



MCCS



HAMPTON ROADS



Resource Guide 2022



TABLE OF CONTENTS

Introductory Letter	3
Disclaimer	4
Local resources: MCCS Programs	5-6
MCCS Retail	7
Other Local Resources	8-10
Education Assistance	11-13
Financial Assistance	14
Career & Transition	15-20
Entrepreneurship & Assistance	21-22
Children’s Needs	23-25
Mental Health & Wellbeing	26-28
Suicide Prevention	29
Lifestyle	30-31
Injured Warriors: Education Assistance	32-33
Injured Warriors: Financial Assistance	34-35
Injured Warriors: Caregiver Support	36-37
Injured Warriors: Mental Health & Wellbeing	38-39
Injured Warriors: Lifestyle	40
Injured Warriors: Pets and Service Animal Assistance	41-42
MCCS Hampton Roads Points of Contact	43

Welcome to Hampton Roads, Virginia and its seven cities!

The southeast region of Virginia is rich in military and civilian resources, due in no small part to the diverse military population. Hampton Roads is home to all four branches of the Armed Forces as well as the Coast Guard. The joint efforts to serve and defend our nation makes it a truly “purple” community. The Marine Corps is represented on nearly every military installation in the area, from as far north as Naval Weapons Station (NWS) Yorktown and as far south as Naval Support Activity (NSA) Northwest Annex in Chesapeake.

With over 83,000 active duty military members and over 105,000 military dependents in the region, countless organizations strive to provide services. Navigating through the myriad military and civilian resources can be a daunting task. This guide was designed to provide the user with an overview of what is available and is by no means an exhaustive list. Use discretion and diligence to find the right resource to fit your needs.

The appearance of resources and hyperlinks does not constitute endorsement by Marine Corps Community Services (MCCS) Hampton Roads or the United States Marine Corps.

MCCS Hampton Roads and the U.S. Marine Corps do not exercise any editorial control over the information you may find at, or included in, linked locations.

To suggest an edit or addition, please contact MCCS Hampton Roads at 757.288.8269.

Exceptional Family Member Program



Exceptional Family Member Program

- EFMP Enrollment
- Resources
- Deployment Support

The Marine Corps EFMP is a mandatory program designed to coordinate PCS assignments for active duty sponsors who have family members with qualifying needs. EFMP PCS assignment coordination ensures the availability of necessary medical and educational services for these family members.

757.981.1990

Marine Corps Resource Center



Marine Corps Family Team Building

- Information/Referral
- Family Readiness Program Training
- L.I.N.K.S Foundations

The mission of Marine Corps Family Team Building is to foster personal growth and enhance the readiness of Marines and their families, enabling them to understand and successfully meet the challenges of the Marine Corps lifestyle.

757.288.8269

Semper Fit



- Personal Trainers
- Health Promotions
- Equipment

Trainers and staff available to assist with achieving personal or command fitness goals and improve performance, health, and wellness.

757.445.2742

Single Marine Program



- Recreation
- Community Involvement
- Quality of life

Whether you are a single Marine or a geo-bachelor, this program is for you! SMP advocates for Quality of Life initiatives, provides recreational activities, low-cost adventure trips, and multiple opportunities for community involvement throughout the year.

757.749.7897

MCX



Car wash: Stocked with all your exterior car washing needs, with vacuums on site.

Barber Shop: Services Marines and their families within the MCX.

757.423.1187 ext 203

MCX: The place for all your essential needs, including uniforms, sports equipment, and military gear . Large selection of household needs, clothing, and snack items. Sushi and other ready-made selections are available during the week.

757.423.1187

Gun Counter: Large selection of firearms and accessories.

757.423.1187 ext 204

Outdoor Recreation



- Lawn Care Rentals
- Command Rentals
- Kayaks / Canoes
- Bicycle Rentals
- Specially Priced Party Packages

Take advantage of our low-cost equipment rental for camping, the beach, sports, water sports, lawn care, parties, and unit functions. Bounce houses, popcorn and snow cone machines are also available to rent.

757.749.5226

Armed Services YMCA

- Youth Development
 - Healthy Living
 - Social Responsibility
- Enhances the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life.
- 757.363.1884

Child and Youth Programs

- Serves non-traditional duty hours
 - Quality Facilities
 - Family Child Care Settings
 - Youth Sponsorship program for PCS
- Quality services and care provided for children aged 6 weeks through high school. Programs focus on the healthy cognitive and social development, education, and support in navigating the challenges of the military lifestyle.
- 1.866.628.9232

Families Overcoming Under Stress (FOCUS)

- Communication
 - Problem solving
 - Goal-setting
- Provides resilience training to military children, families, and couples. Teaches practical skills to help families and couples overcome common challenges related to military life. Services are free to the military community.
- 757.445.1147

Fleet and Family Support Center

- Financial Education Promotes self-reliance and resiliency to strengthen the military and its family members,
- Life Skills supports mission readiness,
- Behavioral Health assists commanders in planning for and responding to family readiness needs, and facilitates building a strong community.
- Transition Assistance
- Family Member Employment Assistance

757.444.2102 — Norfolk

Check for the center closest to you!

Marine Spouses' Thrift Shop

- New Resident Package Discount Stop by to browse and purchase household items, clothing, and uniform items for a fraction of the retail cost. Donate your gently used items for a tax deduction, help the environment through recycling, and help benefit the Marine Corps families through the Marc S. Tace Scholarship.
- Student Scholarships
- Volunteer opportunities

Tues: 1000-1300

757.754.4642

Navy Housing Service Center

- Rental property listing Your primary resource for accompanied and unaccompanied housing. Provides all housing related services ranging from assisting in your search to reviewing leases to ensuring service members are protected when renting or buying.
 - Home buying
 - Rental Partnership program
 - Privatized Housing
- 757.445.2832—Norfolk centralized office for all of Hampton Roads

Navy-Marine Corps Relief Society (NMCRS)

- Financial Assistance From everyday bills to unexpected expenses, caseworkers are ready to help choose the right financial assistance for you. In addition to emergency and financial assistance, NMCRS has Visiting Nurses and Budget for Baby classes.
 - Visiting Nurses
 - Budget for Baby
- 757.322.3134—Norfolk
- Check for the center closest to you!

