



## Top 10 Resources for Military Reserve Kids

### 1. Listing of all Free Counseling Services Available to Reservists and their Families and Free Perks:

[www.military411.org](http://www.military411.org)

*Military 411*

Information on free items, perks, events etc and a comprehensive listing of all counseling resources that are available to reservists and their families.

### 2. Childcare Subsidies for Deploying Reservists:

[www.naccrra.org/MilitaryPrograms](http://www.naccrra.org/MilitaryPrograms)

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

### 3. \$500 Grant for Military Children:

[www.ourmilitarykids.org](http://www.ourmilitarykids.org)

*Our Military Kids*

This organization provides a grant up to \$500 for every single child who has a parent deploying in the "war on terror". This grant is available to cover fees for a wide variety of academic and athletic activities to these children regardless of income.

### 4. Free Summer Camp:

[www.nmfa.org](http://www.nmfa.org)

*National Military Family Association*

This organization currently 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.

### 5. Free Family Portraits:

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

*Operation: Love ReUnited*

Sessions are for deploying, deployed and returning military families. Clients are able to participate 2 times in the program per year per deployment. We suggest a pre-deployment session, and the homecoming session if possible

### 6. Free YMCA Memberships for Families of Deploying Reservists:

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

*Armed Services YMCA*

Active Duty Title 10 Only. Families of Guard/Reserve personnel who are deployed for a minimum of 6 months are eligible.

### 7. Free Counseling, Elmo DVD, tax help, financial assistance plus more:

[www.militaryonesource.com](http://www.militaryonesource.com)

*Military One Source*

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.

### 8. Free Teen Weight Management Program:

<https://www.leadtohealth.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.

### 9. Free SAT/ACT Prep Program for Military Families:

<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

### 10. \$1500 Scholarships:

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

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