

## School Liaisons

### **Army Reserves Child, Youth & Schools Services**

310-235-4129

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

The mission of Child and Youth Services (CYS) is to support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities. CYS serves all Army Reserve Families with children and dependents between the ages of 4 weeks and 18 years old. As families experience needs related to children and youth development, including education, enrichment opportunities, childcare and deployment support, CYS is here to help.

### **Good Parent Teacher Conference**

<https://psycharmor.org/courses/good-parent-teacher-conference/>

Parent/teacher conferences bring together some of the most significant people in a child's life, providing both parents and teachers opportunities to see how the child is adjusting, growing and engaging both at home and in the classroom. This course provides practical guidance, from preparing for the conference and effectively communicating during the meeting, to maintaining parent/teacher communication through the year. This course will help educators identify some of the unique aspects of military life and help facilitate a more beneficial parent/teacher conference for anyone.

### **Marine Corps**

760-763-7385 or

760-763-7386

[www.pendleton.marines.mil/Services/SchoolLiason.aspx](http://www.pendleton.marines.mil/Services/SchoolLiason.aspx)

The mission of the School Liaison Officer aboard Camp Pendleton is to coordinate education support services to maximize opportunities for academic success for transitioning military children/youth.

### **National Guard – Southern California**

858-573-7233

[www.calguard.ca.gov/family/programs-services.org](http://www.calguard.ca.gov/family/programs-services.org)

[www.jointservicessupport.org/fp](http://www.jointservicessupport.org/fp)

The Child and Youth Program (CYP) is an integral component of the National Guard's comprehensive approach to Family Readiness. By upholding the well-being of the entire family, the CYP offers outcome-based activities designed to foster positive youth development and support the unique strengths and challenges of National Guard children. This high quality, out-of-school time program exists in 54 states.

## **Navy Region Southwest**

619-532-1034

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

[www.cnrc.navy.mil/regions/cnrsw.ffr.html](http://www.cnrc.navy.mil/regions/cnrsw.ffr.html)

Navy Region Southwest Community Support Programs is a regional team dedicated to providing a full range of quality products and services that enhance our customers' lives in support of mission readiness and retention. Community Support Programs (CSP) is oversight of quality of life programs for active-duty military, reservists, military retirees and their families.

## **Social Emotional Learning**

<http://csefel.vanderbilt.edu/briefs/wwb12.pdf>

These briefs are designed to help teachers, parents, and other caregivers support young children's social and emotional development.

## **Special Needs**

### **Military One Source**

800-342-9647

[www.militaryonesource.mil/efmp](http://www.militaryonesource.mil/efmp)

Finding help for your family member with special needs can take a lot of time. Let Military One Source and the Family-to-Family Health Information Center be your guide and save you time.

### **Team of Advocates for Special Kids**

866-828-8275

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

TASK is a non-profit organization that specializes in special education and assistive technology support for the families or children with disabilities and the professionals who serve them.

### **Think College**

Resources for the student with disabilities

[www.thinkcollege.net](http://www.thinkcollege.net)

Think College is a national organization dedicated to developing, expanding, and improving inclusive higher education options for people with intellectual disability. With a commitment to equity and excellence, Think College supports evidence-based and student-centered research and practice by generating and sharing knowledge, guiding institutional change, forming public policy, and engaging with students, professionals and families.

## **Wrights Law**

Military and Dept. of Defense Special resources

[www.wrightslaw.com/info/dod.index.htm](http://www.wrightslaw.com/info/dod.index.htm)

## **Academic Support**

### **Math Moves U**

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

Mentoring and inspiring students to pursue STEM careers in the central mission of our MathMovesU program. We believe it's our responsibility to help students from all backgrounds gain opportunities for robust education in math and science. Through MathMovesU initiatives, we engage with students from elementary school through college, support educators and policymakers, and promote racial and gender equality within STEM fields.

### **Armed Forces YMCA**

Operation Hero

800-597-1260

[www.asymca.org/operation-hero](http://www.asymca.org/operation-hero)

Operation Hero is an onsite after-school program, which focuses on character development and skill building within military children who have been identified by school personnel and parents exhibiting low self-esteem, or difficulty adjusting both academically and socially in the school environment. Curriculum is designed to help children handle the challenges of military life, provide tools to help them succeed in school, and help develop a positive self-image while improving social and communication skills.

### **Operation We Are Here**

[www.operationwearehere.com/childreducation.html#anchor\\_321](http://www.operationwearehere.com/childreducation.html#anchor_321)

A comprehensive list of resources for the military community and its supporters

### **United Through Reading**

<http://www.unitedthroughreading.ort/military>

This service offers DVDs of deployed parents reading books aloud to their children. There is also a book, *You're Never Far Away*, that can be customized with the service member's branch of the military and the child's name.

