With some basic understanding of the National Guard system, you can develop a program designed to meet the needs of couples affected by military service. After you have established a program, you may want to develop a partnership with the local National Guard programs in your state and community. The following worksheet can be a reference for thinking through ways to begin.

### Finding Your Way Worksheet

<table>
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<tr>
<th>Steps to consider:</th>
<th>What to do, ask, or look for:</th>
<th>Notes (What did you find?)</th>
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</table>
| Visit [www.jointservicessupport.org](http://www.jointservicessupport.org) | -Research all of the programs available, and learn what is offered to guard members and families.  
-List any Family Assistance Centers (FACs) near you  
-Where is the State Family Program located?  
-Who is the contact for the Yellow Ribbon and Reintegration Program (YRRP)?  
-Identify any Chaplains listed  
-What are the phone numbers for these resources?  
-Look on the Events tab and see if there are any events that might create an opportunity to connect or serve. | |
| (Note: Often the site will pick up on your location, but you might need to select your state. Some of this site might be restricted to only military and families.) | | |

www.healthymarriageinfo.org
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| Visit [www.myarmyonesource.org](http://www.myarmyonesource.org) (Note: This site is specific to the Army. Many of the items on this site will be relevant to all military (i.e., Air National Guard) but most things will only discuss the Army/Army National Guard.) | Click on the Services Locator button and look at any services available in your area that might be relevant to the type of work you want to do  
-Locate the “Community Support Coordinator” for your area and consider contacting him/her.  
-Search other areas of this site with an eye for information that might be of assistance to you. Consider taking online trainings to further familiarize yourself with military culture. | ______________________ |
| Visit [www.strongbonds.org](http://www.strongbonds.org) | -What programs are offered for Guard couples?  
-What (if any) events are being held in your community (often this information is restricted)?  
-What content is covered by Strong Bonds services? What content is NOT covered? | ______________________ |
| Visit [www.ng.mil/resources/states.aspx](http://www.ng.mil/resources/states.aspx) and find your state. | -In your State’s National Guard web-site, locate any resources (Family Program, Chaplains, FACs) or units that are near you.  
-What are the phone numbers for these resources? | ______________________ |
| Do a basic internet search on National Guard keywords and topics in your community, or even look in the government section of your phone book. | -Search phrases like “National Guard in Phoenix, AZ”, “Michigan National Guard Family Programs [or FRGs, or FACs]”, “National Guard Units in Des Moines”, etc.  
-Where is the nearest Armory or Base?  
-What units are located in these locations?  
-What are the phone numbers for the units? | ______________________ |
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| Connect with established organizations in your community that might already provide services to guard members and families. | - Contact local religious organizations and ask if they have guard members or families in their groups.  
- Contact Veterans Service Organizations (VFQ, AmVets, American Legion, etc.).  
- Contact community-based organization such as 4H, YMCA, or County Extension services.  
- Contact local schools or other youth programs. |                                                                       |
| Call any of the individuals you found in your search. ¹                              | - Ask what the greatest need is for the Guard members and couples in your community (remember, often they are struggling with reaching Guard members and families in the community).  
- Explain what MRE is, that you want to help, and what services you have to offer.  
- Ask if there is an event you can volunteer for to see where you can be of service.  
- Ask if you can set an appointment to discuss and show what you can do for them and the National Guard members and couples in your community. |                                                                       |
| Attend a deployment or reunion ceremony (often they are noted in the local news) or some other event you have learned about. | - Observe who is there and what is being discussed.  
- Be sensitive that you are a guest and do not intrude on the activities.  
- As appropriate, engage in informal conversations and network with key individuals and guard members and families. Find out what they like best and what gaps in services they can identify. |                                                                       |
Look in your own family or neighborhood for guard members and families.

-Ask their advice on connecting with other families and key individuals.

1 Note: Key individuals might often be hesitant or even restricted to share some information about specific units, deployment schedules, and so on. Be respectful of these limitations and ask only general questions in a supportive tone. Also, many individuals might be leery that you are trying to “sell” them something. You might be! Just be upfront about the purpose of your call.