

***NATIONAL
Military and Family
Resource Guide***



***Brought to you by the
American Red Cross
Service to Armed Forces Program
Western New York Region***

***American Red Cross Service to the Armed
Forces, Western New York Region***

On behalf of the American Red Cross, and our
partners we thank each one of you for your service!



Please Note:

This is a living document and every effort was made to ensure that the information inside is accurate. For any changes, please contact the American Red Cross 716-886-7500 so we can update our records for future guides. Thank you for supporting the American Red Cross. Updated 2026

*On behalf of the
Western New York
Region of the American
Red Cross, Service to
Armed Forces,
Thank you for your
Service and
Sacrifice.*

Young Marines

Visit youngmarines.org for more information.

The Young Marines is a national non-profit 501c (3) youth education and service program for boys and girls, ages eight through high school graduation. The Young Marines promotes the mental, moral and physical development of its members. The program focuses on teaching the values of leadership, teamwork and self-discipline, so they can live and promote a healthy, drug-free lifestyle.

The Young Marines strengthens the lives of America's youth by teaching the importance of self-confidence, academic achievement, honoring our veterans, good citizenship, community service, and living a healthy, drug-free lifestyle. The program focuses on character building and leadership and promotes a lifestyle that is conducive to being productive members of society.

Upon joining a local Young Marines unit, recruits undergo a 26-hour orientation program, sometimes spread out over several weekly meetings and sometimes over the course of a weekend. Youth members learn general subjects such as history, customs and courtesies, close order drill, physical fitness, and military rank structure.

After graduating from Young Marines Recruit Training, Young Marines learn even more new skills, earn rank, wear the Young Marines uniform and work toward ribbon awards. Young Marines earn ribbons for achievement in areas such as leadership, community service, swimming, academic excellence, first aid, and drug resistance education.

Citizenship: The Young Marines program encourages unit participation in local civic activities, such as providing color guards for athletic events, marching in local parades and activities promoting and reinforcing good citizenship.

Summer Adventures and Challenges: During the summer months, Young Marines can attend the Young Marines National Summer Programs of: Adventures, Challenges, Encampments, and Schools (SPACES). Some of the exciting SPACES events include: Various Leadership Schools, the Great American History Adventure, Space Camp, National Flight Academy, Drill and Ceremonies School, Orienteering, Sailing, Cowboy Experience, SCUBA and Master SCUBA Diver Schools, and the National Encampment.

The American Association of the Red Cross with the help of Clara Barton was established in 1881. The Red Cross Association was later reorganized and in 1905 Congress granted it a new charter that established today's American Red Cross.

The American Red Cross grew during WW 1 (1914-1918). It met the welfare needs of rapidly expanding military forces. Red Cross field directors and other workers served troops in the United States and overseas. In 1917 Home Service was set up in many communities to provide a link between military personnel and their families.

That service still exists today (named Hero Care) and has been there as we have served our military and their families in every military conflict and war. The Red Cross has traditionally been the liaison for Military families to help meet their communication needs between the family and the serving members of their family in times of need.

There are countless numbers of agencies and organizations that exist to help military members and their families, but they are not always known to you. It has become our mission to communicate that information to every Military family within the Western New York Region. That is the inspiration for preparing this document and linking you to what is available depending on your need.

This is a small token of our appreciation to you. We hope that you will find it useful and that you can connect to whatever service you may need. On behalf of the American Red Cross, we thank you for your service!

And now these guides are offered online. This National Resource Guide includes organizations that cover the United States. There is not a printed version of this guide.

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Wounded Warrior Project.....877-832-6997

370 7th Avenue, Suite 1802, New York, NY 10001

Visit woundedwarriorproject.org for more information.

Our purpose is to provide unique, direct programs and services to meet the needs of injured service members. We raise awareness and enlist the public's aid and help injured service members aid and assist each other.

Every warrior has unique challenges and goals. That's why we provide a variety of veteran programs and services to help you take the steps that are right for you. What's more, thanks to the tremendous support of our donors, you never pay a penny to get the help you need to build the future you deserve.

- Adaptive Sports: Empowering warriors to reach their highest potential through modified athletic opportunities.
- Financial Education: Helping warriors reach their financial goals.
- Alumni Connection Program: Find your people, find new strength.
- Family Support: Learn more about our veteran family program and caregiver support.
- Government Affairs: A Voice for Warriors in Washington, DC.
- Independence Program: Providing innovative, long-term support to the most catastrophically wounded veterans.
- International Support: Support for Disabled Veterans Living Overseas
- Mental Wellness: Mental Health Services for Veterans.
- WWP Peer Support Groups: Find connection and camaraderie again through peer support for veterans.
- Physical Health and Wellness: Helping warriors improve their health.
- Project Odyssey: Empowers veterans living with PTSD and other invisible wounds to push beyond their known limits and develop skills to discover their best selves.
- Soldier Ride: Building confidence and strength through shared physical activities and bonds of service.
- Warrior Care Network: Healing the invisible wounds of war through PTSD treatment for veterans.
- Warriors to Work: Career transition and development for America's injured veterans.
- Wounded Warrior Project® (WWP) Warriors to Work®
- WWP Resource Center: Here to help you plan a path forward in your next mission.
- WWP Talk: Dedicated One-On-One Emotional Support for Veterans and Their Families.

Warrior Writers.....Email: info@warriorwriters.org
Visit warriorwriters.org for more information.

Our mission is to create a culture that articulates veterans' experiences, build a collaborative community for artistic expression, and bear witness to war and the full range of military experiences. We support the creation and sustainability of creative communities. We create visibility for veteran artists. We support veterans and service members to use art for change and growth. We strengthen honesty and respect for ourselves, our communities, our work and experiences.

We care deeply about the health and safety of our veterans. Please join us in person or through Zoom for a series of workshops, discussions, coffee hours, & lunch breaks.

Writing and Art Making Workshops for Veterans and Service Members, Military Families and Community Members

Veterans and Community Conferences (VCCs) Our powerful weekend retreats, mainly focused on artmaking and wellness, are open to veterans, service members, artists, supporters, and healers.

Community Gatherings and Retreats We hold community events, conferences, and week-long retreats to create space for discussion, connection, and ideas.

Art Exhibitions and Performances We present performances and exhibitions showcasing the work that veterans create at our writing and art-making workshops.

Trainings for Facilitators, Organizations, Universities, Companies Warrior Writers provides facilitators training, consultation and training for schools, organizations, and companies on best practices for working with veterans.

Finger Lakes Veteran Writing Workshop

When: Second and Fourth Tuesday of month, 7-9 PM.

Where: Online and in person at Tompkins County Human Services Annex, 214 W. Martin Luther King Jr./State St., Ithaca, NY.

What: Veteran writing workshop, facilitated by Kevin Basl and Fred Wilcox. Open to veterans of all eras. Currently these workshops are only open to veterans living in the Finger Lakes region. *Cost:* Free.

Contact: Contact Kevin Basl, kevin.basl@gmail.com, for Zoom link.

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Warrior Strong Inc.....862-324-6322

311 Adams Avenue. Scranton, PA 18503

60 East Hanover Ave Unit B5, Morris Plains, NJ 07950

Visit warriorstronginc.org for more information.

Email: warriorstrongusa@gmail.com

Healing Veterans Through Health & Wellness Programs:

We are business professionals who are committed to supporting our veterans by providing free health and wellness programs. As a company founded on the principle of caring for those who served our country, we are dedicated to helping veterans heal and thrive after their service.

Warrior Strong helps veterans, veteran family members, & first responders find community and camaraderie through health & wellness so they can overcome the sense of detachment, disconnection, and isolation they often experience in civilian life.

Warrior Strong serves veterans, veteran family members, active-duty military members, and first responders. We offer programs to those seeking a community, exercise, mental health relief, and adaptive fitness and sports. Warrior Strong has two physical locations in Scranton, PA, and Morris County, NJ. We also offer **virtual** programming for our members wherever they live or serve.

Programs include:

- Health and Fitness-Join for a free yoga, meditation, HIIT class and more every week.
- Rucks: Merging veterans, first responders, business owners and civilians together for a ruck/hike! Creating new bonds and social networks for all.
- Wellness Retreats: Overnight stay with Warrior Strong that includes mind body and spirit.
- Training Certifications: Personal Trainer Certification and Employment Program.
- Peer to Peer Connections: Connecting veterans through health and Wellness supports a smoother transition into civilian life.
- Mobile App: Download our mobile app and stay connected from anywhere you are.

Vietnam Veterans of America301-585-4000

8719 Colesville Road, Suite 100, Silver Spring, MD 20910

Visit vva.org for more information.

VA's goals are to promote and support the full range of issues important to Vietnam veterans, to create a new identity for this generation of veterans, and to change public perception of Vietnam veterans. VVA strives to achieve the following:

- Aggressively advocate on issues important to veterans.
- Seek full access to quality health care for veterans.
- Identify the full range of disabling injuries and illnesses incurred during military service.
- Hold government agencies accountable for following laws mandating veterans health care.
- Create a positive public perception of Vietnam veterans.
- Seek the fullest possible accounting of America's POWs and MIAs.
- Support the next generation of America's war veterans.
- Serve our communities.

Outreach Programs:

VVA provides outreach programs to all veterans in need with regard to Agent Orange, homelessness, PTSD and substance abuse, educational advancement, POW/MIA, incarceration, and more.

Homeless Veterans Program:

Dedicated to ending veteran homelessness through several short-term and long-term initiatives. Its primary form of outreach is the "stand-down", an event to provide veterans with medical exams, haircuts, clean clothes, food, and a safe night's sleep.

Veterans Incarcerated and in the Justice System:

This program promotes awareness about the special needs of veterans who are presently or formerly incarcerated. Through research about each state's Department of Corrections Regulations, the program explores ways to implement new programs for presently or formerly incarcerated veterans and to build cooperation at the Department of Veterans Affairs.

Veterans Against Drugs:

The veterans against drugs program deploys volunteer veterans into their communities to visit students, detention centers and youth organizations to educate and help youth develop responsibility, good judgment and commitment to their families, schools, communities, and each other.

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Veterans Upward Bound, National Association

Visit navub.org for more information.

Veterans Upward Bound is designed to motivate and assist veterans in the development of academic and other requisite skills necessary for acceptance and success in a program of postsecondary education. The program provides assessment and enhancement of basic skills through counseling, mentoring, tutoring and academic instruction in the core subject areas. The primary goal of the program is to increase the rate at which participants enroll in and complete postsecondary education programs.

Services Provided:

- Education or counseling services designed to improve the financial and economic literacy of participants.
- Instruction in reading, writing, study skills, and other subjects necessary for success in education beyond high school.
- Academic, financial, or personal counseling.
- Tutorial services.
- Mentoring programs.
- Information on postsecondary education opportunities.
- Assistance in completing college entrance and financial aid applications.
- Assistance in preparing for college entrance exams.
- Information on the full range of Federal Student financial aid programs and benefits.
- Guidance and assistance in alternative education programs for secondary school dropouts that lead to receipt of a regular secondary school diploma, entry into general education development (GED) programs or postsecondary education.

Veterans Treatment Court

Many veterans return to civilian life and find themselves facing personal challenges, including mental health problems or substance use, that are unique to life after military service. Criminal behavior, mental health problems and substance abuse often stem directly from service in combat zones and may be amplified by reentry into civilian life. Research continues to draw a link between substance use disorders with service-related mental illness. Veterans Treatment Courts (VTC) offer a solution by connecting justice-involved veterans to appropriate services in a court setting, surrounded by an interdisciplinary team. These include the judge, court staff, prosecutors, treatment/service providers, defense attorneys, probation, law enforcement, volunteer veteran peer mentors, and representatives from the U.S. Department of Veterans Services, all of whom work collaboratively to help veterans.

The Veterans Treatment Courts offer alternatives to honorably discharged Veterans who are charged with non-violent felonies or misdemeanors. Their mission is to help Veterans recover and assimilate into society, connect with Veteran Organizations and the U.S. Department of Veterans Affairs. They operate out of the Office of Public Defender, and they cooperate with Court Administration, the New York Attorney's Office, private attorneys, the local Sheriff's Office, the U.S. Department of Veterans Affairs and numerous community partners.

Participants in the Veterans Treatment Court are referred to the program by their attorney, the prosecuting attorney, or other courts. Though participation in the program is voluntary, the Department of Veterans Affairs must approve participation eligibility. In cases such as domestic violence, additional approval for the veteran's participation in the program must come from the victim.

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Veterans Promise570-892-2060

8248 Main Street, Dickson City, PA 18519

Visit facebook.com/veteranspromise/ for more information.

Email: veteranspromise22@gmail.com

MISSION STATEMENT: Veterans Promise is committed to assisting and advocating for Veterans and their families, in obtaining needed services and support. We will accomplish this through needs assessment, outreach, advocacy and resource linkage. In addition, we are committed to raising awareness for and aiding in the prevention of Veteran Suicide. Our target audience is all who have worn the uniform of the United States Armed Forces.

OUR PROMISE: Our promise is to advocate, educate, and raise awareness for all veterans. We will offer outreach for PTSD, suicide prevention, drug and alcohol education, and support to veterans and their families in our community. Advocacy is the first step in conquering the battle here on the home front. We will do Whatever it takes to Keep the Promise.

Task we perform:

- Hardship grants for veterans and their families. Veterans Promise Hardship Grant Program provides financial relief to eligible veterans and their families in time of hardship. Veterans and their dependents living in a number of Northeastern PA counties may be eligible.
- Monthly Candlelight Vigils for our fallen Family support in times of loss and crisis.
- Drug and Alcohol addictions prevention.
- Peer to peer referral services of VA assets and another Veteran Non-profit organizations.
- Advocating on Veterans and their family's behalf.
- Peer to peer family support.
- AA / NA , PTSD groups in our building.
- Each month on the 22nd we honor our fallen Heroes' with our Shine the Light ceremony in honor of those veterans who were lost here on the home front to suicide.

Veterans Moving Forward 703-665-2129

44225 Mercure Circle, Suite 130, Dulles, VA 20166

Visit vetsfwd.org for more information.

Email: contact@vetsfwd.org

Our mission is to provide service dogs, facility dogs, and emotional support dogs to veterans with physical and/or mental health challenges at no cost to the veteran or their family.

VMF's services are available to any veteran of any generation, who served honorably, has physical and/or mental challenges resulting from military operations and/or accident or disease experienced during or subsequent to military service, lives in the continental United States, Hawaii or Alaska, and can benefit from a service dog.

VMF's service dog training protocol includes:

- Socialization and Obedience training builds the foundation for a successful relationship with the dog and handler.
- Service Task Training may include; retrieval skills, light switch operation, door opening and closing, shopping assistance and PTSD interruption.
- Canine Good Citizen (CGC) certification and Urban CGC certification are obtained by an outside organization for each canine.
- Advanced skill training to meet the Veterans specific needs starts after matching the service team.

VMF Differentiators:

- Veteran and Service Dogs are matched based on personality and temperament, needs of the Veteran and the skill set of the dog.
- We will assist in linking the Veteran with a veterinarian near the Veterans home to provide follow up care for the Service Dog.
- VMF follow up support and communication to include monthly communications, monthly health and welfare reports, a 3 month visit from VMF canine team at the Veterans home and then on an as needed basis for future support.
- Yearly checkups to include a Public Access Test and refresher training.



AMERICAN RED CROSS SOUND THE ALARM

**SMOKE ALARMS SAVE
LIVES**

**REDUCING FIRE DEATHS
ONE HOME AT A TIME**

Visit redcross.org/sound-the-alarm for more information.

Working smoke alarms can cut the risk of death from home fires in half. That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*. Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

At no cost to you, we would like to share some simple steps you can take at home that will help protect your family against fire. Visits generally last 20 minutes and can be scheduled at your convenience.

During the installation, Red Cross volunteers will check your current alarms, install up to 4 new smoke alarms, and talk with your family about fire prevention and a fire escape plan.

To schedule your visit, email Smokealarms.wny@redcross.org or call 1-716-878-2353

All demonstration and installation services will be provided by Red Cross-trained volunteers and/or licensed/insured professionals.



AMERICAN RED CROSS – VOLUNTEER

Visit [Redcross.org/volunteer](https://www.redcross.org/volunteer) for more information

You can make a difference. The American Red Cross is always looking for people that want to make a difference in their communities.

Every single day, the American Red Cross helps people in emergencies. Whether it's one displaced family or thousands of disaster victims, providing care and comfort to ill, or injured service members or veterans, or providing support at one of our local blood drives, our vital work is made possible by people like you. It is through the time and care of ordinary people that we can do extraordinary things.

The American Red Cross is an organization that relies heavily on dedicated volunteers to carry out our mission. Ninety percent of our workforce is made up of volunteers of all ages, backgrounds, education, skill sets and interest. Whether you have one hour a month or ten hours a week to give, we have a wide range of opportunities to offer.

We can't control the storms in life - the force of a hurricane, the slowing beat of a pulse, the devastation of a house fire. But, we can control how we prepare for and respond to such events, and the American Red Cross can help.

Service to the Armed Forces – you connect with veterans and their families with resources in response to emergencies, train military families in coping and resiliency skills.

Disaster Cycle Services – you would be available to provide 24-hour emergency response to local disaster, typically house fires, ensuring that those affected have access to resources for basic necessities such as food, shelter and clothing. In this role, you are expected to maintain up-to-date training and attend regular team meetings as required by the region.

Blood Services – you will provide excellent and enthusiastic customer service to enhance the blood donor experience. Responsibilities in this role include engaging with blood donors to promote blood donation and set the stage for a long-term commitment to regular blood donations, expressing gratitude and ensuring each blood donor is sincerely thanked for their donation.

Prospective volunteers can apply anytime or browse zip code-specific positions. Each listing has an “Apply Now” button to and apply.

Veterans of Foreign Wars (VFW)816-756-3390

Visit [vfw.org](https://www.vfw.org) for more information.

The Veterans of Foreign Wars of the United States is a nonprofit veterans service organization comprised of eligible veterans and military service members from the active, guard and reserve forces.

Youth Scholarship Programs:

- Voice of Democracy-This audio-essay competition annually awards nearly \$3 million in scholarships to students in grades 9-12. The first-place winner receives a \$35,000 scholarship.
- Patriot's Pen-More than \$1.2 million is awarded annually to students in grades 6-8 in this essay contest. The first-place winner receives \$5,000.
- Teacher of the Year-The VFW annually recognizes three exceptional schoolteachers (one from each (K-5, 6-8, and 9-12) for their outstanding commitment to teaching Americanism and patriotism to their students.

Youth Activities: Sponsor youth sporting programs such as baseball and ice hockey. In addition, Posts sponsor Boy and Girl Scout troops, Junior Olympics, bike safety, JROTC units, drill teams, color guards and other programs to build good citizenship and exemplary character youth.

Community Volunteerism: Each year, VFW members volunteer more than 5 million hours of service to various community endeavors.

Veterans Affairs Voluntary Service: VFW volunteers donate millions of hours of service annually at VA medical facilities.

Troop Support:

- Military Assistance Program-More than 4.1 million service members and their families have been hosted at morale events sponsored by the VFW.
- Adopt-a-Unit-More than 3,700 units and ships have been adopted through VFW Posts.
- VFW Financial Assistance-administers financial grants to active-duty service members to include active Guard/Reserves and their families to help cover daily necessities such as residential expenses, vehicle expenses, childcare, food, and more.
- VFW's "Sport Clips Help A Hero Scholarship"-awards scholarships of up to \$5,000 to qualifying veterans and service members. The program has provided 3,261 scholarships totaling more than \$1.5 million.
- Student Veteran Support Grants-Provides financial grants to VFW Posts, Districts, and Departments to assist with outreach and services to veterans on college campuses around the country.

Veterans Crisis Line988

Call 988 if you need to speak to a trained crisis counselor who can help with mental health-related distress.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders.

You can also text 988 or chat online with the Suicide and Crisis Lifeline. You can also call if you are concerned about someone else.

Go to the nearest Emergency Room for immediate medical attention.



