

# Resources for Parents of Services Members

(November 2014)

## Organizations, Groups and Web Links:

- National Military Family Association: [www.militaryfamily.org/get-info/partners-parents-others/](http://www.militaryfamily.org/get-info/partners-parents-others/)
- Real Warriors: [www.realwarriors.net/family/support/parents.php](http://www.realwarriors.net/family/support/parents.php)
- Operation - We Are Here: [www.operationwearehere.com/Parents.html](http://www.operationwearehere.com/Parents.html)
- When Your Son or Daughter is Deployed: <http://deploymenthealthlibrary.fhp.osd.mil/Product/RetrieveFile?prodId=237>
- Yellow Ribbon Reintegration Program (YRRP): [www.jointservicesupport.org/YRRP](http://www.jointservicesupport.org/YRRP)
- National Center for PTSD: [www.ptsd.va.gov/public/index.asp](http://www.ptsd.va.gov/public/index.asp)
- Defense Centers of Excellence: [www.dcoe.mil](http://www.dcoe.mil)
- Military OneSource: [www.militaryonesource.mil](http://www.militaryonesource.mil)
- After Deployment: [www.afterdeployment.org](http://www.afterdeployment.org)
- Blue Star Mothers: [www.bluestarmothers.org](http://www.bluestarmothers.org)
- Fathers of the Brave: [www.fathersofthebrave.com](http://www.fathersofthebrave.com)
- Mothers of Military: [www.mothersofmilitary.org](http://www.mothersofmilitary.org)
- Army Mom Strong: [www.armymomstrong.com](http://www.armymomstrong.com)
- Navy for Moms: [www.navyformoms.com](http://www.navyformoms.com)
- Today's Military: [www.todaymilitary.com/guidance](http://www.todaymilitary.com/guidance)
- Military Moms United: [www.militarymomsunited.org](http://www.militarymomsunited.org)
- Vet Centers: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)
- American Red Cross: [www.military.com/spouse/military-life/military-resources/american-red-cross.html](http://www.military.com/spouse/military-life/military-resources/american-red-cross.html)
- Program of Comprehensive Assistance for Family Caregivers: [www.caregiver.va.gov/support/support\\_benefits.asp](http://www.caregiver.va.gov/support/support_benefits.asp)
- Family Readiness Groups (FRGs): *Offered to family members of those serving in the Army or Navy. Parents won't be included unless their military child provides their contact information to the group.*
- Social media and online forums (e.g., Facebook group for parents of deployed Service members)

### **Guides and Books:**

- Sumrall, P. (2007). *Our Sons, Our daughters: A National Guard Parent's Guidebook to Deployment*. Arlington: National Guard Bureau Family Program Office.
- Cody, V. (2005). *Your Soldier Your Army: A Parent's' Guide*. Arlington: Association of the US Army.
- Domenici, P., Armstrong, K., & Best, S. (2013). *Courage After Fire for Parents of Service Members: Strategies for Coping When Your Son or Daughter Returns from Deployment*. Oakland: New Harbinger Publications, Inc.

### **Free or Low Cost Counseling Services (check availability in state):**

- Given An Hour: [www.giveanhour.org](http://www.giveanhour.org)
- SORFAR: Strategic Outreach to Families of All Reservists: [www.sofarusa.org](http://www.sofarusa.org)
- The Soldiers Project: [www.thesoldiersproject.org](http://www.thesoldiersproject.org)
- Courage Beyond: [www.couragebeyond.org](http://www.couragebeyond.org)

*Military OneSource is not noted here as it only provides counseling to military dependents, not parents.*

### **Crisis Lines:**

- Veterans Crisis Line (24/7): 1-800-273-TALK (8255), text 838255, [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- Defense Centers of Excellence Outreach Center (24/7): 1-866-966-1020, [www.dcoe.mil/Families/Help.aspx](http://www.dcoe.mil/Families/Help.aspx)
- Vets4Warriors (24/7): 1-855-838-8255, [www.vets4warriors.com](http://www.vets4warriors.com)
- DOD Safe Helpline – Sexual Assault Support (24/7): 1-877-995-5247, [www.safehelpline.org](http://www.safehelpline.org)
- Military OneSource (24/7): 1-800-342-9647, [www.militaryonesource.mil](http://www.militaryonesource.mil)

---

This list is not all-inclusive. Other resources are available including books written by parents of Service Members about their personal experiences with a military child. The Center for Deployment Psychology does not implicitly endorse any resource by including it in this list.