

# APPENDIX B WEBSITES

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## **NAVY – GENERAL INFORMATION**

**ALL HANDS MAGAZINE** — [www.navy.mil/ah\\_online](http://www.navy.mil/ah_online) Provides current and archived copies of the monthly All Hands Magazine, the official magazine of the US Navy. The yearly January edition of All Hands (Owner's & Operator's Manual) may also be accessed through this website. Check out their Facebook page.

**BUPERS ONLINE** — [www.bol.navy.mil](http://www.bol.navy.mil) Password protected site (requires a CAC) for official personnel records and other data. Includes access to service member's Page 2.

**COMMANDER, NAVY INSTALLATIONS COMMAND** — [www.cnic.navy.mil](http://www.cnic.navy.mil) CNIC's mission is to enable and sustain Fleet, Fighter, and Family readiness through consistent, standardized, and reliable shore support. This website contains a great deal of information in support of that mission, including links to the Family Connection Newsletter, "Operation Prepare", Fleet & Family Support Program, FamilyLine, Child & Youth Programs and Housing resources. The Ombudsman manual may also be accessed through this website.

**EXPEDITIONARY COMBAT READINESS CENTER** — [www.ecrc.navy.mil](http://www.ecrc.navy.mil) This website provides various resources and information for Navy individual augmentees (IA) and their families. The ECRC oversees the processing, equipping, training, certification, deployment, reach-back, and redeployment of Navy IA's, Ad Hoc individuals, and provisional units deploying for non-traditional expeditionary missions in support of the Global War on Terrorism.

**JUDGE ADVOCATE GENERAL'S (JAG) CORPS** — [www.jag.navy.mil](http://www.jag.navy.mil) This website contains a directory link to Navy Legal Service Offices (NLSO) as well as other interesting information regarding the JAG Corps. NLSO's provide legal services to active duty Navy, Marine Corps and Coast Guard service members and their dependents, reservists on active duty for 30 days or more, and to retirees as resources permit.

**MYPAY** — <https://mypay.dfas.mil> Defense Finance and Accounting System (DFAS) password protected site which allows you to view and manage your Leave and Earning Statement (LES), W-2's, travel payment information, and more.

**NAVY OFFICIAL WEBSITE** — [www.navy.mil](http://www.navy.mil) Provides information about the Navy, including flag officer biographies, the CNO's recommended reading list, and current news and stories as produced by the Navy Media Center. The website includes links to All Hands Magazine, Captain's Call Kit, and several other relevant sites. All information on the site is considered public information and may be distributed or copied unless otherwise specified.

## **NAVY – GENERAL INFORMATION**

**NAVY PERSONNEL COMMAND** -- [www.npc.navy.mil](http://www.npc.navy.mil) Provides links to highly relevant Navy and family support and services, current instructions, NAVADMINS, StayNAVY career resources, and numerous other useful Navy websites. Great source of information on such items as advancements, promotion boards and personnel policies. Password protected access to contact information for detailers, officer placement officers, and community managers.

**NAVY RECRUITING** -- [www.navy.com](http://www.navy.com) Contains lots of bells and whistles for those considering joining the Navy.

**U.S. FLEET FORCES COMMAND** -- [www.cffc.navy.mil](http://www.cffc.navy.mil) This website contains mission focused information regarding Fleet Forces as well as several interesting links including one for IA/ IA Family Support.

**U.S. NAVY CHIEF OF INFORMATION (CHINFO)** -- [www.navy.mil/local/chinfo](http://www.navy.mil/local/chinfo) The source for official information on key issues relating to the Navy and Marines. Chief of Naval Information (CHINFO) works with national and international media and community relations on a national level, and provides public affairs policy and guidance, including Social Media policy and training, to PAO's, Navy journalists and civilian public affairs specialists serving the Navy worldwide. CHINFO is also responsible for production of print and broadcast of internal information products such as Navy News, All Hands Magazine, and the Navy-Marine Corps News.

**@USNPEOPLE WEEKLY WIRE** -- This is the weekly public affairs news clip roundup from the Chief of Naval Personnel (CNP) and includes information for leaders to share with Sailors and their families. You can subscribe to the newsletter by sending an email to: [usnpeople.fct@navy.mil](mailto:usnpeople.fct@navy.mil)

## **BENEFITS**

**GI BILL EXPRESS** — [www.gibillexpress.com](http://www.gibillexpress.com) In partnership with Military.com, this site provides information about GI Bill benefits, schools, scholarships, and jobs. GI Bill Express also offers a FREE, easy to use GI Bill Guide.

**NATIONAL MILITARY FAMILY ASSOCIATION** — [www.militaryfamily.org](http://www.militaryfamily.org) NMFA is a nonprofit organization whose mission is to educate military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives. The organization is also responsible for the creation of the Survivor Benefit Plan. The website provides information and assistance regarding medical, education, and survivor benefits, as well as links to other valuable support, resource, and information sites such as Operation Purple Ribbon and Wounded Warriors & Families.

