

## What can Military OneSource do for you?

**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.

**CONSULTATION, RESEARCH and REFERRALS:** Relocating to a new community, looking for quality child care, spouse employment, help with home repairs, or have a special needs issue? Perhaps you need to talk about family issues, sharpen your communication skills, or manage stress. Call or e-mail 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 interpretation services are provided.

**COUNSELING:** You have access to 12 in-person non-medical counseling sessions right in your own community at no cost to you. The 12-session limit applies to Face-to-Face counseling through our Affiliate Providers, Short-Term Solution-Focused Telephonic Consultations, and Online Consultations. Licensed counselors can help with issues such as:

- Coping with deployment and return
- Adjusting to your new location
- Marital and couples concerns
- Parenting and family matters
- Grief and loss
- Combat stress and more...

You will get a privacy statement explaining the limits on confidentiality when you call the service and see a counselor. Counseling is only available in the United States.

**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.

**INTERACTIVE WEB SITE:** You'll find locators for education, child care, and elder care; useful newsletters; informative articles; referrals to military and community resources; financial calculators; Webinars; relocation tools; audio podcasts; access to consultants; and much more!

Military OneSource is available for all active-duty, Guard and Reserve (regardless of activation status), and their families.

**[www.militaryonesource.com](http://www.militaryonesource.com)**

Stateside: 1-800-342-9647

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-6794

Overseas: access code,\*800-3429-6477

\*Use access code before dialing the toll free number.

Access codes can be found online.

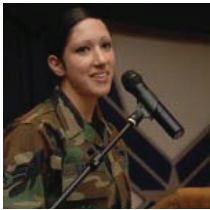




# PROMOTIONAL TOOLS HELP YOU SPREAD THE WORD

Go to *MilitaryOneSource.com/ServiceProviderTools* and you'll find all kinds of ways to spread the word about Military OneSource—including downloadable presentations, flyers that describe our services and materials, and instructions for ordering promotional give-away items like magnets and wallet cards.

Our service-provider tool categories include:



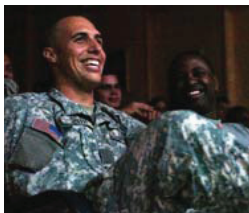
## Tools to help with events and presentations

- downloadable presentations in English and Spanish
- instructions for requesting a presentation coach or speaker
- access to presentation tools like a sample recorded consultation, our “Letters from Home” video, and downloadable copies of the Military OneSource logo



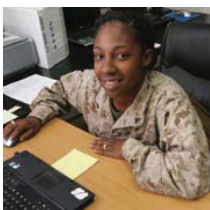
## Free promotional materials for you to order

- magnets, wallet cards, brochures, and flyers
- with instructions for ordering



## Free materials to download and print

- flyers in templates branded with the Military OneSource logo
- flyers about specific Military OneSource services and products, like our financial services, Sesame Street deployment DVDs, and relocation services
- topical sheets describing Military OneSource educational materials by category



## Our Military OneSource monthly *Update* newsletter

- with articles designed to inform providers about issues that affect military families
- and links to our group of monthly electronic newsletters on topics like the Guard and Reserve, Personal and Family Readiness, Spouse Employment, Single Life in the Military, Parenting, and Money Matters

**Military OneSource is available 24/7. You name it. We can help.**

**1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)**



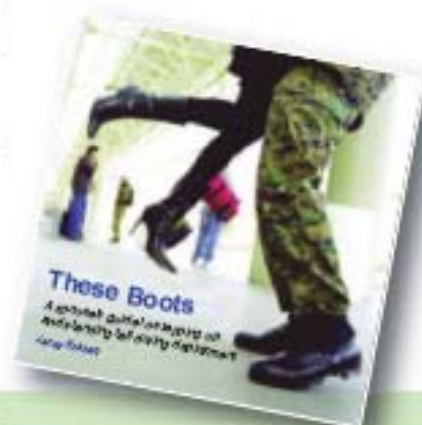


# These Boots

A spouse's guide to stepping up and standing tall during deployment

**Stand tall during your spouse's deployment and learn ways to:**

- Communicate well with your deployed spouse
- Help your children deal with the separation
- Draw on the resources available to military families



*Handle deployment with confidence!*

**To order your free CD,  
call or go online today!**

Stateside: **1-800-342-9647**

Overseas: **xx-800-3429-6477**  
(Country access codes can be found online)

**[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)**

Provided by the Department of Defense at no cost to active duty, Guard and Reserve, and their families. Military OneSource is a virtual extension of installation services.