## Military Children & Teen Resource Directory

### **Professional Tutors of America Inc.**

714-784-3430

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

For 30 years, Professional Tutors of America Inc. has provided educational services to thousands of students nationwide. We provide multiple venue options for our tutoring services, including one-to-one tutoring at the home or public library, small group instruction, and online tutoring. Additionally, our company has developed many specialized education programs, including Counseling & Mentoring Services, Special Education Tutoring, Military & Veteran Programs, and Parent/Student Workshops.

### **Tutor.com**

800-411-1970

[www.tutor.com/military-programs](http://www.tutor.com/military-programs)

Currently, children (grades K-12) of an active duty service member (including full-time and/or deployed National Guard and Reserve) in the US Army, Navy, Air Force, Marine Corps or Coast Guard and deployed DoD Civilian families are eligible to use the program at no cost.

### **MilTeenChat App (Ages 13 to 17)**

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

An app for military kids that can help kids at school, with their peers, with their family, so they never feel alone and isolated. Military teen can connect to others who are having similar experiences all over the world.

## Family and Children Support and Resources

### **Military Children's Collaborative Group Inc.**

714-536-6184

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

To provide essential services to improve the quality of life of military connected children and their families. We fulfill our purpose by bringing awareness, providing education, referring resources to and for military connected children's unique needs and by building a comprehensive support network that fosters, encourages and acknowledges the children who silently serve.

### **Our Military Kids**

866-691-6654

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

Our Military Kids, Inc., a 501(c)(3) nonprofit organization supports children, ages 5-12th grade, of deployed National Guard and Reserve service members and children of wounded warriors from all service branches. Grants pay for participation in activities that help children cope with stress and anxiety while their parents are recovering or absent.

### **Operation Family Caregiver**

858-268-4432

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

Operation Family Caregiver coaches the families of returning service members and veterans to manage the difficulties they face when they come home. OFC is a personalized program, tailored specifically to the struggles of each family. Through proven methods, the program teaches military families how best to navigate their challenges, resulting in stronger and healthier families.

### **Operation Homefront**

858-922-4538

[www.operationhomefront.net/socal](http://www.operationhomefront.net/socal)

To be the provider of choice for short-term and critical assistance, long-term stability and recurring support programs for military families.

### **National Military Family Association**

703-931-6632

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

NMFA is the voice of military families because, for 46 years, we have proven that we stand behind service members, their spouses, and their children. Our Association is the “go to” source for Administration Officials, members of Congress, and key decision makers when they want to understand the issues facing our families.

### **Blue Star Families**

202-630-2583

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

We strengthen military families every day. Through career development, caregiving, and our leading research on military family life, we’re striving to better understand and provide solutions to the challenges facing today’s military families.

### **Building capacity and welcoming practices in Military connected Schools**

213-821-3595

[www.buildingcapacity.use.edu](http://www.buildingcapacity.use.edu)

Research indicates that military children attend an average of six to nine different schools and that students who transition frequently have unique needs. The University of Southern California is partnering with five school districts (composed of approximately 110 schools) to launch a new initiative-Welcoming Practices that Address Transition Needs of Military Students in Public Schools (Welcoming Practices Consortium)

### **Deployment Kids**

[www.deploymentkids.com/index/html](http://www.deploymentkids.com/index/html)

Provides various projects for children whose parents are in the military.

## **Family of a Vet**

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

In order for Veterans and their loved ones to survive and thrive after combat, they have to be given real-world, worthwhile information and education so that they know not only what they're dealing with but how to deal with it.

## **Military Child Education Coalition**

254-953-1923

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

To ensure inclusive, quality educational opportunities for all military and veteran connected, children affected by mobility, transition, and family separation.

## **Military Kids Connect**

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

Military Kids Connect is an online community for military children (ages 6-17 yr old) that provides access to age appropriate resources to support children dealing with the unique psychological challenges of military life. MKC offers informative activities, fun games, helpful videos, and an online community that can build and reinforce understanding, resilience, and coping skills in military children and their peers.

## **Sesame Street**

[www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc](http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc)

Sesame Street for Military Families: Transitions supports families' ability and well-being as adults and kids face the multiple changes related to transitioning out of the military and back into civilian life. Most of all, this toolkit celebrates families' strength and resilience as they take the next step in their adventure! It's the latest addition to Sesame Workshop's multimedia initiative supporting military families through the challenges of deployment, homecomings, injuries, and more.

## **Human Performance Resource Center – Family & Relationships**

<https://www.hprc-online.org/page/Family-Relationships>

HPRC is your one-stop source of evidence-based information and key resources to help Service Members and their families optimize their performance and achieve total fitness. In the Family & Relationships section, you'll find articles, FAQs, printable handouts, and other resources specifically for military families. Explore topics such as family resilience, managing emotions, building relationship skills, and navigating deployment phase. Our evidence-based resources will help strengthen your relationships and support your being/becoming ready and resilient as a military family.

