

Army Information Update

Because information is power, we are informing you each personally and inspiring you to pass it along.

There are so many resources to help families thrive on their Army journey. We've pulled together the chart below to help as you navigate resources that fall under one of five Quality of Life efforts: **Childcare, Education, Healthcare & Wellness, Housing & Spouse Employment**. This list is not exhaustive. The intent is it is a starting point to access quality resources and programs developed with Army families in mind.

Description	Website Link	Quality of Life Effort
Find My Army Community Service Employment Readiness	https://www.armymwr.com/programs-and-services/personal-assistance/employment-readiness-program	Spouse Employment
Military Spouse Career & Education Opportunities (MYSECO)	https://myseco.militaryonesource.mil/portal/	Spouse Employment
Military Spouse educational opportunities & resources	https://myseco.militaryonesource.mil/portal/initiatives	Spouse Employment
Find My City's Chamber of Commerce	https://www.uschamber.com/co/chambers	Spouse Employment
American Corporate Partners (ACP)	https://www.acp-usa.org	Spouse Employment
Hiring Our Heroes	https://www.hiringourheroes.org/employers/	Spouse Employment
Hire Heroes USA	https://jobs.hireheroesusa.org/?gclid=EAlaIQobChMIpci1jZPy5gIVwsDACH0gLwfNEAAYASAAEgLz6fD_BwE	Spouse Employment

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.

Military Spouse Corporate Career Network	https://militaryspousejobs.org	Spouse Employment
Military Spouse Ambassador Network	https://myseco.militaryonesource.mil/portal/article/military-spouse-ambassador-network	Spouse Employment
The Paradigm Switch	https://veterans.columbia.edu/content/paradigm-switch	Spouse Employment
The USO	https://www.uso.org/careers	Spouse Employment
DoD Civilian Careers- Military Spouse Preference	https://www.dodciviliancareers.com/civiliancareers/militaryspouses#:~:text=(USC)%201784.-,Public%20Law%2099%2D145%2C%20enacted%20in%201986%20and%20codified%20at,accompany%20their%20sponsor%20on%20a	Spouse Employment
Understanding Military Spouse Preference	https://www.militaryonesource.mil/education-employment/seco/understanding-military-spouse-preference/	Spouse Employment
Red Cross Dental Assistant Program	https://www.redcross.org/local/arkansas/about-us/news-and-events/news/red-cross-works-with-military-on-dental-assistant-training-.html	Spouse Employment

Military Spouse License Reciprocity	https://www.dol.gov/agencies/vets/veterans/military-spouses/license-recognition	Spouse Employment
Work for a Department of Defense (DoDEA) School	https://www.dodea.edu/offices/human-resources/work-dodea	Spouse Employment
Military Spouse Reimbursement for Re-Licensure & Home-Based Business Costs after a PCS	https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Reimbursement-of-Qualifying-Spouse-Relicensing-Costs-and-Business-Costs?serv=122	Spouse Employment
Syracuse University's D'Aniello Institute for Veterans and Military Families MilSpouse Employment and Entrepreneurial certifications and programs	https://ivmf.syracuse.edu/	Spouse Employment
Tricare- The Army's Health Insurance Plan	https://www.tricare.mil	Healthcare & Wellness
Find My Military Hospital's Website	https://www.tricare.mil/mtf	Healthcare & Wellness
35 Armed Forces Wellness Centers- Find One Close to You!	https://ph.health.mil/organization/hpw/Pages/ArmyWellnessCenters.aspx	Healthcare & Wellness
Telemetrynd- Virtual Mental Health Support	https://www.telemetrynd.com/military	Healthcare & Wellness

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.

