



## Top 10 Reliable Resources for Active Duty Kids

### 1. Listing of all Free Counseling Services Available to all Military and their Families, list of 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. Information on Childcare Subsidies during Deployment:

[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. 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

### 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 Qualifying Families of Active Duty:

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

*Armed Services YMCA*

Active Duty assigned to Independent Duty Locations, newly established joint bases, relocated spouse of deployed active duty, respite child care for children up to age 12 (16 hours free child care per month).

### 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.leadetohealth.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 readable/audio books online:

<http://www.tumblebooks.com/tumblereadable/home.asp>

*MilitaryOneSource*

Your online read-along collection. Books for all reading levels to include children and teens.

### 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.