

## Online Communication and Support

Some sites listed may be inactive or suspended, but many spouses find them to be an effective means of connection and support during the difficulties of deployment.

These are only a few of the available links to help you connect and gain information.

### Web Pages

**SpouseBUZZ** is a virtual Spouse Support Group, a place where you can instantly connect with thousands of other mil-spouses. <https://www.military.com/spousebuzz>

**Military.com** hosts links to support groups and other helpful resources. [www.military.com/spouse/military-life/spouse-groups](http://www.military.com/spouse/military-life/spouse-groups)

**Operation We Are Here** offers online support and resources for military families. [www.operationwearehere.com/GetConnected.html](http://www.operationwearehere.com/GetConnected.html)

**Army Family Readiness Group (FRG)** is a network of families of deployed troops disseminating command information, sharing advice, and providing community links and often social activities for families at home.



Facebook® offers numerous support pages, many of them military-base-specific. Use the search function to find the site that most pertains to your needs. Some to consider are:

- Army Wife 101
- Military Spouse Advocacy Network
- Military Spouse
- Military Spouse Central
- Deployment: One day at a time

Consider creating a site/page of your own inviting other families of the deployed Soldiers of your base. As a page or site administrator, it helps to create and post guidelines setting a positive, uncritical tone of caring, support and humor. Social media can degrade into something negative if the site administrator is not vigilant, or its members post negative things. Being inclusive in the membership is also necessary in order to promote a strong community.



Linked-In® has many member-companies that specialize in finding jobs for the military spouses who often have to move frequently.

