

Family Assistance Centers (FAC)

Each center serves as a base for Family Assistance operations. FAC's are located throughout the state for your convenience. Every location has a Family Assistance Center Coordinator (FACC), who will provide information and resources to the Guard Family members and Military members in the local area. If you need assistance, please contact the FACC in your area.

Tacoma– Denise (253) 512-8367 or (800) 364-7492
Building 33, Camp Murray 98430

Longview / Vancouver– Julie (360) 600-8186
819 Vandercook Way, Longview 98632

Everett– Garey (425) 317-3527
2730 Oakes Ave. S, Everett, 98201

Yakima– John (509) 469-4638
2501 Airport Lane, Yakima 98901

Pasco / Walla Walla– Betsy (509) 546-4384
127 W Clark St, Pasco, 99301

Moses Lake / Wenatchee / Ephrata– Doug
(509) 630-0701 6500 32nd Ave NE, Moses Lake, 98837

Spokane– Clarence “Buzz” (509) 532– 2775
1626 N. Rebecca, Spokane 99224

Port Orchard– Mark (253) 318-0062
1950 Mile High Drive, Port Orchard 98366

Air National Guard Wing Coordinators

Camp Murray– Angela (888) 268-3607 x 3397
Building 107, Camp Murray 98430

Spokane– Mary (509) 247-7009
1403 W Wainright Blvd.
Fairchild Air Force Base, Spokane 99224

For more Family Programs information and resources, please visit our web site:

<http://familyprograms.washingtonguard.org>

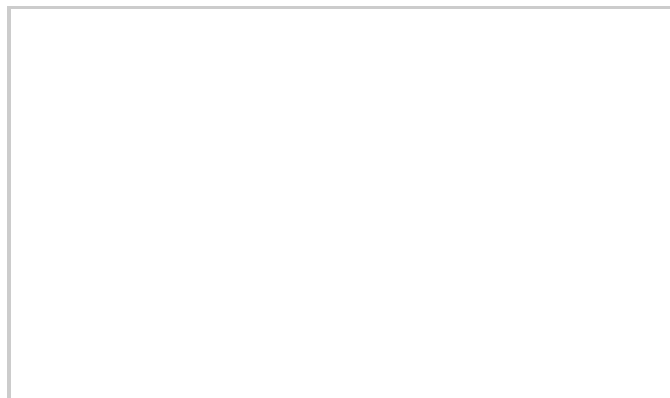
or call
1-800-364-7492

Marriage Enrichment Retreats



Washington National Guard Chaplains' in partnership with Family Programs will be conducting Marriage Enrichment Retreats. Our Marriage Retreats are open to married Service Members of the Washington National Guard. Please view the Family Programs website for upcoming dates.

In beautiful Leavenworth, Washington



Marriage Enrichment Retreats are a great investment for you marital relationship! This event is designed to help good marriages become great marriages! Take time for a weekend away, have fun, enjoy great food, and romance in a beautiful and relaxing setting.

Each retreat will accommodate 50 couples. Reservations are accepted on a first come, first served basis. Service members who have deployed in support of Operation Iraqi Freedom or Operation Enduring Freedom will have priority. Non Military Spouses who attend will be reimbursed mileage, two nights lodging, and meals.

To register, visit our web site at:

<http://familyprograms.washingtonguard.org>

Or contact

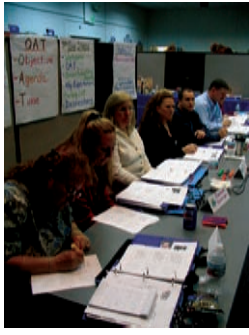
Andrea at: (253) 512-7881

Or
(800) 364-7492

Upcoming Retreats

15-17 August 2008

22-24 August 2008



Your FRG Needs You!

Volunteer Today



- FRG Training**
- July 12, 2008
Basic Volunteer Training
Mount Vernon
 - July 12, 2008
Phone Tree POC Training
Mount Vernon
 - August 2-3, 2008
FRG Leadership Workshop
Communication is Key
Moses Lake

September 13, 2008
Basic Volunteer Training
Camp Murray

- Care Team Training**
- This training is offered on Fort Lewis in Waller Hall
- August 5, 2008
 - October 7, 2008
 - December 2, 2008

6:30 pm - 8:30 pm

Please note that Family Programs is working on providing this training opportunity throughout the state.

Registration
www.guardfamily.org
Or call
(253) 512-7753

Your unit Family Readiness Group (FRG) depends on your Volunteer Energy.

Without volunteers, this wonderful network of mutual assistance and communication flow would not exist.

Volunteer today, this is your opportunity to make a difference in the National Guard Community and for our country.