Army Morale, Welfare & Recreation (MWR) Health & Fitness Activities	https://www.armymwr.com/programs-and-services/sports-fitness	Healthcare & Wellness
Army Community Service (ACS) Programs & Activities	https://www.armymwr.com/programs-and-services/personal-assistance	Healthcare & Wellness
Connect with a Chaplain on Your Installation	https://home.army.mil	Healthcare & Wellness
Find a Military And Family Life Counselor (MFLC) Near Me	https://www.militaryonesource.mil/resources/tools/mflc-locator/	Healthcare & Wellness
Find a Military And Family Life Counselor (MFLC) in my Child's School	https://mic3.net/school-liaisons/	Healthcare & Wellness
My Army Post App- Find Your Installation Gyms	Download it from the Apple App Store or Google Play	Healthcare & Wellness
Coming Soon! My Military Health- A Digital Platform for your healthcare needs- anytime, anywhere, always!	https://www.health.mil/News/In-the-Spotlight/My-Military-Health	Healthcare & Wellness
Enterprise Exceptional Family Member (EFMP) Program	https://efmp.army.mil/EnterpriseEfmp/	Healthcare & Wellness
Find My Installation Child Development Centers and Parent Central	https://www.armymwr.com/programs-and-services/cys	Childcare

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.

Child Care Fee Assistance- The Army's subsidy to help offset the cost of childcare for military families	https://www.childcareaware.org/fee-assistancerespite/military-families/army/	Childcare
Family Childcare-Childcare in an approved home	https://www.armymwr.com/programs-and-services/cys/family-child-care-homes?pk_vid=34c192772fd6cdf51730571524e03cce	Childcare
Find Child Development Centers on your Installation	https://www.armymwr.com/programs-and-services/cys/child-development-centers	Childcare
Military Families & YMCA Programs & Childcare	https://www.ymca.org/what-we-do/social-responsibility/military-outreach	Childcare
DoD Military Outreach Initiative	https://asymca.org/what-we-do/dod-moi/	Childcare
Military Childcare in Your Neighborhood- If there is no room for your child at a CDC, you may be able to use an approved off-post provider	https://asymca.org/what-we-do/dod-moi/	Childcare
An Overview of Military Child Care Options & Resources	https://www.militaryonesource.mil/parenting/child-care/military-child-care-services/	Childcare

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.

Housing Services Office at your Installation- Your First Stop before renting or buying	https://www.housing.army.mil	Housing
Basic Allowance for Housing (BAH) Calculator	https://www.military.com/benefits/military-pay/basic-allowance-for-housing	Housing
My Installation's Relocation Readiness	https://www.armymwr.com/acs-relocation-readiness	Housing
My Installation's Financial Readiness- Access a free Certified Financial Planner!	https://www.armymwr.com/programs-and-services/personal-assistance/financial-readiness	Housing
Look at Your City's Chamber of Commerce Website	https://www.uschamber.com/co/chambers	Housing
Attend Your Installation's Newcomer Welcome	https://home.army.mil	Housing
Connect with the School Liaison at Your Installation	https://www.armymwr.com/programs-and-services/cys/school-support-services	Education
Free Tutoring!	https://military.tutor.com/home	Education
Discover the Teen (11-18 yrs) Centers on Your Installation	https://www.armymwr.com/programs-and-services/cys/youth-centers	Education

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.

Discover the School Age (6-12 yrs) Centers at Your Installation	https://www.armymwr.com/programs-and-services/cys/school-age-centers	Education
Military Child Education Coalition	https://militarychild.org	Education
Military Interstate Children's Compact Commission	https://mic3.net	Education
Going Back to School as a Military Spouse	https://www.militaryonesource.mil/education-employment/seco/going-back-to-school-as-a-military-spouse/	Education
Education & Developmental Intervention Services (EDIS). 0-3 yrs	https://www.edis.army.mil	Education
Overview of EDIS	https://download.militaryonesource.mil/12038/MOS/Factsheets/EFMP-Factsheet-EIS.pdf	Education
Find Scholarships for Military Spouses	https://myseco.militaryonesource.mil/portal/scholarships	Education
Scholarships for Military Dependents	https://www.armyemergencyrelief.org/wp-content/uploads/2022/05/Education-Resources-10-Oct-23.pdf	Education
Find Scholarships- A Search Engine	https://www.scholarships.com/	Education
Department of Defense Educational Activities (DoDEA) Schools	https://www.dodea.edu	Education

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.

NOVEMBER 2024

Understanding Individual Education Plans & 504 Plans	https://www.militaryonesource.mil/special-needs/educational-needs/iep-vs-504-plan-for-students-with-special-needs/	Education
--	---	-----------

Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.