

National Guard Resource Sheet

The information on this sheet can help National Guard members and their families find and access resources that can create the best possible quality of life. Many government and community-based organizations are willing to serve the National Guard in a variety of ways — all it takes is for you to find them! These five resources are the basics. Once you learn to use them, you can build your resources for a particular need. Take the time to get to know these sources of information. You won't regret it.

Resource #1: The State Family Program Office

Each National Guard organization has a State Family Program Office. It is primarily responsible for carrying out programs that prepare and assist National Guard Soldiers and families for many aspects of military and civilian life. This office can help you access both military and civilian benefits and resources to assist your family.

Contact for your State Family Program Office: _____

Resource #2: The Wing Family Program Office

Each Air National Guard Wing has a Wing Family Program Coordinator who can represent the State Family Program Office with resources specific for Air National Guard members and families.

Contact for your Wing Family Program Office: _____

Resource #3: Family Assistance Centers

Family Assistance Centers are locations, typically at a National Guard Armory, where staff are equipped and trained to assist military families in difficult situations or to simply provide information and referral. It is possible that a Family Assistance Center is just a short drive from your home.

Contact for your closest Family Assistance Center: _____

Resource #4: Military OneSource

Military OneSource is a one-stop assistance program with thousands of resources at your fingertips. Military personnel and family members can call Military OneSource at any time and receive information, counseling, and products that can be delivered to your door or email inbox. Every National Guard member and family should know how to access and use Military OneSource.

Contact for Military OneSource: 800-342-9647 or www.militaryonesource.com

Resource #5: Joint Services Support

Joint Services Support (or JSS) is a website hosted by the National Guard Bureau. On this site, Guard members and families can find invaluable local resources, events, and information that can add to the readiness and quality of your family life.

Contact for Joint Services Support: www.jointservicesupport.org