



U.S. AIR FORCE RESERVE

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419TH FIGHTER WING  
U.S. AIR FORCE RESERVE

DATE: JUN, 2023

## COMMUNITY RESOURCES



### WHAT'S INSIDE

- *Childcare & Education Resources*
- *Deployment Preparation & Support Services*
- *Financial Resources*
- *Employment Resources*
- *Stress Relief Resources*
- *Grief and Loss*

## **Disclaimer**

*The information, products, or services contained in this document are provided as a resource and does not constitute an endorsement by 419th Fighter Wing, the Air Force Reserve Command, the United States Air Force, or the Department of Defense.*

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## CONSOLIDATED RESOURCE SITES

- \* Health Insurance Market Place <https://www.healthsherpa.com/> 1-872-228-2549
- \* Benefits.Gov <https://www.benefits.gov/>
- \* Operation We Are Here <https://www.operationwearehere.com/>  
\* opwearehere@gmail.com
- \* Aunt Bertha or Find Help <https://www.findhelp.org/>
- \* U.S. Government Services and Information <https://www.usa.gov/>
- \* Military OneSource <https://www.militaryonesource.mil/> 1-800-342-9647
- \* United Way <https://www.unitedway.org/> telephone # 211
- \* Social Security Administration <https://www.ssa.gov/benefits/ssi/>
- \* Advancing States Federal Agencies: <http://www.advancingstates.org/initiatives/information-and-referralassistance/resources/federal-and-national-resources-and-contacts>
- \* National Resource Directory for Veterans & Families <https://nrd.gov/Community-Care>
- \* HHS.gov Senior Citizens Resources <https://www.hhs.gov/aging/state-resources/index.html>
- \* Community Based Resources <https://ciswh.org/projects/the-catalyst-center/info/>
- \* National Association of State Workforce Agencies <https://www.naswa.org/>
- \* Employment and Training Administration <https://www.dol.gov/agencies/eta/>
- \* Utah Services For People With Disabilities <https://dspd.utah.gov/find-a-community-resource/> The Community Engagement Resources Search tool was created using feedback from families, self-advocates, and others to help inform and enable individuals to get involved in the disability community
- \* Benefits.gov <https://www.benefits.gov/> The Benefit Finder questionnaire can help you find benefits you may be eligible to receive and direct you to the agency to apply
- \* Supplemental Nutrition Assistance Program (SNAP) <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

## RETIREMENT

- \* Preparing for Retirement <https://www.militaryonesource.mil/resources/millife-guides/retirement-transition/>
- \* Financial Counseling <https://www.militaryonesource.mil/benefits/financial-counseling/>
- \* Planning for Retirement Sheet <https://www.militaryonesource.mil/products/planning-for-retirement-fact-sheet-376/>
- \* Military Retirement <https://www.militaryonesource.mil/transition-retirement/separation/military-retirement-do-you-have-this-covered/>
- \* Retirement Considerations If You Have a Special Needs Family Member <https://www.militaryonesource.mil/special-needs/family-support/efmp-considerations-when-retire-separate-from-military/>
- \* TSP and Retirement <https://www.militaryonesource.mil/military-basics/new-to-the-military/thrift-savings-plan-options-making-your-retirement-dollars-work-for-you/>
- \* Create a Financial Plan for All Phases of Your Life <https://www.militaryonesource.mil/financial-legal/personal-finance/how-to-create-a-financial-plan-for-every-phase-of-life/>
- \* Consumer Financial Protection Bureau <https://search.consumerfinance.gov/search?utf8=%E2%9C%93&affiliate=cfpb&query=retirement>
- \* Military Saves <https://militarysaves.org/what-to-save-for/?goal=retirement>
- \* AARP <https://www.aarp.org/>
- \* Department of Labor <https://www.dol.gov/agencies/ebsa/about-ebsa/our-activities/resource-center/publications/retirement-savings-toolkit>
- \* Office of Financial Readiness <https://finred.usalearning.gov/>
- \* Social Security Administration <https://www.ssa.gov/>
- \* Retirement Planning Tools [https://www.usa.gov/retirement-planning-tools?\\_gl=1\\*7oe0wi\\*\\_ga\\*MTIzNzcxNzg4OS4xNjQ5NzE2ODkz\\*\\_ga\\_GXFTMLX26S\\*MTY4NjUxNzcwMC4xNC4xLjE2ODY1MTc3MDcuMC4wLjA](https://www.usa.gov/retirement-planning-tools?_gl=1*7oe0wi*_ga*MTIzNzcxNzg4OS4xNjQ5NzE2ODkz*_ga_GXFTMLX26S*MTY4NjUxNzcwMC4xNC4xLjE2ODY1MTc3MDcuMC4wLjA)

## GRIEF AND LOSS RESOURCES

- young adults, and families who are grieving can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.
- \* Autism Speaks <https://www.autismspeaks.org/grief-and-bereavement-resources>
    - \* Grief and Bereavement Resources for People with Autism
  - \* Hospice & Community Care <https://www.hospiceandcommunitycare.org/grief-and-loss/grief-links/>
    - \* Offers links to multiple resources
  - \* Share Pregnancy and Infant Loss Support <https://nationalshare.org/>
    - \* We are so sorry for the loss that led you here, but we are glad you found the National Share Office. Share is a community for anyone who has experienced the death of their baby. We serve parents, grandparents, siblings, friends, as well as the professionals who care for grieving families.
  - \* Grief resources, tips & support <https://good-grief.org/resources/>
  - \* Sweet Pea Project <https://www.sweetpeaproject.org/>
    - \* The Sweet Pea Project offers comfort, support and gentle guidance to families who have experienced the death of a baby.
  - \* WidowNet <http://www.widownet.org/>
    - \* It has online information and self-help resource for, and by, widows and widowers. Topics covered include grief, bereavement, recovery, and other information helpful to people, of all ages, religious backgrounds and sexual orientations, who have suffered the death of a spouse or life partner
  - \* Grief & Loss of a Pet: Virtual memorial and support <https://www.rainbowsbridge.com/> Grief Support & community <https://petcloud.pet/>
  - \* Best Friends <https://resources.bestfriends.org/article/pet-loss-and-grief-resources> A list of hotlines and support groups for coping with grief over the death of a pet
  - \* Dumb Remarks and Stupid Questions (along with a few responses that come to mind) AKA: Public Education for the Terminally Tactless
    - \* <http://www.widownet.org/faqs/topten.shtml>

## TRAVEL AND CONNECTING TO PEOPLE

- \* Military Travel Discount Sites
  - \* GOV Vacations: [https://govvacationrewards.com/lp2?CertificateNumber=UI5TK8CM&AuthorizationCode=PNKQW4I3&msclkid=72f16695476e1a4cd8bb0213333ab384&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=GVR%20-%20US%2FCA%20-%20Travel%20-%20BSEAR%20-%20Military%20-%20Enrollment&utm\\_term=military%20travel%20club&utm\\_content=Travel%20-%20Prospects%20-%20CPC%20-%2020PM](https://govvacationrewards.com/lp2?CertificateNumber=UI5TK8CM&AuthorizationCode=PNKQW4I3&msclkid=72f16695476e1a4cd8bb0213333ab384&utm_source=bing&utm_medium=cpc&utm_campaign=GVR%20-%20US%2FCA%20-%20Travel%20-%20BSEAR%20-%20Military%20-%20Enrollment&utm_term=military%20travel%20club&utm_content=Travel%20-%20Prospects%20-%20CPC%20-%2020PM)
  - \* Armed Forces Vacation Club <https://militarymwr.com/armed-forces-vacation-club/#who-is-eligible-for-afvc>
  - \* MOAA Army and Navy Club <https://www.moaa.org/content/benefits-and-discounts/exclusive-discounts/memberships-and-clubs/memberships-and-clubs/>
  - \* ITT: <https://www.militaryonesource.mil/benefits/air-force-itt/>
  - \* Recreational Lodging <https://www.militaryonesource.mil/resources/millife-guides/recreation-lodging/> You and your family may stay at military lodging around the world
  - \* American the Beautiful Passes <https://www.militaryonesource.mil/benefits/america-the-beautiful-passes/> America the Beautiful passes offer eligible service members and families lodging discounts and access to more than 2,000 federal recreation areas across the United States.
  - \* VetFriends: [https://www.vetfriends.com/?msclkid=d49839756ff41bf054e55df31ba02181&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=Membership%20%7C%20Search%20%7C%201.88x%20tROAS&utm\\_term=armed%20forces%20veteran%20card&utm\\_content=Membership](https://www.vetfriends.com/?msclkid=d49839756ff41bf054e55df31ba02181&utm_source=bing&utm_medium=cpc&utm_campaign=Membership%20%7C%20Search%20%7C%201.88x%20tROAS&utm_term=armed%20forces%20veteran%20card&utm_content=Membership) Reunite with military friends and has links for other resources
  - \* Making the Connection <https://www.maketheconnection.net/> Veterans and their loved ones talk about their experiences, challenges, and recovery
  - \* LinkedIn <https://socialimpact.linkedin.com/programs/veterans/veteran-programs> LinkedIn has tools and networking opportunities for service members, veterans, and their families to create meaningful career connections