For 24/7 Hour support:

1-800-273-8255 (Press 1)

Text:

838255

Visit milvetcaregivernetwork.org for more information.

The Military and Veteran Caregiver Network (MVCN) offers peer-based support and services to connect those providing care to servicemembers and veterans living with wounds, illnesses and/or injuries. The Network is modeled on the nationally recognized, evidence-based programs of the Tragedy Assistance Program for Survivors (TAPS), which has provided compassionate peer-based support to more than 60,000 loved ones of those who have died during their service in the Armed Forces.

Our mission is to provide our nation's military and veteran caregivers with peer support to reduce their isolation and increase their sense of connect- edness, engagement, hopefulness, wellness knowledge and skills.

Programs: The MVCN helps caregivers of all ages, at all stages of caregiv- ing, providing access to three peer support programs:

- Online Peer Support Community and Program
- Peer Support Groups (Online & Community-Based)

Services: The MVCN helps caregivers, clinicians, partners and supporters, providing access to three open caregiver-focused services:

- Resource Library
- Caregiver Master Calendar
- WeCare Magazine (E-zine)

Online Peer Support Community: offers a secure, confidential space in which caregiver peers can connect. The Online Community features dis- cussion groups, chats and webinars to share experiences and practical information, educational and training opportunities, all monitored by trained Peer Moderators. All caregivers who assist a servicemember or veteran are welcome. No matter where you live, or what caregiving responsibilities or challenges you face, we offer a secure space in which to connect with oth- er caregivers for information and support.

AMERICAN RED CROSS HERO CARE NETWORK EMERGENCY COMMUNICATION

877-272-7337

Visit redcross.org/get-help/military-families/emergency-communication for more information or download the app.

Twenty-four hours a day, 365 days a year, the Red Cross relays urgent messages containing accurate, factual, complete, and **verified** descriptions of the emergency to service members stationed anywhere in the world, including ships at sea, embassies, and remote locations. An emergency could be a critical illness, a death, a birth, a family care issue.

Even if the service member receives an email or phone call from home, Red Cross-**verified** information assists the member and their commanding officer with the decision to grant emergency leave.

When calling the Red Cross be prepared to provide the following information on the service member:

- Full legal name, Rank/rating, Date of Birth, Social Security number (last 4).
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard, Space Force).
- Duty Status (active/guard/reserve/retired).
- Military unit, unit location; APO/FPO if overseas or state and zip if in US.
- Contact telephone numbers of service member (cell/work) and email.
- If the service member is deployed. what is the location of his/her rear detachment or his/her home stations? From which installation did the service member deploy?
- Has the service member been informed of the emergency? If so, how was the service member informed? What is your normal means of communication with the service member? How often do you communicate?
- What is the relationship to the service member of the individual affected by the emergency?

Eligible family members include Spouse; Father(s)/mother(s) [includes stepparent(s) and legally adoptive parent(s)]; Brother(s)/sister(s) [includes step and half relations]; Child(ren) [includes stepchild(ren)]; Person standing in place of a parent; Only living blood relative; Aunt/Uncle; Cousin; Sibling's Spouse; Niece/Nephew; Child-In-Law; Foster Parent.

NOTE: The command will make the decision to grant emergency leave depending on situation and mission. That is not the Red Cross. The Red Cross verifies the emergency to be factual so the service members command can make an informed decision regarding emergency leave.

Veterans Administration Medical Centers and Clinics

Visit va.gov/find-locations for more information.

Provides primary care, mental health care, specialty care, cancer care, cardiology, diabetes care, mental health care, palliative and hospice care, treatment for HIV (human immunodeficiency virus) and hepatitis, disease prevention and wellness programs, alcohol and drug abuse rehabilitation, posttraumatic stress disorder care, domiciliary program, community living center (nursing home) care and more. NOTE: Closest to you may be in another county.

Spotlighting the Medical Foster Home (MFH) Program.

The MFH program offers Veterans who need daily care a unique alternative to nursing homes. Veterans live in caregivers' homes, receiving personalized attention and one-on-one care, and are supported by VA's Home-Based Primary Care teams. These teams include doctors, nurses and other health care professionals who provide medical care directly in the home.

The MFH program is open to Veterans of all ages and demographics, allowing Veterans to live in a home environment while receiving personalized care. Veterans are responsible for paying their caregivers directly, with monthly costs typically ranging from \$2,000 to \$4,000. The caregiver rate is negotiated between the Veteran or their responsible party with oversight from the VA MFH team to ensure that the arrangement meets everyone's needs.

MFH caregivers provide round-the-clock support for these tasks, offering personal care, medication management, meal preparation and help with social activities. The Aid and Attendance benefit helps make this care more affordable for Veterans while allowing them to maintain their dignity and quality of life in a home-like setting.

VA National Call Center for Homeless Veterans is a standard resource across all Disaster Action Teams, everywhere DAT responds. This 24/7 hotline (877-4AID-VET / 877-424-3838) connects Veterans and their families who are homeless or at risk of homelessness with a trained VA responder who can open a case, assign a case manager, and link them with local VA homeless programs and community partners. These partners can help with emergency and transitional housing, benefits, and ongoing stabilization supports.

Veterans Community Project816-599-6503

8900 Troost Avenue, Kansas City, MO 64131

Visit vcp.org for more information.

Email: info@vcp.org

At Veterans Community Project, we believe dignity lives in the details. That's why our 240-square-foot tiny homes are thoughtfully designed for Veterans, using PTSD-informed features and a layout that feels familiar and safe. Beyond housing, our staff uses a unique case management framework—called the H.O.M.E.S. Index—to create personalized plans that help each Veteran overcome their barriers and work toward their individual goals.

This approach works: 85% of Veterans who stay in our Villages successfully move on to sustainable permanent housing. And it's only possible because of people like you.

Our straightforward solution fits in just 240 square feet. It starts with something simple: turning a key in your own front door. Flicking on the porch light. Laying down in a bed that's yours, with your belongings safe around you. That's more than shelter—it's the feeling of home, and the dignity it restores.

Designed for peace of mind

Each 240-square-foot tiny home uses PTSD-informed layout conducive to healing.

Free toasters, no gimmicks

Residents own the 127 items furnishing their home the moment they step inside.

Compassion without conditions

Our on-site case managers provide 1:1 support using our H.O.M.E.S. Index framework.

Best friends welcome here

The individual-unit approach allows us to welcome pets, unlike many shelters.

Locations in Glendale, Arizona; Kansas City, Missouri; Longmont Colorado; Milwaukee, Wisconsin; Sioux Falls, South Dakota; St. Louis, Missouri.

AMERICAN RED CROSS MILITARY AID SOCIETY FINANCIAL ASSISTANCE

877-272-7337

Visit redcross.org/get-help/military-families/financial-assistance for more information or to download the app.

The sacrifices of military life can cause unexpected financial hardships for military families and retirees. Through our partnerships with Military Aid Societies, the Red Cross connects service members, military retirees, and their families around the clock for emergency financial assistance to help with emergency travel, rent, food, utilities and other expenses. Assistance is provided through a grant, loan, or combination.

Eligibility:

- Active-duty military personnel/eligible immediate family members.
- Reserve and National Guard activated under Title 10, U.S. Code, and their eligible immediate family members.
- An immediate family member of a service member in the above two categories.
- A military retiree or spouse of retiree.
- Surviving spouse of deceased service members (active or retired).

Expenses covered include:

Basic Needs including Rent/Mortgage, Food, Utility
Insurance, Burial and Funeral Expenses
Medical and Dental Expenses
Vehicle Payments, Repairs, and Insurance

For Army Emergency Relief ONLY

Effective February 24, 2025, all eligible clients should apply for financial assistance through the portal on the AER website. www.armyemergencyrelief.org/loans.

Information & Referrals: Visit redcross.org/get-help/military-families/information-referral-services for more information.

The Red Cross can help connect members with the national community and government resources to assist members and their families.

These services are provided by contacting our Hero Care Network Call Center.

AMERICAN RED CROSS BLOOD DONATIONS

Visit [redcross.org](https://www.redcross.org) to learn more.

Join military, veteran and service groups across the country in the mission to help save lives by hosting Red Cross Blood Drives.

Healthy donors. Stronger communities. In addition to the lifesaving impact of blood donations, blood donors themselves receive critical health-related information—including blood pressure, hemoglobin and access to private health charts to help monitor trends over time—that can support their own health and well-being. Together, we can foster a culture of giving that is health-focused and embodies connection, compassion and resilience. Whether you're donating blood or hosting a blood drive, everyone has the power to make a difference.

Now more than ever, the Red Cross needs help from people in communities across the country. The Red Cross, along with its blood donors and community partners, plays a vital role in safeguarding community health by ensuring access to lifesaving blood. Donating blood is a powerful, compassionate act that can save lives. By rolling up a sleeve to give or hosting a blood drive within your network, you join a force for good that both benefits donors and helps save patient lives.

A diverse blood donor base plays a vital role in meeting the transfusion needs of patients in communities across the country. At the American Red Cross, we are dedicated to improving lives by working to engage donors from all backgrounds to help build a reliable blood supply that saves lives every day. Growing our donor base is vital to meet the transfusion needs of patients across the country. By engaging a wide range of individuals, including younger donors and those from diverse populations, you can help directly impact patient outcomes and strengthen the health of our communities.



Veteran Service Agency's/Organizations

Services are FREE. The Veteran's Service Agency (VSA) renders a wide variety of services to veterans and their families of all wars and conflicts as well as peacetime service. Service is also extended to active-duty servicemen/women and their families. Professional assistance and advice are given in the filing of applications for benefits under existing federal, state, and local laws and regulations.

The VSA assists veterans and their families in applying for benefits such as compensation, pension, certification of military documents, replacement of military service papers, reemployment rights, conversion of government insurance, waiver of insurance, civil service preference, education apprenticeship, on-the-job training, vocational training, orthopedic and prosthetic appliances, Veterans Affairs home loan applications, tax exemption, death pension, insurance benefits, headstones or markers, burial benefits, memorial flags, military funerals, and death gratuity pay.

Disability Compensation-Veterans with a disability that was at least as likely as not caused by or worsened by an event or events during their military service are eligible for tax-free monthly compensation payments determined by the severity of the condition. Application may be made for the benefit any time during the Veteran's lifetime. Combat service is not required to obtain this benefit. No income limits exist for Veterans to obtain this benefit. Additional monetary allowances for dependents of Veterans with a disability rating of at least 30%,

Dependency & Indemnity Compensation (DIC)-DIC payments are payable to eligible spouses, unmarried children under 18, certain children pursuing higher education, certain children with disabilities, and dependent parents of Veterans whose death was service-connected. Benefits are typically discontinued upon remarriage. Annual income of parents is an eligibility factor for parental DIC.

Non-Service Connected Pension-A VA monthly pension is payable to veterans who served during a wartime era with limited income and disabilities that are permanent and totally disabling. Combat service is not required for eligibility. The disability does not need to be service-connected. Payments are based on annual income.

And many more benefits. Contact them today.

Check with your local agency to see if they have a Veterans Discount Program that you can participate in.

Veteran Caregiver

Visit veterancaregiver.com for more information.

Email: lkreter@wisehealth.com

As a veteran or a Caregiver of a veteran or service member, your life may be altered by injury, illness, or aging. If you're feeling isolated or alone, want or need people around you who "get it", and you'd benefit from networking with peers and professionals, community health and recovery resources, you've come to the right place. Caregiver Peer Support is remarkable and valued and helping or receiving help can come at just the right time to make a difference.

Caregiver and Family Support

Family and friends who better understand the inevitable ups and downs can ease this caregiving journey and beyond. We provide you online peer support, regulation and legislative updates, caregiver news, and education about the VA Caregiver Support Program (CSP). Common FAQs are found at the top of the website, and new questions submitted in the Ask Questions Here. We post responses promptly, (anonymously) onsite and also directly on social media.

Our social media channels are purposefully kept respectful and responsive to your needs. We understand the strain and frustration in daily family caregiving, and also understand it from the Veteran's perspective. We support Caregivers and Veterans of all eras, and thankfully, after over a decade, the legislation has opened this program and others to all eligible. See here for criteria: www.caregiver.va.gov. Our "lived experience" gives our grassroots support empathy, compassion, and even some tough love when required.

Rest is critical – and often hard to accomplish! It's important to know as much as possible about the medical conditions affecting your family, and to realize that over time, you (the Caregiver) could experience secondary symptoms of some conditions such as Post Traumatic Stress or PTSD, anxiety, or insomnia. Understanding, compassion, patience, and a willingness to listen and learn are priceless qualities which we'll enhance through multi-media efforts (videos, posting, and podcasts).



**American
Red Cross**

Disaster Action Team

Visit redcross.org to learn more.

Take a Disaster and Emergency Preparedness Class. Be Red Cross Ready. The presentation is designed to teach people how to prepare for and respond appropriately to disasters likely to occur in their community such as hurricanes, wildfires, earthquakes, tornadoes, etc.

Emergency Plan: With your family or household members, discuss how to prepare and respond to the types of emergencies that are most likely to happen where you live, learn, work and play. Identify responsibilities for each member of your household and how you will work together as a team. Practice as many elements of your plan as possible.

Plan for the emergencies that are most likely to happen where you live

- Be familiar with natural disaster risks in your community.
- Consider how you will respond to emergencies that can happen anywhere, such as home fires and floods.
- Consider how you will respond to emergencies that are unique to your region, such as volcanoes, tsunamis or tornadoes.
- Think about emergencies that may require your family to shelter in place (such as a winter storm), vs. emergencies that may require evacuation (such as a hurricane).
- Consult our emergency resource library for tips on preparing for, responding to, and recovering from specific disasters.

Plan what to do in case you are separated during an emergency

- Choose two places to meet up.
- Right outside your home in case of a sudden emergency, such as a fire.
- Outside your neighborhood, in case you cannot return home or are asked to evacuate.
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should carry emergency contact information in writing and saved on their cell phones. Make sure places where your children spend time also have these contact numbers, like at school or daycare.
- Your plan should account for family members who may live elsewhere during the year, such as members of the military on deployment or students away at college, or those who travel frequently.
- How will you need to adapt your plan if they are at home?
- What will you need to do differently if they are away?

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Visit 211.org for more information.

211 is an information and referral service that is open 24 hours a day, 7 days a week, 365 days a year. It is the simplest way for New Yorkers to get the assistance they need to connect to important services. 211 contact centers are staffed by nationally certified call specialists who can assist those seeking help from community resources. These specialists use a database of verified resources. For most of the state 211 contact centers can be reached by simply dialing that three-digit number. 211 also has toll-free numbers for areas where three-digit dial connection is unavailable. Those seeking assistance can also be connected to community resources by accessing 211.

211 provides information about and referrals to needed services, like:

- Food and clothing help, housing assistance, rent assistance, and utility assistance.
- Health insurance enrollment, pregnancy resources, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.
- Work support – including financial assistance, job training, transportation help and education programs.
- Services for the elderly and people with disabilities – including adult day care, community meals, respite care, home health care, and transportation help.
- Childcare assistance, after-school programs, family resource centers, summer camps and recreation programs, mentoring, tutoring and protective services.



Vet Tix

Visit Vettix.org for more information.

Vet Tix provides tickets to events which reduce stress, strengthen family bonds, build life-long memories and encourage service members and veterans to stay engaged with local communities and American life. We support our troops by honoring their service and providing positive family and life experiences, during and after their years of service to our country.

Vet Tix provides tickets to all branches of currently-serving Military and Veterans, including immediate family of troops KIA.

Vet Tix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. VetTixers sign up online. We verify their service. VetTixers request tickets to events that interest them, then pay a small delivery fee to receive their free tickets.

Veteran Tickets Foundation is proud to bring the Hero's Wish program to our members!

Deployed, wounded and families of those killed in action are shouldering the hardest burdens of military service. Their duty has impacted their lives in ways the rest of America can only imagine. To relieve their burden of stress Vet Tix would like to give a once in a lifetime event to these Heroes. Hero's Wish events create wonderful experiences that they can always remember to heal their spirit and bring them together as a family. For those who have suffered, we want to welcome them back and bring enjoyment back into their lives.



Vet Center

Visit vetcenter.va.gov for more information.

We focus on providing services to Veterans and service members who served in combat operations, areas of hostility, stateside deployments or endured military service-related trauma. We also serve their families to support the growth and goals of the Veteran or Service Member.

Conveniently located in your community, Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.

Vet Centers provide non-medical counseling and assistance to war zone veterans and their family members who are experiencing problems and issues related to active-duty military service in a war zone or in the course of deployment during war. We are a community-based program located in major cities, with satellite sites in smaller towns.

Services Include:

- Readjustment counseling-wide range of psycho social services offered to eligible Veterans, service members, and their families in the effort to make a successful transition from military to civilian life.
- Military sexual trauma counseling may include individual or group counseling, marital and family counseling, referral for benefits assistance, liaison with community agencies or substance abuse information and referral to help you deal with the emotions of military sexual trauma and regain confidence in your everyday life.
- Bereavement counseling-provides assistance and support for people going through emotional and psychological stress after the death of a loved one. Bereavement counseling includes a broad range of transition services, including outreach, counseling, and referral services to family members.
- And other counseling services.

Air Force ROTC

Visit afrotc.com for more information.

Leadership[Opportunities: In Air Force ROTC you will not only learn the principles of leadership in the classroom, but you will put them into practice outside of the classroom through hands-on management experience and valuable leadership-building exercises.

Professional Development: To prepare for a career as an Air Force or Space Force officer, cadets take courses that focus on the importance of effective leadership, application of leadership concepts and the role of a military leader in today's society.

Salary and Benefits: When you enter the Air Force or Space Force after AFROTC, you'll be able to take advantage of ongoing educational opportunities and advanced career and leadership training. You will also receive excellent pay and benefits, including healthcare, a housing allowance and travel opportunities.

In a typical ROTC program, you'll take part in physical training one to three times a week, often in the early morning. Alongside the classes you take for your general graduation requirements and your major, you'll be enrolled in military and leadership classes. You'll also have labs and drills to put into practice what you're learning in your military classes. And each program has its own grooming and dress requirements.

Other obligations will be scheduled at different points throughout each semester. These can range from a few days of field training and tactical exercises, reconnaissance mission scenarios, helping with recruiting events and fundraising activities.

During the summers, students go to basic or advanced camp, embark on training cruises, attend field training or other specialized training, and/or take additional courses.

American Legion National Headquarters.....800-433-3318

700 N. Pennsylvania St. Indianapolis, IN 46206

Visit legion.org for more information. (See Website for a Post Locator)

Founded by an Act of Congress after World War I, The American Legion fiercely advocates for the unique needs of every generation of veterans, service members, and their families who pledge to protect our nation. Today, we are committed to destigmatizing mental health support, offering peer-to-peer resources, and empowering everyone to Be The One in the fight to prevent veteran suicide.

Most prospective members do not realize all The American Legion does for people of all ages at the local, state and national levels. The Legion conducts, promotes and supports hundreds of career fairs for veterans and transitioning servicemembers, bringing employers face to face with job hunters. Here is a small portion of what the American Legion organization may provide in your community.

- Operation Comfort Warriors raises funds to provide comfort items for U.S. troops recovering in military hospitals and transition units worldwide.
- Lobbies Congress for better quality of life for military personnel.
- American Legion Baseball; nearly 100,000 young men get to experience teamwork and competition each year.
- Legion Riders have raised more than \$2 million for the Legacy Scholarship, helping ensure the children of servicemembers killed on or after Sept. 11, 2001, have a chance at a college education.
- Department service officers help thousands of veterans receive VA benefits they earned through service to their country.
- A National Emergency Fund grant may be considered when the applicant has been displaced from his primary residence due to a declared natural disaster.
- Boys State is for high school students to learn about leadership and the rights and responsibilities of franchised citizens.
- Junior Shooting Sports Program is a gun safety education and marksmanship program that encompasses the basic elements of safety, education, enjoyment and competition.
- Scholarships provide financial assistance to high school students with exceptional academic and leadership qualities, including those participating in youth programs or connected to military service.
- The Youth Cadet Program provides first-hand experiences and insight into the operations of law enforcement agencies.
- Temporary Financial Assistance (TFA) program provides cash grants to support the minor children of active duty service members and American Legion members in times of need.

