Online Resources for Military Families

**Families Near and Far**
http://www.familiesnearandfar.org/resources/

Families Near and Far is a free bilingual website where families can create, communicate, and stay connected. Developed for military families, the site provides new ways for preschool and school-aged children to express themselves and communicate within their own family networks.

**Military OneSource**
http://www.militaryonesource.mil/

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard, and Reserve service members (regardless of activation status), and their families. It is a virtual extension of installation services.

Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and childhood, and much more.

**Military Kids Connect**
http://militarykidsconnect.t2.health.mil/

Military Kids Connect (MKC) is an online community for military children that provide access to age-appropriate resources to support children dealing from pre-deployment, through a parent or caregiver’s return. The interactive bulletin board also has a section for parents and caregivers.

**Military Youth On The Move**

For kids, preteens, and teenagers, this website offers advice and info on moving, social life, school, and more.

**FOCUS Project**
http://focusproject.org/

FOCUS (Families OverComing Under Stress) provides training to military couples, children and families in core resilience skills. These skills increase closeness, support, communication and adaptability.

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