## UTAH DEPARTMENT OF HEALTH SUPPORT SERVICES

- \* **Baby Your Baby** <http://www.babyyourbaby.org/financial-help/> Offers financial help on a temporary basis to Utah women who are pregnant & do not have the money to pay for prenatal care
- \* **Power Your Life** <http://poweryourlife.org/> Good health is the very foundation of a happy life and a bright future
- \* **Children's Health Insurance Program (CHIP)** <http://www.utahchip.org/> CHIPS provides health insurance for Utah children up to age 19 who don't have health insurance and qualify based on income and family size
- \* **March of Dimes** <https://www.marchofdimes.org/index.aspx> The March of Dimes is dedicated to improving the health of babies by preventing birth defects, premature births and infant mortality
- \* **Early Childhood Utah.gov** <https://earlychildhoodutah.utah.gov/> Improve Utah's early childhood system, to help ensure that all children receive the care and support they need to enter school healthy and ready to learn. 801-273-2909
- \* **Maternal and Child Health (MCH)** <http://health.utah.gov/mch/> coordinates efforts, & develops resources to address health issues for mothers and children
- \* **Utah Department of Health and Human Services** <https://dhhs.utah.gov/>
- \* To locate your state's Department of Health and Human Services: <https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html> Looking for the website of a state or territorial health department? The resources below link to health departments in all 50 states, 5 territories, 3 freely associated states, and the District of Columbia.

## GRIEF AND LOSS RESOURCES

- \* **Gold Star Families**
  - \* If you are not satisfied with the casualty assistance provided by your service, you may contact the DOD's Gold Star and Surviving Family Member representative. They are available to provide support and address issues or concerns from spouses and other dependents of deceased service members regarding casualty assistance or receipt of military survivor benefits authorized by law. Contact your representative through your service branch. Their contact information can be found here <https://www.militaryonesource.mil/casualty-assistance/survivor-financial-legal/gold-star-surviving-family-resources/>
- \* **Center for Disease Control and Prevention** <https://www.cdc.gov/mentalhealth/stress-coping/grief-loss/index.html>
  - \* Has a list of resources and information to help you, your children, and others get through this difficult time.
- \* **Hospice Foundation of America** [https://hospicefoundation.org/Grief-\(1\)](https://hospicefoundation.org/Grief-(1))
  - \* Helps connect you to support groups and resources
- \* **Live On** <https://liveonutah.org/ive-lost-someone/>
- \* "If you are very new to the tragedy of suicide loss, despair may be your companion. We hope you find some time to rest your burden and share it with those of us who need no explanation. There is no map on this path to becoming whole. It is the most painful of journeys — full of twists and turns, bruised hearts and misunderstandings. Small wonders appear on this path but we may be too sore or fragile to recognize them. But there will be a day when you can look back and know that they were there. We share your loneliness. We share your sorrow. We share your questions. We honor those we love who have been lost to suicide. May the radiance and beauty of their lives never be defined by their deaths.
- \* **Utah Department of Health and Human Services:** <https://ome.utah.gov/our-services/grief-counseling-and-support-systems>
  - \* Survivors of suicide are not alone; there are many others who have been affected by suicide and have experienced many of the same emotions. Grief manifests differently in many individuals. There is support for survivors of suicide and we encourage you to seek it out for yourself and others who may have lost someone to suicide
- \* **Dougy Center** <https://www.dougy.org/program-finder>
  - \* Dougy Center provides support in a safe place where children, teens,

## GRIEF AND LOSS RESOURCES

who was receiving Vet Center services at the time of the Veteran's death. VA's bereavement counseling is provided at community-based Vet Centers located near the families. There is no cost for VA bereavement counseling.

- \* The Patriot Guard Riders <https://www.patriotguard.org/>
  - \* Is a 100% volunteer, federally registered 501(c)(3) non-profit organization which ensures dignity and respect at memorial services honoring fallen military heroes, first responders and honorably discharged veterans. Its main mission is to attend the funeral services of fallen American heroes as invited guests of the family to show sincere respect for our fallen heroes, their families, and their communities and shield the mourning family and their friends from interruptions created by any protester or group of protesters.
- \* "The Days Ahead: Essential Papers for Families of Fallen Service Members" helps surviving family members by providing resources - including listings of support organizations and programs, books and websites on grief and loss, and advice for coping with the loss of their loved one. The physical binder is unavailable. However, you can download this important information at any time or access it using the free My Military OneSource app available in your app store. The digital version contains quick links to online resources and contact information.
- \* Bereavement Camps: A list can be found at Military OneSource <https://www.militaryonesource.mil/casualty-assistance/grief-support/bereavement-camps-a-place-to-grieve-and-heal/>
  - \* Grieving can be a lonely experience. Being with others who are also grieving can reassure you that what you're feeling is perfectly normal. Bereavement camps, seminars and retreats offer a place for you to connect with people who understand grief. They can help you with your grief journey. Professionals and volunteers run the camps. Grants and donations help support the camps, making them available at little or no cost to families. Separate camps are conducted for adults and children to provide specialized grieving spaces.
- \* The Casualty Assistance Representative is located at Military & Family Readiness Centers
  - \* The Defense Department's Casualty Assistance program provides support for military families in their time of need. This includes discussing all benefits and other forms of assistance. Casualty support assists the family after a serious illness or injury, or when a service member is missing or deceased.

## PARENTING RESOURCES

- \* Education Resources for Families <https://search.usa.gov/search?utf8=%E2%9C%93&affiliate=ed.gov&query=parent+resources> Resources & provides activities for parents and families to support continued learning outcomes
- \* Empowering Parents.Com <https://www.empoweringparents.com/resources/> These resources help families who may be facing a crisis or who have a problem that requires professional attention.
- \* National Military Family Association <https://www.militaryfamily.org/about-us/mission/> We are on a mission to stand up for, support, and enhance the quality of life for every military family through bold advocacy, innovative programming, and dynamic and responsive solutions.
- \* Military OneSource <https://www.militaryonesource.mil/family-relationships/parenting-and-children/>
- \* Military life, relationships, feelings, health & wellness & caring for youth <https://militarykidsconnect.health.mil/>
- \* 75 FSS/Military & Family Readiness Center EFMP Program Coordinators <https://75fss.com/exceptional-family-member-program/>
- \* Top Parenting Resources from Psychiatrists <https://www.apa.org/monitor/2018/04/parenting-resources> Scientifically supported sites, programs and books for helping parents raise their kids
- \* PBS Kids <https://www.pbs.org/parents>
- \* CDC Positive Parenting Tips <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html> Links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life
- \* Healthy Families America <https://www.healthyfamiliesamerica.org/> Helping children receive nurturing care from their family.
- \* Parenting Resources <https://www.healthyplace.com/parenting/parenting-help/parenting-resources-organizations-that-help-parents> List of organizations that help parents
- \* Thrive Initiative: Free online Parenting Program <https://thrive.psu.edu/>
- \* Human Improvement Project—Parenting and relationship apps <https://www.humanimprovement.org/get-the-app>
- \* US Dept of Education List of Resources <https://www2.ed.gov/parents/landing.jhtml>
- \* Special Needs: Contact your M&FRC's Exceptional Family Member Program POC

## PARENTING AND SINGLE PARENT RESOURCES

- \* Blog Brigade <https://www.militaryonesource.mil/resources/network/blog-brigade/> Provides information and resources through blogs written by military spouses and guest bloggers
- \* New Parent <https://www.militaryonesource.mil/benefits/new-milparent-consultations/> New MilParent specialty consultation — which provides free, confidential help so you can get the resources you need to tackle parenting challenges
- \* Family Legal Issues <https://www.militaryonesource.mil/resources/millife-guides/family-legal-issues/>
- \* Child Custody <https://www.militaryonesource.mil/financial-legal/legal/be-proactive-with-child-custody/>
- \* Parents without Partners <https://www.parentswithoutpartners.org/>
- \* Programs to Help Single Parents <https://www.hhs.gov/answers/programs-for-families-and-children/what-help-is-available-for-single-parent/index.html>
- \* Mom Groups <https://www.parents.com/parenting/moms/mom-groups-worth-joining-on-facebook/>
- \* Single Dad Support Group <https://www.facebook.com/singledadsupportgroup/>
- \* Single Parents Support Group Sites <https://farzadlaw.com/online-support-groups-single-parents>
- \* National Fatherhood Initiative <https://www.fatherhood.org/championing-fatherhood/bid/183377/4-great-resources-for-single-dads>
- \* Find A Support Group <https://www.psychologytoday.com/us/groups/> Services and Support Groups for Moms <https://www.verywellfamily.com/top-support-groups-for-moms-4134007>
- \* National PTA <https://www.pta.org/home/family-resources/parent-resources>
- \* Zero to 3 <https://www.zerotothree.org/resources/for-families/>
- \* Parenting Resources from American Psychological Assoc <https://www.apa.org/res/parent-resources>
- \* Parent Information from CDC <https://www.cdc.gov/parents/index.html>
- \* Dolly Parton Imagination Library <https://imaginationlibrary.com/news-resources/parent-resources/>
- \* National Assoc for Gifted Children <https://dev.nagc.org/resources-publications/resources-parents>

