

Washington National Guard Resource List



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Table of Contents

Pg. 2 - Pg. 6 Job/Career Advancement

Pg. 7 - Pg. 10 Apprenticeships

Pg. 11 - Pg. 14 Education

Pg. 15 - Pg. 17 Financial

Pg. 18 - Pg. 22 Family Benefits

Pg. 23 - Pg. 26 Recreational

Pg. 27 - Pg. 29 Medical

Pg. 30 - Pg. 31 Crisis Lines

Pg. 32 - Pg. 33 Legal Assistance

Pg. 34 - Pg. 37 Wounded/Disabled Veterans

Washington National Guard Resource List



JOB / CAREER ADVANCEMENT:

Officer Candidate School

Have a Baccalaureate Degree or do you plan on becoming an Officer once you complete college? State OCS is where you train with your state's regional training institute at Camp Murray, WA, weekends only – one weekend a month for 18 months and for two, two-week periods. There is a full-time competitive option called Accelerated OCS as well for current military. Federal OCS is a great option for civilians coming into the National Guard.

Officer Strength Manager Phone: (253) 512-1400

Website: <https://www.nationalguard.com/careers/become-an-officer/officer-candidate-school>

Warrant Officer

Are you an expert in your MOS field? See if you can become a Warrant Officer. No degree required, just military experience! Following this path makes you critical to administering and executing plans – you are the leader officers and enlisted look to for direction and advice. Pilot candidates do not require experience, just ensure you meet quals, study and pass the SIFT and Warrant board.

WOC Recruiter:

Phone: (253) 912-3155

Website: <https://www.nationalguard.com/become-a-warrant-officer>

AGR Positions

Voluntary Active-Duty positions providing full-time support to the Guard in administering, recruiting, instructing, or training. You will receive all Active-Duty benefits and can apply to any position that you qualify for (must be your current grade and have qualifying ASVAB scores). Must be able to change your MOS within one year of hire if applying for a position you do not have experience in.

Website: www.mil.wa.gov/agr-positions

ADOS Positions

ADOS openings are temporary Active-Duty positions that come with full-time benefits and pay. These positions can range from thirty days to two years. Positions are by word of mouth typically, so ensure you're asking about ADOS openings with your unit. ADOS positions can be found with most units but specifically, Recruiting and Retention Battalion (RRB), Honor Guard Funeral Details, Civil Support Team, the Homeland Response Force (HRF) and Counter Drug have a need for personnel on ADOS orders.

Website: [Joint Programs | Washington State Military Department, Citizens Serving Citizens with Pride & Tradition](#)

Technician Vacancies

Must be an ARNG member to put in an application for Guard technician vacancies. Government job postings are most often found on this site and many are with civilian companies and contracting on base positions.

Website: <https://www.usajobs.gov/> and [USAJOBS - Search](#)

State Job Openings

Interested in working for the state as a civilian? Browse this link to see job postings for the Bremerton Youth Academy among many other statewide positions.

Website: [State job opportunities | Washington State Military Department, Citizens Serving Citizens with Pride & Tradition](#)

Washington National Guard Resource List



Human Resources Command (HRC)

Gain access to ERB, Life Insurance, GAL, iPERMS links and Army updates among many more through the HRC website. If you're a servicemember in the National Guard, digging around on this website will open a door to many resources that will be helpful to your career.

Website: [HRC Homepage \(army.mil\)](http://army.mil)

Joint Knowledge Online (JKO)

Take Army classes at JKO. From annual cyber awareness training to anti-terrorism training, you can find many more courses through this portal.

Website: [Joint Knowledge Online \(jten.mil\)](http://jten.mil)

Tour of Duty

Interested in deploying or being on ADOS/AGR T10 orders? TOD is where you can apply for open Active-Duty Army or National Guard Bureau (NGB) positions that are world-wide.

Website: <https://mobcop.aoc.army.pentagon.mil/>

Employer Support of the Guard and Reserve (ESGR)

DoD organization that assists service-members when working with their civilian employers. Assists in resolving civilian/military obligation conflict.

State Office Phone: (877) 306-1971

Website: www.esgr.mil

DA Photos (JBLM)

Want an updated photo in your dress uniform? Make an appointment online to be seen at Joint Base Lewis McChord. Photo's are no longer required for your ERB/SRB.

West 6th Street and Hanna Drive Bldg 1401

Joint Base Lewis McChord, WA 98433

United States

Phone: (253) 967-3177

Website: [JBLM \(Fort Lewis\) Digital Photo Studio - DOD/US Army Facility at Joint Base Lewis-McChord \(business.site\)](http://business.site)

USAMM

Need to update your uniform ribbon rack? Keep track of your ribbons with an account at EZ Rack Builder/USAMM. Once you need to update your ribbon rack, print out the Awards Rebuild Form from their website and send your old ribbon rack back to the company.

Phone: 877-653-9577

Website: [Military Medals](#) | [Medals & Ribbons for All Branches](#) | [USAMM](#)

Navy Exchange

Before having new rank sewn on at a military base, print out your promotion orders to obtain free service. Everett (tailor only) or Marysville Navy Exchange and Commissary for tax free goods.

Phone: (425) 304-4940 or (425) 304-4939

Address: 13904 45th Avenue NE Building No. 13904 Marysville, WA, 98271

Work for Warriors Program

Coaching to assist unemployed, separating and retired military personnel entering the civilian world. Programs include resume building, referral services, interview techniques, and more.

Website: <https://mil.wa.gov/employment-transition-service>



Washington National Guard Resource List

Hawk Career Resource Center (JBLM)

Provides a listing of monthly job fairs, networking events, classes, and workshops.

Website: <https://jblmunlimited.com/>

Troops to Teachers

Assisting servicemembers with meeting requirements necessary to become teachers. Offers job placement and tuition assistance.

Phone: (800) 231-6242

Website: <https://www.proudtoserveagain.com/States/Washing>

Work Source Snohomish County

The Work Source team is made of veterans dedicated to assisting veterans in obtaining employment. Their services include job fairs, resume building, workshops, and career counseling.

Nearly all job fairs in the state allow military members to come into job fairs an hour before anyone else. Keep an eye out for current job fairs in your area.

Everett Service Center

Phone: (360) 799-3421

Monroe Address: 17150 West Main St.
Suite B, Monroe, WA

Website: <http://worksourceonline.com/>

Phone: (425) 258-6300

Everett Address: 3201 Smith Ave.
Everett, WA

Website: <http://worksourceonline.com>

Operation Good Job

Professionals providing services to Veterans on services, research and training.

Website: <https://www.goodwill.org/operation-goodjobs/>

American Corporate Partners

The ACP offers free career mentoring from large corporations like Amazon, Disney Nike and many more.

Website: <https://www.acp-usa.org/>

VETS (Veterans Employment and Training Service)

VETS prepares America's veterans, servicemembers and their spouses, for meaningful careers, employment resources and expertise, protect their employment rights and promote their employment opportunities.

Website: <https://www.dol.gov/agencies/vets>

Work of Honors

Work of Honor is an organization dedicated to assisting veterans and military spouses in discovering new job opportunities and connections.

Website: <https://www.workofhonor.com/>

American Corporate Partners

American Corporate Partners (ACP) is a national nonprofit organization focused on helping returning veterans and active-duty spouses to help find their next careers through one-on-one mentoring, networking and online career advice.

Website: <https://www.acp-usa.org/>



Washington National Guard Resource List

The Veteran Job Board

As a veteran owned and lead organization, we understand the transitioning process into the civilian workforce. We work to bridge the gap between military members, veterans and their families, and career opportunities into the civilian sector.

Website: <https://theveteranjobboard.com/>

Victory Sparks

Victory Sparks provides grants, customer development training and mentoring into innovative U.S. Military Veteran-led startups. Victory Spark is a member of the Global Accelerator Network and was originally funded by the Department of Veterans Affairs Center for Innovation.

Website: [VictorySpark](#) | [AngelList Talent](#)

Bunker Labs

Bunker Labs' mission is to support and convene military-connected entrepreneurs and small business owners.

Website: [Bunker Labs](#) | [Inspire, Equip, and Connect Veteran Entrepreneurs](#)

Transition Assistance Program:

The Transition Assistance Program (TAP) provides information, tools, and training to ensure servicemembers, and their spouses, are prepared for the next step in civilian life.

Website: <https://www.dol.gov/agencies/vets/programs/tap>

Virtforce

We reduce the unemployment rate for Active Duty Mil-Spouses and Veterans by connecting employers seeking to diversify and distribute their talent network to qualified virtual candidates within the military community.

Website: [VirtForce – Hire Virtual Professionals, Improve Your Business](#)

Citizen Soldier for Life

The Citizen soldier for life program provides services to Family members, Retirees, Veterans and servicemembers, providing individualized employment assistance, individual case management. In addition, the program provides assistance to Commanders across the 54 States and Territories with Veteran Opportunity to Work (VOW) Act coordination and compliance.