United Heroes League.....651-319-0737

15211 Ravenna Trail, Hastings, MN 55033

Visit unitedheroesleague.org for more information.

Email: info@unitedheroesleague.org

United Heroes League 501(c)(3) has provided over \$12 MILLION dollars' worth of free sports equipment, game tickets, cash grants, skill development camps, and special experiences to military families across the US & Canada. Special thanks to all our incredible volunteers, donors, partners, supporters, and amazing military families for making the mission possible! United Heroes League keeps military kids active and healthy through sports while their parents serve our country. So far, we have helped over 50,000 military families keep or start their kids in sports.

Game Tickets: Through our MLB, MLS, NBA, NFL and NHL team and player partners, United Heroes League has sent thousands of military families to pro and college games for free nationwide. Special thanks to the Anaheim Ducks, Minnesota Wild, Pittsburgh Penguins, Los Angeles Kings, LA Galaxy, Boston Bruins, New York Islanders, Dallas Stars, Columbus Blue Jackets, San Jose Sharks, Washington Capitals, Minnesota Twins, Minnesota Timberwolves, Minnesota Vikings, Minnesota United FC, Washington Nationals, and Nashville Predators for making this possible.

Sports Equipment: We are proud to distribute gear for a variety of sports to ensure military kids are healthy and active in the sport they love. Bauer Hockey has donated several million dollars worth of new hockey equipment to our mission. The NHLPA Goals and Dreams Foundation has donated \$300,000 worth of new hockey equipment for our cause. Many other sponsors and individuals have also donated baseball, basketball, football, golf, lacrosse and soccer equipment. With it, United Heroes League has been able to outfit thousands of military kids with top of the line gear.

Camps: In addition to hosting our annual Warrior Camp, United Heroes League has sent thousands of military kids to some of the finest camps available across the nation. Through the generosity of Robby Glantz, Carroll Goalie School, LA Galaxy, Minnesota Timberwolves, Minnesota Twins, Minnesota United FC, Minnesota Vikings, Rink Rat 19, Cathy's Power Skating, Philadelphia Flyers and many others, youngsters are given a chance to improve their sports skills at no charge.

Grants: United Heroes League has paid over \$500,000 in grants to help with local sports association fees. Many service members are in a "Reserve" status until they are deployed, and this is a great way for United Heroes League to say thank you to the families who give us so much.

Uniformed Services Employment and Reemployment Rights Act (USERRA)

Visit dol.gov/agencies/vets/programs/userra for more information.

Reemployment Rights

You have the right to be reemployed in your civilian job if you leave that job to perform service in the uniformed service and:

- you ensure that your employer receives advance written or verbal notice of your service;
- you have five years or less of cumulative service in the uniformed services while with that particular employer;
- you return to work or apply for reemployment in a timely manner after conclusion of service; and
- you have not been separated from service with a disqualifying discharge or under other than honorable conditions. If you are eligible to be reemployed, you must be restored to the job and benefits you would have attained if you had not been absent due to military service or, in some cases, a comparable job.

Right to be Free From Discrimination and Retaliation if You:

- Are a past or present member of the uniformed service.
- Have applied for membership in the uniformed service.
- Are obligated to serve in the uniformed service; then an employer may not deny you.
- Initial employment.
- Reemployment.
- Retention in employment.
- Promotion.
- Any benefit of employment because of this status. In addition, an employer may not retaliate against anyone assisting in the enforcement of USERRA rights, including testifying or making a statement in connection with a proceeding under USERRA, even if that person has no service connection.

Health Insurance Protection

If you leave your job to perform military service, you have the right to elect to continue your existing employer-based health plan coverage for you and your dependents for up to 24 months while in the military.

Even if you don't elect to continue coverage during your military service, you have the right to be reinstated in your employer's health plan when you are reemployed, generally without any waiting periods or exclusions (e.g., pre-existing condition exclusions) except for service-connected illnesses or injuries.

American Veterans (AMVETS)..... 301-683-4031

265 North Avenue, Washington, PA 15301

Visit amvets.org for more information. Email: amvets@amvets.org

AMVETS local and national programs are how we deliver on our promise of preserving freedoms secured by America's Armed Forces and enhancing the quality of life for veterans and all citizens.

Americanism Program: A patriotic program the organization offers schools and youth organizations as a resource for teaching children in kindergarten through 12th grade about their American heritage, civics, and citizenship. The program includes flag drawing, poster and essay contests that are grade specific and age appropriate.

AMVETS Against Drug & Alcohol Abuse (AADAA): AMVETS administers an annual Essay/Poem and Poster Contest that is age appropriate and grade specific.

Ceremonial Rifle Program: Affords posts an opportunity to add dignity and class to their honor guard details at events such as funerals or parades.

Freedoms Foundation

A unique educational experience at the Freedoms Foundation in Valley Forge, Pennsylvania, to give young people a better appreciation of their freedoms granted by the United States Constitution.

Spirit of America Program

A four-day conference centering on topics such as freedom, civil rights and civic responsibilities, citizenship, public policy, self-development and leadership, entrepreneurship, and salient aspects of American history.

Military Funeral Honors

All eligible veterans are entitled to military funeral honors signifying America's gratitude for their honorable service. Upon request, two service members will fold and present the American flag to surviving family members, and a bugler will sound "Taps." If a bugler is not available, a high-quality CD or digital bugle will be used.

Scholarships

AMVETS is proud to offer scholarships/grants to our nation's Veterans, Active Duty, Guard and Reserves, their Spouses as well as their Children and Grandchildren. AMVETS scholarships are designed to fulfill a financial gap after all Federal/State grants and/or scholarships available to an eligible applicant have been exhausted.

America's VetDogs.....631-930-9000

371 E. Jericho Turnpike, Smithtown, NY 11787

Visit vetdogs.org for more information.

Email: info@vetdogs.org

The Guide Dog Foundation provides Guide Dogs to individuals who are legally blind. America's VetDogs provides Service Dogs to veterans and first responders with physical disabilities, hearing loss, seizures, combat-related/work related PTSD and MST PTSD.

Created to provide enhanced mobility and renewed independence to veterans, active-duty service members, and first responders with disabilities, allowing them to live with pride and self-reliance once again. America's VetDogs specializes in placing highly skilled service and guide dogs to individuals with physical injuries, PTSD, hearing and vision loss, and seizures. Not only does a service dog provide support with daily activities, but it also provides the motivation to tackle everyday challenges.

America's VetDogs has built cooperative relationships with the military and the Department of Veterans Affairs, and today, we are a premier organization providing assistance dogs and training to disabled veterans and active service members. VetDogs continually strives to increase the options and services for veterans to ensure that they receive all the tools they need to once again be self-reliant.

A service dog is specially trained to help veterans or first-responders who have disabilities other than visual impairment and perform tasks that mitigate disabilities the handler experiences, performing these tasks while in public, the workplace or at home.

A guide dog is trained to find and follow a clear path, maneuver around obstacles, and stop at curbs. A veteran with a guide dog gains enhanced mobility and independence.

Facility Dog: America's VetDogs has trained and placed Military Facility Dogs to provide animal assisted intervention to wounded soldiers and active duty personnel during their journey to recovery at military installations, military and VA medical centers, and VA nursing homes.

Seizure response dogs are trained to perform special tasks following a seizure to assist its handler. These tasks may include getting help, or retrieving medication.

Tunnel to Towers Foundation718-987-1931

2361 Hylan Blvd., New York, NY 10306

Visit t2t.org for more information.

Email: info@t2t.org

Veterans Village, 3600 Harlem Road, Cheektowaga, NY 14215

Veterans Village, 1103 S. Front Street, Harrisburg, PA 17113

Since 9/11, we have been helping America's heroes by providing mortgage-free homes to Gold Star and fallen first responder families with young children and by building specially-adapted smart homes for catastrophically injured veterans and first responders. We are also committed to eradicating veteran homelessness and helping America to Never Forget September 11, 2001.

Smart Homes Program: The Tunnel to Towers Foundation builds mortgage-free smart homes for our most catastrophically injured veterans and first responders. Each home is designed to address the unique needs of each individual. Smart homes host a myriad of features such as automated doors and lighting, wider halls and doorways, special showers to accommodate wheelchairs, automatic door openers, cabinets, counters, and stove tops that can be raised and lowered, back-up generators, and central heating and air conditioning systems that can be controlled by tablets. These homes help our most severely injured veterans and first responders to reclaim their day-to-day independence.

Gold Star Family Home Program: The Foundation will provide a mortgage-free home to surviving spouses with young children.

Homeless Veteran Program: Our National Case Management Network currently provides housing assistance and access to necessary supportive services in nearly every state. This internal team of case managers, housing and employment coordinators, and behavioral health specialists are dedicated to working with veterans to determine their immediate housing needs, finding safe and dignified accommodations, and rapidly providing them with housing accommodations. After our veterans and their families are housed, our team then works to determine their immediate psychological, financial, and emotional needs. Our team has built a national network to be able to address each veteran's specific issues, to ensure they can sustain their new housing accommodations while working towards achieving their long-term objectives. Our Program's goal is to help homeless veterans reintegrate into their community, as well as provide veterans who are at-risk of becoming homeless with the support they need to not backslide into homelessness.

Trauma and Resiliency Resources (TRR).....855-877-4967

PO Box 817, Callicoon, NY 12723

Visit trrhelp.org for more information.

Email: support@trrhelp.org

Trauma and Resiliency Resources (TRR) assists military veterans and first responders challenged by service-related and line-of-duty traumatic experiences. TRR's Warrior Camp® program, specifically for active military and combat Veterans of all eras, is designed to heal the trauma of war and Military Moral Injury®, prevent suicide, enhance resilience and support force preservation.

To end military suicides, TRR created a week-long intensive and residential approach to repair Moral Injury as well as treat PTSD. Our award-winning Warrior Camp® program is provided free of charge to our nation's combat veterans. This is the program whose results are an amazing 99.4% survival rate and an incredible 99% program completion rate.

Our services include:

- Warrior Camp® programs for combat veterans of all eras, without regard to discharge status and without limitation for those who are thinking about suicide or who have had previous attempts.
- Annual Suicide Prevention Summits for Veteran service providers, mental health clinicians, equine professionals and agencies.
- Trainings for Professionals on Suicide Prevention, Military Moral Injury and Group Psychotherapy Incorporating Horses for equine professionals.

Working with horses can help people discover and overcome unhealthy patterns and behaviors, especially as they affect our relationships with other people. This is because the horse, as a non-verbal communicator, gives immediate feedback about actions and body language through their own response. Horses are exceptionally sensitive and are able to mirror emotions as well as behavior.

At TRR we understand that combat veterans do not get traumatized or experience Moral Injury in isolation. Their trauma and Moral Injury happens in the context of a highly trained, closely knit, cohesive unit. And so healing needs to happen in a unit. In our Warrior Camp® program and our equine training for professionals we teach through a group process that involves working with a herd of 7-8 horses, at liberty – without any instruments of control or domination. This is to help participants, by observing and interacting with the herd, learn to engage in a way that reduces conflict both between people and internal to each individual.

Angel Wings for Veterans.....757-318-9174

101 West Main Street, Suite 1000, Norfolk, VA 23510

Visit mercymedical.org/angel-wings-for-veterans for more information or to apply.

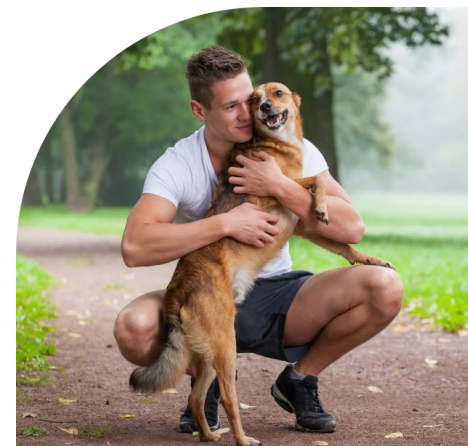
Angels Wings for Veterans is there to help Veterans and their families. We have a proven plan and process to give patients their lives back through charitable non-emergency medical transportation. This enables them the opportunity to overcome barriers to a quality life. Loneliness turns to compassion. Despair turns to hope. Fear turns to courage. Anxiety turns to tenacity.

Angel Wings for Veterans has worked with thousands of Veterans and active duty military members to provide transportation to distant medical care.

Removing the barrier to medical care with transportation on the ground and in the air. More than 9,000 Veteran trips annually. Gas Cards, Bus, Train, Airfare and Volunteer Pilots.

For PTS & TBI Patients who must travel long distances to receive treatment, transportation to vital clinical care is provided to Veterans.

For our Veterans who need to travel to clinical treatment or service dog acquisition and training, Angel Wings for Veterans provides air and ground transportation.



Angels of America's Fallen.....719-377-7352

10010 Devonwood Ct., Colorado Springs, CO 80920

Visit aofallen.org for more information.

Email: hello@aoafallen.org

Our mission is to encourage and fund healthy positive activities for the children of fallen firefighters, military, and law enforcement. Between grief counseling and scholarships others provide, Angels stands beside the children all year, every year until adulthood. With your help, we're fueling these kids' dreams beyond the ultimate loss.

We encourage and fund healthy positive activities like sports, music, and arts for children of fallen military and first responders. We support the children in their local community to help them find a passion to pursue with the guidance of a coach or instructor, and we support their family with case management, referrals, and peer support from enrollment all the way until 19 years old.

We empower children of our fallen military, police, fire, and EMS heroes, from all service connected deaths including combat, training, illness, and PTSD suicides, by enabling the children to participate in healing positive outlets for their grief through activities with a coach or instructor in their local community such as sports, arts, and music throughout their entire childhood. We allow them to try as many outlets as required to find a passion that is a fit for them at their current stage of development, and change activities whenever their interests have changed. We support the children in activities all year, every year, all the way until 19 years old without having to reapply. This long term engagement is crucial for creating true lasting positive impact. We follow up with and encourage the children, and share in celebrating their successes.

In addition to the activities, Angels provides Intakes and Referrals, Outreach and individualized person-centered Case Management utilizing a strengths-based, trauma informed approach. Angels has a Peer Support Program a platform to connect widowed spouses to support one another as they redefine family life after the traumatic loss of their spouse. We have our Voices Program which allows children and surviving spouses to tell their stories to honor their loved one and help others who are in similar situations. There is healing in helping, and Voices participants grow and heal as they attend conferences, fundraising events, and performances across the country to raise awareness about the issues facing families who have lost a parent in service to our country.

Travis Mills Foundation (TMF).....207-480-3490

647 Castle Island Road, Mt. Vernon, Maine 04352

Visit travismillsfoundation.org for more information.

Email: foundation@travismillsfoundation.org

The Travis Mills Foundation offers seven distinct programs for veterans and their families, all at no cost to them. Each program was carefully and thoughtfully developed in response to the needs of our veterans. Rehabilitation is a life-long process and the needs of these veterans and their families vary as they navigate through those phases.

The Family Program is for the recalibrated veteran, spouse, and children, or a guest. The schedule is packed with adapted sports and activities to meet the needs of all. Participation is not required; families are welcome to use the time to rest and relax. Family programming is offered year-round, including kayaking, zoo visits, wheelchair basketball, archery, dog sledding, ice fishing, snow shoeing and more.

TMF provides programming designed specifically for caregivers of recalibrated veterans to encourage self-care, rest, relaxation and bonding with others in relatable situations. These include spouses, partners, parents and even siblings.

The Recalibrate Program capitalizes on a participant's motivation after attending the Retreat by providing financial assistance, goal setting, and long-term follow up. This program has provided everything from helping to pave a driveway, provide in-home cleaning services, a computer to help with a home business, an electric bike to help a veteran stay healthy by safely riding to work, and help with moving expenses.

Warrior PATHH is the nation's first-ever program designed to cultivate and facilitate Post-Traumatic Growth (PTG) in combat veterans and first responders, and enables these remarkable Warriors to transform times of deep struggle into profound strength and growth. The training begins with a 7-day on-site initiation at TMF that is followed by 90 days of training delivered by PATHH Guides, not clinicians, who have all completed the programs themselves and are just a bit further on the path.

The Kelly McGaughey Roseberry Health & Wellness Center: Post-9/11 veterans who have been injured in active duty or as a result of their service to our nation receive an all-inclusive, all-expenses paid, barrier-free experience in Maine where they participate in adaptive activities, bond with other veteran families and enjoy much-needed rest and relaxation in Maine's outdoors.

Tragedy Assistance Program for Survivors (TAPS) 800-959-8277

3101 Wilson Blvd Suite 600, Arlington, VA 22201

Visit taps.org for more information. Email: info@taps.org

Through a wide variety of programming, TAPS helps survivors create rich lives despite loss, knowing we carry our loved ones with us - knowing that Love Lives On.

- **Seminars:** Are inclusive, discussion-based events that include workshops for understanding and processing grief and small-group sharing sessions where you can connect with peers.
- **Online Community:** Here for you wherever you are in your grief and wherever you are in the world. It allows easy, meaningful connections among survivors.
- **Peer Mentors:** survivors 18 months past their loss to serve as a mentor to fellow survivors that experience a similar loss and looking for support from someone who truly understands.
- **Care Groups:** Find a local military family survivor support group near you. Meet with people who understand what you're going through for emotional support and camaraderie.
- **Youth Programs:** Provide safe spaces for military children to be supported in their grief while also experiencing fun, adventure, mentorship and camaraderie.
- **Women's Empowerment:** Connect with other surviving women to help comfort you in your grief. Our vibrant, compassionate community is a place of support and inspiration.
- **Men's Program:** Most men need other men to pave the way for them to grieve. Join other surviving men to lean on each other to share the experience, strength and hope.
- **Young Adults:** This program for 18–30-year-old military survivors focuses on 5 pillars of growth and healing during your grief journey.
- **Suicide Loss Support:** Provides compassionate care to all survivors of military suicide loss. Our unique approach will help stabilize you and your family and put you on a path toward healing and growth.
- **TAPS Together:** one-day, organized, social events across the country, led by TAPS staff or a survivor like you, with the goal of expanding our peer support community.
- **Team TAPS:** Honor our fallen heroes through running, walking, biking and other events. Participate in one of our organized Team TAPS events through the country or host your own.
- **Sports and Entertainment:** connects military families with professional sports programs and the entertainment industry to bring hope and healing while honoring their fallen heroes.

Armed Forces Vacation Club800-724-9988

8910 Purdue Road, Suite 210, Indianapolis, IN 46268

Visit afvc.com for more information.

Welcome To The Best-Kept Secret In Military Travel

For over 25 years, Armed Forces Vacation Club has provided exclusive travel deals for active duty, veterans, retirees, and military families. Every trip delivers unbeatable value and the freedom to explore more for less. It's completely free to join — no hidden fees, no complicated hoops. Just real savings on well-earned vacations.

Top 3 Reasons To Join The Club

- **Free Membership**
- **Unbeatable Vacation Deals:** Enjoy spacious resort stays in popular destinations worldwide.
- **Year-Round Exclusive Savings:** Unlock deep discounts and deals on hotels, rental cars and more — including up to 25% off public cruise rates on 20,000+ cruises.

A membership with Armed Forces Vacation Club is always free, but upgrading to Premium¹ offers a world of vacation benefits and discounts. Choose from one or three-year membership lengths and get immediate access to Premium-Exclusive benefits!

Non-Eligible travel companions can go with you as long as you are an eligible Armed Forces Vacation Club member, at least 21 years of age, and the reservation is in your name, your companions may accompany you provided that you do not exceed the maximum occupancy allowed for your reservation. Depending upon the resort, you may even be permitted to book multiple units at the same time and location so long as you are also traveling.



ARMY JROTC

Visit usarmyjrotc.com for more information.