## GRIEF AND LOSS RESOURCES

- \* Carson's Village: <https://carsonsvillage.org/>
  - \* If you have never experienced the sudden loss of a loved one, you can't prepare yourself for how many practical details there are to manage. Making burial arrangements, hosting family and friends, planning and coordinating funeral services as well as tracking gifts such as meals, flowers and monetary donations are just a few of the tasks you'll be expected to focus on in the days following your loss. Carson's Village can provide a wide range of free support services to help your family navigate this difficult time. The service is free.
- \* Tragedy Assistance Program for Survivors <https://www.taps.org/800-959-TAPS> (8277).
  - \* TAPS offers help, hope and healing to all who are grieving the death of a military or veteran loved one, regardless of the relationship to the service member or the circumstances or cause of death. TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones. Our National Military Survivor Seminar and Good Grief Camp has been held annually in Washington, D.C., TAPS also conducts regional survivor seminars for adults and youth programs at locations across the country, as well as retreats and expeditions around the world. Staff can get you connected to counseling in your community and help navigate benefits and resources.
- \* Air Force Families Forever (contact your local Military & Family Readiness Center)
  - \* Air Force Families Forever (AFFF) facilitates long-term case management procedures and provides support for surviving family members of deceased Regular Air Force, U.S. Space Force, and Reserve Component Airmen who died in an Active Duty, Inactive Duty for Training (IDT), or Annual Training (AT) status and whose relationship was established prior to the Airman or Guardian's death. Next of Kin (NOK): widow or widower (remarried or not), each parent (mother, father, stepmother, stepfather, mother through adoption, father through adoption, foster parents who stood in loco parentis), each child (natural, step-children, adopted), and each sibling (brother, sister, half-brother, half-sister, step-sibling) of an Airman or Guardian.
- \* The Department of Veteran Affairs (VA) offers bereavement counseling to family members of Armed Forces personnel who died in the service of our country. Also eligible are family members of Reservists and National Guardsmen who die while on duty, as well as family members of a Veteran

## EMPLOYMENT RESOURCES

- \* Hiring Our Heroes <https://www.hiringourheroes.org/resources/military-onesource-wellness-resources/>
- \* Glassdoor [https://www.glassdoor.com/Overview/Working-at-Military-OneSource-EI\\_IE3151472.11,29.htm](https://www.glassdoor.com/Overview/Working-at-Military-OneSource-EI_IE3151472.11,29.htm)
- \* Employment Resources for Military Spouses <https://www.dol.gov/agencies/vets/veterans/military-spouses/employment>
- \* USO <https://www.uso.org/programs/uso-pathfinder-transition-program>
- \* USA.GOV <https://www.usa.gov/labor-laws> Labor Laws and Issues
- \* Apprenticeship USA <https://www.apprenticeship.gov/>
- \* My Next Move <https://www.mynextmove.org/>
- \* JobCorps <https://www.jobcorps.gov/>
- \* Veteran's Employment and Training Services [https://www.dol.gov/agencies/vets?utm\\_source=veterans\\_gov&utm\\_medium=redirect&utm\\_campaign=veterans\\_gov\\_redirect](https://www.dol.gov/agencies/vets?utm_source=veterans_gov&utm_medium=redirect&utm_campaign=veterans_gov_redirect)
- \* OPM Disability Employment <https://www.opm.gov/policy-data-oversight/disability-employment/>
- \* Opportunities for Individuals with Disabilities <https://www.ssa.gov/careers/individualsWithDisabilities.html>
- \* Resume Place <https://resume-place.com/resources/>
- \* Applying for a Job <https://jobs.utah.gov/jobseeker/smartstart/applyjobs.pdf>
- \* Utah Dept of Workforce Services <https://jobs.utah.gov/jsp/utjobs/seeker/help/src/pdf/DWSresumeAndAppWorkshop.pdf>

## CHILDCARE RESOURCES

- \* Care About Childcare <https://jobs.utah.gov/occ/provider/caccontact.html>  
Support child care programs provide free resources to parents looking for quality child care .
- \* ChildCare.gov <https://www.childcare.gov/consumer-education/military-child-care-fee-assistance-programs> Information about choosing safe, quality childcare for military families and <https://www.childwelfare.gov/topics/preventing/prevention-programs/familyresource/>
- \* Child Care Aware of America <https://www.childcareaware.org/fee-assistancerespite/military-families/> Childcare Information. For more information on eligible programs and assistance. Reservist must be on order for 30+ days. 1 (800) 424-2246; (703) 341-4101: Fee Assistance 1(800) 424-2246: (703) 341-4103
- \* Child Welfare Information Gateway <https://www.childwelfare.gov/topics/preventing/prevention-programs/familyresource/> Connects the public to information, resources, & tools covering topics on child welfare, child abuse & neglect, out-of-home care, adoption
- \* After School Care <https://childcareta.acf.hhs.gov/centers/national-center-afterschool-summer-enrichment> Brings together resources from agencies and offer information, tools, trainings and other supports
- \* Sitter City <http://www.sittercity.com> Connects families with caregivers and caring companies Provides information & tools to help care seekers & care providers connect & make informed decisions
- \* YMCA <https://www.ymca.org/what-we-do/youth-development/child-care> Childcare, after school activities
- \* DoD Military Caregiver Support Resources <https://warriorcare.dodlive.mil/caregiver-resources>
- \* National Resource Centre for Health & Safety in Health Care & Early Education <https://nrckids.org/>
- \* Healthychildren.org <https://www.healthychildren.org/English/family-life/work-and-child-care/Pages/choosing-a-child-care-center.aspx> Committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults
- \* Child Nutrition Programs (CNP) <https://www.fns.usda.gov/cn> 1-801-538-7680 USDA Food & Nutrition Service
- \* National Head Start Center Locator <https://eclkc.ohs.acf.hhs.gov/center-locator> 1-866-763-6481
- \* Childcare Network <https://www.childcarenetwork.com/>
- \* Care.com <https://www.care.com/>

## CHILD DEVELOPMENT

- \* Utah Baby Watch Early Intervention <https://health.utah.gov/cshcn/programs/babywatch.html> This website includes developmental milestones for your child and who to contact if you have concerns
- \* Act Early Utah Act Early <http://health.utah.gov/utahactearly/#:~:text=Utah%20Act%20Early%2C%20our%20one,%2C%20signs%2C%20and%20other%20Information%20on%20child%20development%20&positive%20parenting> Information on child development & positive parenting
- \* CDC Child Development <https://www.cdc.gov/ncbddd/childdevelopment/facts.html> Information on child development
- \* Utah's Children with Special Health Care <https://health.utah.gov/cshcn/about/#:~:text=Utah%20Children%20with%20Special%20Health,of%20Family%20Health%20and%20Preparedness.&text=We%20oversee%20many%20programs%20for,with%20special%20health%20care%20needs.801-829-8200> Helps parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community
- \* Utah's Office of Home Visiting <https://homevisiting.utah.gov/> Provides support to families through home visits that include providing info on children's health, development, safety and referrals to supportive services.
- \* National Association for the Education of Young Children <https://www.naeyc.org/our-work/for-families> National Association for the Education of Young Children
- \* Zero to Three <https://www.zerotothree.org/> To ensure that all babies and toddlers have a strong start in life
- \* Autism Resources [https://www.aacap.org/aacap/Families\\_and\\_Youth/Resource\\_Centers/Autism\\_Resource\\_Center/Home.aspx](https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Autism_Resource_Center/Home.aspx) and <https://www.autismspeaks.org/resource-guide> and <https://utahparentcenter.org/disabilities/autism/> and <https://nationalautismassociation.org/> and <https://www.hhs.gov/programs/topic-sites/autism/index.html>
- \* Developmental Disabilities <https://www.cdc.gov/ncbddd/developmentaldisabilities/index.html> Information on various developmental disabilities
- \* Early Intervention & Special Education <https://fpg.unc.edu/areas-of-work/early-intervention-special-education>
- \* CDC Information for Parents <https://www.cdc.gov/ncbddd/childdevelopment/freematerials.html>