Website: [https://mil.wa.gov/citizen-soldier-for-life/#%3A~%3Atext%3DCitizen%20Soldier%20for%20Life%20Career%20Readiness%20Counselors%20\(CRC\)%20are%20located%2Cand%20identify%20opportunities%20for%20success](https://mil.wa.gov/citizen-soldier-for-life/#%3A~%3Atext%3DCitizen%20Soldier%20for%20Life%20Career%20Readiness%20Counselors%20(CRC)%20are%20located%2Cand%20identify%20opportunities%20for%20success)

DOD Skill Bridge

The DoD SkillBridge program is an opportunity for servicemembers to gain valuable civilian work experience through specific industry training, apprenticeships, or internships during the last 180 days of service. SkillBridge connects servicemembers with industry partners in real-world job experiences.

Website: <https://dodskillbridge.usalearning.gov/program-overview.htm>

National Guard Employment Network (NGEN)

NGEN provides National Guard service members and families with high-touch career readiness and job placement assistance. Current and former Guardsmen, Military Spouse, Dependent, and/or Caregivers all qualify for our services. If you are looking for help with your resume, training opportunities, and one-on-one support from Specialist with access to thousands of jobs. Simply, fill out the registration form and a Work for Warriors Coach from your region will contact you and help you get started.

Phone: 253-945-1821 or 253-512-1346

Website: https://www.pages02.net/msccn_production/NG



Washington National Guard Resource List

Career Skills Program

The Army Career Skills Program (CSP) affords transitioning servicemembers the opportunity to participate in employment skills training (EST), on-the-job training (OJT), pre-apprenticeships and internships with a high probability of employment in high-demand and highly-skills jobs. Participation must occur within the last 180 days of military service, with an honorable discharge.

Website: <https://home.army.mil/imcom/index.php/customers/career-skills-program>

USO Pathfinder

The USO Pathfinder Transition Program extends the USO experience to National Guard and military spouses by offering professional development services throughout the duration of the servicemember or military spouse's career, as well as when they transition out of the military and settle into their new communities.

Website: <https://www.uso.org/programs/uso-pathfinder-transition-program>

WA Military Department

Helps current or previous servicemembers gain access to a multitude of different documents like your NGB 22. Through the first link you can log on with CAC or make an account to view documents.

Website: <https://www.hrcapps.army.mil/portal/> and <https://mil.wa.gov/>

Veterans Group Life Insurance

The VGLI is just one type of life insurance available to retired veterans. The VA also offers Service-Disabled Veteran Insurance, or S-DVI, as well as Veterans Mortgage Life Insurance.

Website: <https://www.va.gov/life-insurance/options-eligibility/vgli/>

Combined Arms

Combined Arms streamlines the connection between veterans and their families from all branches of the military with organizations that serve them. We've created a new veteran service model, focusing on collective impact—reinventing what it means to serve veterans

Phone Number: 1-888-737-3112

Website: [Combined Arms supports veterans in transition](#)

WAARNG Transition Assistance Specialists

We help you navigate through the numerous benefits and entitlements in the DoD and VA system. We take the time to assist you and not toss you into the 800 number desert! We will educate you so you will understand the benefits you have earned.

Phone: (253) 512-8722 or **Cell:** (253) 327-4059

Washington National Guard Resource List



APPRENTICESHIPS:

Helmets to Hardhats

A national, nonprofit program connecting Guard members with local skilled training and apprentice career opportunities. This program front loads servicemembers into job interviews and placement.

Phone: (866) 741-6210

Website: <https://helmetstohardhats.org/>

Apprenticeships

One-stop source to connect with employers and apprenticeships for servicemembers.

Phone: (877) 872-5627

Website: <https://www.apprenticeships.gov/>

Painters and Allied Trades Veterans Program

The mission of this veteran program is to assist transitioning veterans from military service to civilian careers in the finishing trades industry.

Website: https://pat-vp.org/?page_id=693

SMART Heroes

SMART Heroes provides sheet metal industry training through a seven-week program for enlisted U.S. military men and women who plan to enter civilian life, helping with transition to the workforce and careers in the sheet metal industry.

Website: <https://www.smart-heroes.org/>

Operation Red Dot

The mission of Operation Red Dot is focused on the military and their local communities in educating, and advocating for real estate ownership. Renting, buying, building, or investing their services help you understand what you're getting into in the real estate world.

Phone: (253) 300-6300

Website: <https://www.operationreddot.com/>

Apprenti

Apprenti has placed hundreds of apprentices in Washington with employers including Microsoft, Amazon, Avvo, Comtech, Silicon Mechanics, and F5. Occupations include software developer, network security administrator, system administrator, cloud support specialist, data center technician, IT business analyst, network operations developer, and IT support professional.

Website: <https://apprenticareers.org/locations/washington/>

Boots to Shoes

The Boots to Shoes mission is to augment veterans' support services for 21st century Veterans' successful transition into civilian jobs. It serves as an example for going forward by giving back.

Website: <http://bootstoshoes.org/>



Washington National Guard Resource List

Pathway Internship Program

The Pathways Internship Program includes both the Internship Experience Program (IEP) and the Internship Temporary Program (ITEP). Both programs are targeted toward U.S. citizens enrolled in a wide variety of educational institutions from high school to graduate school and professional academic levels. Both programs provide students with opportunities to explore Federal careers while being paid for the work performed.

Website: <https://careers.state.gov/work/pathways/internship-programs/>

Power4vets

Our Mission: To help veterans start new careers in the exciting and evolving energy sector.

Website: <https://www.incsys.com/power4vets/>

Troops to Energy Jobs

The Troops to Energy Jobs Initiative is designed to help veterans and members of the National Guard make a successful transition to a rewarding career in the energy industry.

Website: <https://www.troopstoenergyjobs.com/>

Solar Ready Vets Network

The Solar Ready Vets Network is a group of solar workforce development programs funded by the U.S. Department of Energy (DOE) Solar Energy Technologies Office (SETO) that connects veterans and transitioning military servicemembers with career training, professional development, and employment opportunities in the solar industry.

Website: <https://www.energy.gov/eere/solar/solar-ready-vets-network>

Boots to Business

Free two day class from the Small Business Administration about starting your own business and gaining funding for it as a veteran.

Website: <https://sbavets.force.com/s/>

Washington Career Paths

Offers apprenticeships available in Washington state with many benefits including things like no previous experience required, steady pay increases every 1000hrs/ every 6 months and ability to have the GI bill supplement your wages.

Website: <http://wacareerpaths.com/apprenticeships/>

Sales Force

Sales Force is committed to train up the military community with high demand technology skills and provide our partners with a diverse and trained talent pipeline.

Website: <https://veterans.force.com/s/>

Vets2PM

Vets2PM provides specialized training, professional development and placement services for veterans.

Website: <https://vets2pm.com/>

Washington National Guard Resource List



Warriors 4 Wireless

Warriors 4 Wireless helps meet the demand for trained wireless technicians by training former members of the military with the job skills needed to become a professional in the telecommunications industry.

Website: [Home - Wireless4Warriors \(warriors4wireless.org\)](http://warriors4wireless.org)

Break Line

Break Line has redesigned education to meet the needs of the 21st-century workforce. Their hands-on approach prepares Break Liners to take their next step in the tech industry.

Website: <https://breakline.org/>

Vets2industry

Vets2Industry provides a free resource library for the military community.

Website: <https://vets2industry.com/>

Salesforce Trailhead

Free Trailhead (Salesforce) training and certifications. Currently, 53 companies guarantee interviews for military and spouses who complete the program.

Website: <https://veterans.force.com/s/>

Onward To Opportunity

Onward to Opportunity at Joint Base Lewis-McChord offers two career tracks: Information Technology & Business Management. Your journey will begin with a 2 week Onward to Your Career course including an Industry Foundations course in a learning pathway of your choosing. The classroom portion is supplemented with 6-12 weeks of virtual coursework to earn an industry certification.

Website: <https://ivmf.syracuse.edu/programs/career-training/o2o-locations/lewis-mcchord/>

United Services Military Apprenticeship Program (USMAP)

Use military time as apprenticeship hours for civilian certifications

Website: <https://usmap.netc.navy.mil/usmapss/static/index.htm>

With You With Me

Free technology industry training and certifications (IT, consulting, big data analytics) for military and spouses.

Website: <https://www.withyouwithme.com/landing/us-veteran-tech-detachment>

Institute for Veterans and Military Families

The IVMF delivers programs in career, vocational and entrepreneurship education and training.

Website: <https://ivmf.syracuse.edu/programs/career-training/o2o-locations/lewis-mcchord/>

Federal Virtual Training Environment

Provides free virtual cybersecurity training to federal, state, local, tribal, and territorial government employees, federal contractors, and US military Veterans.