School Liaison Officer (SLO)

- Assist K-12 transitions Serves as the primary point of contact for K-12 school-related matters, helping military families navigate school transfers, as well as helping area schools understand and address the unique challenges military school-aged children face. Represents, informs, and assists Commands. 757.445.0350
- Relocation Guidance
- Resource and Referral

<p>American Legion</p> <p>www.legion.org/</p>	<p>Scholarships and resources for children of veterans and those injured in the line of duty.</p>
<p>AMVETS</p> <p>https://amvets.org/scholarships/</p>	<p>Variety of scholarships up to \$12,000 for service members, veterans, spouses, and children/grandchildren of veterans.</p>
<p>Coalition to Salute America’s Heroes</p> <p>https://saluteheroes.org/get-help/online-education-and-training/</p>	<p>Online training with more than 1500 courses to build education credentials. Free, self-paced, earn credit toward a degree.</p>
<p>Department of Education</p> <p>www2.ed.gov/finaid/landing.jhtml</p>	<p>Options for financial aid, grants, work-study, and loan repayments.</p>
<p>Education and Employment Initiative (E2I)</p> <p>https://warriorcare.dodlive.mil/carecoordination/e2i/</p>	<p>Employment opportunities and career planning support for injured service members through strategic partnerships.</p>
<p>Federal Student Aid</p> <p>https://studentaid.gov/</p>	<p>Information and application for Federal Student Aid for both students and parents.</p>
<p>Fisher House</p> <p>https://fisherhouse.org/programs/</p>	<p>Scholarship finder, as well as scholarships for military spouses, children, and children of the fallen.</p>
<p>GI Bill Comparison Tool</p> <p>www.va.gov/gi-bill-comparison-tool/</p>	<p>Compare aspects of various GI Bill offerings and programs.</p>

EDUCATION ASSISTANCE

<p>Hope for the Warriors: Military Spouse Scholarships</p> <p>www.hopeforthewarriors.org/transition/military-spouse-scholarships/</p>	<p>Scholarships for military spouses including: undergraduate, graduate, post-graduate, and for spouses of the fallen.</p>
<p>Military Officers Association of America</p> <p>www.moaa.org</p>	<p>Scholarships for children and spouses of MOAA members.</p>
<p>Military Spouse Career Advancement Account Program (MyCAA)</p> <p>https://mycaa.militaryonesource.mil/mycaa</p>	<p>Provides up to \$4000 of financial assistance for military spouses to achieve or maintain credentials.</p>
<p>National Military Family Association: Spouse Scholarships</p> <p>www.militaryfamily.org/programs/spouses-scholarships/</p>	<p>Provides scholarships, funding for licensing, career advancement, and funding for spouse-owned businesses.</p>
<p>Navy Marine Corps Relief Society</p> <p>https://www.nmcrcs.org/pages/education-loans-and-scholarships</p>	<p>Provides financial education, emergency assistance, interest free loans, and grants.</p>
<p>Purple Heart Foundation Scholarships</p> <p>https://purpleheartfoundation.org/services/</p>	<p>Scholarships for the spouse (or surviving spouse) and children of Purple Heart Recipients.</p>
<p>Red Cross Nursing Assistant Training</p> <p>https://www.redcross.org/take-a-class/cna/program-info</p>	<p>Training for Nursing Assistance, including theory, lab and clinical training.</p>
<p>ThanksUSA</p> <p>www.thanksusa.org/apply.html</p>	<p>Scholarships for children and spouses of service members and veterans.</p>
<p>Tillman Military Scholarship Program</p> <p>https://pattillmanfoundation.org/apply-to-be-a-scholar/</p>	<p>Scholarship and academic fellowship for service members, veterans, and spouses.</p>

<p>Tuition Assistance</p> <p>https://usmc-mccs.org/articles/how-do-i-apply-for-tuition-assistance/</p>	<p>Overview of general Tuition Assistance application requirements and processes for active duty service members.</p>
<p>VA Work-Study Program</p> <p>www.benefits.va.gov/gibill/workstudy.asp</p>	<p>Program for full or 3/4 time college or vocational students; can earn a stipend while learning valuable skills.</p>
<p>Veterans of Foreign Wars</p> <p>www.vfw.org/community/youth-and-education/youth-scholarships</p>	<p>Scholarships for youth nationwide (military affiliation not required), ranging from \$5,000 to \$30,000.</p>
<p>Veteran’s Upward Bound</p> <p>www2.ed.gov/programs/triovub/index.html</p>	<p>Discretionary/competitive grants in development of skills for postsecondary education. May include: education, financial, and personal counseling, tutors, mentoring, and guidance on alternative education programs.</p>
<p>VetPower</p> <p>https://vetpower.org/</p>	<p>Programs that connect veterans with corporate America through training, networking, and employment assistance.</p>
<p>USMAP</p> <p>https://usmap.osd.mil/index.htm</p>	<p>Provides a streamlined access for active duty research, identify, and register for apprenticeships throughout the U.S.</p>