## EMPLOYMENT RESOURCES

- \* Utah Department of Workforce Services <https://jobs.utah.gov/>
- \* States Workforce Services <https://www.dol.gov/agencies/eta/wotc/contact/state-workforce-agencies>
- \* VA Careers and Employment <https://www.va.gov/careers-employment/>
- \* America Job Centers <https://www.dol.gov/general/topic/training/onestop>
- \* Benefits.Gov 5 Resources <https://www.benefits.gov/news/article/320>
- \* Hill AFB Employment Program <https://www.benefits.gov/news/article/320>
- \* The Campaign for Disability Employment <https://www.whatcanyoudocampaign.org/where-to-learn-more/resources-for-job-seekers-and-employees/>
- \* O\*Net <https://www.onetonline.org/>
- \* Mil2Fed Jobs [https://www.dlir.state.md.us/mil2fedjobs/mil\\_search.aspx](https://www.dlir.state.md.us/mil2fedjobs/mil_search.aspx)
- \* FedshHireVets <https://www.fedshirevets.gov/>
- \* USAJobs <https://www.usajobs.gov/>
- \* mySECO <https://myseco.militaryonesource.mil/portal/>
- \* Indeed <https://www.indeed.com/career-advice>
- \* CareerOneStop <https://www.careeronestop.org/LocalHelp/local-help.aspx>
- \* Social Security <https://www.ssa.gov/work/> Social Security's Ticket to Work Program supports career development for Social Security disability beneficiaries ages 18 through 64 who want to work.
- \* LinkedIn <https://www.linkedin.com/>
- \* ZipRecruiter.com
- \* Military OneSource <https://www.militaryonesource.mil/education-employment/>

## SPOUSE RESOURCES

- \* Career Training for Spouses [https://www.careerstep.com/lp/mycaa-funds?uid=ppclg\\_military\\_beta-cid-355349040-kwd-77034662397665:loc-190&mssclid=8a9f5b1a136910d83a560407e8cd62d0&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=US\\_Google\\_Military\\_Beta&utm\\_term=%2Bmilitary%20%2Bspouse%20%2Bemployment&utm\\_content=Military%20Spouse%20Employment](https://www.careerstep.com/lp/mycaa-funds?uid=ppclg_military_beta-cid-355349040-kwd-77034662397665:loc-190&mssclid=8a9f5b1a136910d83a560407e8cd62d0&utm_source=bing&utm_medium=cpc&utm_campaign=US_Google_Military_Beta&utm_term=%2Bmilitary%20%2Bspouse%20%2Bemployment&utm_content=Military%20Spouse%20Employment) The MyCAA program, run by the Department of Defense, offers up to \$4,000 in funding to eligible military spouses for career training.
- \* VA Help for Spouses <https://thecollegeinvestor.com/23940/military-va-education-benefits/#tab-con-31>
- \* Education Military One Source <https://www.militaryonesource.mil/education-employment/seco/> and <https://www.military.com/spouse/military-education/military-spouse-education/military-spouse-family-education-assistance.html>
- \* Baby & You Class (75th) (801) 777-4681
- \* Heart Link (75th) (801) 777-4681
- \* Give Parents A Break (75th) (801) 777-4681
- \* Hearts Apart Dinner (75th) (801) 777-4681
- \* Job Search <https://myseco.militaryonesource.mil/portal/> and <https://msejobs.militaryonesource.mil/msep/>
- \* Federal Voting Assistance Program (FVAP) <http://www.fvap.gov>
- \* Military & Family Readiness Center <https://www.facebook.com/908familyreadiness/>
- \* AF Resilience <https://www.resilience.af.mil/>
- \* Military Spouse Entrepreneurs <https://www.facebook.com/amseagency>
- \* Operation We Are Here: Connect with Other Spouse & Significant Others <https://www.operationwearehere.com/getconnected.html>
- \* Department of Defense Taking Care of Our People <https://www.defense.gov/Spotlights/Taking-Care-of-Our-People/>
- \* Career OneStop for Employment <https://www.careeronestop.org/Veterans/BenefitsAndAssistance/for-military-spouses.aspx>
- \* Joining Forces <https://www.whitehouse.gov/joiningforces/> Support families, caregivers and survivors
- \* USO Programs for Spouses <https://www.uso.org/programs/military-spouse-programs>

## EDUCATION RESOURCES K-12

- \* Tutor.com [www.tutor.com/military](http://www.tutor.com/military) The Tutor.com/military program provides 24/7 online tutoring in more than 100 academic subjects for grades kindergarten through college.
- \* 360 Online Learning Resources: <https://www.weareteachers.com/free-online-learning-resources/> Online learning resources
- \* Hill AFB School Liaison Officer for K-12 <https://75fss.com/school-liaison-services/> The School Liaison (SL) serves as the installation point of contact for local military child education matters (K-12). The SL assists families with information, resources and referrals regarding local school districts, charter, public, private, virtual and homeschooling.
- \* How to Create a Learning Space for your Child <https://www.familyeducation.com/school-learning> A dedicated learning space at home can help nurture your child's creativity, enhance their focus and increase their motivation levels.
- \* Science, Technology, Engineering, and Math (STEM) [https://www.nasa.gov/stem/nextgenstem/commercial\\_crew/index.html](https://www.nasa.gov/stem/nextgenstem/commercial_crew/index.html) Resources for K-12 educators that includes engineering challenges, coding, digital badging, virtual reality
- \* Best Educational Apps for Kids of All Ages <https://www.familyeducation.com/fun/best-educational-apps-kids-all-ages> Help your toddler, preschooler, and school-age child learn about science, reading, and nature activities, interactive environment
- \* How to Help Your Child With Online Learning <https://www.familyeducation.com/technology-learning/how-to-help-your-child-with-online-learning> Tips for how parents can help kids thrive with e-learning from an education expert
- \* Fact Monster <https://www.factmonster.com/> Helps with homework and facts. Also has games and trivia quizzes.
- \* Sesame Street Activities <https://www.sesamestreet.org/home> Explore the Resources Find tips, activities, and more to spark playful learning
- \* Science Explorer <https://www.usgs.gov/science/science-explorer/> Browse science programs and activities

## EDUCATION RESOURCES K-12

- \* National Head Start Association <https://nhsa.org/parents/> Head Start and Early Head Start collaborate with families, community members, and other local agencies to identify common goals, align resources, and share data for continuous improvement and effective partnerships
- \* Apps for Students With Special Needs <https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter> Educators share recommendations for apps to support learning at home.
- \* Khan Academy Kids <https://learn.khanacademy.org/khan-academy-kids/> Inspire a lifetime of learning and discovery with our free, fun educational program for children ages two to eight
- \* Talking Is Teaching <https://talkingisteaching.org/indoors> These resources from Talking is Teaching provide you with ways you can talk, read, sing, and play your way through the day—just with things you might already have indoors
- \* Frog Street <https://parents.frogstreet.com/> Frog Street provides resources access to over 250 English and Spanish electronic books, activities and songs
- \* National Geographic <https://www.nationalgeographic.com/family/at-home-education-resources/> National Geographic is offering free collections of activities
- \* Peep Family Science <http://www.peepandthebigwideworld.com/en/educators/peep-family-science/> Designed for parents and their children, especially those served by home visiting organizations
- \* Weather for Kids <https://www.wkbn.com/weather/weather-for-kids/> WKBN weather team offering lessons and projects everyday
- \* Cool Math 4 Kids <https://www.coolmath4kids.com/> Offers free games, quizzes and lessons in math for younger students
- \* Open Culture <http://www.openculture.com/freeaudiobooks> Free ebooks and movies
- \* LibriVox <https://librivox.org/> Free audio books
- \* Storyline Online <https://www.storylineonline.net/about-us/> Streams videos featuring celebrated actors reading children's books
- \* Youth.gov <https://youth.gov/youth-topics/afterschool-programs> After-school programs
- \* Wheeler Farms <https://slco.org/wheeler-farm/education/> is as an agricultural museum and outdoor recreation

## DEPLOYMENT SUPPORT

- \* Blue Star Families <https://bluestarfam.org/for-mil-families/deployments/deployment-resources/>
- \* Our Military Kids [www.ourmilitarykids.org](http://www.ourmilitarykids.org)
- \* Deployment Kids [www.deploymentkids.com](http://www.deploymentkids.com)
- \* United Through Reading <https://unitedthroughreading.org/>
- \* Employer of the Guard and Reserve (ESGR) [www.esgr.mil](http://www.esgr.mil)
- \* Military Spouse Resource Center [www.militaryspouse.org](http://www.militaryspouse.org)
- \* School Superintendents Association <https://www.aasa.org/MilitaryChild.aspx>
- \* Dogs on Deployment: Volunteers who are willing to board their pets during their owner's service commitments <https://www.dogsondeployment.org/>
- \* PACT For Animals: Places pets into temporary foster homes until their owners can be reunited <https://pactforanimals.org/>
- \* 911 Foster Pets <https://www.dogsondeployment.org/>
- \* Free Pet Foster Care Agreement Template from Rocket Lawyer: provides a free Pet Foster Care Agreement that you can easily fill in, sign online, and share it with anyone <https://www.rocketlawyer.com/business-and-contracts/service-contracts/care-provider-contracts/document/pet-foster-care-agreement/#>