The U.S. Army Junior Reserve Officers' Training Corps (JROTC) is one of the largest character development and citizenship programs for youth in the world. The National Defense Act of 1916 established organized JROTC programs at public and private educational institutions. In 1964, Congress expanded the program to all military services and changed from active duty to shared support from the services and schools. As congressionally mandated by Title 10 United States Code, Section 2031, each military service must have a JROTC program to "instill in students in United States secondary educational institutions the values of citizenship, service to the United States, and personal responsibility and a sense of accomplishment." JROTC's mission, "To Motivate Young People to be Better Citizens", is the guidepost for the program's success.

All lessons are designed using a four-part model to motivate the Cadet, allow the Cadet to learn new information, practice competency, and apply the competency to a real-life situation. Moreover, the four-part model requires Cadets to collaborate, reflect, develop critical thinking skills, and integrate content with other disciplines. JROTC curriculum includes lessons in leadership, health and wellness, physical fitness, first-aid, geography, American history and government, communications, and emotional intelligence.

ARMY ROTC

Visit goarmy.com/careers-and-jobs/find-your-path/army-officers/rotc for more information.

Army Reserve Officer Training Corp (ROTC) is an elective curriculum you take along with your required college courses. It gives you the tools, training and experiences that will help you succeed in any competitive environment. Along with great leadership training, Army ROTC can help pay for your college tuition. Because ROTC is an elective, you can participate during your freshmen and sophomore years without any obligation to join the Army. You do not have to join the Army to take ROTC courses. However, many of our students make the military commitment and find rewarding careers serving their country in various capacities all around the world.

Other obligations will be scheduled at different points throughout each semester. These can range from a few days of field training and tactical exercises, reconnaissance mission scenarios, helping with recruiting events and fundraising activities.

The Veterans Consortium Pro Bono Program

2101 L Street NW, Suite 225, Washington DC 20037

Visit Vetsprobono.org/legal-help for more information.

Legal Help for Veterans and Families

Appeal a "Final" Decision:

Get expert legal help appealing a "final" decision from the Board of Veterans Appeals. Our pro bono attorneys have helped thousands of Veterans appeal "final" decisions from the Board to the U.S. Court of Appeals for Veterans Claims. Please note: You only have 120 days to appeal your final decision from the Board of Veterans Appeals.

Phone: (888) 838-7727 Option 3, Email: mail@vetsprobono.org

Honor Restoration:

Our attorneys fight "Other than Honorable" discharges due to: mental illnesses & PTSD, traumatic brain injuries, and self-medicating drug use. This Discharge Upgrade program is made possible by our partners at Disabled American Veterans (DAV) Charitable Trust.

Phone: 202-733-3324, Email: upgrades@vetsprobono.org

Women Veterans:

We provide Women Veterans with enhanced support including: assigning Women attorneys for Military Sexual Trauma cases, highlighting health care disparities, and combating homelessness and poverty. This program is made possible by a grant from the John and Daria Barry Foundation.

Phone: 202-733-3329, Email: wvlap@vetsprobono.org

Citizenship through Service:

We help Veterans born abroad with their U.S. Citizenship application.

Phone: 202-733-3337, Email: vnap@vetsprobono.org

Other Legal Issues:

Please Note: For family law, landlord tenant disputes, medical malpractice, etc. we only provide legal advice through our D.C., Maryland, and Virginia clinics. Veterans in the DMV area can make an appointment for the next clinic. Veterans elsewhere can visit our partners at Stateside Legal to access other local legal resources.

Please note we are not able to provide representation for legal issues such as family law, landlord tenant disputes, medical malpractice, etc. For assistance regarding these and other legal issues, please visit the Stateside Legal website at statesidelegal.org to search for legal resources in your state.

The Heroes Project323-680-1007

7304 Beverly Blvd, Suite 151, Los Angeles, CA 90036

Visit theheroesproject.org for more information.

Email: info@theheroesproject.org

The Heroes Project makes the impossible a reality by empowering our injured community through physical and emotional training, allowing them to explore the farthest reaches of themselves and the world they live in. These expeditions challenge the severely wounded to redefine their personal limits post injury. The Heroes Project inspires our injured men and women to find purpose, both physically and mentally, and ignites others to do the same.

Expeditions for Heroes:

The Heroes Project takes our military heroes on therapeutic, challenging, and transformative experiences. In partnership with our alumni (team THP), we pair our new participants with a mountain specifically chosen to challenge them physically and mentally.

The physical experience of conquering their individual summits is only part of the process. The mental preparation for these treks is equally as valuable. The Heroes Project has put our injured war veterans on the highest summits of the world crushing every single challenge we set.

On each expedition, The Heroes Project captures footage of our heroes' journeys to recovery. These stories of strength, resilience, and the ability to triumph over the impossible are used as part of our outreach and empowerment programs to inspire the masses.

Veterans Retreat Center (VRC)

Mountains demand preparation, resilience, and determination—just like the journey of every hero who has served. The VRC will be a refuge from everyday distractions, a space free from Wi-Fi, city lights, and urban noise, designed to foster physical, mental, and emotional recovery. Here, veterans can find inspiration, support, and the strength to climb their personal mountains—both literal and figurative. While overcoming physical challenges is one part of the journey, the mental preparation for these adventures is equally important. We recognize that the path to recovery is a challenging one, and we are dedicated to helping our veterans explore the depths of themselves and their surroundings, all through using the power of nature.

Battlefields to Ballfields Battlefields2ballfields.org

Visit battlefields2ballfields.org for more information.

Many veterans face an uphill battle when they return as they figure out how they will integrate back into society. B2B provides scholarships to veterans who return from defending our country with an opportunity to get integrated back into their community through officiating. Those who have been involved in officiating already have felt the joy of stepping out onto the field or a court.

B2B is providing veterans with an opportunity to hone their newfound officiating skills and participate in something that will give them a new sense of self-worth along with the ability to make some extra income. While the ultimate goal will be to get some of our returning veterans into the upper levels of officiating, including the professional ranks, they will start out at the local level working high school and youth level games. Local associations are actively recruiting because there aren't enough officials signing up.

President Calvin Coolidge once said "a nation that forgets its defenders will itself be forgotten." We have not — and will not forget. B2B will help ensure that. B2B provides scholarships across the US with a BOD comprised of people experienced in business, military service, and officiating.

Protect the Game970-231-3672

Visit protectthegame.org for more information.

Email: info@protectthegame.org

We are providing opportunities for U.S. Military Veterans to train and then be paid to work in youth sports AND we are building the numbers of qualified youth sports officials in America.

Protect the Game, is a non-profit committed to certifying military veterans/families to become sports officials. More than 15 unique training opportunities spanning six sports (Baseball, Basketball, Football, Softball, Volleyball and Wrestling) are offered.

For each training, veterans/family members will go through a multi-day teaching with experienced officials and trainers. PTG will provide a starter kit of officiating equipment/uniform and will connect certified officials with assignors for immediate earning opportunities.

Veterans who execute the training and certification process through PTG are eligible for funding assistance from Battlefields2Ballfields.

Blue Star Mothers of America

Visit bluestarmothers.org for more information.

We are mothers, stepmothers, grandmothers, foster mothers, and female legal guardians who have children serving in the military, National Guard or Reserves, or children who are veterans. We support each other and our children while promoting patriotism. Our organization focuses on our mission every single day and will never, ever, forsake our troops, our veterans, or the families of our Fallen Heroes.

Projects differ chapter to chapter but can include:

- Care packages for deployed troops
- Football and bingo pizza parties at the VAMC
- Area ceremonies and parades
- Clothing closet donations
- Welcome home events.

Our goal is to take care of our deployed soldiers with boxes full of a touch of home, cards and letters. If we get a special request from our troops, we attempt to fill it. New York is full of Mothers who are doing their best to make a difference while their child is deployed.

We try to find things to do to promote the support of our military person. We try to help the families that are left behind by getting them information about where to go if they have a problem. We support our veterans by giving them a place to come that is homelike. We help by supplying clothing if a special outfit is needed by a veteran so that he, or she, can go on a job interview. We fundraise to try and help our wounded get back to a fairly normal life through treatment.

Blue Star Dads

A father or stepfather who has a son or daughter who is currently serving or has been honorably discharged from the Armed Forces of the United States is eligible to join our organization as a Blue Star Dad. There are no dues to join as a Blue Star Dad.

Associate Members

Spouses, siblings, grandparents, Mothers-in-law, aunts, uncles, cousins, friends, and other members of the community who support the US military, are all eligible to join our organization as Associate Members. There are no dues to join as a Blue Star Associate and Associate Members will continue to be on the Roster unless/until they request otherwise.

Team RWB.....833-832-6792

PO Box 127, Floyds Knobs, IN 47119

Visit teamrwb.org for more information.

Email: info@teamrwb.org

Team Red, White & Blue (Team RWB) is America's health and wellness community for Veterans.

We were founded by Veterans. We know firsthand that many of us carry a mission-first mindset from our service, often neglecting our own health in the process. That's why, since 2010, our community of over 250,000 Veterans, Service Members, military families, and supporters (our "Eagles") have enriched the lives of Veterans through events and programs focused on building a healthy lifestyle.

Our Community Offers:

- A Sense of Belonging-As an Eagle, you'll be an essential part of our team, building unity and identity in your life.
- Accountability-You'll both gain and give support to your fellow Eagles by sticking to the Eagle Ethos, and working collectively toward shared goals.
- Motivation-You'll be motivated by knowing that your personal health and growth strengthen our community.
- Opportunity to Serve-You'll help other Veterans and inspire the wider military community to stay healthy when you lead from the front.
- Improved Health-Your health and wellness will improve, because it's at the heart of all we do with Team RWB.

Our programs include:

- Digital Garrison-In-app community focused on building a healthy lifestyle while leveraging technology.
- Ground Operations – In-person opportunities to exercise and connect.
- Eagle Fit – Tailored health and wellness fitness challenges and health education.
- Eagle Alliance – Physical and mental health resources for Veterans and Service Members.
- Health and Wellness Scholarship Fund – Fitness and wellness education empowering Veterans.

Team Red, White & Blue (Team RWB) exists to guide them through that journey with real-life and virtual opportunities focused on building a healthier lifestyle because a strong focus on mental and physical health is critical to ensuring veterans' best days are ahead.

We believe that veterans are America's most resilient citizens — and it's time for more veterans to prioritize their well-being first.

Team River Runner..... 717-951-8949

5007 Stone Road, Rockville, MD 20853

Visit teamriverrunner.org for more information.

Email: info@teamriverrunner.org

Team River Runner is the LARGEST adaptive and therapeutic paddling program across the nation for veterans, active duty and their families. Focused on our mission statement Team River Runner has developed and implemented creative, healing and empowering programs for Veterans as they recover from complex issues due to their service to our nation, pioneering the design and construction of adaptive paddling equipment to empower veterans with motor disabilities as well as innovative methods for teaching and guiding the visually impaired. All programming is free of charge for veterans and service members.

Team River Runner provides all boats, outfitting, safety gear, instruction, transportation, food and lodging for the participants and the volunteers through the generosity of their donors and the subsidies from their providers.

Each chapter:

- Holds regular pool or open water sessions of approximately 2-3 hours each. Some sites offer multiple sessions per week.
- Has a quarterly local trip and twice a year family days.
- Encourages qualified paddlers from any site to participate in the national trips offered to Colorado, Idaho and the Caribbean.

At each event, a paddler gets a chance, in a safe environment, to:

- Get physical exercise outside the boredom of the hospital.
- Learn a potentially brand new skill, rather than struggle with a skill he used to be an expert at.
- Overcome emotional roadblocks left by post traumatic stress and traumatic brain injury.
- Practice basic cognitive sequencing by following small sets of instructions.

Boots for Troops..... 218-789-7567

994 Village Square Drive, Condo H, Tomball, TX 77375

Visit boots4troops.org for more information.

Email: info@boots4troops.com

The mission at Boots for Troops is to uplift and empower the over-all morale and mental well-being of deployed service members defending our freedom.

- Care Package Program
- Honor our Heroes.
- Travel Assistance
- Jimmy Rogers Military Spouse Scholarship

Care Package Program: We send over a form via e-mail that asks a series of questions such as what does the service member need where they are deployed? What are their favorite snacks? What is their favorite sports team, and more. Lastly, each package comes with a new pair of personal boots selected by the package recipient. This program is designed to generate the biggest morale boost possible.

Honor Our Heroes Program: designed to support veterans who have served in the Armed Forces. The program provides financial assistance to veterans for disaster relief efforts, financial hardships and other emergency situations. The program also funds one service dog a year. The dog is then paired with a veteran with a disability and in need of a service dog.

The Travel Assistance Program: helps provide financial relief for E1-E5 so they will be able to travel home for the holidays to be with their loved ones or to get home in an emergency. Boots For Troops books the flights in full and does not need repayment. We believe in the importance of family and being able to be there in a time of need.

Jimmy Rogers Military Spouse Scholarship: designed to help the spouse of an active duty man or woman gain their education. This will help set the family up for a stronger future together.

Building Homes for Heroes®516-684-9220

4584 Austin Blvd, Island Park, NY 11558

Visit buildinghomesforheroes.org for more information.

Building Homes for Heroes® is determined and devoted to bringing renewed hope to our nation's injured veterans and first responders. The organization builds or modifies homes and gifts them, mortgage-free, while providing support services to help them to build better and brighter lives and reach new heights.

We encourage the wounded veterans we have assisted, or are currently assisting, to travel to our events and take part in other organizational endeavors to support others who have been severely injured. We believe that this enables our recipients to build camaraderie with others who may later become recipients, but also to take another step toward being defined by their accomplishments and activities, and not their injuries or disabilities.

Gifting Forever Homes: Building Homes for Heroes constructs, modifies, and gifts mortgage-free homes to our injured veterans and their families, as well as Gold Star families, enabling them to build better and brighter lives. These homes help to remove the family's financial burden, to restore the individual's freedom, and to support the veteran to lead a more independent and productive civilian life. All homes we gift are modeled to meet the needs of a physically and/or psychologically disabled veteran and their family, helping to improve their day-to-day quality of life, and assist them in leading a hopeful and promising future ahead. Home Modifications are awarded to injured and disabled veterans, as well as Gold Star families, who are currently homeowners.

Emergency Funding program allows us to help during these hard financial times, as well as in sudden life-altering moments in their lives. While we do our best to help as many people as we can, we make no representation that submitting a completed application will result in grant funding. Grant funding decisions are made on an individual basis.

Physical Health and Mental Wellness: Ranging from traditional to innovative support, we have supported veterans who climb the world's tallest mountains, and those who participate in adaptive sports, such as the Warrior Games, the Invictus Games and other international competitions. We host an annual team building family retreat, bringing together our veteran home recipients and their family for three days of fun, friendly competition, connectivity, the forming of new friendships and spirited camaraderie. This program has also been extremely beneficial for our veterans, allowing them to regain their military camaraderie with fellow servicemen and women.

Support Our Troops.....877-879-8882

PO Box 70, Daytona Beach, FL 32112

Visit supportourtroops.org for more information.

Widespread civilian support is essential to mission success and to the morale and well-being of America's troops and their families. SOT® is the means of meeting your basic moral obligation of stepping for those who stepped up to preserve your liberties, livelihoods, and businesses. Consider this: Your neighbor goes off to protect your family and way of life. Morally, what should you do for him? For her? How? Support Our Troops provides simple, easy ways for you to make a tangible difference through a variety of meaningful, substantive programs and services. This nationwide charitable resource stands as a permanent living testament to the affection, gratitude and loyalty good Americans hold for those who daily do so much to protect all of us.

Connect the People and Their Troops

- High morale means high mission effectiveness and safety.
- Schools, churches, civic groups, businesses, and individuals across America send extra comfort items to the deployed troops through SOT.
- Cards and letters from America's school children are sent overseas through us.
- Scouts learn about the troops in Eagle projects serving the soldiers, sailors, airmen and Marines through SOT.

Connect the Troops to Their Families

- Connect thousands of soldiers, sailors, airmen and Marines to family, home and country with phone calls, internet and video chat from remote island and desert locations via our Satellite Communication Support Program. From these locations this is the only electronic way to connect with home and the program provides funding assistance at that level.

Provide Stability and Continuity for Overseas Military Kids

- Help fund a program that provides similar weekly club and fun activities across bases so as they arrive at new bases every few months they can go to where they will be with other America military kids in a familiar social setting.
- Help fund family reintegration for families upon their soldier's or sailor's return.
- Help fund military summer camp for BRATS (the military's affectionate term for their kids).
- Help assure adequate food, and sports activities.

Soldiers Angels.....210-629-0020

2895 NE Loop 410, Suite 107, San Antonio, TX 78218

Visit soldiersangels.org for more information.

The mission of Soldiers' Angels is to provide aid, comfort, and resources to the military, veterans, and their families.

Our mission is to provide aid, comfort, and resources to the military and veteran community— no matter what that individual's political or religious affiliations might be. The United States Military is incredibly diverse. It is composed of individuals of all colors, races, religions, creeds, and sexual orientations. It is not our job, responsibility, or intention to discriminate, censor, or otherwise hinder the beliefs of one individual or group of individuals within the military. It is our job to support them, encourage them, and ensure they know that their service and sacrifice will not go unnoticed.

Food Assistance: Service Members, Guardsmen, Reservists, and Veterans in need of food assistance can register to attend a Soldiers' Angels Military and Veteran Food Distribution* for no-cost groceries.

Deployed Support: Care packages, letters, baked goods, Chaplain assistance, and more. Register now and let our volunteers support and care for you while you're deployed.

Caregivers: Soldiers' Angels understands the unique challenges faced by Caregivers and we're here to help you through with unique, volunteer-led support. In addition, Caregivers get free Telehealth services after signing up with Soldiers' Angels!

Holiday Help: The holidays can be tough, but Soldiers' Angels is here to help! The Holiday Adopt-A-Family program helps Service Members, Guard, Reserve, and Veterans provide their families with the holiday celebration they deserve.

Comfort for Veteran Patients: Soldiers' Angels volunteers work within VA Hospitals across the country to help provide comfort, resources, and activities to Veteran patients. Services offered inside VA include: Patient visits, hygiene Kits, box lunches, coffee carts, BBQ's, Luncheons, Bingo, Baby Showers, holiday events and more.

Camp Freedom.....570-536-6000

284 Number 7 Road, Carbondale, PA 18407

Visit campfreedompa.org for more information.

Email: info@campfreedompa.org

Camp Freedom is more than a hunt, fishing trip, or hike on our pristine 2,350 acres. It is an opportunity for those who are seeking continued healing in their life's journey to find spiritual, physical, and mental peace that can only be found outdoors. We provide high quality outdoor adventures to our American Heroes combining each activity with peer-to-peer interaction and camaraderie. This combination helps our guests to find a new purpose, mission, and hope once again.

The opportunities at Camp Freedom are endless. Camp Freedom's guests experience the outdoors in a safe and protected manner while giving them exposure to the life-healing benefits of outdoor activities with people who care deeply about them and their journey.

Guided and Unguided Fishing: Trout, Bass, Crappie, Panfish; on ponds or river; spin casting and fly fishing; drift boat fishing or ice fishing.

Guided Hunting: Deer, Turkey, Waterfowl, Upland Game Birds, Bear, Coyote, Deer, Elk, Red Stag, Buffalo using a Rifle, Muzzleloader, or Archery.

Additional Adventures: Flora Identification; Wildlife Tracking & Identification; Wildlife & Flora Photography; Hiking; Walking; Running; Biking; Mountain Biking; Hand Biking; Cross Country Skiing; Snow Shoeing; Paralympic Event Training; 3D Archery Range; And more...

Coming Soon:
Rifle Range, Sporting Clays

The property at Camp Freedom covers 2,350 acres from the river bottom to the top of the mountain in Northeast Pennsylvania. The terrain is abundantly varied from thick mountain laurels to hardwood stands. The outdoor opportunities at Camp Freedom are endless.

Our property has populations of whitetail deer, black bear, turkey, grouse, coyote, fox, waterfowl, and more. We have an 880-acre fair chase hunting estate and over 1,500 acres of free-range grounds. We have two ponds that provide great fishing opportunities along with 2 ½ miles of access to the Lackawanna River for incredible trout fishing.

Catch A Lift (Fitness for Veterans) 855-496-4838

2066 York Road #205A, Timonium, MD 21093

Visit catchaliftfund.org for more information.

