



Washington National Guard Family Programs

Weekly Update

Family Assistance Coordinators

Camp Murray

Tia (253) 512-7755

Denise (253) 512-8367

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/Centralia

Jacqueline (360) 628-7195

Pasco/Walla Walla

Betsy (509) 546-4384

Port Orchard

Ron (360) 356-2407

Spokane

Buzz (509) 532-2775

Yakima

John (509) 469-4638

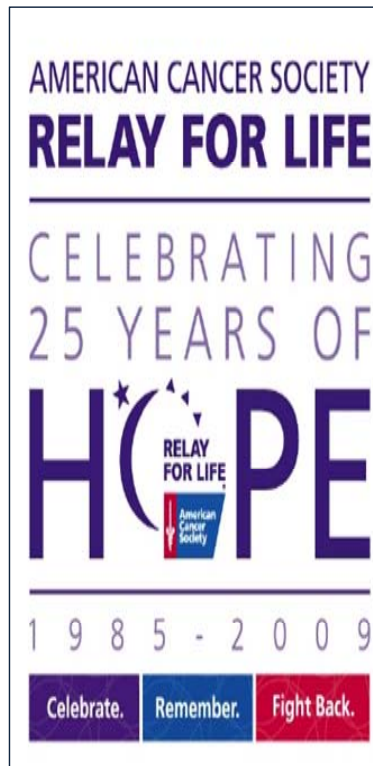
Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

Angela (253) 512-3397



Making Strides Against Breast Cancer

Breast Cancer is the NUMBER ONE most frequently diagnosed cancer in Washington State. The WA National Guard is forming teams today. Join us for a day of fun, teamwork and awareness.

“A Walking Event to Save Lives”

*October 10, 9:00 am
Wright Park*

**Contact: SGT Robert Freda @ 253-512-8903 or
Roberta McRoy @ 253-512-1381 to join or get more
information on the event**

Honoring our Military Event "H.O.M.E"

This message is sent on behalf of the J9:

What: Honoring our Military Event "H.O.M.E"

Where: Lakewood Towne Center in Lakewood, Washington

When: Saturday September 5th, 2009 10:00 am - 4:00 pm

Event Details:

You and your family are invited to join us for a fun day to celebrate YOU!

Tons of Raffle Prizes for Military Personnel and Families! Face Painting. Rock Wall. Chalk Artist Steve Platt with Chalk for Kids area. Kids Crafts - dog tags. 3 Bounce Houses. Football Toss. Blow Up Obstacle Course. Barney the Bucket Truck. Hummer with Video Games Inside. Self Defense Clinics. Live Music and much more!

This event is this Saturday at Lakewood Towne Center.

Please send to ALL of our Guard and families, I guarantee they will have a Great time!

And its FREE!!!

Military Family Life Consultant

The MFLC can help people who are having trouble coping with issues of daily life (stress/anxiety, marriage/relationship issues, depression, grief and loss, deployment, separation, anger/irritability, communication, etc.). The MFLC offers positive coping skills, supplement to existing family problems, parent education and stress reduction.

Consultations, trainings and briefings are free and anonymous.

Appointments are available within 24 hours. No records are kept however duty to warn requirements are followed. Contact telephone numbers for additional information are: 253-495-8425 / 8426 / 8427 / 8428

The Store Front Military Family Life Consultant Initiative locations and Schedules are as follows :

Stoney Creek Apartments: 5406 82nd St. SW Lakewood: Monday 10:00 to 11:00 AM.

College Glenn: 4870 55th Ln SE, Lacey: Tuesday 2:00 to 3:00 PM..

Village at Seeley Lake: 5719 95th St. SW, Lakewood. Wednesday from 10:00 to 11:00 AM.

Merrill Creek: 6022 78th St. CT. W. Lakewood: 2:00 to 3:00 PM.



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

CPT Marianne Hegg (253) 512-8712

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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