



Getting Started Worksheet

After reading through the information about both who the National Guard is, and what the main issues experiences by guard members and families are, you can start on the path of getting your MRE programming integrated with the National Guard programs in your state and community. The following worksheet will help you.

Steps to consider:	What to do, ask, or look for:	Notes (What did you find?)
<p>Look in the Government section of your phone book for any "National Guard" references.</p>	<ul style="list-style-type: none"> -Where is the nearest Armory or Base? -What National Guard units are located in these sites? -What are the phone numbers for the units? 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Visit www.jointservicesupport.org <i>(Often this 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.)</i></p>	<ul style="list-style-type: none"> -Research all of the people and programs available, and learn what is offered to guard members and families. -Type in your ZIP code on the Resource Finder section, and see what comes up. <ul style="list-style-type: none"> -Are there any Family Assistance Centers (FACs) near you? -Where is the state Family Program located? -Are there 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 provides service with your MRE programming. 	

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Visit www.strongbonds.org	<p>-What programs are offered for guard families?</p> <p>-Can you see if any events are offered in your community (often this information is restricted)</p>	<hr/> <hr/> <hr/> <hr/>
Visit www.ng.mil/resources/states.aspx and find your State.	<p>-In your state's National Guard web-site, can you locate any resources (family program, chaplains, FACs) or units that are near you?</p> <p>-What are the phone numbers for these resources?</p>	<hr/> <hr/> <hr/> <hr/>
Conduct a basic Internet search on National Guard keywords and topics in your community.	<p>-Search works like <i>"National Guard in Phoenix, AZ," "Michigan National Guard Family Programs [or FRGs or FACs]," "National Guard Units in Des Moines," etc.</i></p>	<hr/> <hr/> <hr/> <hr/>
Connect with established organizations in your community that might already service guard members and families.	<p>-Contact local religious organizations and ask if they have guard members or families in their groups.</p> <p>-Contact Veterans Service Organizations (VFW, AmVets, American Legion, etc.).</p> <p>-Contact community-based organization such ad 4H, YMCA or County Extension services.</p> <p>-Contact local schools or other youth programs.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