## DEPLOYMENT SUPPORT

- \* Quick Guide for Deployment Readiness <https://usmc-mccs.org/articles/quick-guide-for-deployment-readiness/>
- \* Deployment – National Military Family Association <https://www.militaryfamily.org/info-resources/deployment/>
- \* Military Deployment Support – Military One Source [https://www.militaryonesource.mil/military-deployment-support?gclid=EAlaIqObChMlu\\_fs\\_7ed6glVw9SzChI dhgfdEAAAYASAAEglxXfD\\_BwE](https://www.militaryonesource.mil/military-deployment-support?gclid=EAlaIqObChMlu_fs_7ed6glVw9SzChI dhgfdEAAAYASAAEglxXfD_BwE)
- \* 10 Tips for Keeping a Relationship Strong During Deployment and Separation – Military One Source <https://www.militaryonesource.mil/family-relationships/relationships/managing-deployments-and-separations/10-tips-for-keeping-a-relationship-strong-during-deployment-and-separation>
- \* Deployment Resources for Families- Military One Source <https://www.militaryonesource.mil/family-relationships/parenting-and-children/parenting-through-deployment/deployment-resources-for-families>
- \* Managing Your Emotions When Your Spouse is Deployed – Military One Source <https://www.militaryonesource.mil/family-relationships/spouse/military-life-for-spouses/managing-your-emotions-when-your-spouse-is-deployed>
- \* 9 Tips For Reintegration After Deployment – Military One Source <https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/9-tips-for-reintegration-after-deployment>
- \* 75 FSS School Liaison Officer: <https://75fss.com/school-liaison-services/>
- \* Military.Com - Deployment Guides and Resources <https://www.military.com/deployment/deployment-guides-and-resources.html>
- \* Deployment Resources for Families – Military One Source <https://www.militaryonesource.mil/family-relationships/parenting-and-children/parenting-through-deployment/deployment-resources-for-families>
- \* 14 Freebies for Military, Families and Veterans <https://www.thespruce.com/freebies-for-military-families-and-veterans-1358044>
- \* Deployment Services – American Red Cross <https://www.redcross.org/get-help/military-families/deployment-services.html>
- \* Troop Support Links – American Legion <https://www.legion.org/troops/weblinks>
- \* What to Send Someone Who is Deployed – Military.Com <https://www.military.com/deployment/what-to-send-someone-who-is-deployed.html>
- \* USO Care Package Program <https://www.uso.org/programs/uso-care-package-program>

## EDUCATION RESOURCES K-12

- \* Utah Parent Center <https://www.operationwarm.org/> Helps parents help their children, youth and young adults with all disabilities to live included, productive lives as members of the community
- \* Explorable <https://explorable.com/kids-science-projects> Explorable offers free educational science projects
- \* Science Fun For Everyone <https://www.sciencefun.org/kidszone/experiments/> Offers educational science projects for kids
- \* PBS Everyday Learning <https://www.pbslearningmedia.org/collection/everyday-learning/> Opportunities for online learning (ages PreK-13)
- \* NASA <https://www.nasa.gov/> Offering their entire library free online for students
- \* ReadWorks <https://www.readworks.org/> Offers free reading comprehension activities for students K-12
- \* Oh Wow Science <https://www.libraryvisit.org/kids/> Offering free educational resources and e-books
- \* Military OneSource <https://www.militaryonesource.mil/?s=children+education> And [https://www.militaryonesource.mil/?s=children%20education&wpsolr\\_fq%5B0%5D=classification\\_str%3AResources](https://www.militaryonesource.mil/?s=children%20education&wpsolr_fq%5B0%5D=classification_str%3AResources)
- \* Educator Resources <https://www.archives.gov/education> The National Archives is home to a vast collection of materials
- \* UEN <https://www.uen.org/k12educator/uenresources.php?cat=Science> UEN is part of the Utah Education and Telehealth Network (UETN) which connects all Utah school districts, schools, and higher education institutions to a robust network and quality educational resources
- \* CDC Student Resources [https://www.cdc.gov/stem/student\\_resources\\_k-12/index.html](https://www.cdc.gov/stem/student_resources_k-12/index.html) Learn how public health brings together science, technology, engineering, and math (STEM)—with other subjects like social studies, civics, language arts, physical education and health, and sociology to contribute to creating a healthier world.
- \* J. Paul Getty Museum <https://www.getty.edu/education/teachers/index.html> Getty Education supports K–12 teachers and students through field trips to explore our Museum collection in addition to rich program offerings throughout the year
- \* Individuals with Disabilities Education Act <https://sites.ed.gov/idea/> information and explore resources on infants, toddlers, children, and youth with disabilities

## SCHOLARSHIP INFORMATION

- \* List of Top U.S. Government Learning Sites [https://learningpath.org/articles/List\\_of\\_Top\\_US\\_Government\\_Learning\\_Sites.html](https://learningpath.org/articles/List_of_Top_US_Government_Learning_Sites.html)
- \* Federal Student Aid <https://studentaid.gov/understand-aid/types/scholarships> Scholarships don't need to be repaid. There are thousands of them, offered by schools, employers, individuals, private companies, non-profits, communities, religious groups, and professional and social organizations
- \* Federal Student Aid <https://studentaid.gov/help-center/answers/article/how-to-find-scholarships> You can learn about scholarships in several ways
- \* Federal Student Aid (FAFSA) <https://studentaid.gov/h/apply-for-aid/fafsa> Use the Free Application to apply for financial aid for college or graduate school
- \* Thanks USA <https://www.thanksusa.org/about.html> Providing need-based college, technical and vocational school scholarships and pathways to employment for children and spouses of our troops.
- \* College Scholarships.org <http://www.collegescholarships.org/scholarships/children.htm> Providing scholarships for the children of military service-personnel
- \* 10 College Scholarships for Military Children <https://www.militaryspouse.com/education/10-college-scholarships-for-military-children/> If you haven't planned on using the GI BILL for them, there are many scholarships for military children
- \* Scholarships are available to veterans and their spouses and families. <https://usveteransmagazine.com/list-of-military-scholarships-for-service-members-spouses-and-dependents/>
- \* 100 Available Scholarships <https://militarywithkids.com/100-military-kids-scholarships/> Organizations and foundations are eager to provide funding for your military child to pursue further education
- \* Learning Path [https://learningpath.org/articles/List\\_of\\_Top\\_US\\_Government\\_Learning\\_Sites.html](https://learningpath.org/articles/List_of_Top_US_Government_Learning_Sites.html)
- \* Rhodes Scholarships at OXFORD: <http://www.rhodesscholar.org/info.html>
- \* American Political Science Association: <http://www.apsanet.org/PS/grants/aspen3.cfm> Grants, fellowships, & scholarships with the aim of advancing education and research in political science
- \* Scholarships of America <https://scholarshipamerica.org/students/browse-scholarships/> Search for multiple scholarships

## DEPLOYMENT SUPPORT

- \* The Deployment Spiral: Getting Through It as A Couple <https://smartcouples.ifas.ufl.edu/married/military-couples-corner-/deployment-spiral-getting-through-it-as-a-couple/> and <https://www.gottman.com/blog/how-to-prepare-your-relationship-for-military-deployment/>
- \* Working Through Pre-Deployment With Your Spouse <https://www.military.com/deployment/working-through-pre-deployment-with-your-spouse.html>
- \* Operation We Are Here: Staying Connected During Deployment <https://www.operationwearehere.com/ConnectionDuringDeployment.html>
- \* The Emotional Cycle of Deployment: You're Not Alone <https://www.militaryfamily.org/deployment-cycle-of-emotions/>
- \* Military couples who avoid problems fare worse after deployment <https://www.reuters.com/article/us-health-military-coping-style/military-couples-who-avoid-problems-fare-worse-after-deployment-idUSKBN18R342>
- \* Deployment Through All Phases <https://www.militaryonesource.mil/military-life-cycle/deployment>
- \* Returning From Deployment: Helping Your Family Transition <https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/returning-from-deployment-helping-your-family-transition?redirect=%2Fmilitary-life-cycle%2Fdeployment>
- \* When Your Guard or Reserve Service Member is Called to Active Duty <https://www.militaryonesource.mil/military-life-cycle/deployment/during-deployment/when-your-guard-or-reserve-service-member-is-called-to-active-duty?redirect=%2Fmilitary-life-cycle%2Fdeployment>
- \* National Guard and Reserve Reintegration <https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/national-guard-and-reserves-reintegration?redirect=%2Fmilitary-life-cycle%2Fdeployment>
- \* Cancelled or Postponed Deployment: Time for a Contingency Planning <https://www.militaryonesource.mil/military-life-cycle/deployment/preparing-for-deployment/cancelled-or-postponed-deployment-time-for-contingency-planning?redirect=%2Fmilitary-life-cycle%2Fdeployment>
- \* Stress Management During Deployment <https://www.militaryonesource.mil/military-life-cycle/deployment/during-deployment/stress-management-during-deployment?redirect=%2Fmilitary-life-cycle%2Fdeployment>