The Catch A Lift Fund enables post 9/11 combat injured veterans all over the U.S. to recover and rehabilitate both physically and mentally through physical fitness, motivation and support.

Catch A Lift provides Afghanistan (OEF) and Iraq (OIF) combat-injured veterans the tools necessary for regaining control over their recovery.

Veteran Participants work with a certified veteran coach to build a custom eight-week, holistic wellness program based on CAL's four pillars of fitness, nutrition, emotional wellness, and community.

Their coach oversees the program design to ensure consistent accountability and mentorship while guiding the veteran through behavioral change, ensuring success. Upon completing the initial wellness program, graduates are eligible for financial grants for home gym equipment or membership to a fitness facility of their choice nationwide.

CAL includes adaptive athletes, those wanting to lose weight, those seeking community, and more. Program participants become part of the family with continued engagement fostered through CAL's year-round outreach. In addition, members receive access to a proprietary wellness website, a private, veteran-only social network, and educational certifications. The program's overall impact distinguishes CAL for its effect on so many lives and its transparency and leadership.

The Women's Fitness Initiative is aimed at fostering a culture of health, empowerment, and well-being among women veterans. The WFI seeks to provide a safe, supportive and inclusive environment where women can engage in various fitness activities, access educational resources on nutrition, wellness and women's issues. We want to build a community that celebrates and encourages one another on their fitness journey.

CAL has the tools to help Veterans recover holistically!

Soldier On 866-406-8449

290 Merrill Road, Pittsfield, MA 01201

Visit wesoldieron.org for more information. Email info@wesoldieron.org

Permanent Housing: All residents moving into Soldier On permanent housing are required to complete our Life Skills Program.

- On-site support is provided for all residents by Soldier On staff on a daily basis, with individual case management.
- All units are furnished with a dining set, loveseat/recliner, side table, bed, mattress, dresser, nightstand, and housewares.
- Transportation is provided for group activity, shopping, medical, and dental appointments.
- Technology is integrated into each apartment unit for resident communication telehealth, and connectedness.
- Daily meal is provided as needed, with guided self-prep to promote independence and nutrition.
- Legal assistance, including healthcare proxy, power of attorney and will.
- End-of-Life services, including burial coordination.

Transitional Housing: work with the U.S. Dept of Veterans Affairs to provide emergency and transitional housing with an extensive continuum of services and support for veterans who are experiencing homelessness, and those at-risk of becoming homeless. Veterans in the program work toward increasing their income, accessing benefits, and achieving goals that may help them regain housing stability. As residents of Soldier On, veterans receive basic necessities including daily meals and clothing, within our safe, secure housing. Each veteran has access to case management, medical and mental health services, substance abuse treatment and peer support through both the Dept. of Veterans Affairs and community-based agencies. Soldier On provides transportation to medical and dental appointments, legal appointments, education and employment.

Ancillary Services Include:

- Transportation
- Food Services
- Wellness Program
- Legal & Legacy Services
- Healthcare Navigation & Telehealth
- Financial Education & Credit Repair
- Veterans Justice Outreach Program

Sitrin Health Care Military Program.....315-7337-2435

2050 Tilden Avenue. New Hartford, NY 13413

Visit sitrin.com for more information.

Email: info@sitrin.com

Many veterans and service members returning from duty are faced with physical, psychological, and emotional changes in their lives. Sitrin is committed to serving the rehabilitation and civilian reentry needs of injured veterans and service members, and has the expertise and environment to facilitate healing.

Sitrin's program is specifically designed to treat individuals with:

Post-Traumatic Stress Disorder; Traumatic Brain Injury; Spinal Cord Injuries; Post-Acute Substance Abuse; Depression and Anxiety; Orthopedic Diagnoses; Multiple Trauma; Central and Peripheral Vestibular Disorders.

Daily treatment regimens incorporate a combination of therapies and activities that may include:

- Individual Psychology: one-on-one counseling sessions with an award-winning psychologist.
- Family Integration Therapy: group sessions with psychologist/therapists to nurture change & development in family interaction.
- Occupational Therapy: therapies tailored to individual needs, such as brain fitness, anger/stress management, and relaxation training.
- Physical & Aquatic Therapy: treatment exercises to heal injuries, reduce pain, improve function, and increase wellness.
- Ecotherapy: nature-based healing that includes therapeutic gardening, curative hiking, and outdoor cleanup activities.
- Equine Assisted Therapy: holistic form of treatment involving interactions between veterans and horses.
- Dance/Movement Therapy: treatment using movement to express emotions, develop self-awareness, and improve social skills.
- Planned Helpfulness: goal-oriented projects specific to a participant's interests.
- Recreational Therapy: educational and leisure activities.
- Adaptive Sports: competitive and recreational sporting opportunities.

Warrior Retreat: Each year, nearly 100 veterans and their family members grab their camping gear and pitch a tent to spend the weekend at Camp Sitrin. Throughout the weekend, the group participates in team-building experiences, including fly fishing, capture the flag, archery, martial arts demonstrations, and more.

Civil Air Patrol

Visit gocivilairpatrol.com for more information.

Civil Air Patrol is America's premier public service organization for carrying out emergency services and disaster relief missions nationwide. As the auxiliary of the U.S. Air Force, CAP's vigilant citizen volunteers are there to search for and find the lost, provide comfort in times of disaster, and work to keep the homeland safe. Its 56,000 members selflessly devote their time, energy, and expertise toward the well-being of their communities, while also promoting aviation and related fields through aerospace education and helping shape future leaders through CAP's cadet program.

Through their experiences as Civil Air Patrol cadets, young people develop into responsible citizens, always ready to join with adult members in helping their neighbors when disaster strikes, on the way to becoming tomorrow's leaders.

"Volunteers serving America's communities, saving lives, and shaping futures."

Emergency Services

Always prepared, both in the air and on the ground, members of Civil Air Patrol perform emergency services for state and local agencies as well as the federal government as the civilian auxiliary of the U.S. Air Force and for states/local communities as a nonprofit organization. Ever vigilant, these true patriots make a difference in their communities, not only assisting in times of disaster but also searching for the lost and protecting the homeland.

Aerospace Education

Civil Air Patrol's awarding-winning aerospace education program promotes aerospace, aviation, and STEM-related careers with engaging, standards-based, hands-on curriculum and activities. It shapes the experiences and aspirations of youth both in and outside CAP's cadet program.

Cadet Programs

Civil Air Patrol's cadet program transforms youth into dynamic Americans and aerospace leaders through a curriculum that focuses on leadership, aerospace, fitness, and character. As cadets participate in these four elements, they advance through a series of achievements, earning honors and increased responsibilities along the way. Many of the nation's astronauts, pilots, engineers, and scientists first explored their careers through CAP.

Coast Guard

Visit uscg.mil for more information.

Our primary missions are Homeland Security, Search and Rescue, Maritime Law Enforcement, Ice Rescue, Recreational Boating Safety, Drug and Alien Migrant Interdiction, Military Readiness, and Environmental Response. We are involved in numerous other missions as well. The mission depends on the location of the Coast Guard unit.

The Coast Guard protects vital economic and security interests of the eastern Great Lakes, including the safety and security of the maritime public, our natural and economic resources, the maritime transportation system, and the integrity of our maritime border. The Coast Guard responds to over 1,000 Search and Rescue cases and performs over 2,500 vessel boardings annually.

The Aids to Navigation Team (ANT) is responsible for the proper operation and correct positioning of over 230 navigational aids, including the placement/removal of 96 seasonal aids. This team services buoys, lighthouses, and markers in the Sector's area of responsibility.

Instead of an ROTC program, the Coast Guard offers a scholarship program called the College Student Pre-Commissioning Initiative. Graduates are guaranteed commission as an officer in exchange for full funding for up to two years of college.



Semper Fi & America's Fund 760-725-3680

715 Broadway Street, Quantico, VA 22134

Visit thefund.org for more information.

Email: info@thefund.org

We operate our programs and services through a “needs-based” approach. Staff and volunteers work one-on-one with our service members, veterans, and military families—providing ongoing support for as long as legitimate needs require.

Service Member and Family Support Program

- Bedside Financial Support
- Housing Assistance
- Transportation Assistance
- Specialized & Adaptive Equipment
- Visiting Nurse Program
- Annette Conway Caregiver Retreats
- Skip's Kids Program
- LCpl Parsons Welcome Home Fund for Vietnam Veterans
- Disaster Relief Program

Transition Program

- Veteran to Veteran Support
- Apprenticeship Program
- Education and Career Assistance
- Veteran & Unit Reunions

Integrative Wellness Program

- NeuroFitness
- Arts & Music Program
- Tim and Sandy Day Canine Companies Program
- Post Traumatic Growth Video Resources
- Post-Traumatic Stress Support Program
- Peter Murphy Sports Program-Team Semper Fi

Quilts of Valorgovf.org

Visit govf.org for more information.

The mission of the Quilts of Valor® Foundation is to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq. According to Catherine: The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change.

The message of my dream was: Quilts = Healing.



Disabled American Veterans (DAV) 716-857-3354

Visit dav.org for more information.

DAV stands ready to assist all veterans, transitioning service members, and our more than 1-million members nationwide in a variety of ways. Your local DAV National Service Officer (NSO) can help with:

- Providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs and other agencies.
- Linking veterans and their families with services that address their physical, emotional, and financial needs.
- Connecting service-disabled veterans and their spouses to employment, entrepreneurship, and education opportunities.
- Aiding homeless veterans by providing food and shelter while connecting them to medical care, benefits counseling, and job training.
- Providing emergency grants to wounded, ill and injured veterans impacted by natural disasters.

CHARITABLE SERVICE TRUST: The DAV Charitable Service Trust is to make sure our brave veterans get all the care, rehabilitation, and services they need when they suffer the often severe physical and mental impact of military service.

Trust Programs target several groups of physically and psychologically injured veterans. Key programs include:

- Therapeutic programs
- Homeless veterans' initiatives
- Rehabilitation programs
- DAV transportation network
- Generation follows generation.

Do it for the Love info@doitfortheLove.org

360 Grand Avenue, #350, Oakland, CA 94610

Visit doitfortheLove.org for more information.

The mission of Do It for the Love is to inspire hope and healing through the power of music by supporting clinical and community-based music therapy, evidence-based research, and providing live music experiences.

Live Music Inspires...

Joy: A wish-come-true helps children and adults with life-threatening illnesses and wounded veterans feel stronger, more energetic, more willing, and able to battle their medical conditions.

Hope: For many of our wish recipients, it marks a turning point in their fight against their illnesses. The wish experience works in concert with medicine to make them feel better, emotionally, and physically.

Memories: A live musical experience forever transforms the life of wish recipients, their families, and entire communities. Wishes create lasting celebratory memories in the face of severe illness or trauma.

Impact of a Wish: "Music is really one of the main things that helped him fight these last couple of years through so much pain and depression and loneliness. This gift you have given him is beyond wonderful."



PTSD Basics (Information) by Welby O'Brien

Post-Traumatic Stress Disorder can affect anyone, and it results from exposure to an experience that is horrific or life threatening. The whole person gets locked into emergency mode (fight or flight or freeze survival!) and will always be permanently programmed in that emergency mode at some level for the rest of their lives. 24/7 they live as if the original trauma or an impending crisis could occur at any moment. It totally overwhelms their ability to cope so when something triggers them back into survival mode, they have no reserve with which to handle it.

PTSD affects millions just in the US alone, along with all those who love them and care about them.

Because the trauma can impact them on every level (physically, emotionally, mentally, and spiritually), the manifestations are quite extensive. Some typical symptoms may include flashbacks, intrusive thoughts of the trauma, avoidance, numbing, putting up walls, withdrawing, hypervigilance, irritability, easily startled, memory blocks, sudden bursts of anger or other emotions, difficulty sleeping, nightmares, fear, depression, anxiety, substance abuse and other addictive behaviors, difficulty holding a job, relationship problems, and unfortunately sometimes even suicide. They are reacting normally to an abnormal experience.

PTSD is not a chosen situation or a temporary condition, nor is it 100% curable. People who struggle with it are not crazy, weak, failures, bad people, nor are they without help and hope. They can learn to thrive again!

Please Don't:

Don't Pity Them, fear or avoid them; Don't try to "fix" them or judge; Don't assume you know what they are going through.

Do NOT say:

Aren't you over it yet?; You are crazy; Just get over it; Suck it up; It's all in your head; I have a total cure for you; Move On; At least you weren't wounded; I had that but I got over it; What you really need to do is ____; You're on your own now; Pull yourself together; It's all in the past; Just be stronger.

Please Do:

Treat them with kindness and respect; Acknowledge the depth and reality of their struggle; Encourage and support them; Try to imagine a day and night in their shoes; Accept that you will never fully understand; Invite them to explore resources together if they want; Respect their need for space; Offer to go with them to a Vet Center, VA, doctor, or counselor; Be supportive of the loved ones; Realize that with PTSD every day is a victory.

Property Tax Exemptions..... See your tax assessor

Alternative veteran property tax exemption

Obtaining a veteran's exemption is not automatic-If you're an eligible veteran, you must submit the initial exemption application form to your tax assessor. The deadline in most communities is March 1; confirm the date with your assessor.

Alternative veterans' exemption

Available only on residential property of a veteran who has served during a designated time of war, or who has received an expeditionary medal. Currently available in over 95 percent of the county, city, town, and village taxing jurisdictions across the state. The remainder of these jurisdictions may choose to offer this exemption in the future. School districts also have the option to offer this exemption. Check with your assessor or clerk to see whether the alternative veteran's exemption is offered.

Authorized by Real Property Tax Law, section 458-a.

Cold War veterans' exemption

Available only on residential property of a veteran who served during the Cold War period. Counties, cities, towns, villages, and school districts have the option to offer this exemption to qualified veterans. Check with your assessor or clerk to see whether the Cold War veteran's exemption is offered.

Authorized by Real Property Tax Law, section 458-b.

Eligible funds exemption

Provides a partial exemption. Applies to property that a veteran or certain other designated person purchase. Such owners must purchase the property with pension, bonus, or insurance monies.

If you are 100% Total and Permanently Disabled, check with your tax assessor to see if you still have to pay property taxes.

Take your DD214 to the County Clerk's office and have it registered! If you do not want to wait for the National Archives to send you a copy when you lose yours, take your DD214 to the County Clerk's office and have it registered! This is your most important document from the military. Take your DD214 to the County Clerk's office and have it registered!

Dogs on Deployment.....619-800-3631

970 W. Valley Pkwy Box 667, Escondido, CA 92025

Visit dogsondeployment.org for more information.

We believe in providing vital assistance to military pet owners while they serve our country with honor, courage, and commitment.

Military members nation-wide confront a multitude of problems during their careers, the last thing they need to worry about is their pet's care during their service commitments. Dogs On Deployment is a 501(c)(3) national non-profit which provides an online network for service members to search for volunteers who are willing to board their pets during their owner's service commitments. Dogs on Deployment promotes responsible, life-long pet ownership by military pet owners by advocating for military pet owner rights, providing educational resources, and granting financial assistance for military pet owners during times of emergency. Join Dogs on Deployment's mission in changing the lives of our military members and their pets.

DoD Boarder Network: We provide the only online, national network that connects eligible pet owners with volunteers willing to board their pets during their service commitments.

Pet Care Financial Grants: Our fundraising supports providing financial grants to our heroes for help with emergency and basic pet care, during times of personal financial crisis.

Community Advocacy: Volunteers work tirelessly to provide advocacy and support services to our heroes to promote lifelong responsible pet care through education and outreach.



Dog T.A.G.S. Program.....710-810-7532

1 Souder Court, Mechanicsburg, PA 17050

Visit dogtagsprogram.org for more information.

Our goal is to help you train your own service dog. We expect the dog to perform at such a level that you have a dog consistently assisting you day in and day out. You should be confident of your dog's ability to serve you. We expect your dog, once trained, to improve the quality of your life.

Your dog should also be a wonderful ambassador for service dogs. Both you and your dog need to be aware of the fact that there are people who are allergic to dogs, fear dogs, have a cultural opinion that dogs are "dirty," or have no knowledge of what a service dog provides to its handler. It will help you and your dog if you are aware of these facts and do your best to put forth service dogs in a positive light.

Dog T.A.G.S. (Train Assist Guide Serve), a 501(c)(3) non-profit organization, is a service dog owner training program for veterans suffering from service connected PTSD (Post Traumatic Stress Disorder), and/or TBI (Traumatic Brain Injury). The veteran trains his/her personal dog with the help of experienced dog trainers. We have veterans who have served in conflicts ranging from Vietnam to present day Iraq and Afghanistan.

Dog T.A.G.S. was incorporated on December 6, 2012. The Founders of the organization were veterans suffering from service connected PTSD who knew the need for a program like this to help them heal. The program meets weekly. The veterans have the opportunity to share their thoughts in a group setting and then train their dogs to become their service dogs with qualified trainers to instruct and review training tasks.

The Dog T.A.G.S. program is entirely staffed by unpaid volunteers. Each training program has at least one qualified trainer present to discuss any of the veterans needs. We are always accepting donations. Please contact us for more information.



Pets for Patriots, Inc.

Visit petsforpatriots.org for more information on veterinarians and shelters.

Our mission: To uplift veterans' lives while saving the most vulnerable shelter animals. Giving veterans a renewed sense of purpose by inspiring them to adopt the most overlooked shelter animals – for life.

Adoption Program

Our signature adoption program is at the heart of everything we do. It brings the healing love of an emotionally supportive companion pet to veterans who need it. It saves the lives of the most vulnerable dogs and cats who deserve a second chance at life. And it gives animal shelters a new channel to highlight and place the most overlooked, undervalued animals in their care, making room for others who need to be saved.

Companion pets help veterans in so many ways. They give veterans a new sense of purpose, some even a reason to live. They reduce the impacts of PTSD, depression, anxiety, and loneliness – and ease the hardships of deployments on military families. Pets for Patriots is proud to serve veterans from WWII to active duty and who live within one of our nationwide program areas. Once approved, veterans may have up to two eligible dogs or cats at any given time, adopted simultaneously or over time.

Hardship Program

Our hardship program arose in response to a growing need from veterans we serve who experience financial or personal crises that impacts their ability to provide for their adopted pets.

Many veterans served through our hardship program are elderly or otherwise with limited discretionary income. They are most vulnerable when a temporary financial crisis arrives.

The hardship program helps veterans buy pet food and other essentials, preventing surrender and economic euthanasia – a fancy term for killing a pet one can no longer afford.

Hero Program

Our hero program provides essential, life extending, and palliative care to pets adopted through our program that their veterans are unable to pay. It is part of our philosophy of surrender prevention where moderate and occasionally large contributions to pets' veterinary bills prevent unnecessary surrender, suffering, or death. Through the years our hero program has paid for items as modest as monthly preventatives and vaccines to more costly, complex surgeries and cancer treatments. Each request is considered on a case-by-case basis. For approved requests, all payments are made directly to treating veterinarians at a negotiated, charity discount.

Patriots Cove.....919-971-4619

4298 SR 29 South, Noxen, PA 18636

Visit patriotscove.org for more information.

Email: info@patriotscove.org

Patriots Cove is a non-profit organization in northeastern Pennsylvania and founded by a military veteran and his spouse to empower other veterans, first responders, and their caregivers to heal and adapt to life after service. Nestled in the mountains of Noxen, our 18-acre refuge is wheelchair friendly and includes a facility with a lodge home, activities building and a trout stream. Originally a project to protect the Beaver Run waterway, the Cove has been fully restored as a native brook trout conservation and continues to support the surrounding wildlife and ecosystem.

We provide therapeutic fishing and hunting events, environmental service projects, and educational events and retreats for caregivers.

Cove fishing retreats and caregiver activities are exclusive to those ill or injured in the line of duty, as well as those caring and advocating for their needs. Outdoor and Caregiver Community events provide free meals, lodging, fishing, and hunting equipment.