## **Stars in School**

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

Offers support to families during deployments. In the Families section, there are many resources, links, and other information useful to parents. There is also a template for a letter you can send to your child's school principal, to ensure the school knows of your impending deployment.

In the Students section, there are many resources to help children (of any age) contend with and succeed during the upcoming deployment.

In the Schools section are resources for educators, counselors, and school administrators that can help them better support your family during the deployment.

### **FOCUS-WORLD**

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

An interactive avatar-based game to help military families become stronger in the face of challenges. Learn ways to manage feelings, create timelines to share important memories, parent-tips/activities for the family.

### **ZERO to THREE**

<https://www.zerotothree.org/our-work/military-family-projects>

Supports military families - increases awareness and collaboration throughout the military community so that parents and professionals can more effectively care for very young children and their families

### **Military OneSource**

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

A U.S. Department of Defense program that provides resources and support to active-duty, Veterans, National Guard and Reserve service members and their families anywhere in the world. Services include help with relocation, tax support, financial planning, health and wellness coaching, as well as confidential non-medical counseling and specialty consultations for spouse employment, education, adoption, elder care, special needs and much more.

Military OneSource services are accessible 24/7, service members and family members can call Military OneSource at 800-342-9647 or go to [www.militaryonesource.mil](http://www.militaryonesource.mil).

### **BARKING ANGELS**

[www.vetsupportnet.org/bark](http://www.vetsupportnet.org/bark)

Pairs military and veteran families with therapy and service rescue puppies!

VSSN rescues dogs and partners with local shelters, rescues, and safe places who provided board and care facilities, trainers, and veterinarians to find the right fit for a needy four-legged friend, with our heroes and/or their families!

## Community Support

### **Veterans Legal Institute**

714-852-3492

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

Veterans Legal Institute provides pro bono legal assistance to homeless, at risk, disabled and low income current and former service members to eradicate barriers to housing, healthcare, education, and employment and foster self-sufficiency. VLI also advocates on behalf of its clients by providing community education and policy advocacy to increase awareness, resources, and overall protections to current and former members of US Military.

### **Veterans Supplementary Support Network (VSSN)**

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

Our mission is to end and prevent suicide, homelessness, and hardship among veteran and military service members and their families. They are a resource connection to housing, financial empowerment, veteran/military services, health and wellness, legal support, employment and education opportunities, financial regarding and other life-improving services and products.

## Counseling and Support

### **The Children's Guidance Center**

714-953-4455

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

Child Guidance Center, Inc. is a non-profit organization dedicated to empowering children and their parents to achieve their potential as loving, responsible families. The program provides comprehensive diagnostic and treatment services to children and families whose relationships and personal growth are impaired by emotional and behavioral problems.

### **Children and Family Futures**

714-505-3525

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

The mission of Children and Family Futures is to improve safety, permanency, well-being and recovery outcomes for children, parents and families affected by trauma, substance use and mental health disorders.

### **Military Families Resources Center by American Academy of Child and Adolescent Psychiatry**

[www.aacap.org/aacap/Families\\_and\\_Youth/Resource\\_Centers/Military\\_Families\\_Resource\\_Center/Home.aspx](http://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Military_Families_Resource_Center/Home.aspx)

The health and well-being of the parent or parents and knowing how to handle reintegration in a healthy way, are crucial to the mental health of children and

adolescents. Several resources available to assist families/parents that face significant challenges and stress.

### **Give an Hour**

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

This is a program that will connect someone with emotional suffering to “no cost counseling” – feeling overwhelmed, agitated, and/or feeling withdrawn. When going on to the website, click on “get help” and contact provider. If a provider doesn’t come up in the search – email [info@giveanhour.org](mailto:info@giveanhour.org) and they will arrange video/phone chat.

### **DSTRESSLINE.COM**

877-476-7734

Call in support for Marines and Sailors.

anonymous counseling provided by trained professionals 9stress related issues: work personal, financial, family.

### **Hope for the Warriors**

877-246-7349

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

We provide a full cycle of care to restore self, family, and hope to post-911 service members, their families, and families of the fallen.

### **FOCUS Project**

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

FOCUS Project addresses concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families at designated Navy and Marine Corps. Sites.

### Trauma and Grief Support for Children

#### **UCLA National Center for Child Traumatic Stress**

310-235-2633

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

To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States

#### **Navy Regional Southwest Gold Star Kids Coordinator**

619-532-2886

[www.navylifew.com/sandiego/families/navy-gold-star](http://www.navylifew.com/sandiego/families/navy-gold-star)

Navy Gold Star is the Navy’s official program for providing long-term support to Surviving families of Sailors who pass while on Active Duty.