**NAVY MUTUAL AID ASSOCIATION** — [www.navymutual.org](http://www.navymutual.org) Navy Mutual assists in securing for dependents or beneficiaries without charge the federal benefits to which they may be legally entitled. This site is a good source for financial planning, assistance, benefits and life insurance.

**PER DIEM, TRAVEL AND TRANSPORTATION ALLOWANCE COMMITTEE** — [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil) Provides BAH, COLA, per diem, and other rates, as well as travel and relocation allowance information.

**THRIFT SAVINGS PLAN** — [www.tsp.gov](http://www.tsp.gov) Provides information about the Thrift Savings Plan program as well as access to your plan.

**TRICARE** — [www.tricare.mil](http://www.tricare.mil) Official site for TRICARE services, assistance and information.

**VETERANS AFFAIRS** — [www.va.gov](http://www.va.gov) Provides a wealth of information, resources, and links for veterans, including health care benefits, GI Bill, SGLI/ VGLI, and several other VA benefits and programs.

## **CRISIS MANAGEMENT, PLANNING, AND RESPONSE**

**AMERICAN RED CROSS** -- [www.redcross.org](http://www.redcross.org) In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. This is a great website with helpful information including: disaster services, volunteer opportunities, and programs in support of military members and families.

**COMFORT ZONE CAMP** -- [www.comfortzonecamp.org](http://www.comfortzonecamp.org) Comfort Zone Camp is the nation's largest bereavement camp for children who have experienced the loss of a parent, sibling or primary caregiver. The Camp is free and open to children ages 7- 17. The site also provides links to several resources dealing with children and the grieving process.

**FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA)** -- [www.fema.gov](http://www.fema.gov) FEMA manages federal response and recovery efforts following any national incident. The organization also initiates proactive mitigation activities, trains first responders, and manages the National Flood Insurance Program. This website contains plenty of information on disaster preparedness and current relief efforts. It also links to "FEMA for Kids" ([www.ready.gov/kids](http://www.ready.gov/kids)) which contains kid-friendly information about disaster preparedness and how to talk to kids about disasters as well as acts of terrorism.

**FOCUS (FAMILIES OVERCOMING UNDER STRESS)** -- [www.focusproject.org](http://www.focusproject.org) Provides resiliency training to military children, families and couples. It teaches practical skills to help overcome common challenges related to military life. It helps build on current strengths and teach new strategies to enhance communication and problem solving, goal setting and creating a shared family story.

**LOTSA HELPING HANDS** -- [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com) Lotsa Helping Hands provides free, private, web-based communities for organizing friends, family, and colleagues – your 'circles of community' – during times of need. This site provides easy coordination of activities and management of volunteers with their intuitive group calendar. There are other similar sites including: [www.carecalendar.org](http://www.carecalendar.org), [www.signupgenius.com](http://www.signupgenius.com), and [www.mealtrain.com](http://www.mealtrain.com).

## **CRISIS MANAGEMENT, PLANNING AND RESPONSE**

### **NATIONAL CENTER FOR POST TRAUMATIC STRESS DISORDER --**

[www.ptsd.va.gov](http://www.ptsd.va.gov) This website is an educational resource on PTSD and traumatic stress for veterans, mental health care providers, researchers and the general public.

### **NATIONAL ORGANIZATION FOR VICTIM ASSISTANCE (NOVA) --**

[www.trynova.org](http://www.trynova.org) NOVA's mission is to champion dignity and compassion for those harmed by crime and crisis. The organization has active crisis response teams and also performs crisis response training. This site also contains links to several federal agencies and nonprofit organizations.

**NAVY CHAPLAIN CARE** -- <http://www.navy.mil/local/chaplaincorps> Affords access to chaplain and spiritual support. Distance Support for Chaplain and Spiritual Support is available 24/7, 365 days a year. This website also provides information about CREDO (Chaplain's Religious Enrichment Development Operations) retreats and programs, family and individual counseling, and more.

### **NAVY FAMILY ACCOUNTABILITY AND ASSESSMENT SYSTEM (NFAAS) --**

<https://navyfamily.navy.mil/cas/login?service=https%3A%2F%2Fnavyfamily.navy.mil%2F>

NFAAS is web site administered by Commander, Navy Installations Command. Activated in the event of a declared disaster or evacuation, Navy personnel and family members can document their location and needs in the aftermath of an incident. NFAAS is used to determine the location and needs of displaced Navy family members, tracking follow-on case management by Fleet and Family Support Center (FFSC) staff members, and progress to recovery. If internet connection is not available NFAAS can be accessed using the Emergency Call Center at **1-877-414-5358** or TDD number **1-866-297-1971**

### **NAVY WOUNDED WARRIOR - SAFE HARBOR -**

<https://www.navywoundedwarrior.com/> Navy Wounded Warrior - Safe Harbor provides Sailors and Coast Guardsmen and their families, with non-medical care while they are recovering from serious illness or injury. Providers work with the service member and his or her medical team to develop a Comprehensive Recovery Plan designed to address the service member's specific recovery, rehabilitation and reintegration goals. The program provides transition support to civilian life or back into military life and does not end when a service member is discharged from a medical treatment facility.