NOTES

FINANCIAL ASSISTANCE

<p>American Red Cross</p> <p>www.redcross.org/get-help.html</p>	<p>Emergency aid and financial assistance to recover from disaster, find shelters, and post-emergency recovery.</p>
<p>Critical Financial Assistance</p> <p>www.operationhomefront.org/critical-financial-assistance/</p>	<p>Financial assistance for active duty or veterans for overdue bills, repairs, or other critical needs.</p>
<p>Permanent Homes for Veterans</p> <p>www.operationhomefront.org/permanent-homes-for-veterans/</p>	<p>Helping veterans with home ownership, including financial counseling, case managers, and major home repairs.</p>
<p>Military OneSource Financial Consultants</p> <p>www.militaryonesource.mil/</p>	<p>Telephonic counseling with certified financial planners offering short-term counseling.</p>
<p>Military Warriors Support Foundation</p> <p>https://militarywarriors.org/h4wh/#</p>	<p>Awards mortgage-free homes and three years family and financial mentoring to wounded veterans and spouses.</p>
<p>Navy-Marine Corps Relief Society</p> <p>www.nmcrcs.org</p>	<p>Provides financial counseling, interest-free loans, and grants for essential needs or family emergencies.</p>
<p>USA Cares</p> <p>https://usacares.org/programs</p>	<p>Assistance to prevent foreclosures including emergency assistance for essential needs.</p>
<p>Veterans of Foreign Wars</p> <p>www.vfw.org/assistance</p>	<p>Provides financial grants for unmet needs in emergencies, support for student veterans, as well as assisting with VA claims and separation benefits.</p>

<p>American Legion Veteran Career Fairs https://www.legion.org/careers/jobfairs</p>	<p>Provides information and career fairs for veterans and spouses across the United States.</p>
<p>AMVETS https://amvets.org/prepare-for-employment/</p>	<p>Provides free career assessment and training, including employment and transition assistance, as well as education resources.</p>
<p>Blue Star Families https://bluestarfam.org/career-ready/</p>	<p>Career coaching, certifications, networking, with resume and interview preparation.</p>
<p>Career One Stop https://www.careeronestop.org/Veterans/default.aspx</p>	<p>Information on unemployment benefits, re-employment, career assistance, and resources.</p>
<p>Code of Support Foundation www.codeofsupport.org</p>	<p>Portal to multiple resources through Patriotlink, case coordinators, and peer networks to support successful transition.</p>
<p>Department of Labor & Training Administration https://www.dol.gov/agencies/eta</p>	<p>Helpful resources, tools, and information, including finding and applying for apprenticeships for active duty and veterans.</p>
<p>eMentor Program https://www.ementorprogram.org/ementor-overview/</p>	<p>Dynamic professional mentoring experiences and career guidance for active duty, military spouses, and veterans.</p>
<p>Farmer Veteran Coalition https://farmvetco.org/</p>	<p>Small grants to fund veteran farm businesses, including mentorship and business resources.</p>

<p>Feds Hire Vets</p> <p>www.fedshirevets.gov</p>	<p>Overview and Information on job preferences and special hiring authorities for the federal government.</p>
<p>GI Go Fund</p> <p>www.gigofund.org</p>	<p>Assistance with employment, access to housing, and securing benefits.</p>
<p>Helmets to Hardhats</p> <p>www.helmetstohardhats.org</p>	<p>Construction industry career opportunities through military background and MOS matching.</p>
<p>Hire Heroes</p> <p>www.hireheroesusa.org</p>	<p>Employment assistance for service members, veterans, and military spouses.</p>
<p>Hiring Our Heroes</p> <p>www.hiringourheroes.org</p>	<p>Chamber of Commerce employment network for service members, veterans, and military spouses.</p>
<p>Hope for the Warriors Transition Services</p> <p>www.hopeforthewarriors.org/transition/</p>	<p>Various programs including comprehensive transition services, scholarships, mentorship, job training, and job matching.</p>
<p>Make the Connection: Transitioning from Service</p> <p>https://maketheconnection.net/events/transitioning-from-service</p>	<p>Connection to resources and videos on transitioning from active duty. Addresses common transition issues and next steps.</p>
<p>Marine For Life Network (M4L)</p> <p>https://usmc-mccs.org/services/career/marine-for-life-network/</p>	<p>Connects transitioning Marines and family members to education resources, employment opportunities, and other veteran services to aid in career and life goals outside of military service.</p>

<p>Military OneSource www.militaryonesource.mil</p>	<p>Connection to a multitude of resources including career counseling, education, webinars, and networking opportunities.</p>
<p>Military Service Time to Civil Service Retirement https://www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits.html</p>	<p>Resources and services for veterans transitioning to federal government employment, including information on buying back Military Time.</p>
<p>Military Spouse Employment Partnership https://myseco.militaryonesource.mil/portal/msep/jobsearch</p>	<p>Portal for making employment connections for military spouses and actively recruiting companies.</p>
<p>Military Spouse Interstate Licensing Recognition Options https://www.dol.gov/agencies/vets/veterans/military-spouses</p>	<p>Resources, information on interstate reciprocity agreements, and state occupational license finder.</p>
<p>MOAA Career Transition Center http://www.moaa.org/content/benefits-and-discounts/transition-and-careers/transition-and-career</p>	<p>Career counseling, networking, and resources for active duty, spouses, veteran, and retired officers.</p>
<p>My Next Move for Veterans www.mynextmove.org/vets/</p>	<p>Explore careers based on training, MOS, industry, and interests.</p>
<p>National Military Family Association www.militaryfamily.org/programs/spouses-scholarships/</p>	<p>Various scholarships, licensing, and entrepreneurship assistance for military spouses.</p>
<p>National Veterans Transition Service Inc. (NVTSI) www.nvt.si.org</p>	<p>Creates a talent pipeline from military service to employment in priority sectors.</p>
<p>Occupational Outlook Handbook https://www.bls.gov/ooh/</p>	<p>Career information and data for occupations throughout the US.</p>