Our organization is much more than a destination spot for fun vacations, we create healing experiences and promote camaraderie through service to others. Environmental service projects not only provide a new mission for Patriots and Caregivers, but bring good Samaritans together to improve the community and Beaver Run waterway. Patriots and Caregivers can also get involved as fishing guides, mentors and volunteers. Our mission is to serve those who have served by healing visible and invisible wounds and empowering those we serve by giving them a new purpose in life.

Events and activities are exclusive to Injured Veterans and First Responders and their Caregivers. Fishing, Hunting, retreats and Caregiver activities are free of charge- which include meals, lodging, supplies. Apply for an upcoming event by clicking the tabs above for fishing or caregiver events. Patriots Cove can serve up to 5 Veterans and/or First Responders and 4 Caregivers per event. Special needs including care and diet must be coordinated prior to the event participants are registered for.

Our programs include Environmental Service Program, Outdoor Program, Caregiver Community Program. We create healing experiences and promote camaraderie through service to others.

Finding Military Retirees and Veterans

The worldwide locator service is free to immediate family members and Federal and State government officials. Other family members, civilian friends, businesses, or any others must pay a non-refundable fee of \$3.50 in the form of a check or money order made payable to the U.S. Treasury.

Locating Army Retirees: Army Reserve Personnel Center, ATTN: ARPC-VSE-VS, 9700 Page Ave., St. Louis, Missouri 63132; Locating Army Separates: National Personnel Records Center, 9700 Page Ave. St. Louis, Missouri 63132. Current addresses are not maintained for separates who are not serving under reserve obligation. In such cases you might want to try a military organization such as the American Legion or VFW.

Locating Navy Retirees or Separates: Navy Locator; Bureau of Naval Personnel, Pers-312 5720 Integrity Dr. Millington, Tennessee 38055. Voice: 901/874-3388 (Recording 24 hours per day, live assistance available-7:00a.m.-4:30p.m., central time). Limited service is available by writing to the address above. Letters will be forwarded, if possible, to the retiree. A locator notice can also be posted in the Navy retiree's newsletter Shift Colors or you may advertise for former shipmates in any of the many veterans' organization magazines.

Locating Air Force Personnel: The Air Force Locator can locate active duty personnel, as well as retirees, reservists, and guardsmen. Parents, spouses, and government officials may call 210/565-2478. Letters requesting locator service should be mailed to: HQ AFPC/MSMIDL, 550 C Street, West, Suite 50, Randolph AFB, Texas 78150-4752; Voice: 210/565-2660 (Live assistance-Monday-Friday 7:30a.m.-4:30p.m., central time). The Air Force will not help in locating separates or Army Air Corps retirees. You may write to the National Personnel Records Center below or contact one of the various veterans' service organizations to help in locating these persons. National Personnel Records Center, 9700 Page Ave, Saint Louis, Missouri 63132-1500.

Locating Marine Corps Personnel: The Marine Corps is not able to assist in locating former Marines. They suggest you place an ad in Leatherneck Magazine. There is a monthly feature called "Mail Call" that includes locator requests. There is no charge for the service and you may send your request to: Mail Call Editor, P.O. Box 1775, Quantico, Virginia 22134.

Locating Coast Guard Personnel; Send mail to: Commanding Officer (RAS), Coast Guard Personnel Support Center, 444 S.E. Quincy Street, Topeka, KS 66683-3591; (785) 339-3415, (785) 339-3770 FAX.

Forge VFR (Veteran and First Responder)888-224-7312

Visit forgehealth.com/vfr for more information.

Email: info@forgehealth.com

Forge VFR was founded by veterans, individuals in recovery, and people with friends and family who have experienced what you're going through. We know the weight that comes with the badge, the gear, and the stories. Forge VFR is mission-focused on improving the mental health and well-being of all those who serve and have served.

It takes real courage to ask for help. You know what also takes courage?

Admitting your truth. Asking for help. Acknowledging yourself. Opening. Healing. Forge VFR was created by Veterans (Army, Navy, Marine) because we knew how difficult and challenging it was to get the help we needed and more importantly, deserved. We didn't want to have another one of us have to walk into a therapist's office and be judged, have them tell us that they can understand, when they don't.

What we've experienced, what we've seen, what we've accomplished, what we've sacrificed, what we've gained, and what we've lost cannot be understood by just anyone. It requires having walked in our shoes to truly understand.

Our addiction and mental health treatment programs are designed by Veterans, for Veterans, and families of Veterans, and will help you along every step of your journey.

The military is a great place to build a foundation, but you can't expect the military to do everything for you. When things are broken inside or outside of you, the military can't fix that, it falls on you. Losing a fellow service member in combat, a training accident, a vehicle accident, or by suicide is a reality. MST is unfortunately far too common, and failing a fit for duty test are all realities of our service and can trigger a downward spiral. As Service Members or Guardians, we are committed to our service. When we are faced with substance abuse or mental health issues, the last thing we want to do is self-report or have our chain of command knowing of our issues. We want to be able to go to the field or deploy, and we won't let our struggles get in the way of this happening. Your loyalty and commitment to service is recognized and appreciated but your loyalty and commitment to hiding your problems, from yourself, is not. At Forge VFR, privacy and trust is core to how we operate, so your chain of command finding out should be the least of your worries.

P3: Private Public Partnership (Army Reserve)315-772-9489

2490 Colyer Avenue, RM 156, Fort Drum, NY 13603

Visit usar.army.mil/P3 for more information.

We help Army Reserve Soldiers, Family Members, and Veterans with employment services provided by Army Reserve Employment Specialists through our employer and training partnerships nationwide.

Private Public Partnership (P3) is a bold and innovative program that views Soldiers as assets with quantifiable value.

P3O ensures Army Reserve Soldiers are succeeding in their civilian careers which directly benefits the Army and the Nation by bringing substantial value and depth to the force. More than 87% of the force integrates military service with civilian careers, providing the Army with professional skills, education and expertise acquired in the private sector. Through collaboration with organizations offering job opportunities, and a nationwide network of corporate, profit/non-profit, and academic partners, the Army Reserve's Private Public Partnership Office is increasing its efforts to connect Soldiers with internship, employment, and education opportunities. P3O is leveraging technology, management tools, social networking platforms and hiring events - in collaboration with military and veteran service organizations such as Vet Jobs, Recruit Military, and others - to connect Soldiers and Families with employment opportunities.

It has transformed how both the Army Reserve and corporate America attract, develop, and retain talent. P3 focuses on fostering long-term partnerships with companies, corporations, foundations, academia, and non-governmental organizations to increase leader and unit readiness as well as enhances Individual Soldier physical, mental, emotional, spiritual, financial and employment readiness.

Mutually advantageous, P3 provides specialized opportunities in business and interagency environments for Army Reserve Soldiers to make immediate and meaningful contributions to both a robust national economy and the defense of the nation. To help identify the best opportunity for each Soldier, P3 has developed a nationwide network of partners that provide readiness support.

Our Military Kids 703-734-6654

2911 Hunter Mill Road, Suite 203, Oakton, VA 22124

Visit ourmilitarykids.org for more information.

Email: omkinquire@ourmilitarykids.org

Our Military Kids recognizes the sacrifice of children of deployed National Guard, deployed Reserve, or post 9/11 combat-injured service members by offering extracurricular activity grants that build the child's self-confidence, enhance family wellness, and strengthen a shared sense of community.

Our Military Kids awards up to two \$300 grants per child (ages 3-18) to fund the extracurricular activity of their choice. Funded programs include Sports, Fine Arts, Enrichment Programs, Tutoring, and Camp.

Our Military Kids is a national organization. Funded entirely by private donors, foundations and corporate sponsors, we have empowered military children and teens with more than 100,000 activity scholarships!



Gary Sinise Foundation 615-575-3500

PO Box 40726, Nashville, TN 37204

Visit garysinisefoundation.org for more information.

Freedom and security are precious gifts that we, as Americans, should never take for granted. We must do all we can to extend our hand in times of need to those who willingly sacrifice each day to provide that freedom and security. While we can never do enough to show gratitude to our nation's defenders, we can always do a little more. – Gary Sinise

Custom Homebuilding: We're building custom homes featuring smart technology and specialized features for America's most severely wounded heroes. Each 100% mortgage-free home eases the challenges faced daily by our heroes and the families who sacrifice alongside them.

Mobility Devices & Vehicles: Reclaiming personal mobility is a critical step to restoring the dignity and independence of our severely wounded heroes. We're empowering them to live a fuller life without limitations. Unable to participate in family activities and the hobbies that brought them joy, heroes with catastrophic injuries face a painful new reality. Many struggle with everyday tasks and feel stuck, often disengaging from life.

Financial H.O.P.E.: We're helping our heroes Heal, Overcome, Persevere, and Excel by providing support for those enduring trauma, hardship, illness, injury, or loss. Some life events simply cannot be anticipated. We want to make sure our heroes and their families never feel they have nowhere to turn when they fall on hard times.

First Responder Support: Our firefighters, police, and EMTs are indispensable to keeping our communities safe. Many perform their dangerous jobs without critical equipment and resources in departments that are underfunded. Every day, our first responders are exposed to life-threatening events and the aftermath of tragedy. This often leaves a lasting emotional impact, including post-traumatic stress, anxiety, and depression.

Honoring Families Of Fallen Heroes: The loss of a parent never gets easier. We're serving the children and surviving spouses of fallen military & first responder heroes, our "Snowball Express" families, through year-round programming and support that reminds them they are never alone and their hero is never forgotten. Families of our fallen heroes endure nearly unbearable trauma. Children are left without the safety only a parent can provide and spouses are left without the comfort of their partner. Too often these families are overlooked, lacking the love and support they require to navigate their grief.

Gold Star Mothers.....202-265-0991

2128 Leroy Place NW, Washington, D.C. 20008

Visit americangoldstarmothers.org for more information.

Email: info@americangoldstarmothers.org

Mission: Finding strength in the fellowship of other Gold Star Mothers who strive to keep the memory of our sons and daughters alive by working to help veterans, those currently serving in the military, their families, and our communities.

Who Is a Gold Star Mother?

During the early days of World War I, a Blue Star was used to represent each person, man or woman in the Military Service of the United States. As the war progressed and men were killed in combat, others wounded and died of their wounds or disease, there came about the accepted usage of the Gold Star.

This Gold Star was substituted and superimposed upon the Blue Star in such a manner as to entirely cover it. The idea of the Gold Star was that honor and glory accorded the person for his supreme sacrifice in offering for his country, the last full measure of devotion and pride of the family in this sacrifice, rather than the sense of personal loss which would be represented by the mourning symbols.



Our Community Salutes856-489-8679

504 Centennial Blvd #1881, Vorhees, NJ 08053

Visit Ourcommunitysalutes.org for more information.

About OCS

Our Community Salutes (OCS) is a national, non-profit organization helping communities recognize, honor and support high school seniors who plan to enlist in the U.S. Armed Services after graduation.

OCS was founded in 2009 by educator and former U.S. Army officer, Dr. Kenneth Hartman, to provide enlistees and their parents with guidance, information, resources and community support from like-minded enlistees and parents as their son or daughter transition into military service.

Our Community Salutes includes community leaders, government officials, educators, businessmen, and veterans who feel strongly in the importance of community support and recognition of the patriotic young adults who will enlist in the military after graduation.

Who We Serve

We support the next generation of patriots enlisting in the U.S. Armed Services after graduation from high school.

Enlistees

We recognize and support high school seniors who plan to enlist into the military immediately after high school graduation and provide them with resources that aid in their transition into military service.

Parents & Families

We help the parents, guardians, and families of high school seniors enlisting in the military and provide them information and resources to support their son or daughter's transition into the military.

Communities

We help communities provide the collective support of like-minded parents, families, educators, business leaders, and veterans coming together for the purpose of honoring our nation's newest service members.

Operation Homefront.....210-659-7756

17319 San Pedro Avenue, Suite 505, San Antonio, TX 78232

Visit operationhomefront.org for more information.

Our organization provides relief, resiliency, and recurring family support programs and services throughout the year to help military families overcome short-term difficulties, so they don't become long-term hardships.

- **Critical Financial Assistance:** Our program is designed to provide short-term financial help for military families who are experiencing financial hardship. 877-264-3968.
- **Transitional Housing (apartments):** Offers veterans a rent- and utilities-free apartment for one year, along with access to employment and financial counselor services to help them achieve stability and chart a path to long-term success post-military.
- **Permanent Homes:** Offers a comprehensive approach to homeownership for veterans and their families. The program provides mortgage-free homes and pairs families with dedicated caseworkers and financial counselors who offer guidance and support throughout the process. Our goal is to help families not only achieve homeownership but also thrive in their new homes.
- **Transitional Homes:** Offers eligible families the chance to live in a rent-free, single-family home for a period of two to three years, while also receiving financial counseling and community support.
- **Transitional Housing (Villages):** Offers wounded, ill, and injured warriors and their families rent-free, two and three-bedroom apartments in San Diego, California; Gaithersburg, Maryland; and San Antonio, Texas. Our Villages not only provide a home for families during this challenging time but also alleviate financial stress and offer a comprehensive package of individualized family support and financial planning services.
- **Operation Homefront's Star-Spangled Babies:** Baby shower program is a recurring family support service helping military service members and their growing families to welcome the newest patriot to their families. Welcoming a new baby to the family is exciting, but it can be tough if finances are tight, and your service member is deployed.

Family Events include: Back to School Brigade; Holiday Meals for Military; Holiday Toy Drive; Homefront Celebrations; Military Child of the Year.

Habitat for Humanity.....877-443-4697

Visit habitatnys.org for more information.

Habitat works together with families, local communities, volunteers and partners from around the world so that more people are able to live in affordable and safe homes. Our advocacy efforts focus on policy reform to remove systemic barriers preventing low-income and historically underserved families from accessing adequate, affordable shelter.

Houses are modestly sized. They are large enough for the homeowner family's needs, but small enough to keep construction and maintenance costs affordable. Habitat for Humanity uses quality, locally available building materials. Habitat home designs reflect the local climate and culture.

Through our Aging in Place program, Habitat helps older adults age at home and in communities of their choice. Our local Habitat affiliates collaborate with human services organizations to evaluate individual needs and provide critical home repairs, modifications and community services specific to each homeowner's lifestyle to preserve their home and their independence.

Habitat for Humanity works in a number of different ways to create decent, affordable housing.

- In addition to new construction, Habitat also renovates existing homes in many communities, particularly in urban areas.
- Habitat for Humanity helps people repair and improve their own homes and neighborhoods.
- Habitat's Disaster Response works with local communities to address a variety of housing needs after natural disasters.

Neighborhood revitalization is a long-term, holistic strategy that supports residents to improve the quality of life in under-resourced communities. Habitat for Humanity takes a local and community-based approach to neighborhood revitalization to ensure that our work is driven by those with lived experience. Residents know their neighborhood's unique challenges and opportunities. We listen to the community's priorities and build on their strengths, leveraging our resources and partnerships to invest in community-led projects that improve the lives of current and future residents.

ReStores accept donations and sell a constantly changing inventory of diverse, high-quality merchandise to the public at a fraction of the retail price, while diverting reusable household items like used furniture and building materials from area landfills.

Helmets to Hardhats.....866-741-6210

815 16th Street, NW, Suite 600, Washington, DC 20006

Visit helmetstohardhats.org for more information.

Connects transitioning active-duty military service members, veterans, National Guard and Reservists with skilled training and quality career opportunities in the construction industry.

We've partnered with 15 international construction trade unions—like the International Brotherhood of Electrical Workers (IBEW) and the International Association of Sheet Metal, Air, Rail and Transportation Workers (SMART)—that have made a commitment to help our military heroes successfully transition to civilian life and work. We help service members explore the construction trades, get them started with earn-while-you-learn apprenticeship training programs through these partner organizations, and help connect them with employers. We educate service members on how they can use their G.I. Bill benefits to supplement their incomes while participating in a registered apprenticeship program.

NY H2H has a very hands on, personal approach. Every Service Member that fully registers on the site will receive an email of successful completion with links to contact our support team for further assistance. We know technology is king, but nothing can replace a live person with knowledge of the trades in your area to facilitate your transition.

WHY REGISTER?: We're glad you asked! Helmets to Hardhats is a great resource for many reasons. We help veterans pursue a career in a Union construction trade of their choice. You don't need to have any experience in Construction. You will join an Apprenticeship Program which will provide you with all the training you need. As an apprentice, you will be working full time on a construction site while getting trained. You get paid for every hour you work, and the apprenticeship training comes at no cost to the veteran through the local building trades. The length of apprenticeship varies from three to five years. Each union recruits and conducts training a bit differently—we will help you navigate that. Because these apprenticeships are federally approved programs & include an educational component, you can use your G.I. Bill to supplement your income while you train – meaning you're getting paid to work & get to keep your benefits.

**WORK FULL TIME, TRAINING – PAID FOR BY THE UNION
GI BILL – COLLECT & KEEP YOUR BENEFITS
PENSION, BENEFITS, ANNUITIES and more...**

Operation First Response.....888-289-0280

20037 Dove Hill Road, Culpeper, VA 22701

Visit operationfirstresponse.org for more information.

Email: info@operationfirstresponse.org

We are committed to assisting all branches of our nation's Wounded Warriors, Disabled Veterans, Gold Star Families, and First Responders by addressing both their personal and financial needs—from the first onset of injury or illness, through recovery, and throughout the transition to civilian life.

Our Family Assistance support is personalized and practical. We provide assistance with essential living expenses such as:

- Rent and mortgage payments
- Utilities
- Vehicle payments
- Groceries and clothing
- Travel expenses related to treatment and recovery.

Beyond financial relief, we also offer emotional support, recognizing that healing requires care for both body and mind. Through a network of compassionate volunteers and partnerships with like-minded organizations, OFR ensures that no Hero or family is left behind.

We believe in building a compassionate, resilient community—one where every Hero feels seen, supported, and valued. Our goal is not just to provide short-term relief, but to offer resources that support long-term stability and renewal.

Other programs include:

- Last Mission Project: provides financial aid to those suffering from PTSD who attend in-house counseling and therapy treatment to gain the skills needed to cope with the symptoms they experience.
- OFR Backpacks: Backpacks to wounded service members located at combat support hospitals in theatre. Backpacks are filled with a set of clothing, hygiene products, blanket, phone card.
- Operation Final Salute: Sponsors portraits of our Fallen Heroes painted by artist Kaziah Hancock.
- Project Specialized Training: offers specialized IT training courses while they are within the Warrior's transitional units and our veterans, first responders and their caregivers.

Onward Ops Military Transition Support

2600 Virginia Avenue NW Suite B200, Washington, DC 20037

Visit onwardops.org for more information.

Email: contact@onwardops.org

Mission: Empowering every transitioning service member with the support and information needed to achieve success as Veterans. The transition out of uniformed service is difficult, whether you served four years or forty. Our mission is to support active-duty service members in their journey back into civilian life. We connect new Veterans with trained sponsors from their destination community with a focus on the 12 months between leaving the military and reintegrating into civilian life as a new Veteran. We give you the tools to achieve your goals, along with a sponsor to guide you along the way. A program by Vets for Vets.

Sponsors: Onward Ops Sponsors are everyday community members like you. They come from diverse backgrounds, like the transitioning Service Members they assist. The journey out of military service is unique for each new Veteran and their family. For just a few hours a month, you can make a big difference in their success by offering your support and being there for them every step of the way.

What do Sponsors Do?

Before they transition: You help by listening to any concerns or questions they may have. Offer to connect them with valuable resources that will aid the transition process.

Throughout their transition: It is important to check in with them and provide support regularly. Introducing them to local Veterans' organizations or other community resources can be helpful.

After their transition: Stay in touch and continue to be a supportive presence.

Sponsors are not expected to have all the answers but rather to be a source of encouragement and guidance. As a part of our network, you are supported by numerous service providers that specialize in different aspects of the military-civilian journey.

Heroes on the Water469-780-7395

101 C North Greenville Avenue #55, Allen, TX 75002

Visit heroesonthewater.org for more information.