## **CRISIS MANAGEMENT, PLANNING AND RESPONSE**

**READY.GOV** -- [www.ready.gov](http://www.ready.gov) The U.S. Department of Homeland Security, in partnership with The Advertising Council, encourages Americans to prepare themselves, their families and their communities by educating and empowering Americans to prepare for and respond to all kinds of emergencies. The *Ready* Campaign asks individuals to do three key things to prepare for the unexpected: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses. This site features several user-friendly links to videos and other downloads to assist you and your family in emergency preparedness.

**READY NAVY** -- [www.ready.navy.mil](http://www.ready.navy.mil) Are you and your family ready for an emergency? Whether you're part of the general Navy community, the Navy's emergency management team, or a potential partner in disaster response and recovery, you have a role in planning for emergencies---preparedness is your duty. This site provides links to information and tools to help you and your family prepare for emergency situations that could arise any time without warning.

**TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)** -- [www.taps.org](http://www.taps.org) TAPS is a nonprofit organization that offers compassionate care to all those grieving the loss of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, at no cost to surviving families and loved ones.

## **CUSTOMS AND TRADITIONS**

**BLUEJACKET** -- [www.bluejacket.com](http://www.bluejacket.com) Launched in 1997, this is a private site run by a retired officer. The site provides an electronic mix of material related to the Navy, Marine Corps and Coast Guard.

**GOATLOCKER** -- [www.goatlocker.org](http://www.goatlocker.org) This website was designed by and for Chiefs; onboard ships, submarines, Naval Air Stations, and Coast Guard Stations the quarters (berthing/ lounge) area for Chief Petty Officers is referred to as "The Goat Locker", hence the name of this site. The site provides some good information on ceremonies and traditions.

**NAVAL HISTORY AND HERITAGE COMMAND** -- [www.history.navy.mil](http://www.history.navy.mil) An official Navy website, that allows research of any number of naval history topics online. It provides information about new public and educational programs and exhibits offered at Navy museums all over the country. The site includes access to archives, photos, trivia, etc. and also includes a "Little Skippers" page with activities for kids.

**NAVAL VESSEL REGISTER** -- [www.nvr.navy.mil](http://www.nvr.navy.mil) NVR contains information on ships and service craft that comprise the official inventory of the US Navy from the time of vessel authorization through its life cycle and disposal. The site also includes ships that have been stricken but not disposed. Ships and service craft disposed of prior to 1987 are currently not included; however, data is gradually being added along with other updates.



## **EDUCATION AND TRAINING**

**FINAID** — [www.finaid.org](http://www.finaid.org) FinAid is a comprehensive site of student financial aid information, advice and tools. The site includes a link specifically for military users called "Military Aid". This link provides information about student financial aid resources for students interested in pursuing careers in the military, veterans, and dependents.

**MILITARY SCHOLAR** — [www.militaryscholar.org](http://www.militaryscholar.org) This website provides information about the Defense Commissary Agency's Scholarships for Military Children.

**NAVAL WAR COLLEGE (NWC)** — [www.usnwc.edu](http://www.usnwc.edu) This website includes information on NWC academic programs, library, museum, as well as current research and access to publications.

**NAVY PRIVACY ACT TRAINING** - <http://www.doncio.navy.mil> This is the Navy's official website for the Navy's Privacy Program and online training.

### **POST 9/11 GI BILL TRANSFERABILITY LINK** —

<https://www.vets.gov/education/gi-bill/transfer/> This page is accessible through the GI Bill website and contains information about transferability of Post 9/11 GI Bill benefits to a spouse or dependent children as well as the actual registration of dependents and benefit assignment. Post 9/11 Benefits must be transferred BEFORE retirement.

**UNITED STATES DEPT OF VETERANS' AFFAIRS GI BILL** — <https://benefits.va.gov/gibill/> This page contains in-depth information about the various education benefits administered by the Department of Veterans Affairs.

## **FAMILY SUPPORT**

**AFTER DEPLOYMENT** — [www.afterdeployment.org](http://www.afterdeployment.org) This website provides mental wellness resources for service members, veterans and military families. It seeks to assist you and the people close to you to manage your after-deployment concerns and ensure a smooth, healthy transition back to home life.