<p>O*Net Occupation Search www.onetonline.org/</p>	<p>Explore occupations, interest profilers, and career outlook.</p>
<p>Onward to Opportunity (O2O) Career Training Program Syracuse University New York https://ivmf.syracuse.edu/programs/career-training/getting-started/?q=/onward-to-opportunity/get-started/&#1-program-steps</p>	<p>Multi-phased process that provides career and interest assessment, training tailored to goals, interview matching, other support services, and access to employment partners.</p>
<p>PVA (Paralyzed Veterans of America) Veterans Career Program https://pva.org/find-support/veterans-career-program/</p>	<p>Employment and vocational support for all veterans, spouses, and caregivers.</p>
<p>Recruit Military https://recruitmilitary.com/</p>	<p>Portal that connects employers with high-quality military talent.</p>
<p>Red Cross Nurse Assistant Training https://www.redcross.org/take-a-class/cna/program-info</p>	<p>Training for Nurse Assistants, includes theory through clinical training.</p>
<p>Return to Work (R2W) http://www.return2work.org</p>	<p>Provides specialized vocational services, matching veterans to meaningful employment.</p>
<p>Semper Fi Fund https://semperfund.org</p>	<p>Career assistance, veteran peer networks, apprenticeships, and retreats.</p>
<p>Stand Beside Them www.standbesidethem.org</p>	<p>Life and career coaching, resume writing, networking, and interview help.</p>
<p>Still Serving Veterans https://ssv.org/</p>	<p>Transition services, global employment services, VA claims assistance, etc.</p>
<p>Student Veterans of America https://studentveterans.org/programs</p>	<p>Professional development resources, leadership training, and scholarships.</p>

<p>USA Cares</p> <p>www.usacares.org</p>	<p>Transition resources, helping with individual’s essential expenses while they train.</p>
<p>USAJobs</p> <p>https://www.usajobs.gov/</p>	<p>Search and create resumes through federal government hiring portal.</p>
<p>USDA Veterans New Farmers Programs</p> <p>https://www.usda.gov/our-agency/initiatives/veterans</p>	<p>One-stop for veterans looking to begin careers in farming. Includes employment, education, and entrepreneurship on or beyond the farm.</p>
<p>USMAP</p> <p>https://usmap.osd.mil/index.htm</p>	<p>Allows active duty to identify and register for apprenticeships across the United States.</p>
<p>USO Pathfinder</p> <p>https://www.uso.org/programs/uso-pathfinder</p>	<p>Transition resources, personalized action plans, and one-on-one support with a Pathfinder Scout.</p>
<p>VA for Vets</p> <p>www.vacareers.va.gov/Careers/Veterans/</p>	<p>Portal for information, careers, and employment through Veterans Affairs.</p>
<p>VA Pre-Discharge</p> <p>www.benefits.va.gov/predischarge</p>	<p>Assistance filing VA benefits claims 180-90 days before discharge.</p>
<p>VA Veterans Employment Center</p> <p>www.va.gov/careers-employment/</p>	<p>Provides employment assistance, information, and resources on VA programs & benefits.</p>
<p>Verification of Military Experience and Training (VMET)</p> <p>https://milconnect.dmdc.osd.mil/milconnect/public/faq/Training-VMET</p>	<p>Gathers demographic, training, and experience records in one place through the milConnect portal.</p>

<p>Veterans Enterprise</p> <p>veteransenterprise.com/</p>	<p>Provides resources and connects transitioning service members with employers.</p>
<p>Veterans Opportunity to Work</p> <p>www.benefits.va.gov/VOW/</p>	<p>Helps navigate the transition process, provides training, resources, employment assistance programs.</p>
<p>Veteran Readiness & Employment (VR&E)</p> <p>www.benefits.va.gov/vocrehab/</p>	<p>Job training, employment accommodations, coaching, and other services provided.</p>
<p>Yellow Ribbon Reintegration Program</p> <p>www.yellowribbon.mil/</p>	<p>Offers events where Reservists and their families can get information on healthcare, education, and training opportunities.</p>

NOTES

<p>Boots 2 Business (B2B) Classes</p> <p>sbavets.force.com/s/b2b-course-information</p>	<p>Two-day class exploring business ownership and self-employment.</p>
<p>Boots 2 Business Reboot (B2BR) Classes</p> <p>sbavets.force.com/s/reboot-course-information</p>	<p>One- to two-day classes evaluating business strategies and concepts.</p>
<p>Bunker Labs</p> <p>https://bunkerlabs.org/</p>	<p>Entrepreneurial training and networking for veterans and spouses.</p>
<p>Entrepreneurship Bootcamp for Veterans</p> <p>https://ebv.vets.syr.edu/</p>	<p>Free experiential training for veterans and families in entrepreneurship and small business in partnership with Syracuse University.</p>
<p>Entrepreneurship Bootcamp for Veterans and Families</p> <p>https://jmi.fsu.edu/programs/entrepreneurship-bootcamp-veterans-families</p>	<p>Free experiential training for veterans and spouses in entrepreneurship and small business in partnership with Florida State University.</p>
<p>National Military Family Association</p> <p>www.militaryfamily.org/programs/spouses-scholarships/</p>	<p>Provides information, scholarships, help with licensing fees, and entrepreneurship assistance for military spouses.</p>

ENTREPRENEURSHIP & ASSISTANCE

<p>Office of Veterans Business Development www.sba.gov/offices/headquarters/ovbd/resources/1548576</p>	<p>Promotes entrepreneurial development services including business training, counseling, and resource partner referrals.</p>
<p>Patriot Boot Camp https://patriotbootcamp.org/</p>	<p>Community and resources that advance veterans and spouses in their entrepreneurial mission.</p>
<p>VA Small and Veteran Business Programs www.va.gov/osdbu/programs/index.asp</p>	<p>Information on federal government contract and purchase awards to small and veteran-owned businesses.</p>
<p>Veteran Entrepreneur Investment Program veip.penfedfoundation.org/</p>	<p>Provides veteran entrepreneurs with education, mentorship, and networking, including a Master’s degree program.</p>
<p>VetFran www.vetfran.org/</p>	<p>Assists veterans in franchising, sponsorship, leadership, and other resources.</p>
<p>NOTES</p>	

The Barry Robinson Center
<https://www.barryrobinson.org/>

Not-for-profit children's charitable trust located in Norfolk, VA. Military-exclusive residential treatment program for youth ages 12-17 with a primary mental health diagnosis; dual diagnosis program for youth with co-occurring MH/substance use. Community Based Services include outpatient therapy, ABA services, and treatment foster care.

