



Washington National Guard Family Programs

Weekly Update

Family Assistance Coordinators

Camp Murray

Tia (253) 512-7755

Denise (253) 512-8367

Centralia

Jacqueline (360) 628-7195

Everett

Garey (425) 317-3527

Longview/Vancouver

Julie (360) 577-2120

(360) 750-4075

Kent/Seattle

Deborah (253) 945-1869

Moses Lake

Doug (509) 630-0701

Olympia

Diana (360) 704-6707

Pasco/Walla Walla

Betsy (509) 546-4384

Port Orchard

Ron (360) 356-2407

Spokane

Buzz (509) 532-2775

Yakima

John (509) 469-4638

Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

Angela (253) 512-3397



You have one more week to register for the 2009 Washington National Guard Volunteer & Reunion Workshop!

A reminder that registration for the Washington National Guard Volunteer & Reunion Workshop will close next week by Friday, April 10th.

This year's theme represents National Guard Family Members and Volunteers who are truly the Home Front Heroes! The workshop will include reunion focused sessions along with Family Readiness Training. Come and spend a FREE weekend with us as we inspire you with topics that can empower your family and raise your deployment awareness level and learn about Realistic Reunion expectations; Adjusting to the new Normal; and Positive Growth out of Deployment. Don't forget about the FREE childcare and Youth events. So come, drop your kids off for the day, and enjoy yourself as we fill you up with great topics that can positively affect your family dynamics.

We hope you'll be able to join us! For more information you can download the Workshop Packet at <http://familyprograms.washingtonguard.org>.



Family Programs Hotline Number

1-800-364-7492

Available 24 Hours A Day 7 Days A Week!

Family Members should call the Hotline Number whenever they have a question about resources available to them or are in need of assistance. This is the number to call when you don't know where to go or who to turn to for help. You will be connected with a Family Programs Representative that will privately assist you with your individual resource or referral needs.

<http://familyprograms.washingtonguard.org>

Military OneSource Increases Behavioral Health Counseling Sessions

Military OneSource announces that effective 1 April 2009, they will increase the number of non-medical behavioral health counseling sessions offered for service members and their families from six to twelve sessions per person per issue. The new twelve session limit applies to face-to face counseling through our Affiliate Providers, Short-Term Solution-Focused Telephonic Consultations, and Online Consultations. They are actively developing an aggressive roll-out plan to ensure the information about this new guideline is appropriately reflected throughout all operational systems, information platforms, policies and procedures, marketing materials, and communications. For participants already authorized for six sessions of counseling before 1 April 2009, requests for six additional sessions will be authorized on a case-by-case basis when the Network Affiliate Provider requests the additional sessions.



www.militaryonesource.com or call 1-800-3429647

FREE Short Term Audio Books Rentals

The Army National Guard has established a multimedia library available to Soldiers and Family members. The library has popular audio books on tape and CD. They are available for a free short-term rental. Eligible participants may login and request several audio books but will only be shipped one at a time. Once the item is returned the next item requested in the queue will be shipped. Again, this is a limited time offer, when rentals are exhausted the program will end.

To register go to www.arng.3leafgroup.com



Need To Talk?

Military & Family Life Consultants (MFLCs) are here to listen

MFLCs are available to help service members, spouses, family members, children and staff address: Marriage and relationship issues, Stress and anxiety, Depression, Grief and loss, or Daily life issues.

Consultations are **free** and **anonymous**. **No records are kept**. Helping you is our priority. After-hours and weekend appointments are available as well as off-site meetings.

The Washington National Guard has two MFLCs that work full time to support you! Please give them a call directly. Child & Youth MFLC – Kim Larkey (253) 355-9939. Adult MFLC – Lisa Tice (253) 682-7792. It doesn't matter where you live in Washington State, give them a call and they can come visit you.

April is Month of the Military Child

April is *Month of the Military Child!* This special celebration is a legacy of former Defense Secretary Caspar Weinberger – established to underscore the important role children play in the Armed Forces community. Army Garrisons plan numerous events ranging from picnics and parades to recreational fairs and fun festivals – all to recognize and applaud Families and their children, who are everyday heroes, for the daily sacrifices for they make in supporting America's Military. Check Out the following website for more information about the opportunities for military youth

<http://www.armymwr.com/portal/family/childandyouth/momc.asp#>



The Washington Air & Army National Guard Youth (WANGY) Program will be hosting a State Youth Symposium on April 24-26, 2009. The event will be held at the Bellevue Hyatt in collaboration with the State Volunteer & Reunion Workshop. Go to www.guardfamily.org for more information. In addition, summer time events have been added to the calendar for youth to participate in. Watch for more information to come.

If you have questions or need help with bringing an event to your area contact Robbin Seeberger at (253)512-7985 or robbin.seeberger@us.army.mil.

Youth Council Seeking Members



The Washington Air & Army National Guard Youth (WANGY) Program's Youth Council is currently seeking new members to add to the team. Youth Leaders must be in 6th-12th grade, be willing to commit to two annual meetings, monthly conference call meetings, and willing to be a representative of youth who have parents in the National Guard.

Interested and need more information, feel free to e-mail the Youth Council directly at ngwafp-youthcouncil@ng.army.mil.



Family Programs Contact Information

Administrative Staff

Building 33, Camp Murray
Tacoma, WA 98430

State Family Programs Director

MAJ Anne Marie Peacock (253) 512-7600

Family Programs Specialist

Connie (253) 512-7880

Administrative Assistant

SPC Andrea Walker (253) 512-7881

State Family Readiness Assistant

Veronica (253) 512-7753

State Youth Coordinator

Robbin (253) 512-7985

Computer Assistant

SGT Freda (253) 512-8903

81st Brigade

Family Readiness Support Assistant

Korina (253) 512-8506

Chaplains

CH Brewer (253) 512-8534

FR. Anderson (253) 377-2508

FR. Pratt (253) 377-9278

Military Family Life Consultants (MFLC)

Child & Youth MFLC - Kim Larkey (253) 355-9939

Adult MFLC - Lisa Tice (253) 682-7792

Websites

State Web-site

familyprograms.washingtonguard.org

National Web-site

www.guardfamily.org

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