

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

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

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

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

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

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

9. Joint Services Support

www.jointservicesupport.org

Links of programs that can assist Soldiers & Families

State Event Registration; Yellow Ribbon Event Links; Group Features; Online Training Opportunities and Volunteer administrative duties

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 or email patriotpackages@centurytel.net

Child Resources:

Little Patriots Embraced

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

Free online tutoring and homework help

Training:

www.jointservicessupport.org

- National Guard 101
 - Conflict and management resolution
 - Intro to the National Guard
 - Resources around you
 - Effective leadership
 - Family readiness groups
 - Family finances
 - Stress management
 - Deployment and reunion
 - History of the National Guard
- Guard Youth Team Building
- Family Assistance Centers
- Wellness
- Budget, Finance and more
- Suicide Prevention Training

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):

- o Communication
 - o Personal time management
 - o Stress management
 - o Acknowledging change
 - o Exploring personality traits
 - o Enhancing personal relationships
 - o Team dynamics
 - o Personal conflict management
 - o Creative problem solving
 - o Traditions, customs, courtesies and protocol
 - o Crisis, coping and grieving
 - o The volunteer experience
 - o Family readiness groups and the deployment cycle
 - o Intro to leadership
- Level III training
 - o Communication skills for leaders
 - o Understanding needs
 - o Leadership styles
 - o Building cohesive teams
 - o Managing group conflict
 - o Leader assisted problem solving
 - o Delegation for leaders
 - o Meeting management
 - o Coaching and mentoring
 - o Family readiness group leadership

Awards and Recognition

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

News site for Army, Air force, Navy, Marines

www.vetcenter.va.gov

Vet Center Directory by state

www.dfas.mil

Military Pay Tables

www.shopmyexchange.com

Army & Air Force Exchange Service

www.militaryspouse.com

This site contains good information concerning military issues and programs.

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

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

www.ang.af.mil

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

www.arng.army.mil

Army Guard Site lots of information about the Army National Guard

www.nationalguard.mil

NGB website - the latest information on the National Guard.

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

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

www.militaryfamily.org

Military Family information and legislative issues that deal with the family

www.tricare.mil/DEERS

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

www.tricare-west.com or www.tricare-east.com (St Louis are only)

www.va.gov

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

www.militarymomsandwives.org

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

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

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

www.esgr.mil

Employer Support for Guard Reserve site, useful information