Website: <https://fedvte.usalearning.gov/>

Washington National Guard Resource List



PMP Pro Learn

Free PMP (Project Management Professional) certification prep class.

Website: [https://www.pm-prolearn.com/visitor_catalog_class/show/187868/Military-Veteran-FREE-PMP% C2%AE-Exam-Study-System](https://www.pm-prolearn.com/visitor_catalog_class/show/187868/Military-Veteran-FREE-PMP%20AE-Exam-Study-System)

Finra Program

The FINRA Foundation Military Spouse Fellowship program provides military spouses the opportunity to earn the AFC (Accredited Financial Counselor) certification—while providing financial counseling and education to the military community.

Website: <https://www.afcpe.org/career-and-resource-center/finra-foundation-military-spouse-fellowship/>

IT Ready

Free IT training and certifications for military spouses.

Website: <https://www.creatingitfutures.org/military-spouses>

Cisco Networking Academy

Free linux and cybersecurity courses for military, veterans, and their family members.

Website: [Cisco Networking Academy Builds IT Skills & Education For Future Careers \(netacad.com\)](https://www.netacad.com)

VetTec

Free tuition and housing for one of the following areas: Information science, computer programming, data processing, media applications, and computer software.

Website: <https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/vettec-high-tech-progra m/> And <https://www.benefits.va.gov/GIBILL/FGIB/VetTecTrainingProviders.asp>

FedVTE

Free online cybersecurity (both education and certification focus) and coding training.

Website: <https://niccs.cisa.gov/training/federal-virtual-training-environment-fedvte>

Washington National Guard Resource List



EDUCATION:

Washington National Guard Education Department

Contact the education department at Camp Murray with any questions you may have on your education needs. To activate your education benefits, you will need to contact them directly!

Phone: 253-512-8390 or 253-512-8435

Email: ng.wa.waarng.list.per-education@mail.mil

Postsecondary Education State Tuition Grant

State tuition assistance that caps at a Masters Degree. Contact the WAARNG Education Office and apply for FAFSA prior to applications being submitted. Watch the submission deadlines!

Phone: (253) 512-8390 **Email:** nationalguard@wsac.wa.gov

Website: <https://wsac.wa.gov/national-guard>

Federal Tuition Assistance / Army Ignited

For eligible soldier's, FTA is currently \$250 per semester hour and up to 16 semester hours each fiscal year towards an associate, bachelor, master, undergraduate or graduate certificates, (contact the WAARNG Education Office for applications and assistance.)

Phone: (877) 272-1330

Website: <https://www.armyignited.com/app/>

COOL Program

\$4,000 per year. Translate your training into civilian credentials! Get information on credentials related to your service specialty. Identify gaps in your training and credential requirements and get additional training paid for. Can cover certifications that range from EMS to private pilot's licensing. **Website:** <https://www.coolosd.mil/army/index.htm>

Montgomery GI Bill (1606)

Educational assistance for traditional/M-day soldiers actively serving in the National Guard. This benefit can be combined with a GI Bill Kicker if earned during your first enlistment. Once you leave the military, this education benefit is null and void. This GI Bill cannot be transferred to family members.

Website: https://content.nationalguard.com/sites/default/files/6-FY20_GI_Bill_Ch1606.pdf

Post-9/11 GI Bill (33)

Education program for service-members who have served at least 90 days on active-duty after 20010910 and received an honorable discharge. If you have deployed or been activated in your state, contact the VA to see what percentage you qualify for. This GI Bill pays out a housing (BAH) amount based on your zip code and covers tuition/book costs. This GI Bill can be transferred to family members and must be transferred while you are in the service. Currentl you must have completed a minimum of six years and extended your service for another four years before you can transfer the POST 911 GI Bill. See below for more information.

Website: https://content.nationalguard.com/sites/default/files/9-FY20_GI_Bill_Ch33.pdf

Transfer of Education Benefits Post-9/11 GI Bill

An incentive for continued service, offered to servicemembers who qualify for the Post-9/11 GI Bill. The servicemember can transfer their Post-9/11 GI Bill to an immediate family member/ members while they are currently serving.

Website: https://content.nationalguard.com/sites/default/files/10-FY20_GI_Bill_TEB.PDF



Washington National Guard Resource List

Yellow Ribbon Program

This program will help pay for higher out-of-state, private school, or graduate school tuition that the Post-9/11 does not cover. If you qualify, your school will contribute an amount toward your extra tuition and fees through grants, scholarships, or similar programs. The Yellow Ribbon Program will match the contribution.

Website: <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/yellow-ribbon-program/>

ROTC

Each of these colleges and universities offer ROTC. Contact these colleges' Military Science department for more information on two to four-year scholarships.

Central Washington University · University of Washington · Eastern Washington University · Whitworth University · Gonzaga University · Washington State University · St. Martin's University · University of Puget Sound · Northwest University · Seattle Pacific University

Officer Strength Manager Phone: (253) 512-1400

Website: <https://www.nationalguard.com/careers/become-an-officer/rotc>

Simultaneous Membership Program

Participate by serving with the National Guard and your college's ROTC program simultaneously. You will be able to have the traditional ROTC college experience while serving with the National Guard locally. Contact your local ROTC College or OCS/Officer Strength Manager for more information.

Website: <https://www.nationalguard.com/simultaneous-membership-program>

West Point Military Academy

The US Military Academy at West Point's mission is to educate and train the Corps of Cadets that graduate as commissioned officers. National Guard members receive a first look from the academy as current serving members. National Guard contracts are null and void upon being accepted into the West Point Academy. Their time in service (TIS) and experience typically place them above their peers.

Officer Strength Manager Phone: (253) 512-1400

Website: <https://www.westpoint.edu/soldiers>

Joint Service Transcript (JST)

The JST takes your earned military training and converts them into college credits that apply toward elective college classes. Every college accepts a varying degree of credits, some more than others.

Website: <https://jst.doded.mil/jst/>

Skillport

Web Based, e-learning portal that allows you to access a range of training resources at work and home. College credits and promotion points can be earned through many classes offered on Skillport. Search ATRRS to find additional courses

Website: <https://usarmy.skillport.com/skillportfe/custom/login/usarmy/login.action>

ACES

Provides Soldiers opportunities for traditional and technology-based education, and support for personal and professional career goals.

Website: <https://home.army.mil/imcom/index.php/professionals/human-services/aces>

Washington National Guard Resource List



Stone Education Center

The Stone Education Center offers ASVAB Testing and DLAB testing among many other opportunities.

Phone: (253) 967-7174

Website: <https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/continuing-education-services>

Basic Skills Education Program (BSEP)

Offers soldiers the ability to retake the math and English portions of the ASVAB to improve GT and ST score to help qualify for AGR positions, Special Forces, OCS (Officer candidate School) WOC (warrant officer school) or Military Intelligence based MOS's.

Phone: (253) 967-2169

Tutor.com

Provides on-demand, online tutoring and homework help at no cost to eligible servicemembers, civilian personnel, and their dependents.

Website: <https://military.tutor.com/home>

Tutor for Military Members and Family

App: Tutor.com Online tutoring helps three ways: request a tutor's help immediately, schedule future sessions, or upload a document for offline review and get feedback within 24 hours.

Website: <https://military.tutor.com>

Princeton Review Tutoring

Free virtual personal tutoring for all grade levels K-12 and college level classes, for military members and their families.

Website: <https://military.tutor.com/home>

Defense Acquisition University

Free university operated by the DOD providing education and certifications in acquisition, technology, and logistics

Website: <https://www.dau.edu/>

Mango Languages

Free conversational language learning software, for foreign languages and also ESL.

Website: <https://www.militaryonesourceconnect.org/achievesolutions/en/militaryonesource/BufferPage.do?contentId=42927>

Syracuse University - Onward to Education

Free training, certifications, and job search help in Customer Service Excellence, Information Technology, and Business Management. Held online or on military bases.

Website: <https://ivmf.syracuse.edu/programs/career-training/>

Universal Class

More than 500 online courses on a wide range of subjects. Use an RBDigital account or code MOSDOD for access.

Website: <https://usmap.netc.navy.mil/usmapss/static/index.htm>



Washington National Guard Resource List

MyCAA (Career Advancement Accounts)

The My Career Advancement Account Scholarship Program is open to spouses of National Guard members in pay grades E-1 through E-5, W-1 through W-2, and O-1 through O-2.

Website: <https://mycaa.militaryonesource.mil/mycaa>

Washington Youth Academy

Highly disciplined and safe learning environment that empowers at risk youth to improve their education level and employment potential. Free life intervention and credit recovery programs.

Website: <https://mil.wa.gov/youth-academy>

Veterans Upward Bound

The VUB offers financial assistance to veterans interested in the development of their education by means of a college, university, or recognized organization. The financial aid can be applied to classes, tutoring, counseling, and other academic applications that are designed to enhance student performance.

