

# Volunteer Resources

## 1. Military One Source: Military Resource

<https://www.militaryonesource.mil>

1-800-342-9647

Offers many services to Soldiers & Family Members-

Counseling; Free Tax services, Dog services, and so much more.

## 2. American Red Cross- Community Resource

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

Good resource site with a mission statement, examples of recognition programs, offers reintegration programs for adults and children, disaster preparedness training and stress management training for mind, body and soul.

## 3. United Way-Community Resource

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

Community resource that assist in a multitude of way to those in need.

## 4. 211 United Way- Community Resource

<https://www.211unitedway.org>

2-1-1 connects individuals and families directly to organizations that can help in times of need. They also have APPs available for I-Phone and Android/Smart Phone users. Some locations even have hot and cold shelter locations listed.

## 5. Operation Homefront- Military Resource

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

Financial Assistance as well as other assistance is available through this organization.

Also partner with Dollar Tree Stores for the Back to School and Winter Toy drives.

## 6. Heroes Care- Military Resource

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

Organization with a warehouse that provides assistance to Soldiers & their Families. Once a month furniture distribution, free tickets to events, business suits for interviews, financial assistance, diapers and other items. Once a year they provide Toys to military children for E5 and below- working through FRGs to distribute those via sign up orders.

#### 7. USO- Military Resource

<https://www.usomissouri.org/make-a-moble-uso-reservation>

Can request one of the two mobile vehicles to provide food at your FRG event- Must request several months in advance.

#### 8. [www.serviceleader.org](http://www.serviceleader.org)

Site contains great information, Volunteer Management section with articles on many appropriate subjects.

### **Care Package Resources:**

Books: <http://www.operationpaperback.org/> and <http://www.booksforsoldiers.com/>

Adopt a Soldier: <https://adaptaplatoon.org> and <http://anysoldier.com.index.cfm>

Cell Phones/Minutes: <http://www.cellphonesforsoldiers.com/>

Patriot Packages- will send travel size items to Soldiers. [www.patriotpackages.org](http://www.patriotpackages.org) or email [patriotpackages@centurytel.net](mailto:patriotpackages@centurytel.net)

### **Child Resources:**

Little Patriots Embraced

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

Will send a care package to a child of a deployed Soldier. They also conduct events for children

<http://ourmilitarykids.org/>

Supports children of Deployed National Guard & Reserve Personnel

<http://www.militarykidsconnect.org>

Online community for military children (6-17) that provides age appropriate resources.

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

Free online tutoring and homework help

### **Training:**

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

- Offers basic on-line training in Army Family Team Building (AFTB Level I):
  - Expectations and the impact of the mission on Family
  - Military acronyms and terms
  - The chain of command
  - Intro to military customs and courtesies
  - Basic military benefits and entitlements
  - Intro to military and civilian community resources
  - Intro to Family Readiness Groups
  - Supporting your child's education
  - Intro to Family financial readiness
  - Basic problem solving
  
- Advanced trainings (Level II):
  - Communication
  - Personal time management
  - Stress management
  - Acknowledging change
  - Exploring personality traits
  - Enhancing personal relationships
  - Team dynamics
  - Personal conflict management
  - Creative problem solving
  - Traditions, customs, courtesies and protocol
  - Crisis, coping and grieving
  - The volunteer experience
  - Family readiness groups and the deployment cycle
  - Intro to leadership

- Level III training
  - Communication skills for leaders
  - Understanding needs
  - Leadership styles
  - Building cohesive teams
  - Managing group conflict
  - Leader assisted problem solving
  - Delegation for leaders
  - Meeting management
  - Coaching and mentoring
  - Family readiness group leadership

## **Awards and Recognition**

[www.presidentialserviceawards.gov](http://www.presidentialserviceawards.gov)

Log your volunteer hours and earn Presidential Service Awards

Real Smart Book-

Pages 101-102

## **Military Information Sources/Benefits**

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

News site for Army, Air force, Navy, Marines

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Vet Center Directory by state

[www.dfas.mil](http://www.dfas.mil)

Military Pay Tables

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

Army & Air Force Exchange Service

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

This site contains good information concerning military issues and programs.

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

Another great site for all types of military benefits, and information

Travel packages, and sites are available on this site

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

Free newsletter, lots of good information for all military, including retiree's, active duty, reserve, etc...

[www.ang.af.mil](http://www.ang.af.mil)

Air Guard Webpage lots of good information, to include songs, Guard song available for download.

[www.arng.army.mil](http://www.arng.army.mil)

Army Guard Site ..... lots of information about the Army National Guard

[www.nationalguard.mil](http://www.nationalguard.mil)

NGB website - the latest information on the National Guard.

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

Good information on Active Army site covers many topics which could be of interest to Guard members and families, for example, Space A Travel -ASVAB tips, etc...

[www.people.mil/FamilyReadiness.aspx](http://www.people.mil/FamilyReadiness.aspx)

DoD link with specific military information on Reserve Affairs; Family Reading and Benefits Handbook

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

Military Family information and legislative issues that deal with the family

[www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)

Defense Enrollment Eligibility Reporting System (DEERS) database of military sponsor's families and others.

[www.tricare-west.com](http://www.tricare-west.com) or [www.tricare-east.com](http://www.tricare-east.com) (St Louis are only)

[www.va.gov](http://www.va.gov)

Department of Veterans Affairs - info on burial, health, education, home loans, vocational rehab, VA kids and more.

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

Site for wives and moms in the military community - established to share experiences, etc...

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

Great site for Military wives and significant others in uniform, timely articles and information for every type of military situation - good legislative information also available

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

Air Force Aid Society; details for applying for education and personal assistance.

[www.esgr.mil](http://www.esgr.mil)

Employer Support for Guard Reserve site, useful information