It is not possible for just one individual to run the FRG. It requires a TEAM effort to ensure that all Families are benefiting by receiving information and education.

If everyone pitched in just a little, imagine how strong and EFFECTIVE your FRG will be.

There are many volunteer opportunities within your unit FRG.

- FRG Lead/Co-Lead
- Point of Contacts
- Secretary
- Treasurer/Alternate
- Newsletter Editor
- Welcoming Coordinator
- Event Coordinator
- Youth Coordinator
- Publicity Coordinator

Volunteer opportunities are endless.

Volunteer positions require a commitment to confidentiality and willingness to attend training.

If you are interested in volunteer opportunities, please contact Veronica
(253) 512-7753



CARE TEAMS

A Care Team is a group of 2-3 trained individuals who volunteer to offer emotional support and practical assistance to Family members of injured and fallen service members.

This team is designed to assist and support Families, filling the gap between notification and arrival of their own personal support system.

Care Teams in no way take the place of a FRG, but help to effectively harness the energy and support of the group by assessing the Family's individual needs.

To be a volunteer on this team you need to be flexible and know that it requires a strong commitment to confidentiality and a willingness to attend training. Training dates are listed on the left hand side of this article. Attending this training does not commit you to being part of the Care Team.

Please note that Care Team volunteers are not trained as grief counselors, but rather to provide assistance and comfort.

By: Veronica, State Family Readiness Assistant

Meet the 81st HBCT Family Readiness Support Assistant (FRSA)

Family Programs would like to welcome Korina who has assumed the position as the 81st Brigade Family Readiness Support Assistant.

Korina brings to the 81st Brigade Combat Team a wealth of FRG knowledge and experience. She has served as a volunteer for the program for eleven years. Her outstanding dedication and passion for Family readiness will truly benefit National Guard Families.

The FRSA is a brand new role to the National Guard. Korina will assist the Brigade commander with the execution of Family readiness tasks. She will also provide training and hands-on assistance to subordinate unit commanders and unit FRGs on all aspects of Family readiness.

To reach Korina call
Office (253) 512-8812
Blackberry (253) 318-8875



What is a Family Readiness Group?

The FRG acts as an extension of the unit by providing official, accurate command information to Family members.

The group's ultimate mission is to help Families become more knowledgeable and self-reliant by providing education and promoting more efficient use of community resources.

The FRG helps Families solve problems at the lowest level which reduces service member and Family stress and allows the service member to focus on the mission.

Who can participate in the FRG?

- Service Members
(*single or married*)
- Family Members
(*immediate & extended*)
- Friends, Significant others
- Retired Service Members
- Community Members,
- Employers

-Anyone who cares about the well-being of the unit and it's members

The FRG is an
official National
Guard Program

FRG Leadership Workshop



Communication is Key

August 2-3, 2008

Moses Lake

For more information visit

www.guardfamily.org



W.A.N.G.Y.

Washington Air / Army National Guard Youth



Sesame Street Talk, Listen, & Connect—Deployments, Homecomings, & Changes

This bilingual DVD is designed to support military families with children between the ages of 2 and 5 as they cope with the feelings, challenges, and concerns experienced during different phases of deployment. A free copy can be requested by calling Military OneSource at 1-800-342-9647. The Sesame Street video and parent/caregiver materials are also available for download at <http://www.sesameworkshop.org/tlc>.

Washington National Guard & Reserves Youth Council

The Washington Air/Army National Guard Youth Program has established 2 youth councils, East and West. Each council consists of 7 youth and an advisor. The youth will begin the steps to help provide more opportunities to Washington National Guard and Reserve youth.

	Office	Name	From
EAST	President	Tanner	Spokane
	Vice President	Justin	Medical Lake
	Secretary	Alyssa	Moses Lake
	Treasurer	Laryssa	Ephrata
	Junior PAO	Alec	Chatteroy
	Recruiting & Retention	Isaac	Spokane
	Youth Council Activity Coord.	Molly	Medical Lake
	Adult Council Lead	Natalie	Spokane
WEST	President	Amanda	Tacoma
	Vice President	Robert	Tacoma
	Secretary	Haley	Lakewood
	Treasurer	Robynn	Auburn
	Junior PAO	Kelsey	Marysville
	Recruiting & Retention	Jamar	Fircrest
	Youth Council Activity Coord.	Laura-Jean (LJ)	Auburn
	Adult Council Lead	TBD	



Grant Opportunity

Our Military Kids is proud to provide grants to the children of National Guard and Reserve Service Members deployed overseas. They are committed to making the deployment process easier for the children of our nation's heroes. Grants are available for youth from the age of 3 to 12th grade. Grant will cover **up to six months instruction, lessons or tutoring** with maximum grant award of \$500.00 per child. Find more information at <http://www.ourmilitarykids.org/>.