Founded in 2007, Heroes on the Water is a 501(c)3 non-profit that provides recreational wellness experiences. Our primary modality is kayak fishing, which has proven cognitive and emotional benefits. These programs incorporate structured activities in a pressure-free environment, creating opportunities for community building and personal healing. Our participants receive much-needed camaraderie and support.

A dedicated group organizes our events at no cost to participants or their families. There is no prior experience or equipment required. Recurring activities provide participants with consistent access to healing support and involvement in a community of people with shared experiences.

At Heroes on the Water, we prioritize the wellness of our veterans, first responders and their families. We understand the unique challenges of transitioning from active duty to civilian life, often characterized by feelings of isolation and emotional distress. Our kayak fishing programs aim to address these issues, creating a supportive environment where participants can engage with peers who understand their experiences.

Our initiatives are more than just fishing events; they are an opportunity for veterans and first responders to reconnect with themselves and the world around them. The peaceful rhythm of the kayak, the bond with nature, and the focus required in fishing bring a calming balance, reducing stress and promoting cognitive healing.

Types of events include kayaking, fishing, and time outdoors in a supportive environment. All necessary equipment, including kayaks, fishing gear, is provided. You are also welcome to bring your own.

Heroes with Hearing Loss

Visit heroeswithhearingloss.org for more information.

Our Mission

The silence after service can be deafening. Heroes With Hearing Loss® is about reconnecting veterans with the people who are most important in their lives, including their families, friends, colleagues, communities and healthcare professionals. We accomplish this by providing lifestyle-focused solutions and information that minimize the impact of hearing loss.

We understand that hearing on the phone can be challenging to the point of frustration for anyone with hearing loss. This is why the Heroes With Hearing Loss program is an important resource for Veterans Service Officers and why our sponsor, Hamilton CapTel, provides veterans with a simple, no-cost solution that ensures clarity and confidence on every phone call.

Certified Veterans Service Officers or hearing healthcare professionals may certify any veteran with a qualified hearing loss to receive a no-cost Hamilton CapTel captioned telephone by completing the Certificate of Hearing Loss/Order Form online.

- Listen and read captions of what's said on every call – incoming and outgoing.
- Integrated answering machine captions your voice messages.
- Adjustable volume control ensures comfortable listening levels.
- A nationwide service available to individuals with hearing loss at no cost.



Navy Seabee Veterans of America

Visit nysa.org for more information.

Bringing All Seabees together to share in the pride of their service.

The Navy Seabee Veterans of America Inc., is a National Organization, perpetually incorporated in the State of Illinois under the "General Not For Profit Corporation Act". The Navy S.V.A. is organized for the purpose that "We, the Veterans of the Naval Construction Forces and the Civil Engineer Corps of the United States Navy, who have Honorably served our Country during time of war and peace, recognizing that service to God and Country is the foundation on which our Nation was founded, do hereby rededicate ourselves to that service, and further pledge our lives and actions to preserve the fundamental ideals of American Government, which we believe are Justice, Freedom, and Equality for all".

Objectives

- To preserve, and encourage constant interest in, and support of the National Defense.
- To maintain for our country an adequate Military posture.
- To promote within our Nation, increased love of Country, Patriotism, and respect for our Nations Flag.
- To foster, and strengthen comradeship, and camaraderie among members of the various Islands.
- To stimulate, and inspire interests in all fraternal, patriotic, historical, and educational activities of the Navy Seabees.
- To perform such charitable work as may be deemed appropriate.
- To assist worthy comrades, their widows, widowers, and orphans in their time of distress.
- To promote , and instill interest in, and respect for the professions, trades, crafts, and occupations of our members.
- To assist in the rehabilitation, and welfare of the Veterans who have served in the United States military forces in time of war, and peace.
- To advocate the enlightenment, and education of all our American Citizens in the principals and values of true democracy, and true Americanism.
- To operate as a corporation not for profit.

NAVY ROTC

Visit netc.navy.mil/NSTC/NROTC for more information.

The purpose of the Navy ROTC Program is to educate, and train qualified young men and women for service as commissioned officers in the Navy's unrestricted line, the Navy Nurse Corps and the Marine Corps. As the largest single source of Navy and Marine Corps officers, the Navy ROTC Scholarship Program plays an important role in preparing mature young men and women for leadership and management positions in an increasingly technical Navy and Marine Corps.

Selected applicants for the Navy ROTC Scholarship Program are awarded scholarships through a highly competitive national selection process, and receive full tuition, books stipend, educational fees and other financial benefits OR Room and Board at many of the country's leading colleges and universities. Upon graduation, midshipmen are commissioned as officers in the unrestricted line Naval Reserve or Marine Corps Reserve.

The Navy's program includes a Navy Nurse Corps Option, as well as a Marine Corps program called the Marine Option NROTC. Those choosing the Marine option have a similar experience as the main NROTC program, with slight differences in course requirements.

Midshipmen who receive a Naval ROTC scholarship of any duration have service obligations depending on which program they are enrolled in:

- Navy option: minimum of five years of active military service. Additional requirements may be added for specific job assignments.
- Marine Corps option: minimum of four years of active duty.
- Navy Nurse Corps option: minimum of four years of active duty.

In a typical ROTC program, you'll take part in physical training one to three times a week, often in the early morning. Alongside the classes you take for your general graduation requirements and your major, you'll be enrolled in military and leadership classes. You'll also have labs and drills to put into practice what you're learning in your military classes. And each program has its own grooming and dress requirements.

Other obligations will be scheduled at different points throughout each semester. These can range from a few days of field training and tactical exercises, reconnaissance mission scenarios, helping with recruiting events and fundraising activities.

Hero's Bridge.....540-341-5378

98 Alexandria Pike, Suite 41, Warrenton, VA 20186

Visit herosbridge.org for more information.

Hero's Bridge® is dedicated to serving elderly veterans, aged 65 and older. We bridge our veterans to a better quality of life through our age-specific and innovative programs. These services are available to our heroes wherever they call home, at no expense to them or their families.

Battle Buddy Program: The Program is the foundation of all Hero's Bridge efforts. It recognizes the strong bond between younger and older veterans. Each war is different but the effects on the individual transcends time and generations. The Program pairs elderly veterans with a dedicated younger veteran trained using the rapidly growing Community Health Worker philosophy, to provide direct in-home services. A thorough Quality of Life assessment is performed, and personalized frequency of visits established. Referrals will be made to the other programs of Hero's Bridge®, VA benefits and community partners to meet needs and "bridge" the elderly veteran to a healthier, more supported existence. This measurably improves quality of life and simultaneously provides the younger veteran a marketable skill in healthcare.

Honor Guard: Our Honor Guard provides many services such as replacing lost medals, finding lost comrades, recording life stories, portrait sessions and hosting veteran socials. We involve volunteers from the community, especially youth, wherever possible. The Honor Guard places a special emphasis on serving the sometimes overlooked veterans in nursing facilities and care homes.

Paw Patrol: Many of our heroes have lost or had to give up pets that were dear to them. Others are having difficulty caring for pets they have loved for years. Recognizing the positive impact of pets in our veterans lives, our Paw Patrol team arranges home and nursing facility pet visits. They also help the veteran care for aging pets and help find loving new homes when our veteran makes that difficult decision.

HomeFront: Many of the homes our heroes live in served their families well decades ago, but are difficult to maintain as veterans age. Some homes require modifications such as grab bars and wheelchair ramps to assist aging in place and maintaining independence. Our veterans often do not have funds to make repairs. Our team assists with maintenance issues, safety assessments and yard work so our heroes maintain a safe and comfortable home.

Hidden Heroes.....202-249-7170

Elizabeth Dole Foundation, Caring for Military Families

Visit hiddenheroes.org for more information.

Email: info@elizabethdolefoundation.org

Hidden Heroes brings vital attention to the untold stories of military caregivers and seeks solutions for the tremendous challenges and long-term needs they face.

You don't have to do this alone.

If you are a military caregiver, we encourage you to connect with a community of your peers via our secure Facebook group and Caregiver Q&A, to share experiences and advice with those who've been there. We also offer access to educational online courses to help you through the challenges of caregiving.

Respite Relief for Military and Veteran Caregivers, which offers family caregivers of veterans or service members access to free, short-term relief with the help of in-home care professionals.

Critical Financial Assistance for Military and Veteran Caregivers
Life happens and unexpected costs come up. The uncertainty of a sound financial future should not add to the stress of being a caregiver. Through the generous support of Bob & Dolores Hope Foundation, the Hope Fund for Critical Financial Assistance provides much-needed aid for the caregiver, the care receiver, and their family. Caregivers can apply for grants that provide high-impact financial assistance to prevent or address a significant crisis or to improve the quality of life of their family. Every caregiver who applies for the Hope Fund will be offered additional support, referrals, and access to other benefits available through the Elizabeth Dole Foundation's holistic financial support program.

Webinars: From yoga to healthy lifestyle tips, we provide resources that fit your caregiving lifestyle.

Financial Wellness: Planning for the future as a caregiver can be challenging. We've joined with FreeWill to bring military and veteran caregivers a free resource to create your own will online.

Financial Grants: Natural Disaster Assistance, Medical and Dental Bills, Home Repairs, Rental and Mortgage Assistance, Vehicle Repairs, Home Appliances, Utility Assistance.

Navy JROTC

Visit netc.navy.mil/NSTC/NJROTC for more information.

What does the NJROTC program do? Promotes Patriotism; Develops informed and responsible citizens; Develops respect for constructed authority; Develops leadership potential; Promotes high school completion; Promotes higher education; Promotes community service; Develops a high degree of personal honor, self-reliance, individual discipline and leadership; Promotes an understanding of the basic elements and need for national security; Provides information on the military services as a possible career; Provides an alternative to gangs; Provides incentive to live healthy and drug free.

What are the benefits of NJROTC?

- The program is motivational in encouraging cadets to graduate from high school and continue to higher education offering free ACT/SAT preparation.
- The character education in NJROTC teaches values, principles, and self-discipline promoting positive, productive behaviors and provides a support structure that is critical not only in helping cadets avoid the use of drugs but living a healthy and fit lifestyle.
- NJROTC provides the opportunity for secondary school students to learn the basic elements and need for national security and their personal obligations as Americans.
- The program enhances the image of the military in the eyes of the community by providing a chance for success to the nation's youth.
- While the training is along military lines, it is conducted to encourage initiative and individuality to develop natural gifts, to teach self-control, develop personal character, responsibility and qualities of integrity, loyalty, and dedication.
- Cadets accepted for enlistment, who provide evidence of successful completion of at least 3 years of NJROTC are entitled to advanced promotion to pay grade E-3 upon initial enlistment in an active or reserve component of the Navy, or Air Force, and pay grade E-2 in the Army or Marine Corps; or completion of 2 years are entitled to E-2 in the Navy.
- Senior Naval Science Instructor is authorized to nominate a maximum of three eligible cadets each year to compete for U.S. Naval Academy appointments.
- Administrators of host schools that are designated as Distinguished Units with Academic Honors may nominate three eligible NJROTC cadets as candidates for appointment to the U.S. Naval Academy, U.S. Military Academy, and U.S. Air Force Academy in addition to the three nominations above to the U.S. Naval Academy.

National Personnel Records Center.....314-801-0800

Visit archives.gov/veterans for more information.

Recent military service and medical records are not online. However, most veterans and their next of kin can obtain free copies of the following military service records any of the ways listed below.

- DD214/Separation Documents
- Official Military Personnel File (OMPF)
- Replacement Medals
- Medical and Health Records

Request online at vetrecs.archives.gov

By Mail: Use form SF180 for most complete information
National Personnel Records Center
Military Personnel Records
1 Archives Drive, St. Louis, MO 63138

By Fax: Use form SF180 for most complete information
314-801-9195

Generally there is no charge for basic military personnel and medical record information provided to veterans, next-of-kin and authorized representatives from Federal (non-archival) records. If your request involves a service fee, you will be notified as soon as that determination is made.

For additional information please call the National Personnel Records Center Customer Service Line. You can also contact your local County Veterans Service Office for information.

Higher Ground.....208-726-9298

120 Second Ave, Unit 206, Ketchum, Idaho 83340

Visit highergroundusa.org for more information.

Email: info@highergroundusa.org

Empowering lives through adaptive recreation and connection. For over 25 years, we've empowered people of all disabilities to live fuller lives. Through recreation, therapy, and lasting support, we bridge the gap between disability and belonging.

Our mission is to provide the most effective therapeutic recreation services to military families confronted with traumatic brain injury (TBI), post-traumatic stress (PTS), military sexual trauma (MST), and polytrauma, using evidence-based practices and the sustained continuum of care necessary for a successful reintegration into their families and communities.

Higher Ground hosts week-long camps for service members, veterans, and their supporters. We use therapeutic recreation and adaptive sports to help facilitate a change in perspective and give the participants the physical skills, confidence, and coping strategies necessary for a successful reintegration process.

Adaptive Sports Programs:

Recreation for all abilities: From skill-based sports lessons to weekend clinics and group camps, our Adaptive Recreation programs help individuals and families build confidence, independence, and lifelong skills—all while enjoying activities like skiing, cycling, and hiking.

Veterans and First Responders:

Higher Ground's veteran and first responder program offers recreational and adventure activities like skiing, kayaking, mountain biking, fishing, and climbing. From weeklong retreats to day and weekend events, participants connect with the outdoors and build community through shared experiences. Applications are required to attend these programs.

Military Transition Support:

Supportive retreats for transitioning military. These retreats are designed for military professionals and their significant others as they transition away from active service. This experience offers a unique opportunity to connect with your partner while exploring the beauty of the outdoors. Conducting in a supportive and therapeutic environment, these retreats combine outdoor fun with relaxation, offering a perfect balance of shared experiences, physical activity, and quality time together.

Honor Flight

Visit honorflight.org for more information.

Email: info@honorflight.org

Honor Flight is free to all American veterans. Flights are filled with men and women from the earliest eras first. Those with catastrophic illness from any era receive priority. World War II veterans and Korean War veterans will travel before those of more recent eras. HFR's tagline is, "We Leave No Veteran Behind." Further, within each era Veterans typically fly in the order their applications are received.

The flying season is April to October. There are hundreds of local veterans currently, on our fly lists. Applications are now being accepted from all eras. Veterans from World War II and the Korean War have a quick turn-around because their lists are smaller. The sooner Veterans apply, the sooner they fly.

This program assists veterans across the nation to visit their Washington D war memorials and Arlington National Cemetery at no cost. Resources are pooled, experience is shared, and alliances are formed throughout America to get World War II, Korean, and Vietnam era veterans, as well as terminally ill veterans of any era to their precious memorials safely.

Lone Eagle. The Honor Flight Network's mission is to fly our nation's veterans to Washington DC to visit the memorials and monuments dedicated to honoring their service and sacrifice. While the Honor Flight Network is comprised of over 125 Honor Flight Hubs around the country, not every area is serviced by a regional Hub. Lone Eagle Honor Flight ensures that all eligible veterans, regardless of their geographic location in the U.S., are able to participate in an Honor Flight trip. The Lone Eagle Hub honors military veterans who served during the WWII, Korean War, and Vietnam War eras, including the time periods between these conflicts.

TLC Program: The TLC Program is a branch of Lone Eagle Honor Flight that serves critically ill veterans of all service eras who have less than one year to live.

National Park Passes

Visit nps.gov for more information.

Email: store.usgs.gov/militarypass

The free Military Pass is a way to thank current US military members and their dependents, Gold Star Families, and US military veterans for their support of our country and to encourage them to explore recreational opportunities on their public lands and waters.

A free lifetime Military Pass is available for Gold Star Families and US military veterans. A free annual Military Pass is available for current US military members and their dependents. The passes provide free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests.

For purposes of this program, a veteran is identified as an individual who has served in the US Armed Forces, including the National Guard and Reserves.

Gold Star Families are next of kin of a member of the US Armed Forces who lost his or her life in a "qualifying situation," such as a war, an international terrorist attack, or a military operation outside of the United States while serving with the US Armed Forces.

America the Beautiful: the National Parks and Federal Recreational Lands Pass is your ticket to more than 2,000 sites of incomparable wonder, from Mt. S. Helens and the Grand Canyon at Okefenokee National Wildlife Refuge and Red Rocks national Conservation Area. It covers entrance fees at National Parks and National Wildlife Refuges, as well as standard amenity fees (day Use) at lands managed by the US Forest Service, Bureau of Land Management, Bureau of Reclamation and the Army Corps of Engineers.

If you are visiting several areas, the Pass can also save you money. There is no limit on the number of sites you can see, and each Pass covers entrance or standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person.)

Download the app to navigate the parks on the go.

National Guard Association of the United States ..202-789-0031

One Massachusetts Avenue NW, Washington, D.C. 20001

Visit ngaus.org for more information

Email: ngaus@ngaus.org

The National Guard Association of the United States (NGAUS) is the premier professional association representing members of the Army and Air National Guard. Founded in 1878, it advocates on behalf of National Guard personnel and their families to ensure a strong, well-equipped, and well-trained force by educating Congress and influencing federal legislation on Guard priorities such as readiness, modernization, pay, benefits, and quality-of-life issues. NGAUS also provides members with exclusive benefits, including subscriptions to *NATIONAL GUARD* magazine and the weekly *Washington Report* newsletter, legislative analysis, professional development events, scholarships, and access to various insurance products and partner benefits.

Jewish War Veterans of the USA.....202-265-6280

1811 R. Street NW, Washington DC 20009

Visit jwv.org for more information.

Email: jwv@jwv.org

As our veterans return from America's current conflicts, JWV stands ready, as it has since 1896, to ensure that those who have fought our nation's battles receive the treatment and the respect that they deserve from a grateful nation.

SOS Program: For as long as soldiers have been serving away from their homes and loved ones, a package from home has always been an important reminder from those for whom the soldier is serving that shows their love and caring for the well-being of the troops. Those who are fighting in distant lands especially need the support and care of those who remain on the home front. The ringing phrase from World War II, "Send a Salami to a Boy in the Army," is just one example of how a taste of home has been important throughout history to those who leave their homes to defend them.

Burial and Flagging Services: 18 Gun Salute: There is a tradition within the Jewish American Military Community to fire off 18 rounds to signify "chai," the Jewish symbol for life. This small change can have an extreme significance to families with a Jewish background. If you need help discussing this change with the Honor Guard, please contact JWV National Headquarters.



Joint Services Transcripton-line only

(Previous AARTS, SMART and VRAP)

Visit jst.doded.mil/jst for more information.

JST is the Joint Services Transcript that has replaced the Coast Guard Institute Transcript, the Army/American Council on Education Registry Transcript System (AARTS) and the Sailor/Marine American Council on Education Registry Transcript (SMART). JST is an academically accepted document approved by the American Council on Education (ACE) to validate a service members military occupational experience and training along with the corresponding ACE college credit recommendations.

All enlisted, officers and warrant officers, both active and veterans from all Army components, Coast Guard, Marine Corps and Navy. are eligible for this program. Note that JST receives its data from underlying Army, Coast Guard, Marine Corps and Navy personnel systems. Air Force personnel should contact CCAF to receive transcripts (URL: www.au.af.mil/au/ccaf/transcripts.asp).

The Benefit it provides is a description of military schooling and work history in civilian language. It serves as a counseling tool for academic and career counselors in advising service members and veterans. It serves as an aid in preparing resumes and explaining Army, Coast Guard, Marine Corps, National Guard and Navy work experience to civilian employers. It also saves time and money by awarding academic credits, which means less tuition to pay, and less time spent in the classroom. You do not have to be active duty to access the JST website and your transcript. Active duty, Reserve, Veterans or National Guard personnel can use JST.

What do I have to do in order to have my official JST sent to a School? How much does it cost? After you log on to the JST website you will click the Transcript link at the top of the page and then on the Transcripts menu you will click the Official Transcript Request. On the next page, search for the school and select the institution from the list. Select the correct institution (verify spelling and location are correct) in the resulting search results. On the next page, acknowledge the consent statement and click Yes.

NOTE: In the event your school is not listed, please have your school representative contact jst@doded.mil and request their school be added. There is no cost for JST transcripts.

National Cemetery.....800-535-1117

Visit cem.va.gov for more information.