Website: [Veterans Upward Bound - VA.org](http://VeteransUpwardBound-VA.org)

DANTES

Get help with college direction, college readiness exams, counselor assistance, CLEP tests and more!

Website: <https://www.dantes.mil/>

VET TECH

If you want to gain computer experience to start or advance your career in the high-technology industry, find out if you're eligible for our Veteran Employment Through Technology Education Courses (VET TEC) program that matches you with a leading training provider to help you develop high-tech skills. Applicants must inquire on program qualifications.

Phone: 888-442-4551 (TTY: 711) or **Email at:** VETTEC.VBABUF@va.gov

Website: <https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/vettec-high-tech-program/>

Washington National Guard Resource List



FINANCIAL:

DEERS Office for ID Cards

Go to this office if you or your spouse need to get a replacement ID card. They can also reset CAC pins.

Call ahead to verify the office is open.

Hours: M-F 0800-1530 Closed: 1130-1200

Phone: (719) 366-7423

Address: 13613 40th Ave NE Rm 162 Marysville, WA 98271

MyPay

Online payroll and accounting system allowing servicemembers to view their account and Thrift Savings Plan (TSP). To access your W-2, you will need to use this link.

Website: <https://mypay.dfas.mil/#/>

Thrift Savings Plan

Note: Consult a Military Financial Counselor on TSP questions.

Minimum enrollment is a 3% contribution. The government will match your contribution up to 5%.

To change your TSP contribution, you can go to MyPay and TSP.gov and use your CAC to log in.

Website: [//www.tsp.gov/](http://www.tsp.gov/)

VA Home Loan

The eligibility requirements for VA home loan program.

Website: <https://www.va.gov/housing-assistance/home-loans/eligibility/>

Servicemembers' Group Life Insurance:

The government provides its own competitive health and life insurance plans in the form of VA policies.

The Servicemembers' Group Life Insurance offers low-cost term coverage to servicemembers.

Members enrolled in SGLV will automatically have dependents enrolled for 10k each.

Website: <https://www.va.gov/life-insurance/options-eligibility/sgli/> and <https://milconnect.dmdc.osd.mil/milconnect/>

Death Gratuity for Soldiers on T32/T10 orders

The death gratuity program provides for a special tax free payment of \$100,000 to eligible survivors of

members of the Armed Forces, who die while on active duty or while serving in certain reserve statuses.

The death gratuity is the same regardless of the cause of death.

Website: [Death Gratuity \(defense.gov\)](https://www.defense.gov/Death-Gratuity/)

Personal Financial Counselor

The National Guard has contracted Financial Counselors in various locations through-out WA. Go through our certified PFC's to gain knowledge on the VA Home Loan, Investing or paying off debt.

Phone (direct): (360) 322-2055 **Email:** pfcl.wa.ng@zeiders.com

Save and Invest

Military Financial Readiness Project delivers free, unbiased financial education tools and training to servicemembers, their spouses and on-base financial educators.

Website: <https://www.saveandinvest.org/military>



Washington National Guard Resource List

Consumer Financial Protection Bureau

This is an all in one resource for all of your financial needs from tackling student loans to understanding your credit score and understanding rights when being confronted by debt collectors.

Website: <https://www.consumerfinance.gov/consumer-tools/educator-tools/servicemembers/>

First Financial Group (VET STEPS)

VET STEPS starts with the basics and by the time you have successfully completed the program, you will be a fully-licensed Financial Advisor with income from your own established practice that you have developed with the help of your mentor.

Website: <https://www.ffgadvisors.com/vetsteps>

Washington National Guard Association

The National Guard Association of Washington provides the highest quality support to our members and families with a focus on lobbying for, and securing, the most effective legislation maximizing your benefits and resources. They also have scholarships for service-members!

Phone: (253) 584-5411

Website: <https://ngaw.org/>

Minuteman Fund of Washington

The Minuteman Fund of Washington changes the lives of families in Washington State by providing emergency assistance grants to Washington National Guard members and their families who find themselves in temporary financial distress.

Website: <http://minutemanfund.org/>

USAA

USAA is a private insurer offering auto, phone and life insurance tailored for military personnel. They also will assist with gym membership costs worldwide!

Website: <https://www.usaa.com>

Car Insurance

Save up to 15% on various auto insurance policies. On a deployment, companies will offer up to 60% off auto insurance while your vehicle is stored or you can stop your auto insurance. Please see the Soldier and Sailors Act of 2003 for more information.

Phone Insurance

Potentially save 10-50% off monthly plans with your cellphone provider.

AER Loan/Grants

Assists Soldiers and their Family members in emergency financial situations due to no fault of their own. Financial assistance is given in the form of an interest-free loan, grant, or combination of the two.

Website: <https://www.armyemergencyrelief.org/>

Fee Waivers/No Late Fees for Credit Cards

Many credit card companies (American Express, Capital One, Chase, Citi, Discover, and US Bank) offer reduced or waived fees to members of the military when you present active military orders that started after accruing said fees (4% to 6% is the lowest). Refer to the SCRA of 2003 for more info. Many banks like AMEX and Chase will waive annual credit card fees for AGR/full-time members of the National Guard.

Website: [The Servicemembers Civil Relief Act \(SCRA\): Section-by-Section Summary \(fas.org\)](#)

Washington National Guard Resource List



H&R Block

File your taxes for free at H&R Block.

Website: [Tax Information Center - Military | H&R Block \(hrblock.com\)](#)

TurboTax

For E-1 thru E-5, file your taxes virtually for free at TurboTax.

Website: [TurboTax® Free Military Taxes 2020-2021, Online Tax Filing for Active Duty Military and Reserves \(intuit.com\)](#)

Lending Closet (JBLM)

Program that allows servicemembers, families and loved ones to borrow durable equipment or resources. **Phone:** (253) 967-3635.

Hours: Mon-Fri 11am-3pm

Free Credit Card Monitoring

Free services offered through Equifax, TransUnion, and Experian.

Equifax **Website:** <https://www.equifax.com/personal/military-credit-monitoring/>

TransUnion **Website:** <https://www.transunion.com/active-duty-military-credit-center>

Experian **Website:** <https://www.experian.com/lp/military.html>

Habitat for Heroes

Free, discount, or 0% mortgage homes for veterans. Will need to contact the local Habitat for Humanity chapter for details on their specific program.

Website: <https://www.habitat.org/housing-help/apply>

Veterans of Foreign Wars (VFW)

Members must have deployed to a combat zone during their time in service. The VFW has many education scholarships to offer in addition to financial assistance for Veterans that fall under hard times. The VFW is a community of veterans that support one another locally.

Website: [The Veterans of Foreign Wars of the U.S. - VFW](#)

American Legion

Members of the American Legion must have served in the military. Members not only find community but also support in many areas. Open up a world of benefits and support by joining the American Legion.

Website: [Veterans Benefits Center | The American Legion](#)

Nine Line Veteran Services

Providing low cost emergency housing, employment, outdoor recreation, peer support, recovery support with an emphasis on at-risk homeless veterans and the post incarcerated.

Phone: 253-922-7225

Website: [Nineline Veteran Services \(nine9line.org\)](#)

Volunteers of America

We proudly serve 27,000 veterans with support services and affordable housing annually, including over 10,000 homeless veterans.

Website: [Volunteers of America's Services for Veterans | Volunteers of America \(voa.org\)](#)

Military Discounts

A comprehensive A-Z list of what companies give military discounts and at what percentage.

Website: <https://www.military.com/discounts/merchants>

Washington National Guard Resource List



FAMILY BENEFITS:

Family Resource Specialists:

WA National Guard Family Programs

The Washington National Guard Family Program aims at supporting and educating families along the path of their National Guard life. We are committed to promoting family preparedness and readiness through education and information referral on community resources, conducting family and servicemember outreach, and forming partnerships and alliances.

Website: <https://mil.wa.gov/family-program>

Phone: (360) 436-2423 or (253) 355-6388

Address: 13613 40th Ave NE Marysville 98271

Phone: (360) 704-6707 or (360) 628-7195

Address: 515 Eastside St SE, Olympia 98501

Phone: (206) 378-6466 or (206) 473-2896

Address: 1601 W Armory Way, Seattle 98119

Joint Services Support

Providing resources and support for military members, their families and children.

Address: WA National Guard Intellect Solutions, LLC Bldg 3, Camp Murray

Phone: (253) 512-8534 or (206) 861-5333

Email: brendan.r.baptiste.ctr@mail.mil

Website: <https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Child & Youth Program

Phone: (253) 512-1356

Address: Bldg 3, Camp Murray 98340

Military OneSource

An additional resource portal that offers a variety of programs and resources available to military members and their families.