National Guard Title 10 Activated

We'd be **Happy** to give you a **Hand** with your **Child Care** needs!

Call 1-888-NGCCP-99 today.

National Guard Child Care Program
www.guardfamily.org

You are invited to attend The 2nd Annual Washington State Military Kids and Families Summit—Care, Connect, and Collaborate!

Summit will include:

- ◆ Deployment, Transition, and Related Issues
- ◆ Networking and Outreach
- ◆ Dynamic Speakers
- ◆ Resources and Exhibits

Who should attend?

Anyone interested in understanding and supporting military kids and their families

Sponsors and exhibitors welcome—please contact Dana Schlenker at: 253-445-4575



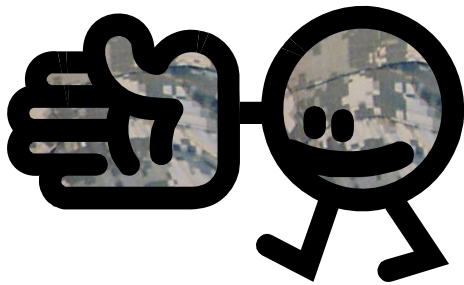
The Greater Tacoma Convention & Trade Center

Friday—November 14, 2008

Capps.wsu.edu/militarykids

253-445-4575

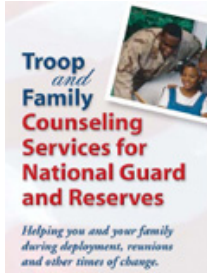
State Youth Coordinator (contractor)—Robbin
253-512-7985 or 800-364-7492
int-NGWA-SFPY@ng.army.mil



National Guard Title 10 Activated
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 National Guard Child Care Program
www.guardfamily.org

Military Family Life Consultants - MFLC



The goal of the consultants is to prevent family distress by providing education and information on family dynamics, parent education, available support services, and the effects of stress and positive coping mechanisms.

How Can MFLC Counselors Help?

MFLC Counselors can help you and your family problem solve with issues resulting from deployment, reunions, reintegration and other times of change including:

- Marriage and Relationship Issues
- Family Issues
- Stress and Anxiety
- Depression
- Grief and Loss
- Anger management
- Parent and child communication

Soldiers and families are entitled to six prepaid, face-to-face counseling sessions. **CALL: 1-888-755-9355**

Real help, Anytime, Anywhere 24 Hours a Day,
 7 Days a Week

Services are private and provided by the Department of Defense at no cost to you

www.militaryonesource.com
 1-800-342-9647



CONSULTATION, RESEARCH and REFERRALS: Relocating to a new community, need child care, spouse employment, help with home repairs, or have a special needs issue? Call or email a Master's-level consultant today! No question too small. No issue too big.

INTERPRETATION AND TRANSLATION: In more than 140 languages. Written documents can be translated and interpreters can facilitate three-way phone calls to ensure communication between you and a third party.

COUNSELING: You have access to six in-person non-medical counseling sessions right in your own community at no cost to you.

EDUCATIONAL MATERIALS: Whether you're a new parent, dealing with relationship issues, or buying your first car, Military OneSource has booklets, CDs and audiotapes to help. Order your free copies online or by phone. Military OneSource is available for all active-duty, Guard and Reserve (regardless of activation status), and their Families.



Welcome to the TRICARE West Region!

- Ensure your DEERS records are up-to-date
- Choose a TRICARE plan
- Select a Primary Care Manager (PCM)
- Follow the enrollment process for your TRICARE plan

Set up an account at
www.triwest.com

If you do not have computer access you can call 1-888-874-9378 for assistance.

For questions about enrollment, eligibility, benefits, authorizations, and claims, call 1-888-TRIWEST (874-9378) M-F, 8:00 a.m.-6:00 p.m. (all U.S. time zones)

Supporting Our Nation's Military Families & *Strengthening Child Care:* Department of Defense (DOD) and NACCRRRA Child Care Partnership

NACCRRRA is working with DOD to help those who serve in the military find and afford child care that suits their unique needs. Through several innovative civilian/military efforts among DOD, NACCRRRA & Child Care Resource & Referral agencies, we are building the quality and capacity of child care throughout the country.

Operation: Military Child Care
 The Department of Defense
 wants to

help you pay for child care
<http://www.naccrra.org/MilitaryPrograms/assistance.php>

YOU CAN SEARCH FOR CHILD CARE BY STATE ON THIS WEB SITE OR CALL (800) 424-2246