



Deployment Resources for EFMP Families

Henderson Hall Marine Corps Family Team Building (MCFTB) Readiness & Deployment

- MCFTB Readiness & Deployment's mission is to help service members and families prepare for a deployment, provide support to loved ones during a deployment, and provide reunion and reintegration training and resources for returning service members and their families. For information on MCFTB Deployment Support and Training call 703-693-4840 or see their website: <http://mccshh.com/lifeskillsdeployment.html>.

Hearts Apart Networking Group

- A networking group whose purpose is to connect all military families dealing with separation from their loved ones due to deployment or TAD/TDY. Kids are welcome.
- Call Henderson Hall Marine Corps Family Team Building at 703-693-4840 for more information.

Henderson Hall Behavioral Health Program

- The Behavioral Health Program has a variety of services to support Marines and their families. Counseling services include the Community Counseling Program, and Military Family Life Counselors (MFLCs). The Family Advocacy program includes counseling services, crisis intervention, victim advocacy, a 24/7 Hotline (703-693-6611) for victims of domestic violence, child abuse, and sexual assault, and educational workshops. The New Parent Support Program supports those with children under the age of 6 with home visits, workshops, and playgroups. Behavioral Health Program counselors are highly-qualified licensed clinicians who are trained to assist individuals and families with a variety of emotional challenges. Call 703-614-7204 to find out which Behavioral Health Program is the best fit for you.

Military OneSource Deployment Resources

- Military OneSource offers a host of resources, tools, and articles for each phase of the deployment process, from pre-deployment preparations to settling back into family routines post-deployment.
 - Deployment Resources: <http://www.militaryonesource.mil/deployment>
 - Counseling options: call 800-342-9647 or see the website: <http://www.militaryonesource.mil/>

EFMP

- Please make sure to alert us when you are going to be deployed so that we can offer additional support and resources to your family members.

Help and Support During Deployment

Tips for the servicemember

- Stay focused on your mission.
- Set goals to help the time pass quickly.
- Stay positive.
- Rely on your unit, friends, and family for support, particularly your Family Readiness Group.
- Communicate regularly with family and friends.

Tips for the servicemember's spouse

Take advantage of support resources. There are places you can go for support, emergencies, financial and medical advice, and family services:

- *Service Support Centers*: Army Community Service Center, Marine Corps Community Service, Navy Fleet and Family Support Center, Air Force Airman and Family Readiness Center, and Coast Guard Office of Work-Life Programs
- *The United Service Organizations (USO)*: uso.org
- *Ombudsman's office*: Depending on the branch of service, there may be an ombudsman's office to help with child care, nurseries, workshops on job skills, libraries, gyms, craft shops, recreational centers, thrift shops, family advocacy programs, life skills enhancement centers, installation chaplains and legal assistance.
- *Salvation Army*: salvationarmyusa.org
- *National Military Family Association*: militaryfamily.org
- Military relief aid sites:
 - *Army Emergency Relief*: aerhq.org
 - *Navy-Marine Corps Relief Society*: nmcrs.org
 - *Air Force Aid Society*: afas.org
 - *Coast Guard Mutual Assistance*: cgmahq.org

Military Family Deployment 101 | Military.com News Articles

<http://www.military.com/deployment>

<http://www.military.com/spouse/military-deployment/military-family-deployment-101.html>

www.military.com/spouse/military-deployment/dealing-with-deployment

Red Cross

- The American Red Cross offers deployment services workshops, information, & support services to help military members & families cope.
 - Emergency Communication Services
 - Pre- & Post-Deployment Support
 - Reconnection Workshops

<http://www.redcross.org/what-we-do/support-military-families> or 877-272-7337

Operation Homefront

<http://www.operationhomefront.net/>

Operation Where We Are

<http://www.operationwearehere.com/FamilySupportOrganizations.html>

Yellow Ribbon Reintegration Program

<http://www.yellowribbon.mil/yrrp/>

FOCUS (Families OverComing Under Stress)

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

Deployment & Children

Sesame Street

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

Military Family Resources

How to prepare our children and stay involved in their education during deployment.

https://www.esc20.net/page/sup_pr.Military

YMCA Military Outreach & Respite Care

<http://www.ymca.net/military-outreach>

National Military Family Association

<http://www.militaryfamily.org/info-resources/deployment.html>