**ALL PRO DAD** — [www.allprodad.com](http://www.allprodad.com) Pro Dad was started by Tony Dunge. It is a group of people passionately committed to bringing intentional focus to fathers around the world. Our message will inspire you to embrace who you are, give you tenderness of heart and boldness of character as a dad and husband. We are consistently here for you to provide guidance and practice in raising your kids in a life giving way.

**ARMED SERVICES YMCA (ASYMCA)** — [www.asymca.org](http://www.asymca.org) ASYMCA is part of the DOD and provides many national and local programs for military children and families including YMCA memberships for military families and camps for military children. Many programs are designed to aid families of deployed service members.

### **CHILD AND YOUTH PROGRAMS (CYP) —**

<https://www.navycyp.org/> Navy CYP provides developmental child care and youth recreational programs and services for eligible children and youth ages 4 weeks to 18 years of age. Programs and services are specifically designed and operated to meet the unique needs of the military mission and Service members and their families. The site allows you to electronically research and apply for Navy sponsored day care at Navy installations around the world.

**COMMANDER, NAVY INSTALLATIONS COMMAND (CNIC)** — [www.cnic.navy.mil](http://www.cnic.navy.mil) CNIC's mission is to enable and sustain Fleet, Fighter, and Family readiness through consistent, standardized, and reliable shore support. This website contains a great deal of information in support of that mission, including links to the Family Connection Newsletter, "Operation Prepare", Fleet & Family Support Program, FamilyLine, Child & Youth Programs and Housing resources.

**COMPASS** — [www.gocompass.org](http://www.gocompass.org) COMPASS is a standardized Team-Mentoring program developed by spouses for spouses. The primary focus is on spouses new to the Navy. However, ALL Navy spouses are welcome. COMPASS improves quality of life through education, enabling spouses to understand, experience and meet the challenges of the Navy lifestyle. With this knowledge and realistic expectations, their journeys can be successful and rewarding. COMPASS is brought to you by Naval Services FamilyLine.

## **FAMILY SUPPORT**

### **FLEET AND FAMILY SUPPORT CENTER (FFSC) –**

[www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program.html](http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html)

FFSC provides individual and family support to military members and their families through the Fleet and Family Support Program. The website provides a wealth of information on several programs including: Family Readiness Groups, Ombudsman Basic Training, Individual Augmentees, Deployment Support, Relocation/ Transition Assistance, Personal Financial Management, Family Advocacy, Crisis Response, and Life Skills Education. Worldwide information and referral 24 hrs a day/7 days a week at (800) 372-5463.

**GREENCARE FOR TROOPS** – [www.projectevergreen.org](http://www.projectevergreen.org) Project Evergreen's GreenCare and SnowCare for Troops programs provide complimentary lawn and landscape services, and snow and ice removal services for families of currently deployed military personnel, and post 9/11 disabled veterans with a service-connected disability. To date, 11,000 families have registered for Project Evergreen's programs and 6,000 professionals have volunteered to help them.

**MILITARY.COM** – [www.military.com](http://www.military.com) Military.Com works very closely with government organizations to ensure complete and timely coverage of issues and events that affect their members. Military.Com's free membership connects service members, military families and veterans to all the benefits of service - government benefits, scholarships, discounts, lifelong friends, mentors, great stories of military life or missions, and more.

**MILITARYCHILDCARE.COM** – [www.MilitaryChildCare.com](http://www.MilitaryChildCare.com) is a new Department of Defense (DoD) pilot program to help streamline and standardize online resources to help military, DoD, civilian and contractor families find military-operated and military-subsidized childcare options. Help desk assistance available online and at 1-855-696- 2934.

**MILITARY CHILD EDUCATION COALITION (MCEC)** – [www.militarychild.org](http://www.militarychild.org) MCEC is a non-profit organization that identifies the challenges facing the highly mobile military child. The website features information and links to various education resources, including a checklist for transferring students, homeschooling, in-state tuition, and scholarships.

**MILITARY FAMILY NETWORK** – [www.emilitary.org](http://www.emilitary.org) The Military Family Network supports military families and increases their readiness and well-being by connecting them with their communities and the organizations that provide the best service and value. The site includes several useful links, including information specific to family support.

## **FAMILY SUPPORT**

### **MILITARY INTERSTATE CHILDREN'S COMPACT COMMISSION --**

[www.mic3.net](http://www.mic3.net) This is an agreement adopted by individual state legislatures that aids children of military families with school transfers between school systems by addressing issues regarding enrollment, eligibility, placement and graduation requirements. This website explains how the compact works and which states have adopted its measures.

### **MILITARYKIDSCONNECT (MKC) – [www.militarykidsconnect.dcoe.mil/](http://www.militarykidsconnect.dcoe.mil/)**

Military Kids Connect (MKC) is an online community for military children ages 6-17 yrs old that provides access to age-appropriate resources to support children dealing with unique psychological challenges of military life.