# RELOCATING? WE CAN HELP!

Check Out

**www.militaryonesource.com**

and make a smooth move with these online tools:

- ☒ **Military INSTALLATIONS:** Find maps, photos and more on over 250 military installations worldwide.
- ☒ **Plan my move:** Provides e-moving tools, planning calendars, checklists and information on education and employment.
- ☒ **Military OneSource Relocation Tool:** Compare communities throughout the US. Find cost of living reports, school report cards, a salary analyzer, crime and safety reports, calculators and more.



**Contact Military OneSource at  
1-800-342-9647**

for your specific relocation needs.

You name it. We can help—24/7!

Visit our website for overseas, Spanish and hearing impaired toll free telephone numbers,  
Provided by the Department of Defense at no cost to active duty, Guard and Reserve, and their families.  
Military OneSource is a virtual extension of installation services.



# YOUR MONEY MATTERS!

## *Taking Charge of Your Money CD*

Learn “Balance”: A three part method for  
getting control of your money

- Figuring out your “must-have” expenses
- Fitting in your wants
- Saving & paying off debts

*Learn how to get in control of your money - today!*

To order your free CD, visit Military OneSource online:  
[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

*Or call anytime!*

**Stateside:** 1-800-342-9647

**Overseas:** access code, 800-3429-6477

*Access codes can be found online*



*For Active Duty, Guard & Reserve, and families*



# HEALTHY HABITS COACHING

## IMPROVE YOUR HEALTH - FOR LIFE!

Changing habits is easier when you have the information, tools, and support that you need. Our programs, designed by health professionals, can help you reach your health goals - and stick with them for life.

Personal health coaching is what really makes our programs different from all the rest. You work one-on-one with a highly trained personal health coach who will support you throughout your program enrollment.



### iCanChange ••

The iCanChange program uses a personalized, flexible, and supportive approach to help you reach your weight and health goals.



### iCanRelax ••

iCanRelax is a personalized, flexible, and supportive program. It is designed to help you become aware of stress and how it affects you.



### iCanThrive ••

iCanThrive is a step-by-step program. You will learn to fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax more.

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1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)





# Military OneSource Online Library Resources & Safari Books

Military OneSource provides library resources available at no charge to service members and their families – a particularly helpful benefit for Guard and Reserve members and their families who may not have access to installation libraries.

## Online Library Resources

Links to electronic databases, e-books, and audio books

- Electronic books (Safari, NetLibrary, My iLibrary)
- TumbleReadables online books for kids K-12
- Prep for standardized tests like the SAT, ACT, GRE, and CLEP
- Customized college and distance-learning search
- Home Improvement Center
- Auto Repair Reference Center



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## Safari Books Online

Is an on-demand digital library that provides searchable, online access to the full content of thousands of books, prepublication manuscripts, short documents, articles and training videos from the world's leading authors and publishers.

- Provides anytime access
- Anywhere access to most current & authoritative technology
- Design & business information from leading publishers around the globe



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# talk, listen, connect™

Deployments, Homecomings, Changes



## Talk, Listen, Connect: Deployments, Homecomings, Changes

is a new Sesame Street bilingual, multimedia outreach program designed to help support military families with young children experiencing deployments and multiple deployments or when a parent returns home injured.

Kits include:

- Two Sesame Street DVDs
- A Parent/Caregiver Magazine
- A Children's Activity Poster
- Muppet Postcards

Order your FREE Sesame Street kit by visiting  
Military One Source online at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)

Or call anytime! For active duty, National Guard, and Reserves  
(regardless of activation status) and their families.

Stateside: 1-800-342-9647

Overseas: \*800-3429-6477

En español llame al: 1-877-888-0727

TTY/TDD: 1-800-346-9188

Visit [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) for overseas access codes

These kits will also be available as a free download at [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc)



# DEPLOYMENT RESOURCES FOR CHILDREN AND TEENAGERS

When a parent is deployed, families face all kinds of challenges. Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and click on “deployment” for our entire range of deployment-related materials, including articles, booklets, and CDs.