## PREDEPLOYMENT CHECKLIST

### \* What should I accomplish before I'm deployed?"

#### Legal Matters

- ◇ Create/Update a will for you and your spouse
- ◇ Designate Power of Attorney & Financial Power of Attorney
- ◇ Complete/Update DD Form 93/Record of Emergency
- ◇ Complete/Update SGLI
- ◇ Update family information in DEERS
- ◇ Create a Family Care Plan (even if not required in the event something happens to the spouse who is at home)

#### Financial Matters

- ◇ Discuss financial matters with loved ones (all accounts, allotments, payment of bills)
- ◇ Develop a budget
- ◇ Maintain copy of last Leave and Earnings Statement (LES)
- ◇ Ensure availability of funds as needed (spouses, significant others, guardians, etc.)
- ◇ Inquire of bank about automatic bill payment service

#### Personal Matters

- ◇ Discuss the location and information of important paperwork with family members and significant others
- ◇ Discuss feelings with family, particularly with children
- ◇ Discuss the location and information of important paperwork with family members and significant others
- ◇ Explain/discuss how military benefits will change during deployment to family, significant others, guardians, etc
- ◇ Provide list of important phone numbers to family
- ◇ Specific written instructions for guardians along with location of documents pertaining to the children (school records, dental records, allergies & treatments, etc.)
- ◇ Special instructions for guardians of pets and care instructions for automobile
- ◇ Provide information on current rental/buying information

#### Helpful Websites

- ◇ Employer of the Guard and Reserve (ESGR)/ [www.esgr.mil](http://www.esgr.mil)
- ◇ TRICARE (Reserve) / [www.tricare.osd.mil/reserve](http://www.tricare.osd.mil/reserve)
- ◇ REMEMBER - Help ease your families stress by being proactive

## SCHOLARSHIP INFORMATION

- \* Guaranteed Scholarships: <http://www.guaranteed-scholarships.com> Unlimited in number, require no interview, essay, portfolio, audition, competition or other "secondary" requirement. Just meet the criteria listed, adhere to the application deadlines
- \* Military Dependent Scholarships | Student Veterans Center <https://veterans.fsu.edu/resources/scholarships/military-dependent-scholarships>
- \* Scholarships Abroad: <http://www.iesabroad.org/info/hbcu.htm>
- \* International Students Scholarships & Aid Help: <http://www.iefaf.org>
- \* Federal Scholarships & Aid Gateways: <http://www.fedmoney.org> List of available federal programs benefiting students
- \* Scholarship Gateways from Black Excel: <http://blackexcel.org/25scholarships.htm>
- \* Scholarships for Military Children <https://www.unigo.com/scholarships/military/scholarships-for-military-children> f you are child of a military service member, then you're in luck. There are many scholarships for military children from military branch, federal and state government and even your college
- \* Scholarships.com <https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/military-scholarships/> Scholarships for military
- \* Military OneSource: <https://www.militaryonesource.mil/education-employment/for-children-youth/college-scholarships-for-military-teens-and-how-to-apply/> The Fisher House Foundation and the Heroes' Legacy Scholarship
- \* mySECO <https://myseco.militaryonesource.mil/portal/scholarships> financial assistance resources offered specifically to military spouses
- \* Information on Paying for College: <https://www.consumerfinance.gov/paying-for-college/> Explain the ins and outs of student financial aid and repaying loans to help you make smarter decisions about how to pay for school.

#### Grant Information

- \* <https://www.collegegrant.net/>
- \* <https://www.usa.gov/financial-aid>
- \* [www.grants.gov](http://www.grants.gov)

## SCHOLARSHIP INFORMATION

- \* US Department of Education <http://www.ed.gov> Information about loans, grants and general education information
- \* The National Collegiate Athletic Association <http://www.ncaa.org>
- \* CollegeScholarships.org (Current College Students) <http://www.collegescholarships.org/scholarships/subject-specific.htm> and <http://www.collegescholarships.org/scholarships/undergraduate-students.htm>
- \* GreatSchools.org <https://www.greatschools.org/gk/articles/college-scholarships-for-teens/> List of grants and scholarships
- \* MilitaryOneSource.mil (Basic College Prep. Info.) <https://www.militaryonesource.mil/education-employment/for-children-and-youth/higher-education-for-your-children/savings-plans-student-loans-and-scholarships-for-military-teens> and <https://www.militaryonesource.mil/education-employment/for-children-and-youth/higher-education-for-your-children/financing-your-child-s-college-education> and <https://www.militaryonesource.mil/education-employment/for-children-and-youth/higher-education-for-your-children/college-scholarships-for-military-children-and-how-to-apply>
- \* Ron Brown Scholar Program: <http://www.ronbrown.org> Committed to improving the lives of intellectually gifted, community and public service-minded African Americans by accelerating their progress into impactful leadership roles and opportunities.
- \* Harry S. Truman Scholarship: <http://www.truman.gov>
- \* US Department Of Education: [www.apa.org/mfp](http://www.apa.org/mfp) MFP is a highly successful, federally-funded training program for ethnic and racial minority researchers and service providers
- \* National Scholarships at all levels: <http://scholarships.kachinatech.com/scholars.html> Lists scholarships
- \* Astronaut Scholarship Foundation <http://www.astronautscholarship.org>
- \* College Fund/UNCF: <http://www.uncf.org> The nation's largest and most effective minority education organization
- \* Athletic Scholarships: <http://scholarships-ar-us.org/athletic.htm>
- \* Free 4U Scholarships: [https://www.free-4u.com/baptist\\_scholarships.htm](https://www.free-4u.com/baptist_scholarships.htm) List of scholarships
- \* American Psychological Association (APA) <http://www.apa.org/students/funding.html> Research funding, scholarships, honors & awards from APA & other psychology-related organizations

## RESOURCES FOR RESERVISTS ON ORDERS

- \* Military Childcare.com <https://public.militarychildcare.csd.disa.mil/mccu/ui/#/> The DoD provides a range of child care and school programs to support the diverse needs of military families like yours
- \* Child Care Aware® of America <https://www.childcareaware.org/fee-assistancerespice/military-families/air-force/fee-assistance/> and <https://www.childcareaware.org/fee-assistancerespice/military-families/> Care on UTAs, and deployments. EFMP families get 40 hours respite care during deployment. 1 (800) 424-2246; (703) 341-4101: Fee Assistance 1(800) 424-2246: (703) 341-4103
- \* Exceptional Family Member Program <https://www.afpc.af.mil/Benefits-and-Entitlements/Exceptional-Family-Member-Program/> There are 99 EFMP-FS coordinators who provide full-time assistance to families at all major Air Force installations.
- \* Transition Assistance Program <https://www.afpc.af.mil/Separation/Transition-Assistance-Program/> The goal is to provide information of benefits available while on active duty and tools and training to ensure service members and their spouses are prepared for civilian life
- \* Tricare Prime <https://www.tricare.mil/prime>
- \* Air Force COOL <https://www.amcaexams.com/military/air-force-cool/> will help airmen navigate through the various civilian credentialing opportunities that are available for their control/duty AFSCs.
- \* Access and Care to the following base services:
  - \* Mental Health Clinic 1-801-777-7909
  - \* Family Advocacy Clinic 1-801-3497
  - \* Domestic Abuse Victim Advocate 1-385-209-1811
  - \* Alcohol and Drug Abuse Prevention and Treatment 801-777-7909