**MILITARY ONESOURCE** -- [www.militaryonesource.mil](http://www.militaryonesource.mil) A free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting/child care, relocation, deployment, concerns of families with special-needs members, relationships, stress, grief and more. Information consultants and counseling services are available 24/7 by telephone or online.

**CHILD CARE AWARE OF AMERICA** -- [www.childcareaware.org](http://www.childcareaware.org) Helps those who serve in the military find high quality, affordable child care that suits their unique needs. This site offers comprehensive child care resource information and referral.

**NATIONAL DOMESTIC VIOLENCE HOTLINE** -- [www.ndvh.org](http://www.ndvh.org) 24/7 confidential and free, this hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in more than 200 languages. Call 1-800-799-SAFE (7233) or TTY 1-800-787-3224

**NATIONAL MILITARY FAMILY ASSOCIATION** -- [www.militaryfamily.org](http://www.militaryfamily.org) NMFA is a nonprofit organization whose mission is to educate military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives. The organization is also responsible for the creation of the Survivor Benefit Plan. The website provides information and assistance regarding medical, education, and survivor benefits, as well as links to other valuable support, resource, and information sites such as Operation Purple Ribbon and Wounded Warriors & Families.

## **FAMILY SUPPORT**

**NATIONAL RESOURCE DIRECTORY** — [www.nationalresourcedirectory.org](http://www.nationalresourcedirectory.org) An online partnership of "shared care" providing information on, and access to, services and resources for wounded, ill and injured service members and veterans, their families and families of the fallen, and those who support them from recovery and rehabilitation to community reintegration.

**NAVAL CENTER FOR COMBAT & OPERATIONAL STRESS CONTROL (NCCOSC)** — [www.navy.mil/local/nccosc/](http://www.navy.mil/local/nccosc/) The NCCOSC is dedicated to the mental health and well-being of Navy and Marine Corps service members and their families. NCCOSC works to provide service members, combat veterans and their families with educational programs to effectively address combat, operational and daily stress and reduce stigma in seeking mental-health treatments. All NCCOSC efforts are predicated on the importance of teaching Sailors, Marines and their family members to recognize and treat signs of stress before anyone is in crisis.

**NAVAL SERVICES FAMILYLINE** — [www.nsfamilyline.org](http://www.nsfamilyline.org) NSFL is a volunteer, non-profit organization dedicated to serving naval spouses around the world. Their network of experienced, trained volunteer spouses allow them to mentor, consult, and guide families in the Navy, Marine Corps, and Coast Guard. NSFL provides 9 publications and spouse mentoring courses across the globe including Guideline Publications, COMPASS, Command Spouse Leadership Course, Command Master Chief Spouse Leadership Course, and CORE Library (Continuum of Resources and Education Library).

**NAVY LEAGUE** — [www.navyleague.org](http://www.navyleague.org) A nonprofit civilian, educational and advocacy organization that supports the men and women of America's sea services and their families. It provides programs and resources, including funding, in support of their mission.

**NAVY-MARINE CORPS RELIEF SOCIETY** — [www.nmcrs.org](http://www.nmcrs.org) In partnership with the Navy and Marine Corps, NMCRS provides financial, educational, and other need-based assistance to active-duty and retired Sailors and Marines, their eligible family members, and survivors.

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER (NMCPHC)** — [www.nmcphc.med.navy.mil](http://www.nmcphc.med.navy.mil) NMCPHC is the Navy and Marine Corps center for public health services. They provide leadership and expertise to ensure mission readiness through disease prevention and health promotion in support of the National Military Strategy.

## **FAMILY SUPPORT**

**OPERATION HOMEFRONT** — [www.operationhomefront.org](http://www.operationhomefront.org) Founded in 1998 by a Navy spouse, Operation Homefront is a nonprofit organization which provides emergency assistance and morale to our troops, the families they leave behind, and to wounded warriors when they return home. Programs include financial assistance, food assistance, home repair services, disaster relief, and others.

**OPERATION PURPLE CAMP** — [www.militaryfamily.org/kids-operation-purple/camps](http://www.militaryfamily.org/kids-operation-purple/camps) The goal of these free summer camps is to bring together youth who are experiencing some stage of a deployment and the stress that goes along with it. Operation Purple camps give kids the coping skills & support networks of peers to better handle life's ups and downs.

**SCHOOL LIAISON OFFICER (SLO)** — [www.dodea.edu/partnership/](http://www.dodea.edu/partnership/) The School Liaison Officer (SLO) assists with school information regarding academics, activities, and support services, etc for military families. They act as a communication link between military families with school aged children and the local school districts. The goal of the SLO program is to provide parents with the tools they need to overcome obstacles to education that stem from the military lifestyle; and to promote and educate local communities and schools regarding the needs of military children.