Phone: (800) 342-9647

Website: <https://www.militaryonesource.mil/>

My Army Benefits

My Army Benefits contains a wealth of information on the benefits available to Soldiers and their Families from the time they enter the Army through their retirement or separation and beyond.

Website: <https://myarmybenefits.us.army.mil/>

Our Military Kids

A non-profit organization providing grants to children of deployed National Guard members for sports, fine arts, and tutoring programs. From children k -12 covering up to six months of one activity with a max grant of \$500 per child.

Website: www.ourmilitarykids.org

Military and Family Life Consultant Program

Provides short term, situational, problem-solving counseling services to services members and their families on multiple topics: medical counseling, life skills, and military lifestyles.

Phone: (800) 342-9647

Website: <https://www.militaryonesource.mil>



Washington National Guard Resource List

Washington National Guard Child and Youth – (WANGY)

For National Guard youth working towards development of resilient military youth. With character and leadership development, education support, health and life skills, STEM, and recreational activities.

Phone: (253) 512-8000

Website: <https://mil.wa.gov/child-youth-program>

Child Care Aware of America

The National Guard will pay for drill weekend childcare for Mday members! Guard members under title 10 and 32 federal orders can use this resource for full-time care and those drilling can as well. Childcare services are for dependents ages 0-12, reduced prices for servicemembers with school-aged children who have started full daycare. They will pay the difference between the provider's monthly full-time rate and the parent portion rate. Go to Childcare Aware of America to learn more. Download the ARNG CYS APP from the Apple or Google Play store. **Phone:** (800) 424-2246

Email: militaryinfo@childcareaware.org

Website: <https://www.childcareaware.org/>

Website for Drill Childcare: <https://www.childcareaware.org/fee-assistancerespite/military-families/army/arngwdcc/>

Boys and Girls Club

Mission Youth Outreach provides access free access to children of National Guard families who do not live near or have access to a military Youth Center free membership* to their local Boys & Girls Club.

Website: <https://www.bgca.org/about-us/military>

YMCA

The YMCA partnered with the U.S. Department of Defense, offering free military outreach membership and free or discounted membership for the families and servicemembers.

Website: <https://www.ymca.net/military-outreach/memberships.html>

Military Child Care

Military provided or affiliated childcare. Members must have accounts set up on childcare aware and military childcare to be eligible for enrollment. The National Guard will pay for drill weekend childcare! Go to Childcare Aware of America to learn more.

Website: <https://public.militarychildcare.csd.disa.mil/mccu/ui/#/>

OCUS (Families Over Coming Under Stress)

OCUS provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life.

Website: <https://focusproject.org/>

WA Foster Care and Adoption Guidelines

Outlines everything needed to become a foster family or adopting someone in Washington State.

Website: <https://www.adoptuskids.org/adoption-and-foster-care/how-to-adopt-and-foster/state-information/washing-ton>

Exceptional Family Member Program (EFMP) T32/AGR only

Military Families with a special needs Family member, also known as an Exceptional Family Member (EFM), often require additional help in meeting the EFM's needs. The Army designed the EFMP to be a comprehensive, coordinated, multi-agency program that provides community support, housing, medical, educational, and personnel services to military Families with an EFM.

Website: <https://efmp.amedd.army.mil/>

Washington National Guard Resource List



JBLM Family and MWR

JBLM Family and MWR is a network of support and leisure services designed to serve the needs, interests, and responsibilities of servicemembers and families. Get access to low-cost rentals at locations like Jim Creek (Arlington, WA), American Lake etc.

Website: <https://jblm.armymwr.com/>

Operation Homefront

Provides financial assistance and a wide variety of services to help alleviate emergency situations for families struggling with deployment and injury recovery. Emergency financial assistance is paid directly to mortgage lenders, landlords, auto mechanics, contractors, and other service providers. **Phone:** (206) 300-0893

Website: www.operationhomefront.net/washington

Military Spouse Employment Partnership

Provides education and career guidance to military spouses, free coaching, tools for career exploration, training, and licensing.

Website: <https://myseco.militaryonesource.mil/portal/msep/jobsearch>

Family Advocacy Program (FAP)

Our services include seminars, workshops, counseling, and intervention to help strengthen Army Families, enhance resiliency and relationship skills, and improve quality of life. We are also dedicated to helping Soldiers and Families with the complex challenges related to domestic abuse, child abuse, and neglect.

Website: <https://www.armymwr.com/programs-and-services/personal-assistance/family-advocacy>

Spouse Force

Career planning and job search assistance for military spouses

Website: <https://bluestar.yourjobpath.com/auth/signup>

LinkedIn Premium for Spouses

Free LinkedIn Premium for service members and spouses for one year.

Website: <https://myseco.militaryonesource.mil/portal/content/view/8256>

Spouse Career Coaching

Free career coaching in a variety of fields for military spouses.

Website: <https://myseco.militaryonesource.mil/portal/content/view/3898>

Operation Family Caregiver

Support for families of military returning home.

Website: <https://operationfamilycaregiver.org/>

Brides Across America

Free Wedding dresses for military and military spouses.

Website: <https://www.bridesacrossamerica.com/>

Build a Sign

Free banners and signs for welcoming military members back from deployments.

Website: <https://www.buildasign.com/troops>

Washington National Guard Resource List



Dogs on Deployment

Free pet boarding while on deployment.

Website: <https://www.dogsondeployment.org/>

Hearts Apart

Free Photo shoots for military members and their families.

Website: <https://www.heartsapart.org/>

Project Evergreen

Free Lawn care services for deployed enlisted members.

Website: <https://projectevergreen.org/greencare-for-troops/>

Snow Care for Troops

Free snow and ice removal for deployed enlisted members.

Website: <https://www.bossplow.com/en/snowcare-for-troops>

USPS Military Care Package Kit

A free kit for sending items to military members at AFO/FPO addresses.

Website: https://store.usps.com/store/product/shipping-supplies/military-care-kit-P_MILITARYKIT

National Military Family Association

National military family association is the “go to” source for Administration Officials, Members of Congress, and key decision makers when they want to understand the issues facing our families.

They can reimburse up to \$2,000 of adoption expenses, can get 21 days of adoption leave to bond with your new child and even more resources.

Website: <https://www.militaryfamily.org/>

Code of Support

The Code of Support Foundation leverages the nation’s full spectrum of resources to ensure all members of our military, veterans and their families receive the benefits and support they need and have earned.

Website: <https://www.codeofsupport.org/>

Veterans License Plates

Washington State DOL issues license plates (with a fee) to eligible veterans/military/family members encompassing the design of the corresponding branch of service.

Website: <https://www.dva.wa.gov/veterans-their-families/veterans-benefits/license-plates/armed-forces-license-plates>

WA Army National Guard Honor Guard

Every Guardsman is entitled to a proper Military Funeral Honors performed by uniformed members of the Armed Forces. The Washington Army National Guard Honor Guard is a direct representative of the United States military and is highly qualified and certified to perform proper Military Funeral Honors.

Phone (Camp Murray): (253) 512-8786

Website: <https://mil.wa.gov/military-honor-guard-program>



Washington National Guard Resource List

Survivor Outreach Services (SOS)

Survivors Outreach Services provides surviving Family members access to support, information, and services, closest to where you live, when you need it and for as long as you need it.

Phone: (253) 512-8756

Website: <https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach>

Casualty Assistance (JBLM)

The Casualty Assistance Office provides assistance to the grieving families of deceased military personnel, active duty and retired, by providing the final demonstration of our nation's gratitude to those who faithfully defend our country in peace and war.

Phone: (253) 966-5890

Website: <https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/casualty-assistan>

VA Benefits for Survivors and Dependents

Find out if you're eligible for VA education benefits for dependents and survivors (also called Chapter 35 benefits). If you're a dependent spouse or child or the surviving spouse or child of a Veteran, you may qualify for Chapter 35 benefits or job training through a GI Bill program.

Website: <https://www.va.gov/education/survivor-dependent-benefits/>

T.A.P.S (Tragedy Assistance Program for Survivor)

TAPS provides comfort, care and resources to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

Website: <https://www.taps.org/mission>

Chaplain

Every Soldier and immediate family member has the opportunity to speak with a Chaplain for a variety of reasons, such as spiritual support/help, family death, emotional trauma, to apply for religious exemptions etc.

**Please speak with your chain of command to get in contact with your Battalion or Brigade Chaplain.
State Chaplain: 253-512-7525**

Washington National Guard Resource List



RECREATIONAL:

Space-A-Travel

The Space-Available travel system lets military members fill empty seats on Air Force transport flights for free. The most common destinations are in the USA, Europe, Japan, and South Korea. National Guard members are CAT 6 and must be signed up days-weeks in advance and arrive 4-5 hours early to be on the waiting list. Please read up on space a in order to use it to your advantage!