Blue Star Museums

<https://bluestarfam.org/family-life/blue-star-museums/>

List of free museums, zoos, and aquariums for Blue Star registered families from May through September.

Childcare Aware

www.childcareaware.org/

Search for childcare by zip code. Includes resources, advice, and respite care.

Exceptional Family Member Program (EFMP)

<https://hamptonroads.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program>

Access to resources, advocacy, caseworkers, information, one-on-one help for PCS, and respite care.

Families OverComing Under Stress (FOCUS) Project

<https://focusproject.org/content/naval-station-norfolk>

Free resiliency training for service members, families, and their children. Teaches practical skills and builds on current strengths for healthy families.

Little Patriots Embraced
www.littlepatriotsembraced.org/deployment-package-program

Provides care packages to children of deployed service members.

<p>Military Child Care https:// public.militarychildcare.csd.disa. mil/mccu/ui/#/</p>	<p>Portal to register children and check waitlists for child care services on military bases worldwide.</p>
<p>Military Child Education Coalition www.militarychild.org/</p>	<p>Education to help reduce the emotional stress of relocation, separation, or death of a loved one.</p>
<p>Military Child of the Year www.militarychildoftheyear.org/</p>	<p>Annual award that honors and recognizes outstanding military and veterans' youth ages 13-18.</p>
<p>Military Kids Connect https:// militarykidsconnect.health.mil/</p>	<p>Online community of military children ages 6-17 with information, activities, and games.</p>
<p>Military Tutor https://military.tutor.com/home</p>	<p>Free 24/7 online tutoring and homework help for military children.</p>
<p>National Child Traumatic Stress Network https://www.nctsn.org/what-is-child-trauma/populations-at-risk/military-and-veteran-families/nctsn-resources</p>	<p>Resources and fact sheets for helping military and veterans children deal with trauma including bullying, separation, grief, abuse, and disasters.</p>
<p>New Parent Support Program https://www.cnic.navy.mil/ regions/cnrma/installations/ nsa_hampton_roads/ffr/ support_services/families/ family_support_programs/ new_parent_support.html</p>	<p>Helps parents develop skills to provide a nurturing environment. Provides education and other programs.</p>
<p>Operation Homefront www.operationhomefront.org/</p>	<p>Programs include Military Child of the Year, Back to School Brigade, holiday toy drives, and baby showers.</p>
<p>Operation Military Kids www.ourmilitarykids.org/</p>	<p>Reimburses Reservists for their children's local enrichment and sports activities.</p>

Operation Purple Camp

[www.militaryfamily.org/
programs/operation-purple/](http://www.militaryfamily.org/programs/operation-purple/)

Free week of summer camp where military children can connect. Also provides family retreats and healing adventures.

United Through Reading

unitedthroughreading.org/

Allows deployed parents to connect to their children through recorded reading.

YMCA of South Hampton Roads
Camp Grom

[https://www.ymcashr.org/
camps/ymca-jts-camp-grom](https://www.ymcashr.org/camps/ymca-jts-camp-grom)

A Day Retreat developed especially for wounded warriors, their families, and differently abled children. Integrated and adaptive day activities.

NOTES

Alcoholics Anonymous Offers a 12-step program, meetings, mentorship, and healing tools to deal with alcohol addiction. Programs for youth and adults struggling with alcohol.

<http://aa.org/>

The Barry Robinson Center Not-for-profit children’s charitable trust located in Norfolk, VA. Military-exclusive residential treatment program for youth ages 12-17 with a primary mental health diagnosis; dual diagnosis program for youth with co-occurring MH/substance use. Community Based Services include outpatient therapy, ABA services, and treatment foster care.

<https://www.barryrobinson.org/>

Chaplains Religious Enrichment Development Operation (CREDO) Transformational retreat-based programs to develop resiliency and growth. Focus includes marriage, personal growth, suicide prevention, and spiritual fitness.

https://www.cnic.navy.mil/regions/cnrma/om/religious_programs.html

Codependents Anonymous Support for people who live with someone struggling with addiction.

<https://coda.org/>

DStress Line Speak anonymously with other veterans, Marines, family members, and licensed behavioral health counselors, 24/7.

www.usmc-mccs.org/services/support/dstress-line/

Families OverComing Under Stress “FOCUS” Project Free resiliency training for service members, families, and their children. Teaches practical skills and builds on current strengths for healthy families.

<https://focusproject.org/content/naval-station-norfolk>

<p>Give an Hour https://giveanhour.org/</p>	<p>Provides free mental health counseling for active duty, veterans, reservists, and their families.</p>
<p>Military OneSource https://www.militaryonesource.mil/health-wellness/mental-health/mental-health-resources/</p>	<p>Provides free services to all active duty, veterans, reservists, and their family members.</p>
<p>Moving Forward, Overcoming Life’s Challenges www.veterantraining.va.gov/apps/movingforward/index.html</p>	<p>Free online coaching for active duty, veterans, and family members to overcome life’s challenges and general mental wellness.</p>
<p>Narcotics Anonymous www.na.org</p>	<p>Programs, support, and mentorship for those addicted to narcotics.</p>
<p>National Child Traumatic Stress Network https://www.nctsn.org/what-is-child-trauma/populations-at-risk/military-and-veteran-families/nctsn-resources</p>	<p>Resources and fact sheets for helping military children deal with trauma including bullying, separation, grief, abuse, and disasters.</p>
<p>Navy and Marine Corps Reserve Psychological Health Outreach Program https://www.marforres.marines.mil/Staff-Sections/Special-Staff/Health-Services-Support/Psychological-Health-Outreach-Program/</p>	<p>Services offered by a team of Licensed Clinical Professionals to reservists and families, ensuring they have access to psychological health care services.</p>
<p>New Parent Support Program https://www.cnic.navy.mil/regions/cnrma/installations/nsa_hampton_roads/ffr/support_services/families/family_support_programs/new_parent_support.html</p>	<p>Helps parents develop skills to provide a nurturing environment. Provides education and programs.</p>

Operation Live Well

<https://www.militaryonesource.mil/training-resources/webinars/operation-live-well/>

This webinar will provide an introduction to the purpose, function and resources available to uniformed service members and their families through Operation Live Well.