When a Veteran, service member, or family member qualifies for burial in a VA national cemetery, they receive certain burial benefits at no cost to their family.

Burial and memorial benefits available include a gravesite in any VA national cemetery with available space, opening and closing of the grave, perpetual care, a government headstone, marker, or medallion, Presidential Memorial Certificates, and a burial flag all at no cost to the family. VA burial allowances may also be available for eligible Veterans. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.

Burial benefits available for spouses and dependents buried in a national cemetery include burial with the Veteran, perpetual care, and the spouse or dependent name and date of birth and death will be inscribed on the Veteran's headstone, at no cost to the family. Eligible spouses and dependents may be buried, even if they predecease the Veteran.

The Veterans family should make funeral or cremation arrangements with a funeral provider or cremation office. Any item or service obtained from a funeral home or cremation office will be at the family's expense.

At the time of need, the person planning the burial can also request other VA memorial items as well as military funeral honors provided by the Department of Defense. These items and honors have other eligibility requirements.

Pre-Need Eligibility—Planning in advance for a Veteran's or loved-ones final resting place can eliminate unnecessary delays and reduce stress on a family at a difficult time.



Mountain Laurel Recovery Center877-560-2514

355 Church Street, Westfield, PA 16950

Visit mountainlaurelrecoverycenter.com for more information

Located on a serene 25+ acres in Westfield, PA, Mountain Laurel Recovery Center provides the perfect atmosphere for exercise, meditation, therapeutic intervention, and ultimately recovery. Amenities include a full gym with free weight machines and cardio equipment, basketball and volleyball courts, a pool table, and walking paths.

Mountain Laurel partners with the Department of Veterans Affairs Community Care Network and PsychArmor as a Veteran-Ready program. Services include detox and residential treatment for mental health and addiction for our nation's military and first responder communities.

The specialized program includes:

- 5 veteran-specific groups weekly
- 20 group therapy sessions
- Evidence-based curriculums including seeking safely
- Veteran detox rooms
- Yoga, Creative Writing, Music Therapy
- AA NA & Smart Recovery
- Equine therapy
- EMDR
- Dedicated Veterans' residence
- Trauma therapist on staff
- Service and emotional support animals are welcome

Our Healing Approach includes Mind, Body, Soul and Heart.



Lawyers Serving Warriors.....202-265-8305

PO Box 65762, Washington, DC 20035

Visit nvlsp.org for more information. Email info@nvlsp.org

National Veterans Legal Services Program (NVLSP's) Lawyers Serving Warriors® (LSW) program offers pro bono (at no cost to veterans) legal help with four Department of Defense (DOD) issue areas to veterans from all eras and veterans located anywhere.

We partner with volunteer lawyers from over 100 national law firms and corporate legal departments to assist veterans and service members in securing the DOD benefits they have been wrongfully denied. LSW also partners with pro bono lawyers on class action litigation involving systemic issues impacting these four DOD programs.

Discharge Upgrades: assists veterans who were discharged from the military with a less than fully Honorable characterization of service with obtaining a discharge upgrade from a DOD review board. A discharge upgrade to a more favorable characterization of service or a change in the narrative reason for separation can allow a veteran to access increased veterans' benefits, increase employment prospects, and generally improve a veteran's reputation and self-esteem.

Medical Retirement: assist veterans who were wrongfully denied medical retirement as well as active and reserve service members going through the medical retirement process. NVLSP can also assist retired veterans in obtaining benefits linked to retirement such as Combat-Related Special Compensation.

Combat-Related Special Compensation (CRSC): To be eligible for pro bono legal assistance through NVLSP's Lawyers Serving Warriors® program, (1) a veteran must either have been medically retired for disability (including those who were placed on the Temporary Disability Retirement List (TDRL)) or have been retired from the military after completing a sufficient number of years of service to be eligible for longevity retirement (at least 20 years), (2) be entitled to service-connected disability compensation from the VA, and (3) believe that one or more of the disabilities that have been service connected by the VA are combat-related.

Servicemembers' Group Life Insurance Traumatic Injury Protection Program (TSGLI): Assistance with initial TSGLI applications and appeals of denied claims.

AND so much more.

Luke's Wings (Emergency Requests only).....512-971-9848

1054 31st St. Suite 540, Washington DC 20007

Visit lukeswings.org for more information.

Luke's Wings provides emergency travel planning services and airplane tickets for the families and loved ones of wounded, ill, and injured service members, veterans, and fallen officers, during hospital recovery and rehabilitation.

Families are completely on their own to travel back and forth between their everyday lives and their new reality. Luke's Wings provides dependent complimentary airfare to wounded, ill, and injured service members, veterans, fallen officers, and their loved ones keeping these families connected during recovery and rehabilitation. These flights bring mental, physical, emotional, and financial support, empowering wounded service members to overcome challenges they face every step of the way.

Wounded Warrior Transportation Assistance Program (W.W.T.A.P.)

Provides flights for the loved ones who were combat injured (or training accident injuries) and who are now receiving ongoing in-patient medical care at a military hospital. Luke's Wings is committed to keeping these families together during the wounded warrior's long and difficult recovery and rehabilitation.

Major Illnesses Transportation Assistance Program (M.I.T.A.P.)

Provides flights for the loved ones who acquired a major chronic illness (such as cancer) during their deployment and who are now receiving ongoing in-patient medical care at a hospital. These flights not only provide access to medical treatments that take them far from their homes but also provide travel for their loved ones to be with them every step of the way.

Veterans in Hospice Transportation Assistance Program (H.T.A.P.)

Provides flights for the loved ones in hospice or palliative care so that they can be bedside for their final moments. Veterans who fall within this program line have served our Nation in World War II, The Korean War, The Vietnam War, The Gulf War and so on.

Special Operations Transportation Assistance Program (S.O.T.A.P.)

Provides flights for the loved ones of Special Operators during recovery, rehabilitation, and certain times of duress. are honored to be a trusted benevolent partner to the United States Special Operations Command Care Coalition through their Warrior Care Program, allowing us to best serve their close-knit community.

Fallen Officer's Transportation Assistance Program (F.O.T.A.P.)

Provide emergency travel coordination and complimentary airfare to the families and loved ones of law enforcement officers, immediately following a catastrophic injury or death while serving in the line of duty. Our team is dedicated and committed to helping each one of our Nation's heroes. We will stand ready to serve.

Military Sexual Assault: DoD Secure Hotline.....877-995-5247

Visit safehelpline.org for more information.

Under DoD's Sexual Assault Prevention and Response (SAPR) Policy, Service members and their adult military dependents have two reporting options - Restricted Reporting and Unrestricted Reporting. Under Unrestricted Reporting, both the command and law enforcement are notified. With Restricted (Confidential) Reporting, the adult sexual assault victim can access healthcare, advocacy services, and legal services without the notification to command or law enforcement.

Sexual assault is the most underreported crime in our society and in the Military. While the Department of Defense prefers that sexual assault incidents are reported to the command to activate both victims' services and law enforcement actions, it recognizes that some victims desire only healthcare and advocacy services and do not want command or law enforcement involvement. The Department believes its first priority is for victims to be treated with dignity and respect and to receive the medical treatment, mental health counseling, and the advocacy services that they deserve.

Managing the effects of sexual assault and beginning to heal can be difficult, but you are not alone. Safe Helpline is here to provide a variety of different services and resources to support you at any point in your healing journey. Whether you are looking for crisis support, responders on your base or installation, information about reporting options, or just someone to talk to, Safe Helpline is here for you.

Safe Helpline services are all 100% anonymous, confidential, and secure.

National Domestic Violence Hotline

.....800-799-7233

Military Order of the Purple Heart.....888-668-1656

Visit purpleheart.org for more information.

Email: communications@purpleheart.org

The Purple Heart Medal is awarded to members of the armed forces of the U.S. who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration. The organization now known as the "Military Order of the Purple Heart," was formed in 1932 for the protection and mutual interest of all who have received the decoration. Composed exclusively of Purple Heart recipients, it is the only veterans service organization comprised strictly of "combat" veterans.

Programs include:

- National Legislative Program: Through this program, we listen to the veteran's needs and taking an official position on legislation in Congress. We strive to impact legislation that affects veterans, their families and survivors, and we ask for your help in speaking up.
- Veterans Advocacy Program: MOPH is committed to serving our veterans. Although our membership is restricted to combat-wounded men and women, we support all of our veterans.
- ROTC/JROTC: Our ROTC program is based on the need to support and also set a high standard for our young Patriots.
- Center for Development and Civic Engagement: The Military Order of the Purple Heart's Volunteer Service Program (VAVS) has been renamed the Center for Development and Civic Engagement (CDCE). Our volunteer network, which supports all levels of patient care and support, is the largest in the federal government.
- Homeless Veteran Program: Homelessness amongst America's Veterans has been cut in half since 2010, yet many veterans in our nation still are without a place to call home. If you know a Veteran who is homeless or at imminent risk of becoming homeless, refer him or her to a local VA Medical Center, where VA staff are ready to help.
- Americanism: The purpose of the Americanism Program is to work with schools and other organizations to help promote U.S. history and the quest for freedom.

Although our membership is restricted to the combat wounded, MOPH provides support to all veterans. We listen to veteran needs and provide continuous liaison with members of Congress on key issues. We host a myriad of activities at the local level by its Chapters throughout the country. We strive to serve all of our country with programs such as Americanism, building awareness and pride.

Marine Corps Coordinating Council (MCCC)

Visit nationalmarinecorpscouncil.org for more information.

What MCCC does:

- Provide Scholarship opportunities for USMC and Naval reservists: The awarding of the scholarship will be based solely upon the objective judgment of the Scholarship Committee as to which candidates demonstrate financial need and the greatest potential for utilizing the resources offered by the scholarship.
- Maintain an Emergency relief fund: Individual emergency assistance is to be no greater than \$1,000.00 unless otherwise voted upon by the full MCCC Council. A simple majority is required. Types of Emergency Assistance are: Food, Clothing, Shelter, Burial, Medical, Transportation. The emergency assistance provided will be a grant and is not a loan.
- Support annual family days.
- Support the planning and execution of the annual Marine Corps Balls in Syracuse, Rochester and Buffalo.
- Host Annual Formal Marine Corps Ball in Rochester New York.
- Provide volunteers to support the annual Toys for Tots program.

How Toys for Tots Works

The U. S. Marine Corps Reserve Toys for Tots Program is directed by the Commander, Marine Forces Reserve, with the assistance of his staff, from the Marine Forces Reserve Headquarters in New Orleans, Louisiana.

The Marine Toys for Tots Foundation, an IRS recognized 501(c)(3) not-for-profit charity, is the authorized fundraising and support organization for the Toys for Tots Program. The Foundation provides the funding and support needed for successful annual toy collection and distribution campaigns. The Foundation staff is headquartered in the Cooper Center located just outside the main gate of Marine Corps Base, Quantico, Virginia, about 35 miles south of Washington, DC.

Local campaigns are conducted annually in over 700 communities covering all 50 states, the District of Columbia and Puerto Rico. The Commander, Marine Forces Reserve has under his command 163 Reserve Units located in 47 states. To cover all 50 states and more communities in each state, the Marine Toys for Tots Foundation selects Marine Corps League Detachments and Local Community Organizations (generally veteran Marines) located in communities without a Marine Reserve Center, to conduct Toys for Tots campaigns as part of the overall U.S. Marine Corps Reserve Toys for Tots Program.

Marine Corps League Foundation833-543-6253

PO Box 151536, San Diego, CA 92175

Visit mclfoundation.org or mcleaguelibrary.org for more information.

Active, reserve, retired, and veteran Marines continue the faithful tradition of looking out for the Marines to their left and right. Providing mentorship, career counseling, Veteran Service Officer VA support, assisting with transitions, and providing opportunities for family. We are the Marine Corps League.

The Foundation was established to raise and collect funds for the charitable and educational activities of the local Marine Corps League Detachments and to distribute those funds diligently.

The Humanitarian Aid Program are monetary grants to individual Marines or their families. The recipient of these grants would be in a difficult position due to circumstances beyond their control. The request is verified by local Marine Corps League Detachment or Department Officer.

The Disaster Relief program are monetary emergency grants made to the Marines or their families. The recipient of these emergency grants would be in a difficult position due to a natural disaster. The request for Disaster Relief must be vetted by a local Marine Corps League Detachment or Department before being forwarded to the Foundation President.

The foundation has a blocked scholarship fund that assists in the funding of the Marine Corps League's Scholarship Program. Scholarships are applied for and awarded by the Marine Corps League Scholarship Committee using applications and standards developed by that committee. The foundation also administers the Chesty Puller Scholarship trust for cadets enrolled at the Marine Military Academy in Harlingen, TX.

The Marine Corps League supports the Toys for Tots efforts working with the Marine Corps Reserve and Toys for Tots Foundation to raise millions of dollars for the youth of America, and to collect and distribute millions of toys across the United States.

The Marine Corps League provides funeral honors support to over 10,000 funerals per year. This support allows the Marine Corps (Active and Reserve) to focus more of their resources on mission preparation.

The Marine Corps League supports the Marine Corps Scholarship Foundation, Semper Fi Fund, Navy Marine Corps Relief Society, Mack's Marines, and the Young Marines.

Military One Source800-342-9647

An official Defense Department website

Visit militaryonesource.mil for more information.

Military OneSource is your connection to information, answers and support when MilLife happens. We can help you overcome challenges, reach your goals and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. If we can't get you the answers you need, we'll connect you to someone who can.

ARMY - "Army OneSource":.....800-464-8107

MARINES - "Marines OneSource":.....800-869-0278

NAVY - "Navy OneSource":.....800-540-4123

AIR FORCE - "Air Force OneSource":.....800-707-5784

Military OneSource consultants can provide a brief assessment and referral to mental health professionals across the country for six free counseling sessions.

If you are seeking community services, either locally or in another state, or if you need immediate help, use the Community Resource Finder to search thousands of services. The tool is available through Military OneSource's Member Connect website, and all resources are vetted, military friendly and free or low cost.

The Community Resource Finder lets you search more than a dozen categories and locate thousands of community services locally or across the country.

Find services related to:

- Education and Employment
- Financial and Food Resources
- Funerals and Service Contacts
- Guard and reserve, Veterans
- Health, wellness and legal
- Military education and employment
- Recreation services
- Spouse and family
- Travel and moving
- Websites and tools
- Wounded warrior

Military Officers Association of America.....800-234-6622

201 N. Washington St., Alexandria, VA 22314

Visit moaa.org for more information.

MOAA's greatest mission is to improve the lives of those who serve and their families, which is achieved largely through the tireless advocacy efforts taking place in our nation's capital. MOAA's experts in Washington are there to support legislation that benefits the military community and are equally vigilant when fighting to stop legislation that threatens our livelihood. The larger our numbers, the greater our voice.

Membership is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses.

MOAA is an association of officers from America's military services and the commissioned corps of the U.S. Public Health Service and National Oceanographic and Atmospheric Administration, comprising the nation's uniformed services. We are 350,000 active duty, retired, former, and National Guard and Reserve officers, and surviving spouses, of all ranks and branches who serve or have served, as well as their family members. MOAA advocates with Congress, DoD, the VA, Department of Homeland Security (DHS), and other departments to preserve and protect earned benefits for our uniformed services, veterans, their families, and surviving spouses through advocacy, leadership, education, and service, fulfilling MOAA's promise to "Never Stop Serving."

MOAA supports two charities, one that provides scholarships to children of uniformed servicemembers and one that prevents and protects all currently and previously serving veterans and their families from crisis.

Programs include assistance with Education, Transition and Career, Health and Tricare, Finance, Pay and Benefits, and financial calculators.

Military Child Care.....855-696-2934

Visit public.militarychildcare.csd.disa.mil/mcc-central/mcchome for more information.

Email: family.support@militarychildcare.com

MCC places families in the driver's seat of their child care search. Families can conduct unlimited, customized searches to find military child care providers close to home or work and request care at any time, from any location. This flexibility allows families to identify all available child care options, wherever their mission takes them. To request DoD-funded child care options, families must use MCC.

Care types define the general characteristics of the care offered, including the schedule and age groups or grades served. There are six care types in MCC, including the following.

Full and Part Day Care: Full-day care provides child care for infants through preschool age children, six hours or more per day on a regular basis, for at least four days per week. Part-day care provides child care for infants through preschool age children for fewer than six hours per day on a seasonal or regularly scheduled basis.

School Year Care: School year care provides care for children in kindergarten through grade 7 during the school year. Offerings include before and after school, seasonal camps, and school-out days.

Summer Camp: Summer camp provides care for children between school years during the summer.

Extended Care: Extended care provides child care for infants through school age on an irregular or occasional basis, during non-traditional hours (e.g., early mornings, evenings, or overnight). Extended care may be used with other types of care.

24/7 Care: 24/7 care provides child care for infants through school age during traditional and non-traditional hours on a regular basis. 24/7 care is designed to support watch standers or shift workers who work rotating or non-traditional schedules (i.e., evenings, overnights, and weekends) and is often used instead of other types of care. To qualify for this care type, families must submit their work schedule.

Hourly Care: Hourly care provides short-term child care on an intermittent basis. It is offered to eligible families on a first-come, first-served basis, and is not managed through MCC. To request hourly care from your preferred program, please contact the program directly.

Military Family Readiness Assistance Center

A Soldier Family Readiness Group (SFRG) is an organization of Family Members, Volunteers, Soldiers, and/or Civilian employees. They belong to a unit or organization which provides an avenue of mutual support and assistance. It is also a network of communication for the Family Members, the chain of command and other community resources.

The overall objective of the Military Family Readiness Specialists (MFRS) is to assist Commanders in the execution of that responsibility throughout all phases of the deployment cycle. MFRSs provide the Command with a "continuum of care" in Family readiness, coordinating the various resources that exist so that Commands, SFRGs, and ultimately Soldiers and Families are as ready as possible for military life.

The Mission of the Family Readiness Group

- Helping Families become more knowledgeable and self-reliant.
- Reducing stress and promoting Soldier and Family Readiness.
- Providing an opportunity for Families to meet.
- Contributing to the well-being, morale and spirit of the unit.
- Coping with common issues and the challenges of military life.

Benefits of the SFRG

For Family Members, mutual support, and care - The SFRG provides a connection to the unit through which Families get important information, develop friendships, and receive moral support. In feeling connected and supported, Families are more likely to have positive attitudes about military life, the unit, and its mission. The SFRG's efforts to educate and support Families also help Families become more resilient and able to cope with deployments.

For Soldiers, peace of mind - Soldiers can be assured that while they are deployed, the unit has provided an avenue for their Family Members to get reliable information and help when needed. This support can help reduce Soldiers' stress and enable Soldiers to focus on the mission.

For the military and civilian communities—An SFRG that can refer Families to appropriate community service agencies in a timely manner can reduce the occurrence of crisis situations. Further, to the extent SFRGs can learn about resources available in different communities, military and civilian communities can support Soldiers and Families wherever they live.

Marines Memorial Association & Foundation.....800-562-7463

609 Sutter Street, San Francisco, CA 94102

Visit marinesmemorial.org for more information.

Membership in the Marines' Memorial Association (MMA) is open to veterans and active duty service members from all U.S. Armed Forces and provides a suite of benefits tied to this mission. Members receive access to the Marines' Memorial Club & Hotel in San Francisco at preferred rates, invitations to special events (like the Marine Corps Birthday Ball and lecture series), discounts at club dining and entertainment venues, networking opportunities with the veteran and military community, eligibility for annual scholarships, and reciprocal access to over 240 private clubs worldwide. Membership also includes a subscription to the Association's publication and directly supports its mission of perpetuating the service and sacrifice of America's military personnel.

Gold Star Parents Honor & Remembrance: We honor those who have lost their son or daughter in the line of duty at our annual two-day Gold Star Parents Honor and Remembrance Event. This is a chance for families of fallen soldiers to come together, remember their son or daughter, and find support and solace in one another.

Scholarship Fund: Offers undergraduate, graduate, vocational, and associate degree scholarships to Active Duty Service members, veterans, Marines' Memorial members and their children and grandchildren based on merit and financial need.