Space-A Sign Up: eagle@us.af.mil

Website: <https://www.spacea.net/joint-base-lewis-mcchord-jblm>
<https://www.fairchild.af.mil/Information/AMC-Passenger-Terminal/>

AMC Terminal Locations & Contact:

[https://www.amc.af.mil/Portals/12/AMC%20TvI%20Pg/AMC%20TvI%20Pg%20Docs/Pax%20Terminal%20Contact%20Info%20\(Dec%202019\)%20Final%20t.pdf?ver=2019-12-18-103927-080](https://www.amc.af.mil/Portals/12/AMC%20TvI%20Pg/AMC%20TvI%20Pg%20Docs/Pax%20Terminal%20Contact%20Info%20(Dec%202019)%20Final%20t.pdf?ver=2019-12-18-103927-080)

TSA Pre-Check

Use the DoD ID number on the back of your military ID and enter it as the “Known Traveler Number” when making official travel or leisure airline reservations. Dependents under 18 will automatically qualify for TSA Pre-Check while accompanying their parent/guardian.

USO Northwest / Airport Centers

The USO provides programs, entertainment, and services at more than 250 worldwide locations. These centers located at airports offer hospitality for traveling servicemembers and their families.

Phone: (888) 484-3876

Website: <https://www.uso.org/centers>

Website: <https://northwest.uso.org/>

Armed Forces Vacation Club (AFVC)

The AFVC offers affordable prices at resorts around the world.

Phone: (800) 724-9988

Website: <https://www.afvclub.com/>

Catch a Lift

The Catch a Lift Fund has helped thousands of post 9/11 combat wounded veterans regain their mental and physical health through gym memberships, in home gym equipment, personalized fitness and nutrition programs and a peer support network.

Website: [Catch a Lift – Changing Bodies, Healing Minds, Saving Lives \(catchaliftfund.org\)](https://www.catchaliftfund.org/)

American Forces Travel

Save up to 60% and book military discounts on hotels, flights, cars, packages, and cruises.

Website: <https://www.americanforcetravel.com/>

Shades of Green – Disney World

An exclusive family resort on the park for military members and families. Tickets, dining, and accommodations at lower costs for military members and their families.

Phone: (888) 593-2242

Website: <https://www.shadesofgreen.org/about-shades-green>



Washington National Guard Resource List

Hale Koa Hotel – Hawaii

At the heart of Waikiki spreading over 72 acres, this hotel resort is exclusively for military members and their families at affordable prices.

Phone: (800) 367-6027 or (808) 955-0555

Email: information@halekoa.com

Website: <https://www.halekoa.com/about-hale-koa-hotel>

More HAWAII Resources

Go to this website to find resources on discounted Hawaii lodging and resources! It is very informative!

Website: <https://www.poppin smoke.com/hawaii-military-resorts-recreational-lodging/>

Growing Vets

This organization empowers veterans to cultivate purpose and belonging by growing food and each other. Their goal is to reduce isolation and end veteran suicide.

Website: <https://growingveterans.org/who-we-are/contact.html>

Free Hunting License

Free annual licensing package that includes a big-game license and a small game license with a migratory bird permit. The package is available to Washington state residents who are active, full-time Guard members, or who participate on a part-time basis during their drill weekends. **Website:**

<https://wdfw.wa.gov/licenses/hunting/free-national-state-guard-hunting-licenses>

America the Beautiful Pass

Free National Parks and Federal Recreation Lands pass.

Website: https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088576

Veterans to Farmers

The mission of Veterans to Farmers is to train veterans in agricultural systems, technologies, and business operations for a fulfilling and sustainable lifestyle.

Website: <https://www.veteranstofarmers.org/>

Veterans Farms

One of four programs within the WDVA Veterans Conservation Corps. They blend experiential and behavioral wellness opportunities with employment, education, and volunteerism. A self-guided agricultural learning experience that relies on the individual veteran's interest and passions.

Phone: (800) 562-2308

Website: www.dva.wa.gov

Strong Bonds

Unit-based, chaplain-led off-site retreat programs for couples and singles that assist in building individual resilience.

Operations NCOIC Phone: (703) 545-2186

Website: <https://www.strongbonds.org/>

Veterans Community Response

A non-profit organization composed of firefighters, veterans and therapists working to support combat veterans in their postwar readjustment process. Retreats, one-day events, volunteering and disaster response.

Phone: (509) 730-9413

Email: vetcomres@gmail.com **Website:** www.vetcomres.org

Washington National Guard Resource List



Vettix.org

Discounted and free ticket prices.

Website: <https://www.vettix.org/index.php>

Motorcycle Safety Courses

Motorcycle Safety courses available through the JBLM Safety Office.

Phone: (253) 966-0632

Website: <https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/motorcycle-safety-course>

Allegiant Air Military Honors Program

Free services offered for active duty, reserve duty, and veteran members Military with valid identification:

Up to two (2) pieces of checked baggage. Each bag must weigh under 100 lbs. No charge for oversize checked baggage. Maximum size is 115 linear inches in height + width + length. One (1) carry-on bag within Allegiant size limits. One (1) personal item within Allegiant size limits. Free boarding pass printing at the airport. Up to one (1) pet in the cabin.

Website: <https://www.allegiantair.com/military-discount>

Navy Life PNW

The Fleet & Family Readiness team provides services and sheltering that enhance quality of life at home and work. We serve as a catalyst for maximizing partnerships for the mental, physical, and social development of Department of Defense personnel, retirees and family members. Also discounted lodging and camping options in WA!

Phone: (360) 276-4414

Website: <https://www.navylifepnw.com/>

Games to Grunts

Free video games to download.

Website: <https://gamestogrunts.org>

Waves of Honors

Free theme park tickets.

Website: <https://seaworldentertainment.com/programs/waves-of-honor/>

Amer Sports Pro Clubs, Gerber Pro, Oakley SI

Online discount portals (outdoor gear)

Amer Website: <https://www.amersportsproclub.com/en-us/sign-up>

Gerber Website: <https://www.gerbergear.com/en-us/meet-gerber/pro-program>

Oakley Website: <https://www.oakleysi.com/en-us/register/register-si>

Helly Hansen Pro Program, Patagonia Pro

50% off outdoor gear for military members

Website: <https://www.hellyhansen.com/customer/account/create/type/pro>

Operation Heal Our Patriots

Free couples retreat to Alaska for veterans and their spouses.

Website: <https://www.samaritanspurse.org/education-2/ohop-application/>



Washington National Guard Resource List

Blue Star Deals, GovX, Provengo, LuLu Lemon and ID.me

Online discount portals. ID.me is more focused on services and regular consumer products.

Websites:

<https://www.tfaforms.com/4598702>

<https://www.govx.com/>

<https://shop.id.me/>

<https://www.provengo.com/>

[Military/First Responders & Health Care Worker Discounts | lululemon athletica](#)

Salmon for Soldiers

Offers a sense of normalcy and relaxation to our nation's Veterans through fishing. Salmon for Soldiers' fishing opportunities are designed to help reduce stress while creating new relationships with others who love fishing.

Website: <https://www.salmonforsoldiers.com/>

Veterans Yoga Project

Veterans Yoga Project is on a mission to support recovery and resilience among our veterans, families, and communities.

Website: <https://www.veteransyogaproject.org/practice>

Northwest Veterans Museum

The Northwest Veterans Museum honors and perpetuates the legacy of military veterans and educates the public, especially our youth, about the sacrifices made by the men and women who served in all branches of the military.

Address: 9921 Poplar Way Lynnwood, WA 98036

Website: <https://www.nwveteransmuseum.org/>

Sea World

All sea world locations offer complimentary tickets for members of the military

San Antonio Seaworld: <https://seaworld.com/san-antonio/tickets/military-discount/active-duty/>

Orlando SeaWorld: <https://seaworld.com/orlando/tickets/military-discount/>

San Diego Seaworld: <https://seaworld.com/san-diego/tickets/military-discount-active/>

Healing Angels Ranch Team

Empowering Veterans in a equine assisted life coaching, peer support, and with gardening.

Email: Hartforvets@yahoo.com

Broken Arrow Outdoor Adventures

For Veteran, current military, first responders, health care providers or children that have struggled with trauma are welcome to go fishing for free.

Website: broken-arrow-adventures.com

Washington National Guard Resource List



MEDICAL / COUNSELING:

Tricare West/Medical for Military Families

Phone: (425) 252-3399

Website: <https://tricare.mil/>

United Concordia/Dental for Military Families

Phone: (844) 653-4061

Website: <https://www.uccitdp.com/dtwdws/member/landing.xhtml>

Periodic Health Assessment (PHA)

Annual online PHA's can be conducted at this website. Ensure to complete this step prior to your annual in-person PHA.