**SCHOOLQUEST** — [www.schoolquest.org](http://www.schoolquest.org) SchoolQuest is an educational resource tool from the Military Child Education Coalition. It helps families find information about schools, college & workplace readiness, transition, etc. It facilitates free resources and tools as well as information for new schools and centralizes resources (local schools, Exceptional Family Member contact, School Liaison Officer & Child and Youth Programs). It also acts as a safe centralized virtual "file drawer" for students' educational, extra-curricular, award, volunteer and work information.

**SITTERCITY** — [www.sittercity.com](http://www.sittercity.com) Sittercity helps families find quality local babysitters, nannies, elder care providers, dog walkers and tutors. It provides comprehensive profiles including background checks, references, reviews and pictures. This is a web based self-service solution; you make all the arrangements including hiring decision and payment of caregivers.

### **SPECIALIZED TRAINING OF MILITARY PARENTS (STOMP) —**

[www.pave.org/](http://www.pave.org/) This website is a one-stop shop for information and training regarding special education and other resources for military families of children with disabilities. STOMP seeks to provide information and training about laws, regulations and resources; connect families to other families; professionals and provide a voice to raise awareness of issues faced by military families of children with disabilities.

## **FAMILY SUPPORT**

**TUTOR.COM** -- [www.tutor.com](http://www.tutor.com) This website offers online professional certified tutors 24/7 who can assist with homework, test preparation, resume writing and more. Eligible U.S. military families have FREE unlimited access to these services. Navy families can get free access to this program through MilitaryOneSource [www.militaryonesource.mil](http://www.militaryonesource.mil) or the above link.

**UNITED THROUGH READING** -- [www.unitedthroughreading.org](http://www.unitedthroughreading.org) A quality of life program that connects military families who are separated-for deployment or military assignment-by providing the bonding experience of shared story time and reading aloud together.

**U.S. FLEET FORCES IA/IA FAMILY SUPPORT** -- [www.ia.navy.mil](http://www.ia.navy.mil) A useful and informative web site, for those about to go on or come off IA/mobilization. On this site, you will find, IA news, IA Grams, IA Policy, IA Resources, IA/IA family support links and frequently asked questions.

**UNITED SERVICE ORGANIZATIONS (USO)** -- [www.uso.org](http://www.uso.org) The USO strengthens America's military service members by keeping them connected to family, and home and country, throughout their service to the nation through trademark entertainment tours, installation and airport USO centers and other specialized programs. The USO is not part of the federal government. They are a congressionally chartered private organization.

**YOKOSUKA ENHANCED SPOUSE SPONSORSHIP PROGRAM (YESS)** -- <https://yessyokosuka.wordpress.com/> Sponsorship program for spouses, by spouses strives to ease the transition of families arriving in Yokosuka. Visit their Facebook page at: YESS Yokosuka Spouses

## **LEADERSHIP**

**BRIDGEWORKS** — [www.generations.com](http://www.generations.com) Launched by the authors of “When Generations Collide” (Ref Appendix A), this website helps bridge generational gaps in the workplace and marketplace. Informative and interesting blog posts.

**FRANKLINCOVEY** — [www.franklincovey.com](http://www.franklincovey.com) The “Resources” section of this site features a free interactive mission statement builder and stress assessment test, as well as the FranklinCovey Blog where you can access articles, insights, and ideas.

**GENERATIONS AT WORK** — [www.generationsatwork.com](http://www.generationsatwork.com) This website features several interesting articles, FAQ’s, links, and other resources regarding the different generations and generational differences.

**TOASTMASTERS** — [www.toastmasters.org](http://www.toastmasters.org) The Toastmasters organization aims to help you improve your communication and leadership skills in delivering great presentations, easily leading teams, conducting meetings, giving and receiving constructive evaluations, and being a better listener. This website includes several free public speaking articles, tools, and suggestions, podcasts, and information about local Toastmasters clubs in your area.



## **MEDIA & SOURCES FOR AUDIO/VISUAL PRODUCTS**

### **DEFENSE IMAGERY MANAGEMENT OPERATIONS CENTER—**

<http://www.dimoc.mil/> DIMOC executes the operational management of visual information for DOD components in support of US military activities and operations. DIMOC also has a Facebook page.

**NAVY TIMES —** [www.navytimes.com](http://www.navytimes.com) This website contains many Navy-related articles, information, and resource links.

**STARS AND STRIPES —** [www.stripes.com](http://www.stripes.com) The hometown newspaper for service members, government civilians and their families in Europe, the Middle East, Africa and the Pacific, Stars and Stripes offers the same type of national and international news, sports and opinion columns found in newspapers in the United States. Digital access and paper subscriptions available.