Real Warriors Campaign

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign>

Information on a variety of topics including anger, PTSD, family & relationships, etc.

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

Offers treatment locations, downloads, videos, and publications.

Tricare Mental Health

www.tricare.mil/CoveredServices/Mental/Treatments

Listing of services and treatment covered by Tricare from Behavioral Health to Therapeutic Services.

**VA Vet Centers
Readjustment Counseling**

<https://www.vetcenter.va.gov/>

Free individual and family counseling to veterans and their families at local Veterans' Centers.

Veteran's Crisis Line

www.veteranscrisisline.net/

Connect confidentially with caring, qualified responders from the VA 24 hours a day.

Veteran's Navigator

veteransnavigator.org/

Search Virginia for services, tips, and answers for veterans, from benefits and housing to quality of life and education.

Vets 4 Warriors

<https://www.vets4warriors.com/>

Provides sustained, confidential one-on-one peer support to service members, veterans, families, and caregivers..

American Foundation for Suicide Prevention

<https://afsp.org/>

Promotes understanding and suicide prevention through research and education. Includes loss support for survivors.

Military OneSource

<https://www.militaryonesource.mil/health-wellness/mental-health/suicide/>

Provides free services to all active duty, veterans, reservists, and their family members.

Real Warriors Campaign

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign>

Provides resources and research on depression and suicide. Connects to the Military Crisis Line.

Veterans Crisis Line

www.veteranscrisisline.net/get-help/military-crisis-line

National Suicide Prevention Lifeline. Includes information on a wide variety of topics on mental health.

NOTES

<p>American Red Cross Courses and Certifications</p> <p>www.redcross.org/take-a-class</p>	<p>Offers both certified and non-certified training opportunities from CPR and First Aid to Nursing Assistance.</p>
<p>Armed Services YMCA</p> <p>https://www.asymca.org/</p>	<p>Enhances the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life.</p>
<p>Brides Across America</p> <p>https://www.bridesacrossamerica.com/</p>	<p>Nonprofit that donates 2,000 wedding gowns to military brides each year.</p>
<p>Carrying On Project</p> <p>www.carryingonproject.org/</p>	<p>Provides infant carriers to military families so they can foster secure attachments to their babies.</p>
<p>Mission Continues</p> <p>https://missioncontinues.org/</p>	<p>Connects veterans to underserved communities for volunteer projects.</p>
<p>Operation Live Well</p> <p>https://www.militaryonesource.mil/training-resources/webinars/operation-live-well/</p>	<p>This webinar will provide an introduction to the purpose, function and resources available to uniformed service members and their families through Operation Live Well.</p>
<p>Operation Shower</p> <p>www.operationshower.org</p>	<p>Provides individual & group baby showers and baby boxes for families during their loved one’s deployment.</p>
<p>Operation: Showers of Appreciation</p> <p>http://osoamil.org/</p>	<p>Provides baby showers, a diaper program, holiday programs, baby care packages, and unit baby shower assistance to family members.</p>
<p>Project Evergreen</p> <p>projectevergreen.org/greencare-for-troops/</p>	<p>Lawn and landscaping services for families of deployed service members.</p>

Soldier's Angels

<https://soldiersangels.org/>

Wide variety of assistance programs and services for active duty, veterans, and their families.

Tidewater Arts Outreach

tidewaterartsoutreach.org/

Veteran and caregiver programs that focus on self expression and art for healing.

Veteran's Campground on
Big Marine Lake

<https://vetscampmn.org/>

Facilities for recreation, rest, and well-being for veterans and their families.

NOTES

INJURED WARRIORS: EDUCATION ASSISTANCE

<p>Children of Fallen Patriots</p> <p>www.fallenpatriots.org</p>	<p>Provides college scholarships and educational counseling to military children.</p>
<p>Education and Employment Initiative (E2I)</p> <p>warriorcare.dodlive.mil/carecoordination/e2i/</p>	<p>Collaborates with Veterans Affairs and matches individuals with education and career opportunities.</p>
<p>Entrepreneurship Bootcamp for Veterans and Families</p> <p>https://myseco.militaryonesource.mil/portal/article/entrepreneurship-bootcamp</p>	<p>Free online and residence program that includes cost of travel, lodging, and meals and 12 months of support and technical assistance.</p>
<p>Fisher House</p> <p>https://fisherhouse.org/programs/</p>	<p>Provides scholarships to families of the fallen.</p>
<p>Folds of Honor</p> <p>www.foldsofhonor.org/scholarships</p>	<p>Scholarships for children K-12 and for undergraduate degrees or certifications; for the children of fallen or injured veterans.</p>
<p>Freedom Alliance Scholarship Fund</p> <p>https://fascholarship.com/</p>	<p>Scholarships for the children of fallen or injured veterans.</p>
<p>Hope for the Warriors: Caregiver Scholarships</p> <p>www.hopeforthewarriors.org/transition/military-spouse-scholarships/</p>	<p>Variety of scholarships for families of fallen or injured veterans. Awarded to spouses and children for undergraduate, graduate, and post-graduate degrees.</p>
<p>Job Opportunities for Disabled American Veterans</p> <p>www.jofdav.com</p>	<p>Offers free courses through Microsoft Imagine Academy in productivity, computer science, infrastructure, and data science.</p>