Email for AGR's that want to schedule a PHA: ng.wa.waarnng.list.medical-scheduling@army.mil

Website: <https://medpros.mods.army.mil/portal>

Everett VA Resources Center

Hours: M-F 0800 – 1630

Phone: (425) 252-9701

Address: 1010 SE Everett Mall Way Suite 207 Everett, WA 98208

Website: <https://www.va.gov/directory/guide/facility.asp?ID=5611>

Post Deployment Health Reassessment

Providing healthcare to soldiers through education, screening assessment and access to care for many concerns.

Phone: (253) 512-8943

Phone: (253) 968-5828

Address: Bldg 34 Camp Murray, Tacoma, WA 98430

Give an Hour

Free mental health counseling for military members, their families, and veterans.

Website: <https://giveanhour.org/get-help/>

Spiritune

Music therapy app subscription. Need an account at bluestarfam.org first.

Website: <https://www.spiritune.com/>

Veterans Peer Corps

The Mission of the Washington State Veterans Peer Corps is to support, encourage, and empower those who served through local, community based, peer mentorships.

Website: https://www.dva.wa.gov/veterans-their-families/counseling-and-wellness/veterans-conservation-c_orps-program/veterans-peer-corps

Headspace

Free meditation app (usually \$100 per year). Must have an account at bluestarfam.org first.

Website: <https://work.headspace.com/bluestarfamilies/member-enroll/login>

Military One Source Counseling

12 free virtual counseling sessions per year with licensed therapists.

Website: <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/free-confidential-face-to-face-non-medical-counseling/>



Washington National Guard Resource List

Cohen Veterans Network, Head Strong, and Home for the Warriors

Free mental health for veterans and their families. Home for the Warriors also offers Health and Financial assistance.

Website: <https://www.cohenveteransnetwork.org/> , <https://getheadstrong.org/> , <https://www.hopeforthewarriors.org/health-wellness/clinical-support-services/>

PTSD Coach

An app to be used as an adjunct to psychological treatment that can also be used as a stand-alone education tool. It includes a self-assessment tool and information on how to manage symptoms.

Website: <https://mindbodystrength.org/>

Ombudsman Program

The Ombudsman Program ensures that all Soldiers and their Families have an independent, neutral mediator and resource to consult outside of their chains of command. Originally designated as a resource for wounded, ill and injured Soldiers (and their Families) assigned to a Soldier Recovery Unit (SRU), Ombudsmen now serve non-SRU Soldiers and Families who need assistance as well.

Website: <https://wct.army.mil/modules/soldier/s1-ombudsman.html>

Military & Family Life Counseling

The Military and Family Life Counseling Program supports servicemembers, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation.

Website: <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/>

JBLM Chaplain Family Life Center

Offers a variety of services to help you develop and strengthen your most important relationships in life. **Phone:** (253)-967-1723

Website: <https://jblm.armymwr.com/programs/MFLC>

Military Sexual Trauma (Vet Center)

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional re-adjustment counseling to eligible military members and their families. Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services.

Website: <https://www.vetcenter.va.gov/>

Washington National Guard Resource List



National Alliance to End Veteran Suicide

Their mission is to End Veteran Suicide in our nation through our focus areas of Education, Resources, Research, and Community.

Website: <https://www.na2evs.org/>

American Red Cross (Coping With Deployment)

The American Red Cross offers guidelines for increasing resiliency in ourselves and our children and also provides information on how to provide psychological first aid to others experiencing stressful feelings or events. It can also serve as a useful link to connect you with other military families in your community.

Website: <https://www.redcross.org/get-help/military-families/deployment-services/coping-deployment-course.html>

National Guard Psychological Health Program

The National Guard Psychological Health Program provides the assistance you and your family need, whether you're dealing with stress, work or family issues. The PHP has directors of psychological health in every state.

Website: militaryonesource.mil/national-guard/psychological-health-program/

Project Roll Call

The first objective of "Project Roll Call," is to establish a digital wall named "Roll Call" that honors our nation's veterans and fallen servicemembers. This platform will serve as a repository for veterans of all branches and eras to tell their stories, have their stories told, and be recognized for their service and sacrifice to our country.

Website: <http://projectrollcall.org/>

Army Registered Dietitians

Free Army Certified Dietitians available to service-members. Virtual appointments are offered to those that cannot go to Joint Base Lewis McChord (JBLM).

Phone: (253) 968-0547

Appointment Center Phone: (1-800) 404-4506

Washington National Guard Resource List



CRISIS LINES:

National Suicide Prevention Hotline

Phone: 1-800-273-8255

Crisis Text Line

Crisis Text Line fields messages about suicidal thoughts, abuse, sexual assault, depression, anxiety, bullying and more. What makes it unique is that it's entirely text-based, which makes it easy for anyone who doesn't feel comfortable or safe talking on the phone to use it.

Text Hello to 741741

Veterans Crisis Line

Their support is free, confidential, and available to veterans, servicemembers and their family and friends.

Phone: (800) 273-8255 **Text:** 838255

Website: <https://www.veteranscrisisline.net/>

Suicide and Substance Abuse Resources

Website: <https://www.veteranscrisisline.net/get-help/military-crisis-line>

Phone: (800) 273-8255 then press 1, or access online chat by texting 83825

Washington ARNG Suicide Prevention Program

Military Crisis Line: (1-800) 273-TALK (8255)

Courage to Call

We are dedicated to improving mental wellness for Veterans, Active Duty, Reservists, National Guardsmen, and their families via countywide outreach and education, a 24/7 peer line, as well as individual short-term, solution focused prevention-oriented plans.

Phone: 1-877-698-7838

Website: [Courage to Call - Helpline for Veterans, Military & Families \(courage2call.org\)](http://courage2call.org)

Military Veteran Project

The Military Veteran Project's mission to prevent military suicide through treatments and research not accessible or available by the Department of Defense or Veterans Affairs, veterans can come home after war to serve their communities, so that their shared legacy will be one of act and service.

Phone: 785-409-1310

Website: [About the Military Veteran Project - Military Veteran Project](#)

National Domestic Violence Hotline

Phone: 1-800-799-7233

SAMHSA National Helpline (Drug or Alcohol Abuse Hotline)

Phone: 1-800-662-4357

Army Substance Abuse and Prevention Program (ASAP)

Soldiers are encouraged to seek help voluntarily for drug and alcohol problems. Get your life back by reaching out for help.

Website: [Army Substance Abuse Programs \(ASAP\)](#)

Washington National Guard Resource List



State Equal Employment Manager

Protects Washington State National Guard members from discrimination and harassment in the workplace.

Phone: (253) 512-8864

Equal Opportunity

Ensure that servicemembers are treated with dignity and respect and are afforded equal opportunity in an environment free from prohibited discrimination on the basis of race, color, national origin, religion, sex (including pregnancy), gender identity, or sexual orientation.

Phone: (253) 512-8864

Website: <https://mil.wa.gov/equal-opportunity>

DoD Safe Helpline

Secure, confidential, and anonymous crisis support center specifically designed for members of DoD community affected by sexual assault. Provides live, one-on-one support to survivors, their families. A downloadable App allows for live chat and resource search for both victim and support services.

Phone: (877) 995-5247

Website: <https://safehelpline.org/>

Washington National Guard Sexual Assault Prevention and Response Program

Safe Helpline: (877) 995-5247

SARC Hotline: (253) 307-6483

Website: <https://mil.wa.gov/sharpsapr>

Phone: (253) 512-1365

Phone: (253) 512-7881

Military Sexual trauma

Phone: (1-800) 273-8255 (And press 1)

Washington National Guard Resource List

LEGAL ASSISTANCE:



Servicemember Civil Relief Act

While serving on active duty National Guard Soldiers and their family are covered by SCRA. Providing safeguards in financial management, rental agreements, security deposits, evictions, installment contracts, interest rate limits on pre-service consumer debt or mortgage loans, civil judicial proceedings, and income tax payments. Legal services involve consultation and assistance on wills, powers of attorney, child support, family matters, and contractual disputes.

Phone: (253) 512-8262

Website: <https://www.militaryonesource.mil/national-guard/national-guard-family-program/benefits-guide>

ABA Home Front

An online resource created by the American Bar Association to help veterans, military members and their families find legal information, referrals, and representation for civil matters.

Website: www.ABAHomeFront.org

Citizenship for Military Family Members/Parole in Place Program

Have family members that do not have American residency? Parole in Place is a resource that may be able to help your family member. Call now for qualifications.

Office: (253) 512-8913

Website: <https://www.uscis.gov/military/citizenship-for-military-family-members>

Website: https://docs.google.com/spreadsheets/d/1omrFVy_PnDLZDf8d6nzAz8t60k9XCExI/edit#gid=115235931

Stateside Legal

Free legal education and free or reduced cost legal services.

