

Electronic Resources

Army MWR www.fortbraggmwr.com/

Family and MWR programs provide services and activities for soldiers and families with opportunities to enrich their lives culturally and creatively. These programs relieve stress, build strength and resilience, and help the Army Family stay physically, mentally, and financially fit.

U.S. Dept of Veterans Affairs

www.vba.va.gov/survivors/index.htm

This site is dedicated to the surviving spouses and dependents of military personnel, who died while in active military service, and to the survivors of veterans who died after active service.

Understanding Survivor Benefits

www.military.com/benefits/survivor-benefits

When a service member dies, family members are offered several forms of compensation. These include Dependency and Indemnity Compensation, proceeds from SGLI, various basic benefits, and the Survivor Benefits Plan. Each military service branch has a Casualty Assistance branch that is dedicated to assisting you with your paperwork and applications for all of your benefits and compensation.

Survivor Benefits Plan

militarypay.defense.gov/survivor/sbp/index.html

Great peace of mind comes with your lifetime, inflation-adjusted monthly retired paycheck. SBP gives your survivors some of the same. This website gives you the basic details to make that happen! It is not a contract document. The basic statutory provisions of SBP law are in Chapter 73, Title 10, United States Code.

Federal Voting Assistance Program

www.fvap.gov/index.html

Voting help for Uniformed Service Members, their families, and citizens living outside the United States.

Fort Bragg School Support Services

www.fortbraggmwr.com/sls/tutoring.php

Tutorial and homework help opportunities.

Local Services

The Answer Book. www.cumberland.lib.nc.us

The library's online guide to community information. Descriptions and contact information for over 900 agencies, organizations, clubs, and groups serving Cumberland County and Fort Bragg.

Video Chat Service

Access to a computer with an enabled video chat service is available to military personnel and family members who are separated due to deployment or other military orders. This service requires a reservation by an individual, who is at least 18 years, and has a valid military ID. This service is offered at Headquarters Library. Please call 483-7727 for a reservation.

Fayetteville VET Center 1-800-771-6106 ext. 7424

TriCare North Region- Behavioral Health Resources

www.healthnetfederalservices.com

USO North Carolina www.uso-nc.org/index.php

This site offers support to North Carolina active-duty, National Guard and reserve personnel, retirees, and their families.

Fayetteville Area Convention & Visitors Bureau

www.visitfayettevillenc.com/militarydiscounts

Offers military discounts to local shops, business and restaurants.

Cumberland County Military and Overseas Citizens Voting

www.co.cumberland.nc.us/election_board/military.aspx

If you are a resident of NC and registered to vote in Cumberland County you may request an absentee ballot by mail or in person as any other resident or you may submit a Federal Post Card Application (FPCA) form. If you are a resident of NC, but not registered to vote, you may submit an FPCA form to your county of residence. Cumberland County Board of Elections, (910) 678-7733, 301 E Russell St., Fayetteville, NC, 28301.



www.cumberland.lib.nc.us

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Resources for Soldiers and Their Families



For more information, please visit our website at www.cumberland.lib.nc.us.

Resources in Print

For the Service Member

Army: Civilian to Soldier. Meish Goldish

Navy: Civilian to Soldier. Meish Goldish

Once a Warrior, Always a Warrior: Navigating the Transition from Combat to Home-Including Combat Stress, PTSD, and mTBI. Charles W. Hoge

Military-To-Civilian Career Transition Guide: The Essential Job Search Handbook for Service Members. Janet I. Farley

Combat Leader to Corporate Leader: 20 Lessons to Advance Your Civilian Career. Chad Storlie

Expert Resumes for Military-To-Civilian Transitions.

Wendy S. Enelow and Louise M. Kursmark

For the Military Spouse

You Know When the Men Are Gone. Siobhan Fallon

The Military Marriage Manual: Tactics for Successful Relationships. Hill, Cheryl Lawhorne, and Don Philpott

Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform. Meredith Leyva

Portraits of the Toughest Job in the Army: Voices and Faces of Modern Army Wives. Janelle H. Mock

The Military Spouse's Complete Guide to Career Success: Finding Meaningful Employment in Today's New Global Marketplace. Janet I. Farley

Home Fires Burning: Married to the Military, For Better or Worse. Karen Houppert

For the Military Family

Black Faces of War: A Legacy of Honor From the American Revolution to Today. Robert V. Morris and Julius W. Becton Jr.

Special Needs Families in the Military: A Resource Guide (Military Life). Janelle Hill

Financial Aid for Veterans, Military Personnel, and Their Families. Gail Ann Schlachter and R. David Weber

My Nuclear Family: A Coming-Of-Age in America's Twenty-First-Century Military. Christopher Brownfield

Frequently Asked Questions About Being Part of a Military Family. Joyce Hart

Standing By: The Making of an American Military Family in a Time of War. Alison Buckholtz

Off to War: Voices of Soldiers' Children. Deborah Ellis

Your Military Family Network: Your Connection to Military Friendly Resources, Benefits, Information, Businesses and Advice. Caroline Peabody

I Miss You!: A Military Kid's Book about Deployment.

Beth Andrews; Illustrated by Hawley Wright

For the Wounded Warrior

Combat-Related Traumatic Brain Injury and PTSD: A Resource and Recovery Guide. Cheryl Lawhorne and Don Philpott

Mindstorms : The Complete Guide for Families Living with Traumatic Brain Injury. John W. Cassidy with Karla Dougherty

Faces of Combat, PTSD and TBI : One Journalist's Crusade to Improve Treatment for Our Veterans. Eric Newhouse

For the Grieving Military Family

How Do We Tell the Children? : A Step-By-Step Guide for Helping Children and Teens Cope When Someone Dies.

Dan Schaefer and Christine Lyons

A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One.

Phyllis R. Silverman, Madelyn Kelly

When a Brother or Sister Dies: Looking Back, Moving Forward. Claire Berman

I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One.

Brook Noel and Pamela D. Blair

Electronic Resources

Operation: Military Kids www.operationmilitarykids.org

The U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment.

Military Youth on the Move

apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0

Whether you are a military kid who is moving for the first time, or one who has moved a zillion times, this website has something for you.

Specialized Training of Military Parents www.stompproject.org

STOMP is the only National Parent Training and Information Center for military families providing support and advice to military parents without regard of the type of medical condition their child has.

Military SOS.com www.militarysos.com/

Provides a comfortable, positive environment for military spouses and significant others not only to receive support, but also to vent, celebrate and come together in a place where everyone has something in common - a Military Significant Other.

Military One Source Militaryonesource.com

Comprehensive Information & Referral for the military community. Education, relocation, parenting, stress - you name it - Military OneSource is here to help you with just about any need. Available by phone or online, this free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families.

Militaryhomefront.dod.mil

The Department of Defense site for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers.

My Army One Source

www.myarmyonesource.com/default.aspx

One source for information about programs, services and opportunities available for the entire Army Family.