## ASSISTANCE FOR SENIORS & CAREGIVERS

- \* Resources for Senior Citizens and Their Families <https://www.loc.gov/nls/resources/general-resources-on-disabilities/resources-senior-citizens-families/>  
The resources listed in this reference guide are designed to assist adults over the age of 55 with disabilities, as well as their caregivers, in handling new physical, psychological, and financial challenges
- \* Elder Care Locator <https://eldercare.acl.gov/Public/Resources/Index.aspx>  
<https://www.hhs.gov/aging/state-resources/index.html> Find resources based on your zip code
- \* Federal Government Resources for Seniors <https://www.eldercaredirectory.org/>
- \* Utah Aging & Adult Services <https://slco.org/aging-adult-services/information-assistance>  
The Information and Assistance Program connects older adults and families to services and resources that help them explore options, assist with independent living, and provide information about health care benefits and fraud prevention.
- \* V.A. Benefits for Seniors - Services for Veterans <https://www.benefits.va.gov/persona/veteran-elderly.asp>
- \* The Senior Veterans Service Alliance <https://www.veteransaidbenefit.org/>  
This is not a recognized veterans service organization nor are we affiliated with the Dept of VA, but we serve the same purpose by educating the public and referring visitors to accredited representatives for help
- \* Veterans Benefits: Caregiving Information - AgingCare.com <https://www.agingcare.com/topics/138/veterans-benefits>
- \* Navigating Benefits.gov User Series: Senior Citizens <https://www.benefits.gov/news/article/349> Benefits for Seniors Through SSA
- \* Guide to Public Benefits by State <https://www.aarp.org/aarp-foundation/our-work/income/public-benefits-guide-senior-assistance/>
- \* Social Security Retirement Benefits <https://www.ssa.gov/benefits/retirement/>
- \* Difference between Medicare and Medicaid <https://www.hhs.gov/answers/medicare-and-medicaid/what-is-the-difference-between-medicare-medicaid/index.html>
- \* Talk to someone | Medicare <https://www.medicare.gov/talk-to-someone>
- \* Seniors | Aging & Adult Services <https://daas.utah.gov/seniors/>
- \* Find Top Senior Care Providers Near Me <https://www.care.com/senior-care>

## FINANCIAL ASSISTANCE

- \* Air Force Aid <https://afas.org/> AFAS provides emergency assistance to Airmen and Air Force families when unexpected financial emergencies arise with no-interest loans and grants that provide financial services for the Air Force, Airmen and families.
- \* American Legion <https://www.findhelp.org/american-legion---utah--salt-lake-city-ut--temporary-financial-assistance-%2528tfa%2529/5560047385182208?postal=84056> The American Legion Temporary Financial Assistance (TFA) program awards cash grants to minor children of current active duty or American Legion members
- \* Army Emergency Relief <https://www.armyemergencyrelief.org> Emergency financial assistance organization and dedication to "Helping the Army take care of its Own." Help with emergency travel, rent or mortgage, appliance maintenance, minor home repairs, food purchases, health care expenses, utilities, initial rent and deposit.
- \* Benefits.gov <https://www.benefits.gov/categories/Financial%20Assistance> A list of financial resources by state and federal agency.
- \* Child & Adult Care Food Program <https://www.fns.usda.gov/contacts?f%5B0%5D=program%3A9088> Provides financial aid to help childcare providers pay for nutritious foods that contribute to the wellness, healthy growth, & development of young children
- \* CHIP <https://www.healthcare.gov/medicaid-chip/childrens-health-insurance-program/> Serves uninsured children up to age 19 in families with incomes too high to qualify them for Medicaid
- \* Patriot Link <https://patriotlink.org/> PATRIOTlink offers thousands of vetted, direct and cost-free services
- \* Code of Support <https://www.codeofsupport.org/> A full spectrum of resources to ensure all members of our military, veterans & their families
- \* Comcast Internet Help <https://www.cheapinternet.com/resources/how-to-apply-to-internet-essentials>
- \* Consumer Financial Protection Bureau <https://www.consumerfinance.gov/practitioner-resources/servicemembers/> Increase your knowledge on multiple financial topics and avoiding scams

## FINANCIAL ASSISTANCE

- \* Personalize Your Finances <https://www.nerdwallet.com/blog/finance/covid-19-financial-assistance/> Personal finance is the process of making money, saving money, building wealth and protecting assets
- \* Find rental assistance programs in your area: <https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/renter-protections/find-help-with-rent-and-utilities/>
- \* Disaster Relief-FEMA <https://www.fema.gov/assistance/individual> How to apply for assistance and <https://feea.org/wp-content/uploads/2019/09/Loan-Program-Information.pdf>
- \* Financial Assistance for Those With Disabilities <https://www.usa.gov/disability-financial-support#:~:text=%20The%20following%20organizations%20provide%20services%20and%20information,The%20U.S.%20Department%20of%20Education%27s%20Offi...%20More%20> Explore a wide range of programs and tools to help with housing, taxes, medical bills, service and emotional support animals, and more
- \* Find Help <https://www.findhelp.org/> Search and connect to support within your zip code. Financial assistance, food pantries, medical care, and other free or reduced-cost
- \* Food Pantries-Feeding America and Food Pantries.org <https://www.feedingamerica.org/> and <https://www.foodpantries.org/>
- \* Free Credit Reports <https://www.consumer.ftc.gov/blog/2019/10/free-electronic-credit-monitoring-coming-soon-military>
- \* Free Grants to Veterans <http://freegrantsforveterans.org/> Provides comprehensive details on grants for veterans
- \* In-Treatment Support <https://www.findhelp.org/live-like-bella--coral-gables--aa--in-treatment-support/5202130048778240?postal=84056> Provides a list of financial assistance for cancer patients
- \* Last Mission Project <https://www.findhelp.org/operation-first-response---culpeper-va--the-last-mission-project/4742786356084736?postal=84056> Helps wounded Vets in hopes to alleviate financial stress for Veterans
- \* Learn about mortgage relief options and protections <https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/help-for-homeowners/find-your-servicer/> and <https://www.usa.gov/states-and-territories>
- \* Low Income Home Energy Assistance Program by State <https://www.acf.hhs.gov/ocs/liheap-state-and-territory-contact-listing>

## FOOD, CLOTHING, SHELTER

- \* Feeding America [https://www.feedingamerica.org/find-your-local-foodbank?s\\_src=Y20YP2GIZ&s\\_keyword=%2Bfood%20%2Bbank&s\\_subsrc=c](https://www.feedingamerica.org/find-your-local-foodbank?s_src=Y20YP2GIZ&s_keyword=%2Bfood%20%2Bbank&s_subsrc=c) Nationwide network of food banks and food programs
- \* Food Pantry search <https://www.foodpantries.org/>
- \* Clothing and Other Items [https://www.needhelppayingbills.com/html/salt\\_lake\\_clothing\\_closets\\_and.html](https://www.needhelppayingbills.com/html/salt_lake_clothing_closets_and.html) Find free or affordable clothes in Salt Lake City and County Utah
- \* Shelter and Utilities [https://www.needhelppayingbills.com/html/government\\_assistance.html](https://www.needhelppayingbills.com/html/government_assistance.html) Various charitable programs and government financial assistance programs
- \* United Way <https://www.unitedway.org/my-smart-money/pages/community-resources-to-help-with-housing> Can link you to organizations in your area for food, clothing & shelter
- \* HUD <https://www.hud.gov/states> Housing and Urban Development (HUD) – The programs will help those who qualify to pay rent, avoid foreclosure, obtain necessary home repairs, and locate affordable housing options
- \* USA Cares <https://usacares.org/programs> Assists veterans or service members who are facing temporary financial hardships. We assist in paying essential bills as a result of a military service-related incident
- \* VA Food Pantries <https://www.military.com/benefits/2020/06/16/food-pantries-springing-va-medical-facilities.html> The food pantry project is a public-private partnership between the VA and Feeding America
- \* Airman's Attic on Hill AFB, in the Military & Family Readiness Center, bldg. 150
- \* Churches That Help with Food & Clothing Near Me <https://getgovtgrants.com/churches-that-help-with-food> n Free Food Grants, Churches That Help With, Government Grants, Grants For Low Income Families
- \* Salvation Army <https://www.salvationarmyusa.org/usn/cure-hunger/> Food pantries & meal programs
- \* Crossroads Urban Center <https://www.crossroadsurbancenter.org/>
- \* USDA Food & Nutrition Service by state: [https://www.fns.usda.gov/fns-contacts?f%5B0%5D=program%3A9088&keywords=&sort\\_bef\\_combine=title\\_fulltext\\_ASC&sort\\_by=title\\_fulltext&sort\\_order=ASC&page=23](https://www.fns.usda.gov/fns-contacts?f%5B0%5D=program%3A9088&keywords=&sort_bef_combine=title_fulltext_ASC&sort_by=title_fulltext&sort_order=ASC&page=23)

