

## Local Educational Resources

### [Anchor Scholarship Foundation](#)

- The Anchor Scholarship Foundation provides scholarships to eligible dependents (children and spouses) of active duty or retired Surface Navy personnel.

### [Continuum of Resources Education \(CORE\)](#)

- The CORE mission is to establish a continuing series of conferences tailored specifically for CO/XO, CMC/COB and Junior Officer Spouses to enhance and develop their leadership skills to meet the unique challenges of the military lifestyle. Each CORE group will have workshops tailored to meet their unique challenges and facilitate various ways for spouses from various communities to work together toward individual and common goals. Experienced members from the different Navy communities will present each series.

### [COMPASS](#)

- COMPASS is a standardized Team-Mentoring program developed by spouses for spouses. COMPASS focuses on spouses new to the Navy, however; ALL Navy spouses are welcome. COMPASS improves quality of life through education, enabling spouses to understand, experience and meet the challenges of the Navy lifestyle. With this knowledge and realistic expectations, their journeys can be successful and rewarding.

## Military Resources

- [American Red Cross](#)
- [Armed Services YMCA](#)
- [Big Brothers and Big Sisters - Military](#)
- [Blue Star Families](#)
- [Dogs on Deployment](#)
- [EFMP- Hampton Roads](#)
- [Fleet and Family Support Center](#)
- [FOCUS](#)
- [Lincoln Military Housing](#)
- [Military One Source](#)
- [Navy Family Accountability and Assessment System \(NFAAS\)](#)
- [National Military Family Association](#)
- [Naval Services FamilyLine](#)

- [Navy Safe Harbor Foundation](#)
- [Navy Marine Corps Relief Society](#)
- [Operation Homefront](#)
- [School Liaison Officer - Hampton Roads](#)
- [Tricare and Humana](#)
- [United Through Reading](#)
- [USO](#)

## Moving Soon?

Join the following Spouse support groups in your new home!

- [Newport](#)
- [San Diego](#)
- [Yokosuska Japan](#)
- [Monterey Bay Officers' Spouses Club](#)
- [Dahlgren Officers' Spouses](#)
- [Naval Officers' Spouses Club of Washington D.C.](#)
- [Everett Navy Officer Spouses](#)
- [Pearl Harbor Officers' Spouses Club](#)
- [Bahrain](#) (This group is only if you have hard copy orders)
- [Bahrain](#)

\*If you have any suggestions for additions to this portion, [please email us](#)

## Additional Local Officer Spouse Organizations

**Tidewater Officers' Spouses Association(TOSA)** - TOSA sponsors the Tidewater Collection boutique. Tidewater Collection is open on Tuesdays, Wednesdays, and Fridays from 10:00am until 2:00pm, Thursdays from 10:00am until 5:00pm, and the FIRST Saturday of each month from 10:00am until 2:00pm.

If you know of a charity that provides services to active duty military, retirees and/or surviving family members in the Hampton Roads area please let TOSA know. Interested charities may also go directly to [tidewaterosa.weebly.com](http://tidewaterosa.weebly.com) and fill out the Donation Request Application under the "Charity" tab. Remember, all profits from the Tidewater Collection boutique located in Ely Hall benefit the qualified chosen charities so please start your holiday shopping today! Please direct any questions to TOSA Charities Committee Chair at [charities@tidewaterosa.org](mailto:charities@tidewaterosa.org).

## **Local Insights**

New to the 7 Cities and want some ideas of places to go and things to do for fun and exploration? Check out this list of places broken down by cities to get a few ideas! This list is updated quarterly with new places and information!

[Local Insights for Hampton Roads \(4\)](#)