## **PERSONALITY TYPES**

### **CENTER FOR APPLICATIONS OF PSYCHOLOGICAL TYPES (CAPT) —**

[www.capt.org](http://www.capt.org) CAPT's mission is to extend and teach the accurate understanding of the ethical and practical applications of C.G. Jung's theory of psychological types, which shows how our differences in experiencing events and making decisions can be valuable rather than divisive, and can be used constructively to promote personal development, to manage conflict and to increase human understanding worldwide.

**KEIRSEY™** — [www.keirsey.com](http://www.keirsey.com) The Keirsey Temperament Sorter II® (KTS-II) is a 70-question personality instrument designed to help individuals discover their personality type. KTS is based on Dr. David Keirsey's Temperament Theory™ which states that people can be sorted into four Temperament groups: Artisans, Guardians, Rationals and Idealists. Within each of the four Temperaments, there are four Temperament Variants, which Keirsey calls, "Character Types." KTS-II may be used independently or in conjunction with MBTI®.

**THE MYERS BRIGGS FOUNDATION** — [www.myersbriggs.org](http://www.myersbriggs.org) Official website for all things MBTI®, including information about the instrument, personality types and other resources.

**TRUE COLORS** — [www.true-colors.com](http://www.true-colors.com) True Colors expands upon Keirsey's four temperament types, and translates complicated personality and learning theory into "one of the easiest, most convenient ways of understanding and appreciating human behavior." The True Colors program asks participants to identify their "color spectrum" using four cards that represent key personality types: Blue, Gold, Green or Orange. Each color has particular strengths and each analyzes, conceptualizes, understands, interacts and learns differently. But these differences, if not acknowledged and understood, can become barriers to interpersonal communication, making understanding between people of different types difficult. This website provides training and other information related to the True Colors program.

## **RELOCATION**

**HOMES.MIL** — [www.homes.mil](http://www.homes.mil) This site replaced AHRN (Automated Housing Referral Network) and is a joint DOD website offering a database of available rental listings and contact information with housing offices. Both military members and civilian property managers can list rental properties in the database.

**DEFENSE PERSONAL PROPERTY SYSTEM (DPS)** — [www.move.mil](http://www.move.mil) This is a DOD program to help active duty personnel and their families plan and arrange household goods moves online anytime. The automated system tracks your move from pre-planning through claims filing.

**MILITARY BY OWNER** — [www.militarybyowner.com](http://www.militarybyowner.com) MilitaryByOwner.com seeks to provide a comprehensive low cost means for military members and their families to advertise on the internet. The website encompasses all locations where military members may be stationed to include overseas assignments. This is a great housing resource for families selling or renting their own property or for families searching for housing.

**MILITARY INSTALLATIONS** — [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil) Welcome aboard information for more than 300 military bases worldwide. It includes great up to date information. Can also check out (through links sponsored by Military One Source) school report cards and can type in your zip code and get crime statistics and other information about your next duty station.

**NAVY HOUSEHOLD GOODS** — Naval Supply Systems Command (NAVSUP) runs the Navy sponsored Personal Property Offices. This website provides NAVY specific household goods information as well as customer outreach to mitigate some of the issues with the joint Defense Personal Property System (DPS). All NAVSUP Personal Property Shipping Offices have DPS Kiosks and experienced counselors to help set up moves.

Additional NAVSUP household goods resources include:

Navy Household Goods Customer Contact Center: [householdgoods@navy.mil](mailto:householdgoods@navy.mil) or call 855-HHG-MOVE

Facebook: [www.facebook.com/NAVYHHG](http://www.facebook.com/NAVYHHG)

YouTube: [www.youtube.com/user/NavyHHG](http://www.youtube.com/user/NavyHHG)

Twitter: [www.twitter.com/navyhhg](http://www.twitter.com/navyhhg)

Pinterest: [www.pinterest.com/navyhhg](http://www.pinterest.com/navyhhg)

**VOTING ASSISTANCE** — [www.fvap.gov](http://www.fvap.gov) The *Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA)* covers the voting rights of members of the Uniformed Services (on active duty), members of the Merchant Marine, their eligible family members, and citizens residing outside the United States. The procedures and deadlines to vote absentee vary from state to state. Be sure to check out the FAQ link on this site.



## **RESERVE SPECIFIC**

**EMPLOYER SUPPORT OF THE GUARD AND RESERVE** — [www.esgr.org](http://www.esgr.org) ESGR is a DOD organization established to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment.

**NAVAL ENLISTED RESERVE ASSOCIATION** — [www.nera.org](http://www.nera.org) NERA is the only military and veteran's organization representing enlisted reservist members of the Navy, Marine Corps and Coast Guard to Congress, the White House, and the Departments of Defense and Transportation.

**NAVY RESERVE FORCE** — [www.navyreserve.navy.mil](http://www.navyreserve.navy.mil) This official Navy website includes several welcome aboard links including current and archived issues of "The Navy Reservist Magazine." Several other helpful resources and information are available via log-in of authorized members of the U.S. Navy Reserve Force.

