





QR	Description	Link	Age
BPSC, PPSC, or other parenting concerns			
	Support for parenting challenges. Free, individualized, confidential support for new and expecting military parents.	https://www.militaryonesource.mil/confidential-help/specialty-consultations/new-milparent/new-milparent-consultation/	0-5yrs
	Programs for parents and caregivers to learn and practice effective strategies for raising healthy children.	https://thrive.psu.edu/	0-18yrs
	Teaches practical skills to help families overcome common challenges related to military life	https://focusproject.org/content/joint-base-lewis-mcchord	>3yrs
	Free text service for expecting or new moms. Includes info on safe sleep, feeding, car seat safety, milestones, nutrition, etc.	https://www.text4baby.org/	0-3yrs
	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://babiesonthehomefront.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://sesamestreetformilitaryfamilies.org/	2-5yrs
Drug and Alcohol Concerns			
	DoD tobacco cessation program	https://www.ycq2.org/	
Relationship problems			



	Non-medical counseling (up to 12 sessions, per issue) on topics such as marital problems, stress, anger, loss, and parenting.	https://www.militaryonesource.mil/confidential-help/non-medical-counseling/non-medical-counseling-resources/	>13yrs
Food insecurity resources			
	Food insecurity	https://media.militaryonesourceconnect.org/MilitaryOneSource/ServiceProviderTools/US%20Food%20Security%20Locations%20by%20Installation.pdf	All
Health and wellness concerns			
	Health and wellness coaches provide information, support, encouragement and accountability on specific topics including weight management, fitness, nutrition, and stress management	https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/take-command-of-your-well-being-with-a-health-and-wellness-coach/	>13yrs
Finance Concerns			
	Personal finance, tax, and legal support	https://www.militaryonesource.mil/financial-legal/	>18yrs
Reading			
	Free Books	https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library/	
School Problems			
	School Problems	https://military.tutor.com/home	