1-800-342-9647



BPSC, PPSC, or other parenting concerns Support for parenting challenges. Free, individualized, confidential support for new and expecting military parents. https://www.militaryoneso urce.mil/confidential- help/specialty- consultations/new- milparent/new-milparent/new-milparent	QR	Description	Link	Age	
Support for parenting challenges. Free, individualized, confidential support for new and expecting military parents. https://www.militaryoneso urce.mil/confidential- help/specialty: consultations/new- miliparent/new-miliparent- consultations/ 0-5yrs Programs for parents and caregivers to learn and practice effective strategies for raising healthy children. https://thrive.psu.edu/ 0-18yrs Programs for parents and caregivers to learn and practice effective strategies for raising healthy children. https://focusproject.org/co ntent/ioint-base-lewis: mcchord >3yrs Programs for parents and caregivers to learn and practice effective strategies for raising healthy children. https://focusproject.org/co ntent/ioint-base-lewis: mcchord >3yrs Provides military parents ideas for enhancing everyday moments with their baby or toddler including: behavior tips, play time ideas, self- care, and child development information. https://sesamestreetformilit taryfamilies.org/ 0-3yrs Provides military parents of separation and change. A tool to help military families and their young children cope with the challenges of deployment and build resilience in times of separation and change. https://sesamestreetformilit taryfamilies.org/ 2-5yrs					
Caregivers to learn and practice effective strategies for raising healthy children.https://focusproject.org/co ntent/joint-base-lewis- mcchord>3yrsTeaches practical skills to help families overcome common challenges related to military lifehttps://focusproject.org/co ntent/joint-base-lewis- mcchord>3yrsFree text service for expecting or new moms. Includes info on safe sleep, feeding, car seat safety, milestones, nutrition, etc.https://www.text4baby.org /0-3yrsProvides military parents ideas for enhancing everyday moments with their baby or toddler including: behavior tips, play time ideas, self- care, and child development information.https://sesamestreetformilii taryfamilies.org/0-3yrsA tool to help military families and their young children cope with the challenges of deployment and build resilience in times of separation and change.https://sesamestreetformilii taryfamilies.org/2-5yrs		Support for parenting challenges. Free, individualized, confidential support for new and expecting	https://www.militaryoneso urce.mil/confidential- help/specialty- consultations/new- milparent/new-milparent-	0-5yrs	
families overcome common challenges related to military lifentent/joint-base-lewis- mcchordImage: Charlenges related to military lifentent/joint-base-lewis- mcchord0-3yrsImage: Charlenges related to military lifeFree text service for expecting or new moms. Includes info on safe sleep, feeding, car seat safety, milestones, nutrition, etc.https://www.text4baby.org (0-3yrsImage: Charlenge charl		caregivers to learn and practice effective strategies for raising	https://thrive.psu.edu/	0-18yrs	
new moms. Includes info on safe sleep, feeding, car seat safety, milestones, nutrition, etc. / Provides military parents ideas for enhancing everyday moments with their baby or toddler including: behavior tips, play time ideas, self- care, and child development information. https://babiesonthehomefr ont.org/ 0-3yrs A tool to help military families and their young children cope with the challenges of deployment and build resilience in times of separation and change. https://sesamestreetformili taryfamilies.org/ 2-5yrs		families overcome common	ntent/joint-base-lewis-	>3yrs	
enhancing everyday moments with their baby or toddler including: behavior tips, play time ideas, self-care, and child development information. ont.org/ Image: their self-care, and child development information. A tool to help military families and their young children cope with the challenges of deployment and build resilience in times of separation and change. https://sesamestreetformili taryfamilies.org/ 2-5yrs Image: their self-care in times of separation and change. Drug and Alcohol Concernst their self-care in times of separation and change. their self-care in times of separation and change in the self-care in times of separation and change in times of separation and change in times of separation and change in timesenter in tin times of separation and change in times of		new moms. Includes info on safe sleep, feeding, car seat safety,	https://www.text4baby.org	0-3yrs	
their young children cope with the challenges of deployment and build resilience in times of separation and change.		enhancing everyday moments with their baby or toddler including: behavior tips, play time ideas, self- care, and child development		0-3yrs	
		their young children cope with the challenges of deployment and build resilience in times of separation and change.	taryfamilies.org/	2-5yrs	
Relationship problems		DoD tobacco cessation program			



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	Non-medical counseling (up to 12	https://www.militaryoneso	>13yrs	
	sessions, per issue) on topics such	urce.mil/confidential-		
	as marital problems, stress, anger,	help/non-medical-		
	loss, and parenting.	counseling/non-medical-		
		counseling-resources/		
	Food insecurity resource	25		
	Food insecurity	https://media.militaryones	All	
		ourceconnect.org/Military		
		OneSource/ServiceProvider		
		Tools/US%20Food%20Secu		
		rity%20Locations%20by%2		
ETE CARACIA HARA		OInstallation.pdf		
Health and wellness concerns				
	Health and wellness coaches	https://www.militaryoneso	>13yrs	
	provide information, support,	urce.mil/confidential-	-	
	encouragement and accountability	help/specialty-		
	on specific topics including weight	consultations/health-		
	management, fitness, nutrition,	wellness-coaching/take-		
	and stress management	command-of-your-well-		
	_	being-with-a-health-and-		
		wellness-coach/		
	Finance Concerns			
बिभ्देर होता	Personal finance, tax, and legal	https://www.militaryoneso	>18yrs	
	support	urce.mil/financial-legal/		
	Reading			
	Free Books	https://www.militaryoneso		
		urce.mil/recreation-travel-		
		shopping/recreation/librari		
		es/morale-welfare-and-		
		recreation-digital-library/		
	School Problems			
	School Problems	https://military.tutor.com/		
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