**RESERVE AFFAIRS** — [www.defenselink.mil/ra](http://www.defenselink.mil/ra) Official DOD website regarding matters which involve the Reserve components, including the Naval Reserve, Marine Corps Reserve, Army National Guard, Army Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve. The website is chock full of Reserve-specific information and resources including family readiness, mobilization and training, guide to benefits, and many other useful links and downloads.

## **SOCIAL MEDIA**

**SOCIAL TIMES** -- [www.adweek.com/socialtimes](http://www.adweek.com/socialtimes) A blog covering Facebook and everyone who uses it. It provides advice, news and analysis for both individuals and companies. This is a good resource for learning how to better utilize Facebook.

**ANTI-VIRUS SOFTWARE (FREE!)** -- Free Symantec or McAfee anti-virus software provided by Navy Information Operations Command (NIOC). This website must be accessed from a .mil computer using a Computer Access Card (CAC). Software may be downloaded and saved to a CD and installed on home devices. There is also a Home Cyber Security Brochure on the site.

Other recommended free anti-virus software options include:

AVG: <http://free.avg.com>

AVAST: [www.avast.com](http://www.avast.com)

Ad-Aware Free Anti-Virus+: [www.lavasoft.com/products/ad\\_aware\\_free.php](http://www.lavasoft.com/products/ad_aware_free.php)

Microsoft Security Essentials: [www.microsoft.com/security\\_essentials](http://www.microsoft.com/security_essentials)

### **NAVY SOCIAL MEDIA DIRECTORY AND POLICY--**

[www.navy.mil/CommandDirectory.asp](http://www.navy.mil/CommandDirectory.asp) The Navy's directory and policy for official social media presences. This is the source for command social media registration and also provides official Navy social media policy, best practices, Social Media Handbook and social media OPSEC. Registration adds the social network to the list and gets the command on a weekly email distribution of Navy news on social media.

### **NAVY SOCIAL MEDIA ON SLIDESHARE --**

[www.slideshare.net/USNavySocialMedia](http://www.slideshare.net/USNavySocialMedia) A resource for documents and presentations on how to use social media, case studies and briefs. Specifically for family support, this site includes a Social Media Snapshot: FAMILY READINESS GROUPS: Reaching Family Members through Facebook.

**U.S. NAVY SOCIAL MEDIA BLOG** -- <http://usnavymedia.tumblr.com/> Blogs from the Navy Emerging Media Team at CHINFO sharing the latest in digital media trends, tools, and techniques to promote continuous knowledge sharing and innovation among Navy communicators across the globe.

## **SPOUSE EMPLOYMENT**

### **ADECCO CAREER CONNECTIONS FOR MILITARY SPOUSES --**

<https://www.adeccousa.com/about-adecco-staffing/adecco-programs-partnerships/veterans-and-military-spouses/>

Adecco's Career Accelerator program works very closely with the U.S. armed forces to offer military spouses access to temporary and direct-hire career opportunities. This website provides career information and resources, as well as an Adecco office locator.

**CAREER ONESTOP --** [www.careeronestop.org](http://www.careeronestop.org) Sponsored by the U.S. Department of Labor, this site consists of an integrated suite of national web sites that help businesses, job seekers, students, and workforce professionals find employment and career resources. Information specific to military spouses can be found at [www.careeronestop.org/militaryspouse](http://www.careeronestop.org/militaryspouse) as well as the "Military Transition" tab at the top of the page.

**IN GEAR --** <http://ingearcareer.org> is a free forum for community support, information sharing, and mentoring for the career minded military spouse.

**MILITARY CONNECTION --** [www.militaryconnection.com](http://www.militaryconnection.com) This website offers a comprehensive directory of resources and information on employment opportunities, the latest military job postings, pay charts, salary calculators and the GI Bill. It also provides information on federal and government jobs, military schools, military loans and military pay.

**MILITARY SPOUSE CAREER CENTER --** [www.military.com/spouse](http://www.military.com/spouse) This website provides access to job search engines, resume assistance, career counseling, training information and education options.

### **MILITARY SPOUSE CORPORATE CAREER NETWORK (MSCCN) --**

[www.msccn.org](http://www.msccn.org) MSCCN is a not-for-profit, corporate direct hire program dedicated to providing career opportunities and job portability for military spouses through a nationwide network of employers.

### **MILITARY SPOUSE EMPLOYMENT PARTNERSHIP (MSEP) CAREER PORTAL --**

<https://mseppjobs.militaryonesource.mil> MSEP seeks to strengthen the education and career opportunities of military spouses through academic, licensing, credentialing and employment assistance. Access quick links to MySECO, MyCAA and other spouse employment programs.

**USA JOBS --** <https://www.usajobs.gov/> This website is the federal government's one-stop source for federal jobs and employment information where you can search for jobs and even post your resume.