Website: <https://www.statesidelegal.org/>

Armed Forces Legal Assistance

Get legal advice for a range of issues, including adoption, child support, marriage, divorce, separation, child custody, alimony, property division, name changes, paternity or legal benefits

Website: <https://legalassistance.law.af.mil/>

Military Pro Bono Project

The ABA Military Pro Bono Project connects eligible servicemembers with pro bono attorneys to assist with the resolution of civil legal issues.

Website: <https://www.militaryprobono.org/>

JAG Defense

JAG Defense is a civilian law firm specializing exclusively in Military Defense Law and Security Clearance Law. Our military attorneys travel worldwide to provide highly experienced, attentive representation for our clients.

Website: <https://jagdefense.com/>



Washington National Guard Resource List

WA Law Help

A guide for veterans, military personnel, and their families about the legal rights and protections that may be available to veterans due to their service.

Website: https://www.washingtonlawhelp.org/resource/military-and-veteran-legal-resource-guide#i20F49_AD9-7A24-41EE-8C33-C4FD63DAC905

Veterans Incarcerated Program

Veterans can sometimes run into issues with law enforcement and the criminal justice system resulting in incarceration. It is important justice-involved Veterans are familiar with VA benefits including what VA benefits they may still be eligible to receive, what happens to the VA benefits they are already receiving if they become incarcerated, and what programs are available to assist them with reintegrating back into the community once released from incarceration.

Website: <https://www.benefits.va.gov/persona/veteran-incarcerated.asp>

WA Veterans Bar Association

The Washington State Veterans Bar Association (WSVBA) is a professional association of attorneys and law students who are Veterans. The WSVBA serves as a network for its members and as a resource and advocate for the 650,000 Veterans who reside in the State of Washington.

Website: <https://www.wsvba.org/>

WA ATG (Attorney General)

In support of Washington's military servicemembers, Veterans, and their families, the Attorney General's Office works in collaboration with partners across the state to promote the availability of civil legal assistance and resources for those who have served our country in uniform.

Website: <https://www.atg.wa.gov/veteranmilitaryresources.aspx>

The Washington National Guard Office of Legal Assistance is committed to helping soldiers, retirees, and their family members by providing no cost legal advice and assistance in preparing legal documents.

Phone: (253) 512-8262

Website: <https://mil.wa.gov/jag-legal-assistance>

Washington National Guard Resource List

WOUNDED VETERANS/ WITH DISABILITIES:



USA Cares

Financial assistance for those injured in combat while receiving treatment, housing and emergency assistance for veterans, and career transition support.

Website: <https://usacares.org/programs/>

Warriors Next Adventure

Warriors next adventure Helps veterans overcome P.T.S.D. (Post Traumatic Stress Disorder) through recreational therapy and new adventures.

Website: <https://www.warriorsnextadventure.com/#/>

Purple Heart Recipient License Plate

Free license plates are given in WA State to Purple Heart recipients.

Website: [WA State Licensing \(DOL\) Official Site: Purple Heart license plates](#)

We provide permanent supportive housing for people experiencing homelessness. We create and manage tiny home villages that foster community, encourage personal growth, and promote access to the care and services residents need.

Website: <http://www.quixotecommunities.org/>

Out Doors for Our Heroes

Outdoors for Our Heroes is a nonprofit organization focused on providing service-connected disabled veterans the opportunity to hunt for a wide variety of animals on quality properties for lifetime experiences.

Website: <https://outdoorsforourheroes.org/>

Operation Warfighter

Operation Warfighter (OWF) is a Department of Defense internship program that matches qualified wounded, ill and injured servicemembers with non-funded federal internships in order for them to gain valuable work experience during their recovery and rehabilitation.

Website: <https://warriorcare.dodlive.mil/carecoordination/operation-warfighter/>

Homes For Troops & Homes 4 Wounded Heroes

Free homes for injured combat wounded veterans and widows of killed veterans.

Website: <https://www.hfotusa.org/help/>, <https://militarywarriors.org/programs/#38>

Operation Building Hope

Free home modifications for injured veterans, this includes all injuries not only combat but illness and age.

Website: <https://www.militarymissionsinaction.org/operation-building-hope>

K9's For Warriors, America's Vet Dogs, and Freedom Service Dogs

Free Dogs For veterans with PTSD, TBI, or MST.

Website: <https://www.k9sforwarriors.org/> , <https://www.vetdogs.org/> , <https://freedom servicedogs.org/>

Washington National Guard Resource List



Brigadoon Dogs

Brigadoon Dogs provide service dogs for Veterans, Children and Adults with physical, developmental, and behavioral health disabilities, to promote a more independent and enriched life. We change lives one partnership at a time by "Offering a Helping Paw"!

Website: <https://www.brigadoondogs.org/>

Military with PTSD

Free no fireworks sign for military members with PTSD.

Website: <https://www.militarywithptsd.org/store/>

Dual Compensation Info (Military Pay & VA Comp)

This website offers information to National Guard members who receive VA disability pay in addition to their regular military pay.

Website: <https://mil.wa.gov/double-compensation>

Military Warriors Support Foundation

Free housing, transportation, and skills training for wounded veterans.

Website: <https://militarywarriors.org/about-us/>

Coalition to Salute America's Heroes

Financial assistance and home buying assistance to combat wounded veterans.

Website: <https://saluteheroes.org/get-help/>

Penn Fed Emergency Financial Assistance

Emergency financial assistance for wounded, ill, and injured combat veterans.

Website: <https://penfedfoundation.org/apply-for-assistance/emergency-financial-assistance/?content=on>

Valor IT

Free voice-controlled / adaptive laptops and other technology to support veterans with disabilities.

Website: <https://soldiersangels.org/programs/wounded-support/valor-it/>

Veterans Airlift Command

Free air transportation for combat wounded military, veterans, and their families for medical and other compassionate purposes.

Website: <https://www.veteransairlift.org/>

DOD Warrior Care (Military Caregiver Support)

The DOD Warrior Care program proactively supports wounded, ill, and injured servicemembers in their recovery and reintegration or transition to civilian life.

Website: <https://warriorcare.dodlive.mil/>

Wounded Warrior Project

We are here for their first step, and each step that follows. Because we believe that every warrior should have a positive future to look forward to.

Website: <https://www.woundedwarriorproject.org/>



Washington National Guard Resource List

VA Benefits

Veterans benefits help Veterans and their families buy homes, earn degrees, start careers, stay healthy, and more.

Website: <https://benefits.va.gov/benefits/>

REAch Wounded Veterans' Program

“REAch” is a national program to provide free fully loaded toolboxes to wounded veterans who incurred service – connected wounds, injuries, or illnesses on or after September 11, 2001. The primary goal of this gifts-in-kind corporate donation program is to aid and assist Wounded Veterans.

Website: <https://reainc.org/>

Higher Grounds

Higher Ground uses recreation, therapy, and continuing support to give people of all abilities a better life. Together we bridge the gap between disability and belonging.

Website: <https://highergroundusa.org/>

On-The-Job Training and Apprenticeships (VA)

You may be eligible for benefits if you qualify for the GI Bill and want to work in an industry or job that has on-the-job training, like Plumbing, Hotel Management and Firefighting.

Website: <https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/on-the-job-training-apprenticeships>

Mission for Healing Foundation

Providing past and present servicemembers an opportunity to heal from the effects of war through acts of service and giving back on mission trips to developing countries.

Phone: (253) 820-3242

Email: mhfoundation@hotmail.com

Website: <https://www.missionforhealingfoundation.org/>

Hope Horses and Heroes

A nonprofit for wounded warriors. Through equine facilitated learning, the horses are used as a living tool to facilitate healing from combat trauma, post-traumatic stress injury, brain injury and military sexual trauma.

Phone: (425) 346-7322

Website: <https://www.hopehorsesnheroes.org/>

Horses Guiding Humans

Through equine facilitated learning, the horses are used as a living tool to facilitate healing from combat trauma, post-traumatic stress. They offer FREE sessions for Veterans and servicemembers available for Individuals, Couples and Families that self-identify with PTSD.

Website: <https://www.horsesguidinghumans.com/>

Outward Bound

Free outdoor adventure trips for returning military and recent veterans to readjust to civilian life through wilderness courses.

Website: <https://www.outwardbound.org/veteran-adventures/outward-bound-for-veterans/>

Washington National Guard Resource List



Honoring Our Vets

Free outdoor activity / adventure trips for injured veterans.

Website: <https://www.honorvets.org/>

NWNHC Family Fund

The NWNHC Family Fund was founded in 2010 to help families in need experience the healing power of the horse without worrying about the costs. The fund helps military families reconnect and heal through equine-assisted therapy and family retreats and provides scholarships to assist struggling families in making their child's horse dreams come true.

Website: <https://nwnhcfamilyfund.org/>

Warrior Bonfire Program

Warrior Bonfire Program provides opportunities that improve the lives of enemy combat-wounded veterans and Purple Heart recipients on their lifelong journey of recovery and healing.

Website: <https://warriorbonfireprogram.org/>