<p>No Greater Sacrifice</p> <p>www.nogreatersacrifice.org/who-we-help</p>	<p>Scholarships for children of fallen or injured veterans for higher education and trade schools.</p>
<p>Operation Second Chance</p> <p>https://operationsecondchance.org/scholarships/47/</p>	<p>Needs-based financial assistance and grants for spouses and children of injured or ill veterans (unmarried, 23 years and younger).</p>
<p>Operation Warfighter</p> <p>https://warriorcare.dodlive.mil/carecoordination/operation-warfighter/</p>	<p>DoD internship program that matches injured service members with federal internships for work experience during recovery and rehabilitation.</p>
<p>Purple Heart Foundation Scholarships</p> <p>https://purpleheartfoundation.org/</p>	<p>Financial support and scholarships for children of Purple Heart recipients, covering tuition, books, incidental fees, room & board.</p>

NOTES

INJURED WARRIORS: FINANCIAL ASSISTANCE

<p>Semper Fi Fund https://semperfund.org/what-we-do/family-support/</p>	<p>Multiple programs to support to combat wounded, critically ill, and injured service members.</p>
<p>Angel Wings for Veterans https://angelwingsforveterans.org/request-assistance/</p>	<p>Assists with air, rail, and ground transportation to enable veterans to attend medical appointments.</p>
<p>Military Warrior Support Foundation https://militarywarriors.org/programs/</p>	<p>Homes 4 Wounded Heroes, Apartments 4 Heroes, Vehicles 4 Heroes, Skills 4 Life, and other programs offered to veterans.</p>
<p>Operation Finally Home www.operationfinallyhome.org/</p>	<p>Provides mortgage-free homes to wounded and disabled veterans. Primarily supports injured veterans but does offer support to all service members.</p>
<p>Operation First Response www.operationfirstresponse.org/military-family-assistance-program/</p>	<p>Financial aid for essential needs during the long road to recovery including: rent, utilities, food, clothing, and travel expenses.</p>
<p>Operation Second Chance https://operationsecondchance.org/support-and-assistance/</p>	<p>Financial assistance for families in the wake of recovery from illness or injury. Support may include airline tickets, daily needs, and other special requests.</p>
<p>Purple Heart Homes https://purplehearthomesusa.org/</p>	<p>Provides gap assistance between federal programs and individual needs. Includes housing solutions and support for disabled veterans and veterans aging in place.</p>
<p>Valor-IT https://soldiersangels.org/programs/wounded-support/valor-it/</p>	<p>Provides adaptive laptops for wounded or injured veterans and service members.</p>

Yellow Ribbon Fund

[https://yellowribbonfund.org/
programs/crossroads/](https://yellowribbonfund.org/programs/crossroads/)

Crossroads program provides lodging and rental cars for families facing medical crises.

NOTES

INJURED WARRIORS: FINANCIAL ASSISTANCE

INJURED WARRIORS: CAREGIVER SUPPORT

<p>American Red Cross Military and Veteran Caregiver Network</p> <p>www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html</p>	<p>Provides connection, engagement, knowledge, skills and hope to caregivers through networking, resources, mentorship, and support groups.</p>
<p>Blue Star Families Caregiver Programs</p> <p>https://bluestarfam.org/for-mil-families/wellness/</p>	<p>Provides peer support, mentorship, social events, and digital resources.</p>
<p>Caregiver Action Network</p> <p>caregiveraction.org/</p>	<p>Provides information, education, resources, connection, and support for caregivers.</p>
<p>Caregiver Peer-to-Peer Initiative</p> <p>https://www.militaryonesource.mil/health-wellness/caregivers/caregivers-resources/</p>	<p>Peer-to-peer support forums to share stories, resources, mentorship, and advocacy.</p>
<p>Coaching into Care</p> <p>www.mirecc.va.gov/coaching/</p>	<p>VA national telephone service providing coaching by licensed psychologists and social workers, free of charge.</p>
<p>Caregiver Stress</p> <p>www.womenshealth.gov/a-z-topics/caregiver-stress</p>	<p>Women’s Health library of caregiver stress and related fact sheets.</p>
<p>Easter Seals</p> <p>www.easterseals.com/explore-resources/for-caregivers/</p>	<p>Resources, education, respite care, and financial guidance for military caregivers.</p>
<p>Family Caregiver Alliance, National Center on Caregiving</p> <p>www.caregiver.org/</p>	<p>Provides fact sheets, discussion groups, education, and state-by-state resources.</p>
<p>Military OneSource</p> <p>http://www.militaryonesource.mil</p>	<p>Access to resources and education for caregivers.</p>

<p>National Alliance for Caregiving www.caregiving.org/</p>	<p>Information on caregiving, studies, guidebooks, and resources.</p>
<p>National Resource Directory https://nrd.gov/</p>	<p>Searchable directory of resources vetted for service members, veterans, family members, and caregivers.</p>
<p>VA Caregiver Support www.caregiver.va.gov/</p>	<p>Program of Comprehensive Assistance for Family Caregivers including education and stipends.</p>
<p>Veteran Caregiver Support https://operationhomefront.org/veteran-caregiver-support/</p>	<p>Supports caregivers by facilitating online groups that provide social connection to other caregivers in similar situations, fostering support groups by location to encourage resource sharing and friendships, and sponsoring annual retreats to provide education on relevant issues.</p>
<p>Women of Valor https://soldiersangels.org/Women-of-Valor-Team.html</p>	<p>Support and encouragement for female caregivers of injured service members and veterans.</p>