## STRESS MANAGEMENT & MENTAL HEALTH

- \* Vets 4 Warriors <https://www.vets4warriors.com/> We are veterans who help active duty service members, National Guard members, reservists, veterans and their families or caregivers solve their challenges by providing an empathetic and respectful (nonjudgmental) ear and by connecting them to the resources they need to improve their lives, 24/7.
- \* Yoga: <https://veteransyogaproject.org/> Support recovery and resilience among Vets, military families through free online yoga. <https://comebackyoga.org/> online-yoga-practice Serves military community across the globe with free yoga classes and resources
- \* Mindfulness Based Stress Reduction Course (MBSR) <https://palousemindfulness.com/> Free 8 week MBSR training program
- \* Veterans Wellness Guide <https://www.mirecc.va.gov/VISN16/docs/veteran-wellness-guide.pdf> for Vets who feel tired, stressed or improve well being.
- \* Living with Purpose Workbook : [https://www.mirecc.va.gov/VISN16/docs/Living\\_With\\_Purpose.pdf](https://www.mirecc.va.gov/VISN16/docs/Living_With_Purpose.pdf) Behavioral activation for improving mood
- \* 30 Days of Self-Care with Covid Coach <https://www.ptsd.va.gov/appvid/docs/30DaysSelfCareCOVIDCoach508.pdf>
- \* Whole Health Resources Handouts: <https://www.va.gov/WHOLEHEALTH/veteran-handouts/index.asp> Wholistic Health Resources from the VA
- \* Whole Health Mobile Apps and online Tools <https://www.va.gov/WHOLEHEALTH/veteran-resources/MobileApps-OnlineTools.asp>
- \* VA Mobile apps <https://mobile.va.gov/appstore/veterans> Apps to help improve sleep, relationships, anger, PTSD, reduce drinking and smoking & more.
- \* Improving Flourishing: <https://www.mybestself101.org/> Learn how to apply research-based principles to help create your best self.
- \* Veteran Training <https://www.veterantraining.va.gov/index.asp> Free VA courses on sleep, problem solving, anger management, parenting, stress, adjustment/moving forwards and more.
- \* Moral Injury information for Vets and Families <https://www.mirecc.va.gov/visn17/moralinjury/veterans.asp>
- \* Mindfulness Meditation free App: <https://www.uclahealth.org/programs/marc/free-programming-resources/ucla-mindful-app>
- \* Free Gym memberships for Utah Vets <https://operationcombatboots.com/>
- \* <https://themilitarywallet.com/gym-military-discounts/> Gyms Nationwide provide military discounts
- \* National Alliance on Mental Illness provides advocacy, education, support and public awareness <https://nami.org/>

## FINANCIAL ASSISTANCE

- \* Medicaid <https://www.healthcare.gov/> Information on health coverage to include eligible low-income adults, children, pregnant women, elderly adults, and people with disabilities. Medicaid is managed by states, according to federal requirements. 1-800-318-2596
- \* NG and Res Debit Relief Act aka Servicemembers Civil Relief Act <https://www.militaryonesource.mil/family-relationships/relationships/relationship-challenges-and-divorce/servicemembers-civil-relief-act> Reduce your interest rates while deployed
- \* Need Help Paying Bills <https://www.needhelppayingbills.com/index.html>
- \* Child Care Aware <https://www.childcareaware.org/fee-assistancerespite/> Childcare assistance Childcare assistance is available to eligible families through State agencies that administer Federal Child Care and Development grants. Each State determines eligibility requirements. Call 1-800-424-2246 to locate an agency near you.
- \* Operation Home Front <https://www.operationhomefront.org> Offers relief by providing critical financial assistance and transitional housing programs, resiliency through permanent housing and caregiver support, and recurring family support to help military families overcome the short-term “bumps in the roads”
- \* Operation Family Fund <https://www.findhelp.org/operation-family-fund--ridgecrest-ca--financial-assistance/5976015088254976?postal=84056> Operation Family Fund provides financial assistance to eligible service members or their families in the form of grants. Grants can be used for a variety of basic needs, medical care, home purchases and more
- \* Reserve Income Replacement Program <https://www.military.com/benefits/military-pay/reserve-and-guard-pay/reserve-income-replacement-program.html> pays eligible National Guard and reserve members mobilized for extended or frequent periods the difference between their monthly civilian pre-mobilization income and their current total monthly military compensation
- \* School Meal Programs <https://www.fns.usda.gov/snap/state-directory> Provide low-cost or free nutritionally balanced meals to children each school day. School meal programs are available in public and nonprofit private schools and residential child care programs
- \* Small Business Administration-Military Reservist Loan <https://www.sba.gov/funding-programs/disaster-assistance/military-reservist-loan> If you have an essential employee who is a military reservist called to active duty, SBA provides loans to help eligible small businesses with operating expenses

## FINANCIAL ASSISTANCE

- \* Temporary Assistance for Needy Families Program <https://www.acf.hhs.gov/ofa/programs/temporary-assistance-needy-families-tanf>  
The program is designed to help families achieve self-sufficiency. You can apply for help at your local or county TANF office.
- \* Unemployment Insurance <https://oui.doleta.gov/unemploy/ucx.asp> Unemployment Compensation for Ex-servicemembers (UCX) program provides benefits for eligible ex-military personnel
- \* United Way <https://www.unitedway.org/> <https://www.211.org/get-help/i-need-help-paying-my-bills>. Connects people to resources within their area
- \* USA.Gov <https://www.usa.gov/covid-financial-help-from-the-government>  
List of government resources, services, information
- \* Utah Department of Workforce Services <https://www.findhelp.org/utah-department-of-workforce-services--ogden-ut--temporary-assistance-for-needy-families-%2528tanf%2529/5787396572184576?postal=84056> This program is essential to families experiencing temporary economic hardship.
- \* Utah Veterans Alliance <https://4rutvets.org/helping-hands-for-utahs-heroes/> Provides financial assistance or organizing a service project, even by connecting the veterans or their families with resources in the community who can provide assistance, we want to help them stay self-sufficient and improve their quality of life.
- \* VA Benefits <https://www.fsc.va.gov/> Offers a wide range of financial and accounting products and services to both the VA and Other Government Agencies (OGA)
- \* USDA National Hunger Hotline at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273). Information is available in English and Spanish. <https://www.usa.gov/food-help#item-213705>
- \* Help Lowering Your Expenses <https://www.usa.gov/help-with-bills> If you can't afford to pay your home heating or cooling bill, you may be able to get help from the government or your local social services agency or non-profit
- \* MilSpouse Money Mission <https://www.milspousemoneymission.org/> Educate and empower military spouses to elevate their families by making smart money moves
- \* Financial Readiness <https://finred.usalearning.gov/> So service members and families can achieve personal financial readiness

## STRESS MANAGEMENT & MENTAL HEALTH

- \* Ways to Manage Stress <https://health.gov/myhealthfinder/health-conditions/heart-health/manage-stress> Preventing and managing long-term stress can lower your risk for other conditions — like heart disease, obesity, high blood pressure, and depression.
- \* Meditation to Manage Stress <https://www.webmd.com/balance/guide/meditation-natural-remedy-for-insomnia> Meditation is a simple technique that, 10 minutes each day, can help you control stress, decrease anxiety, improve cardiovascular health, and achieve a greater capacity for relaxation
- \* Stress Less Manual: Relaxation Enhancement [https://www.mirecc.va.gov/vision16/docs/Franklin\\_Relaxation\\_Patient\\_Manual.pdf](https://www.mirecc.va.gov/vision16/docs/Franklin_Relaxation_Patient_Manual.pdf)
- \* Mental Health for Veterans <https://www.mentalhealth.gov/get-help/veterans>  
Current and former service members may face different mental health issues than the general public
- \* Find a Therapist in Your Area <https://www.psychologytoday.com/us> and Military OneSource: [www.militaryonesource.mil](http://www.militaryonesource.mil)
- \* Vet Centers <https://www.vetcenter.va.gov/> Vet Centers are community-based counseling centers that provide counseling to eligible Veterans, service members, including National Guard and Reserve components, & their families
- \* 419th Fighter Wing Director of Psychological Health <https://www.facebook.com/groups/23607278783358/?ref=share> 801-657-1233
- \* Ti Chi <https://www.mayoclinic.org/healthy-lifestyle/stress-management/multimedia/tai-chi-video/vid-20084646> All forms of tai chi include rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm
- \* Hill AFB, Military and Family Life Counselors Adults: 801-644-0493/801-678-6731; Youth: 385-288-2825; Child: 385-405-4564
- \* Mental Health and Drug Abuse Treatment Programs <http://drugabuse.com/library/mental-health-and-drug-abuse/>
- \* Air Force Resilience <https://www.resilience.af.mil>
- \* MentalHealth.gov <https://www.mentalhealth.gov/talk/community-conversation/services> Local Organizations With Mental Health Expertise
- \* Salt Lake Behavioral Health Military Program Strong Hope <https://saltlakebehavioralhealth.com/programs-services/military-programs/> Specialized mental health and substance abuse treatment program for service members, veterans and military families
- \* Depression & Bipolar Support Alliance DBSA recognizes the unique ways identity, culture, and access affect people living with mood disorders <https://www.dbsalliance.org/>