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## Military Family Readiness System

The Military Family Readiness System is a network of programs and services operated by the Defense Department and other federal, state, and community-based agencies and organizations. The Military Family Readiness System promotes military family well-being by offering programs and services that enhance family readiness, resilience and quality of life. Collaboration and integration across the system promotes positive outcomes for service members and their families across the domains of military family readiness, including career, social, financial, health and community engagement.

The Military Family Readiness System supports every service member and family member, regardless of activation status or location, in person, by phone and online.

### What services are available through the Military Family Readiness System?

The following services are available through the [Military and Family Support Centers](#).

- **Mobility and deployment assistance** — Services are designed to promote positive adjustment to deployment, family separation, reunion and reintegration.
- **Relocation assistance** — Information, education and referrals help prepare service members and their families for a permanent change of station move, or PCS, including moving costs, housing options, spouse employment opportunities, schools, community orientation, settling in at their new duty location and much more.
- **Financial readiness** — Life cycle financial education and counseling services provide tools and information to help service members and their families achieve financial goals and address financial challenges. Topics include consumer education, budgeting and debt liquidation, retirement planning, savings and investment.
- **Spouse education and career services** — Services include career exploration opportunities, education and training, employment readiness assistance and employment connections.

- **Personal and family life education** — Education and enrichment services focus on increasing resilience, building and maintaining healthy relationships, and strengthening interpersonal and problem-solving skills.
- **Emergency family assistance** — Services promote preparation, planning, short- and long-term recovery and the return to a stable environment after an emergency.
- **Domestic abuse prevention and response services** — Education and support services promote healthy and safe intimate relationships, reduce the occurrence of domestic abuse and address domestic abuse when it occurs.
- **Child abuse prevention and response services** — Services promote positive parent-child relationships, help prevent child abuse and address abuse when it occurs.
- **New Parent Support Program** — Home visitation services are designed to help new parents adapt to parenthood through education, playgroups, classes and access to books, booklets and other written materials on parenting.
- **Exceptional Family Member Program support** — Services support families who have special medical and/or educational needs related to the Exceptional Family Member Program including assistance with enrollment and/or assignment coordination, non-clinical case management and relocation support.
- **Non-medical individual and family counseling** — Short-term, confidential non-medical counseling services address topics related to personal growth and positive functioning. Issues addressed include marital and parenting challenges, stress management, communication, grief and loss, and more.
- **Transition assistance** — Services prepare separating service members and their families to re-enter civilian life.
- **Information and referral** — Provides a full range of support services, information, tools and resources available within the Military Family Readiness System to meet identified needs.
- **MWR** — Provides other resources that contribute to the readiness and resilience of the force. [MWR's quality of life programming](#) gives service members and families the opportunity to relax, recharge and have fun during their downtime.

## How do I access services?

You can visit, call or log on to one of the Military Family Readiness System access points listed below. Regardless of your service branch or geographic location, you will have access to helpful support and resources. Military Family Readiness System access points include:

### Installation-based Military and Family Support Centers

Installation-based Military and Family Support Centers are a one-stop shop for family readiness information and services. Centers are open to all service members and their families,

regardless of the service member's branch. Visit [MilitaryINSTALLATIONS](#) to find the contact information for your [local Military and Family Support Center](#), or use the service specific links below. Each branch of service uses a service-unique name for their access point:

- [Army Community Services](#)
- [Marine and Family Programs](#)
- [Fleet and Family Support Program](#)
- [Military and Family Readiness Center](#)

## **Reserve Component Family Programs**

Reserve Component Family Programs deliver family readiness services through facility-based locations, online and by telephone. While these access points deliver a limited number of direct services to members and their families, they can readily refer you to other Military Family Readiness System resources. Find your Reserve Component Family Program by visiting the links below:

- [National Guard Family Program](#)
- [Army Reserve Family Programs](#)
- [Navy Reserve Family Readiness](#)
- [Marine Corps Reserve Family Resources](#)
- [Air Force Reserve Family Program](#)

## **Community organizations**

Non-military community organizations that support military families are also a part of the Military Family Readiness System, as they play a key role in providing the services you need for everyday life. Your local access points, Military and Family Support Center, National Guard and Reserve Component Family Program and Military OneSource, can connect you to approved providers that offer services in your local community.

Still have questions or need help finding resources? Military OneSource consultants are available 24/7 to answer your questions and connect you with the support you need. Call 800-342-9647, [use international calling options](#), or [schedule a live chat](#).