

## Helpful Websites

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American Red Cross	877-272-7337	<a href="http://www.redcross.org">www.redcross.org</a>
American Red Cross (local)	609-480-1033	
Military One Source	800-342-9647	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
Child Care Aware of America		<a href="http://www.naccrra.org/military-families/army/what-programs-are-available">www.naccrra.org/military-families/army/what-programs-are-available</a>
DEERS/ID Card Centers (RAPIDS Sites)		<a href="http://www.dmdc.osd.mil/rsi">www.dmdc.osd.mil/rsi</a>
Deployment		<a href="http://www.military.com/deployment">www.military.com/deployment</a>
Kids Deploy Too!		<a href="http://www.militarykidsconnect.org">www.militarykidsconnect.org</a>
How to read an "LES"		<a href="http://www.dfas.mil/militarymembers.html">www.dfas.mil/militarymembers.html</a>
Morale, Welfare, Recreation (MWR)		<a href="http://www.armymwr.com">www.armymwr.com</a>
My Army Benefits		<a href="http://www.militarybenefits.com/military_retired.html">www.militarybenefits.com/military_retired.html</a>
My Pay		<a href="https://mypay.dfas.mil/">https://mypay.dfas.mil/</a>
NGB Family Programs		<a href="http://www.jointservicesupport.org">www.jointservicesupport.org</a>
NJ Dept. Military & Veterans Affairs		<a href="https://www.nj.gov/military/">https://www.nj.gov/military/</a>
NJ National Guard Family Programs		<a href="http://nj.gov/military/support/family-programs">nj.gov/military/support/family-programs</a>
NJ Employer Support of the Guard & Reserve	609-562-5550	<a href="https://www.esgr.mil">https://www.esgr.mil</a>
NJ Statewide number for resources	2-1-1	<a href="http://www.nj211.org">www.nj211.org</a>
NJ Veterans Affairs	888-865-8387	<a href="http://nj.gov/military/veterans">nj.gov/military/veterans</a>
Operation Military Child Care		<a href="http://www.childcareaware.org">www.childcareaware.org</a>
Our Military Kids		<a href="http://www.ourmilitarykids.org">www.ourmilitarykids.org</a>
Parenting		<a href="http://www.militaryparenting.org">www.militaryparenting.org</a>
Salvation Army		<a href="http://www.newjerseysalvationarmy.org">www.newjerseysalvationarmy.org</a>
Service members Civil relief Act (SCRA)		<a href="http://www.defenselink.mil/ra/mobil/pdf/scra.pdf">www.defenselink.mil/ra/mobil/pdf/scra.pdf</a>
Sitters, childcare, nannies, eldercare, Elder care companions, dog walkers, housekeepers and tutors		<a href="http://www.sittercity.com/dod">www.sittercity.com/dod</a>
Suicide Hotline	800-273-8255	

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US Family Health Plan (USFHP)	800-241-4848	<a href="http://www.usfhp.net">www.usfhp.net</a>
Yellow Ribbon Reintegration Program		<a href="http://www.yellowribbon.mil">http://www.yellowribbon.mil</a> <a href="https://www.nj.gov/military/support/family-programs/programs-services/yellowribbon/">https://www.nj.gov/military/support/family-programs/programs-services/yellowribbon/</a>
ESGR		<a href="https://esgr.mil">https://esgr.mil</a>