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## Deployment Resources for Families

While military families know how to stand strong, the stresses of deployment can bring extra challenges. At Military OneSource, we're here to help—by connecting you to a wide array of programs and services designed for military families. Here are some resources you should know about when the service member in your family has been deployed:

### The Family Readiness System

The Family Readiness System is a network of programs, services and agencies—all collaborating to promote your family's readiness and quality of life.

- Through this system, you can get mobility and deployment assistance to help your family adjust to all phases of the deployment cycle.
- You'll also find assistance for many other areas of military life while your service member is deployed, from financial management to emergency family assistance.

How to access services:

- Visit any installation-based Military and Family Support Center. Centers are open to all service members and their families, regardless of your branch.
- You can find your nearest center at [MilitaryINSTALLATIONS](#), or through individual service branches:
  - [Army Community Services](#)
  - [Marine Corps Community Services](#)
  - [Navy Fleet and Family Support Center](#)
  - [Airman and Family Readiness Center](#)

Non-military community organizations are also part of the Family Readiness System.

Your [Military and Family Support Center](#) and [Reserve Component Family Program](#) can connect you to approved providers. You can also call Military OneSource at 800-342-9647.

### Deployment for spouses of Guard and reserve service members

Is your partner preparing for deployment or transitioning to active duty? These support services for National Guard and reserve families can help you every step of the way, from mobilization to reintegration:

- **Command communications:** Your command leadership will provide information to you in a variety of ways, including unit website, email, a toll-free number and/or automated multimedia communication systems.

- **Military Family and Support Centers:** Active-duty Guard and reserve service members and their immediate family are entitled to use services at any military installation. You can find nearby centers at [MilitaryINSTALLATIONS](#), or through individual service branches:
  - [Army Community Services](#)
  - [Marine Corps Community Services](#)
  - [Navy Fleet and Family Support Center](#)
  - [Airman and Family Readiness Center](#)
- These sites and organizations offer more support and services:
  - [Manpower and Reserve Affairs](#)
  - [Air Force Reserve Family Program](#)

## Services for children and deployment

A number of organizations offer help for families with children whose mom or dad has been deployed:

- [Sesame Street for Military Families](#) offers several resources for children of deployed service members, including videos, tips, downloadable documents and more.
- [ZERO to THREE](#) has resources for military and veteran families with infants and toddlers. Check out their tools, resources and strategies for parents, especially during deployment.
- [MilitaryKidsConnect](#) offers Kids Deploy Too, a website designed to help military kids (ages 6-17) face the challenges of a deployment using engaging and interactive activities.

## Services and help for deployed service members' family caregiver

Are you the designated family caregiver for a deploying service member? There are a number of documents and legal considerations you'll need to address during deployment. An official family care plan is required for military members and it must be kept up-to-date. Find guidance on the family care plan for your service branch below:

- [Army Family Care Plan](#)
- [Marine Corps Family Care Plan](#)
- [Navy Family Care Certification](#)
- [Air Force Family Care Certification](#)

For more information about the documents that a designated family caregiver needs, talk with a Military OneSource consultant at 800-342-9647. The legal assistance offices on your installation can also help with any legal documents you need to support your family care plan.

## Plan My Deployment—for deployed service members and families

With [Plan My Deployment](#), you can access planning tools, checklists and helpful tips to help de-stress your deployment. Create a unique checklist for the pre-deployment, homecoming and reintegration stages that contains only the information you and your family need to successfully navigate the process.

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