Division
http://www.usmc.mil/pashops/pashops.nsf/pamain

Mobilization Command
https://mobcom.mfr.usmc.mil/MOBCOM.asp

Sergeant Major MC
http://www.usmc.mil/sgtmaj/smmc14.nsf

Veterans Web Sites

American Legion
http://www.legion.org

Arlington National Cemetery
http://www.arlingtoncemetery.org

Cemetery Administration
http://www.cem.va.gov

Veteran's Affairs
http://www.va.gov

Veteran's of Foreign Wars
http://www.vfw.org

Senior Service Colleges

The Army War College (AWC)
http://www.carlisle.army.mil/

The National War College
http://www.ndu.edu/

The Industrial College of the Armed Forces
http://www.ndu.edu/icaf/

The Marine Corps War College
http://www.mcu.usmc.mil/mcu/factbook/MCWAR.htm

The Naval War College (NWC)
http://www.nwc.navy.mil/defaultf.htm

The Air War College
http://www.au.af.mil/au/awc/awchome.htm

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

Officer Staff Level Schools

Army Command and General Staff College
http://www-cgsc.army.mil/
.
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

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/

House Budget Committee
http://www.house.gov/budget/

House Government Reform Committee
http://www.house.gov/reform/

The Senate

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

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

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

American Red Cross
http://www.redcross.org/

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

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.navymutual.org

Government / Military Benefits

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/

Military Benefit Association
http://www.militarybenefit.org/

DOD Web Watch Sites

DOD Master Web Watch Directory
http://www.defenselink.mil/home/webwatch/

Defend Aamerica
http://www.defendamerica.mil/

U.S. Department of Defense
http://www.dod.mil/

FY 2005 Budget
http://www.defenselink.mil/comptroller/defbudget/fy2005/index.html

Defense Business Board
http://www.dod.mil/dbb/

Defense Contract Management
http://www.dcma.mil/

DEERS Enrollment Eligibility
http://www.tricare.mil/deers/default.cfm

Defense Privacy Office
http://www.dod.mil/privacy/

POW / MIA Office
http://www.dtic.mil/dpmo/

DOD Procurement Policy
http://www.acq.osd.mil/dpap/

DOD Military Speeches
http://www.defenselink.mil/speeches

DENIX Environmental Network
https://www.denix.osd.mil/

Family Advocacy Program
http://www.dod.mil/fapmip/

Joint Electronic Library
http://www.dtic.mil/doctrine/

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

Forms and Publications

Army Corps of Engineers Publications
http://www.usace.army.mil/usace-docs

Military Periodicals
http://www.dtic.mil/search97doc/aulimp/main.htm

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

TRADOC Digital Library
http://www.adtdl.army.mil

Optional Forms (OFs)
http://web1.whs.osd.mil/icdhome/ofeforms.htm

DOD Electronic Forms
http://web1.whs.osd.mil/icdhome/ddeforms.htm

Standard Forms (SFs)
http://web1.whs.osd.mil/icdhome/sfeforms.htm

FORMDEPS-FORSCOM Regs
http://freddie-forscome.army.mil/pubs

USAPA Electronic pubs
http://www.usapa.army.mil

GSA Electronic Forms
http://www.gsa.gov/forms

USARC form files (FTP)
http://www.usarc.army.mil

Military Member Support

Military Report - Benifits Update
www.military.com/military-report

Veteran's Report
www.military.com/NL_MR/1,14852,4069,00.html

Learn to use your GI Bill
education.military.com/money-for-school/gi-bill/learn-to-use-your-gi-bill

Military Money
www.militarymoney.com/

Salute Our Services
/www.militarymoney.com/

TSGLI Life Insurance
www.hrc.army.mil/site/crsc/tsgli/index.htm

San Diago Military Affiliates
/www.sdmac.org/Affiliates.aspx

Military Mental Health
www.militarymentalhealth.org/welcome.asp

Military Student
www.militarystudent.org/

Government Retirement

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

Health Services

Last updated 17 July 2007

General Information

Talking to Children about Terrorism
http://www.aboutourkids.org/aboutour/articles/war.html

Hoonah 4 Health
http://hooah4health.com

Quit Smoking
http://www.quitnet.com/qn_gizmo.jtml?q_feature=30"

Europe Regional Medical Command
http://www.healthcare.hqusareur.army.mil/

TRICARE Web Sites

TRICARE Main Web Site
http://www.tricare.osd.mil/

TRICARE Eligibility
http://www.tricare.mil/deers/default.cfm

TRICARE Claims Check
http://www.mytricare.com

TRICARE On-line
http://www.tricareonline.com/

TRICARE Information Service
http://www.tricare.osd.mil
1-888-DoD-CARE - (1-888-363-2273.

TRICARE North Region
http://www.healthnetfederalservices.com
1-877-TRECARE - (1-877-874-2273)

TRCARE South Region (Contractor)
http://www.humana-military.com
1-800-444-5445

TRICARE West Region
http://www.triwest.com
1-888-TRIWEST (1-888-874-9378)

TRICARE Overseas
http://www.tricare.osd.mil/overseas
1-888-777-8343

Services Family Health Plan
http://www.usfamilyhealthplan.org
1-800-740-SFHP - (1-800-740-7347)

Mail Order Pharmacy Program
http://www.express-scripts.com/TRICARE
1-866-DOD-TMOP - (1-866-363-8667)

Retail Pharmacy
http://www.tricare.ods.mil/pharmacy
1-866-DOD-TRRx - (1-866-363-8779)

Reserve Dental Plan
http://www.ucci.com

Retiree Dental Plan
http://www.ddpdelta.org/

DOD/VA Program Coordination
http://www.tricare.osd.mil/DVPCO/default.cfm

Life Services

LIFElines
http://www.lifelines.navy.mil/

Military Assistance Program (MAP)
http://www.dod.mil/mapsite/

Military .com
http://www.military.com

Military Report.com
http://www.militaryreport.com

MWR Web Site
http://www.armymwr.com/

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

Air Force Crossroads
http://www.afcrossroads.com

JAG Net
http://www.jagcnet.army.mil/Legal

Air Force Aid Society
http://www.afas.org/

Navy-Marine Corps Relief Society
http://www.nmcrs.org/

Army Emergency Relief
http://www.aerhq.org/

American Red Cross
http://www.redcross.org

World USO
http://www.uso.org/

Relief Organizations

Fleet Reserve Assoc
http://www.fra.org/

Naval Services Family
http://www.lifelines.usmc.mil/Familyline

Nav-Mar Relief Society
http://www.nmcrs.org/

Navy Mutual Aid Assoc
http://www.navymutual.org/

Claims Processing Rates
Article from TRICARE News - Claims Processing Rates for 2006, March 6 2006

TRICARE Information

Claims Processing Rates for 2006
www.tricare.mil/pressroom/news.aspx?fid=270

TRICARE Web site
www.tricare.osd.mil/reserve/reserveselect/index.cfm

e-mail subscription service
www.tricare.osd.mil/tricaresubscriptions

TRICARE Phone Numbers

TRICARE Information Service
1-888-DoD-CARE
(1-888-363-2273)
http://www.tricare.osd.mil

DEERS- verify eligibility
1-800-538-9552
www.tricare.osd.mil/deers

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
(1-888-874-9378)
www.triwest.com

TRICARE Overseas
1-888-777-8343
www.tricare.osd.mil/overseas

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