NOTES

INJURED WARRIORS: MENTAL HEALTH & WELLBEING

<p>Catch a Lift</p> <p>https://catchaliftfund.org/about/</p>	<p>Enables post 9/11 combat injured veterans to recover and rehabilitate both physically and mentally through physical fitness, motivation and support.</p>
<p>Patients Like Me; Iraq and Afghanistan Veterans of America</p> <p>https://www.patientslikeme.com/</p>	<p>Network that connects veterans with like conditions that are further along on their healing journey. Offers support, resources, and research.</p>
<p>Reboot Combat Recovery</p> <p>rebootrecovery.com/military</p>	<p>A 12-week, faith-based, peer-led course that helps veterans, active-duty military and their families heal from service-related trauma.</p>
<p>Skills 4 Life Program</p> <p>https://militarywarriors.org/programs/#735</p>	<p>Provides recreational outings and peer-to-peer mentorship to veterans wounded in direct combat with an enemy force & unmarried Gold Star spouses whose loved one was killed-in-action with hunting, fishing and golfing adventures.</p>
<p>Veteran’s Crisis Line</p> <p>www.veteranscrisisline.net/</p>	<p>Connect with caring, qualified responders from the VA.</p>
<p>Vets 4 Warriors</p> <p>https://www.vets4warriors.com/</p>	<p>Confidential peer support to service members, veterans, and their families.</p>
<p>Wounded Warrior Peer Support Groups</p> <p>www.woundedwarriorproject.org/programs/peer-support</p>	<p>Helps develop one-on-one friendships with fellow warriors who are further along in the recovery process.</p>

Wounded
Warrior Project

[https://
www.woundedwarriorproject.org/
programs/peer-support](https://www.woundedwarriorproject.org/programs/peer-support)

Provides educational resources and workshops for service members and veterans with injuries, PTSD, and TBI.

NOTES

INJURED WARRIORS: LIFESTYLE

<p>Hearts Apart</p> <p>www.heartsapart.org</p>	<p>Provides professional photos and portraits of family members to deploying service members.</p>
<p>Hope for the Warrior: A Warrior’s Wish</p> <p>www.hopeforthewarriors.org/transition/a-warriors-wish/</p>	<p>Fulfills life-changing wishes for injured service members and veterans. For example adaptive equipment or a workspace to launch a new career.</p>
<p>Operation Comfort Warriors</p> <p>www.legion.org/operationcomfortwarriors</p>	<p>Provides comfort items not usually supplied by the government to injured or ill veterans.</p>
<p>Operation Second Chance</p> <p>operationsecondchance.org/retreats/</p>	<p>Offers injured warriors and their caregivers assistance with trips away from the hospital.</p>
<p>Soldier’s Angels</p> <p>https://soldiersangels.org/programs.html</p>	<p>Multiple programs for wounded, deployed service members, veterans, and their family members.</p>
<p>Veteran’s Navigator</p> <p>veteransnavigator.org/</p>	<p>Search for local services, tips, and answers for veterans.</p>
<p>YMCA of South Hampton Roads Camp Grom</p> <p>https://www.ymcashr.org/camps/ymca-jts-camp-grom</p>	<p>Provides camping and family programs for people with and without disabilities, with unique, integrated and adaptive activities like swimming, summer camp, family days and sports.</p>

Assistance Dogs International

[https://
assistancedogsinternational.org/](https://assistancedogsinternational.org/)

Coalition of non-profits that trains and places service/assistance dogs.

K9s for Warriors

www.k9sforwarriors.org/

Rescues and trains shelter dogs to be paired with service members with PTSD, TBI, or military sexual trauma.

Mutts with a Mission

www.muttswithamission.org/

Provide selected, specially trained Service/Assistance Dogs to qualified Veterans, Wounded Warriors, etc. And allows qualified candidates the opportunity to owner-train qualified dogs as Service Dogs;

Operation Freedom Paws

<https://operationfreedompaws.org/>

Trains clients to train a service dog for their specific needs

Operation Military Pets

www.spcai.org/our-work/operation-military-pets

Provides financial assistance for pet PCS relocation costs in order to keep the military “family” together.

Patriot Paws

<https://patriotpaws.org/>

Trains and provides service dogs at no cost to disabled veterans and others with disabilities.

Semper Fi Fund Canine Companions Program

[https://semperfund.org/what-we-do/
integrative-wellness/](https://semperfund.org/what-we-do/integrative-wellness/)

Unite injured Service Members with service dogs while ensuring the dogs are properly trained. The program also assists financially with the continuous care for the dog while the injured Service Member physically rehabilitates and transitions back to civilian life.

INJURED WARRIORS: PETS & SERVICE ANIMAL ASSISTANCE

Service Dog Veterinary Health Benefit

<https://www.prosthetics.va.gov/ServiceAndGuideDogs.asp>

Provides veterans with information regarding Service Dogs and veterinary health benefits.

Southeastern Guide Dogs

www.guidedogs.org/service-dogs/

Provides dogs to veterans and helps to nurture partnerships between injured veterans and service/guide dogs.

Warrior Canine Connection

<https://warriorcanineconnection.org/>

Utilizes Mission Based Trauma Recovery Model to help recovering warriors reconnect with life, their families, communities, and each other through service dogs to veterans with PTSD and TBI.

NOTES

MCCS Hampton Roads Resource Directory

<u>NAME</u>	<u>TITLE</u>	<u>CELL PHONE</u>	<u>EMAIL ADDRESS</u>
Mary Collins	Director, MCCS	757.652.1734	mary.collins@usmc-mccs.org
<u>PROGRAMS</u>			
GySgt Muir	MCX Director, Business Operations	802.370.4610	john.muir@usmc-mccs.org
Lisa Bickerton	Semper Fit Director	757.749.7823	lisa.bickerton@usmc-mccs.org
Kim Kadish	MCFTB Trainer	757.288.8269	kimberly.kadish@usmc-mccs.org
Ken Cogdell	Single Marine Program Coordinator	757.749.7897	kenneth.cogdell@usmc-mccs.org
Allen Sese	HITT Program Manager	757.288.8916	allen.sese@usmc-mccs.org
Emily Triplett	Outdoor Recreation Manager	757.749.5226	Emily.triplett@usmc-mccs.org
Karina Phillips	EFMP Manager	757.981.1990	karina.phillips@usmc-mccs.org
Scott Council	EFMP Case Worker	757.600.1366	scott.council@usmc-mccs.org

NOTES