## DVDs

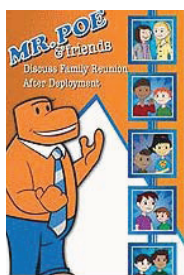
Our DVDs help children of all ages manage the challenges and concerns of deployment, from saying goodbye to saying hello again.



Ages 2 to 5

### **Talk, Listen, Connect: Deployments, Homecomings, Changes**

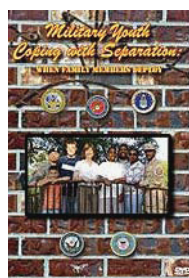
A 2-DVD Sesame Street kit designed to support families with young children as they manage the feelings and challenges of all phases of deployment. In English and Spanish.



Ages 6 to 10

### **Mr. Poe & Friends Discuss Family Reunion After Deployment**

This DVD, developed by military pediatricians for school-age children, is meant to help them realize that they aren't alone with their deployment concerns.



Ages 11 and up

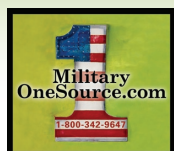
### **Military Youth Coping with Separation: When Family Members Deploy**

Preteens and teenagers tend to adapt well to family deployments, but they all benefit from support. This DVD, developed by military pediatricians and specialists in adolescent medicine, can help.

**Military OneSource is available 24/7. You name it. We can help.**

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)





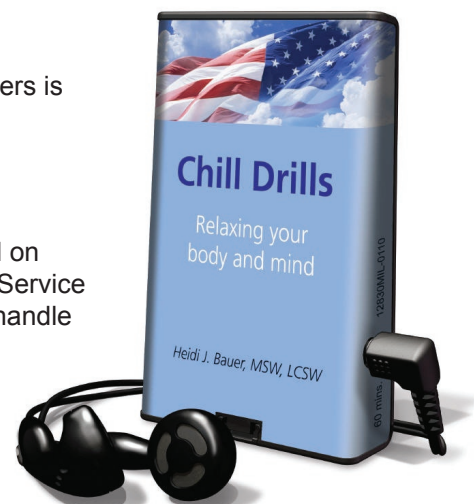
# Military OneSource

## Chill Drills: Relaxing your body and mind

This new audio of relaxation routines designed specifically for service members is provided on a self-contained "Playaway" listening device.

### Ease stress before, during, and after deployment

The drills are specially designed to keep service members calm and focused on deployment, and to help ease the stresses of returning home after combat. Service members who start using *Chill Drills* before deployment can find it easier to handle stress later on in the deployment cycle.



### Each drill has its own focus

*Chill Drills* Playaway contains five specially designed tracks, each with its own focus:

- Tuning in
- Releasing stress
- Easing back pain
- Getting to sleep
- Music to chill by (just music)

### The ideal audio format for service members

The *Chill Drills* Playaway is:

- As small as a business card, so it fits easily in a utility pocket.
- Completely self-contained. Requires no CD player, MP3 player, computer, or electrical access. The controls, battery, and content are built right in.
- Easy to use. Just plug in the earbuds, press power, and you're there.



### Prepared by an expert specifically for service members

Therapist Heidi Bauer, MSW, LCSW, who narrates *Chill Drills*, developed these exercises especially for service members, using language that service members respond to. She is an Army Family Team Building instructor, teaches in the Family Readiness Training Program and Rear Detachment Commander Training, and volunteers for her husband's military unit in the Wisconsin Army National Guard.

60 minutes. Comes with earbuds and battery.

For more information on *Chill Drills* please go to  
[www.MilitaryOneSource.com/chilldrills](http://www.MilitaryOneSource.com/chilldrills)

**Military OneSource is available 24/7. You name it. We can help.**

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# **Military OneSource Offers **FREE****



## ***Tax Consultation and E-Filing***

- Maximize your refund
- Simple, easy process
- Use your tax refund wisely –  
*save and pay off debt!*

*Visit  
[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)  
to file your federal and state taxes.*

**You name it. We can help – 24/7!**