



Free Stuff for Reserve Spouses

Microsoft Office:

<http://www.microsoft.com/office/offers/military/>

Buy now for \$49.99 and save up to 87%. Get Office Standard 2007—Military Appreciation Edition for just \$49.99. That's up to \$349 off! The Military Appreciation Edition of Office 2007 includes Word, Excel, PowerPoint, and Outlook. Active Duty Military, National Guard personnel, Reserves, US Civilian Department of Defense employees when stationed outside of the US, Department of State Officials serving in Foreign countries and dependents of the above. If you can shop for retail merchandise at your local exchange, you are authorized to order from the Catalog and Exchange online store.

San Diego Zoo

<http://www.sandiegozoo.org/zoo/hours.html>

Active duty military personnel (U.S. and foreign) with valid military ID card receive free admission. Spouses and dependents receive 10% discount on the Best Value Admission only; valid military ID required.

Weight and Health Coach:

<http://www.militaryonesource.com>

iCanChange uses a personalized, flexible, and supportive approach to help you reach your weight and health goals. iCanThrive can help you learn how to fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax more. iCanRelax can help you become aware of stress and how it affects you, and gain skills for handling your reactions to stressful demands and changes. (Click on Healthy Habits)

Career Training

<https://aiportal.acc.af.mil/mycaa>.

Training: Eligible military spouses are now able to receive up to \$6,000 of MyCAA Financial Assistance (FA) that can help them pursue education, training, licenses, certificates and degrees leading to employment in Portable Career fields.



SeaWorld

<http://www.herosalute.com>

Anheuser-Busch is honored to salute the men and women of our armed forces and their families. Throughout 2009, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

Deployment Childcare Subsidies

www.naccrra.org/MilitaryPrograms

National Association of Child Care Resource and Referral Agencies offers respite care for families with special needs, assistance paying for childcare, referrals for childcare in your area. 800.424.2246

SAT/ACT Prep Program

<http://www.eknowledge.com/military.asp>

eKnowledge Corporation and NFL football players have donated \$20,000,000 of free SAT software to military families worldwide. Military service members, veterans and dependents can order the free SAT test preparation products worth \$200

Summer Camp

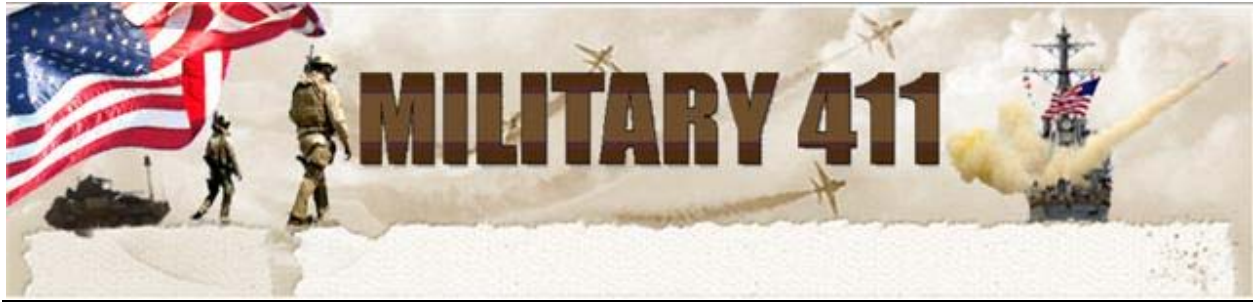
www.nmfa.org

National Military Family Association provides access to all of the FREE "Purple Camps" (summer camps for military children from all branches of service) that are held across the nation. They also provide access to a variety of other types of resources for the entire Family.

Family Portraits

<http://www.oplove.org/client.html>

Operation: Love ReUnited Free family portraits for deploying, deployed and returning military families. Clients are able to participate 2 times in the program per year per deployment. They suggest a pre-deployment session, and the homecoming session if possible



YMCA Memberships for Qualifying Families

<http://www.asymca.org/Membership.aspx?mid=16>

Active Duty assigned to Independent Duty Locations, newly established joint bases, relocated spouse of deployed active duty.

Elmo DVD, tax help, financial assistance

www.militaryonesource.com

This is a 24/7 site that can assist in many areas. They provide 12 free counseling sessions with a therapist near your home or via the phone, free financial planning sessions with a planner near you, assist you with applications for your college bound student, and free books and CDs on a number of military family concerns.

Teen Weight Management Program

<https://www.leadetohealth.com/healthsite.php?sponsor=mos&program=teenachieve>

iCanAchieve is a 12-month program for teens ages 13 to 18 that will support their weight management efforts. It focuses on helping teens make behavioral changes that will allow them to set and achieve their goals.

Readable/audio books online:

<http://www.tumblebooks.com/tumblereadable/home.asp>

MilitaryOneSource offers an online read-along collection. Books for all reading levels.

\$1500 Scholarships

<http://www.militaryscholar.org/>

A minimum of one \$1500 scholarship will be awarded at every commissary location where qualified applications are received. Scholarships for dependent unmarried children under age 23 of active duty personnel, reserve/guard and retired military members.