MFRC MILITARY FAMILY RESOURCE CENTER

Deployment & Family Readiness

Essential Information for Surviving Deployment from the homefront.

General Information

Deployment Checklist:

From Fleet and Family Support Center:
https://ffr.cnic.navy.mil/Portals/76/Family_Readiness/Documents/DeploymentChecklist.pdf?ver=xn_RjBhTso--mDg9MiMTgg%3d%3d

Military Spouse Advisory Network Deployment Toolkit:
https://www.militaryspouseadvocacynetwork.org/deploymenttoolkit

National Military Family Association Deployment Page: https://www.militaryfamily.org/info-resources/deployment/

Featured Resources:

Fleet and Family Support Center San Diego - *offers a wide variety of official support services mental health services and classes. Go here for the main class schedule:* https://sandiego.navylifesw.com/fleet-family/ffsc-classes
Go here to schedule one on one support:
https://webmail.apps.mil/book/FFSCNBSDWorkFamilyLifeProgramsOneonOneConsultationsCopy@flankspeed.onmicrosoft.us/?ismsaljsauthenabled=true

Military One Source - *offers a wide variety of resources and services, including this page on managing deployments and separations:* https://www.militaryonesource.mil/resources/millife-guides/deployments-separation/

Cohen Clinic - *offers a variety of services including mental health services for the whole family(including active duty) and relevant classes. Follow along on social media for the most up-to-date offerings.*
https://vvsd.net/cohenclinicsandiego/

Telemynd- *a mental health telehealth service for the whole family (including active duty) that accepts Tricare and has a unique service to pair clients with therapists that meet their specific needs and align with their values.*
https://www.telemynd.com/

USPS Military Care Kits - *free kit with boxes, tape & labels* https://store.usps.com/store/product/shipping-supplies/military-care-kit-P_MILITARYKIT?msockid=051b99f2e46a66c9292f8d4fe5f86724

Servicemembers With Dependents

Single(unmarried) service members leaving child dependent(s) with a caregiver:
https://www.militaryonesource.mil/resources/millife-guides/caregiver-support-during-military-deployment/

Servicemembers With Pets

Dogs on Deployment - Dogs on Deployment provides America's Heroes with peace of mind through a free national pet boarding network and financial assistance programs, ensuring no service member has to sacrifice their pet due to military commitments or hardships. https://www.dogsondeployment.org/#

Support for Parents of Deployed Servicemembers

Blue Star Families Neighbor Link:*NeighborLink is matches parents of service members for one-on-one conversations and support, creating space to talk through concerns, hear from someone who understands, and build real connection. Program opens for matches sporadically, follow BSF on Social Media for updates:*
https://www.facebook.com/BlueStarFamilies

Deployment & Family Readiness

Essential Information for Surviving Deployment from the homefront.

Military Spouses

- Make sure you have access to important financial information. This includes logins for MyPay, DEERS, bank accounts, housing, credit cards, insurance, utilities, etc.
- Make sure your dependent ID is updated and not about to expire.
- Stay informed by following along with your servicemember on the Deployment Checklist
- It's important to stay in the loop and assume that the Servicemember will be unable to be handle tasks that would otherwise be their responsibility – even if those tasks can typically be done remotely (like banking)

Learn how to read and understand a Leave and Earnings Statement (LES) here:
https://www.dfas.mil/MilitaryMembers/payentitlements/aboutpay/

Find & Build Community

Utilizing social media and joining neighborhood groups is an excellent way to find and build community connections and stay busy during deployment. Building your own community is essential for thriving as a military spouse. If you live in Military housing, consider joining your local facebook neighborhood group, as well as other local spouse groups. Another great way to build community is by using community centered resources, like these:

SAY San Diego Military Family Resource Center-
a local non-profit resource and referral hub for military-connected families. They host and post FREE events around San Diego. Onsite programs include free weekly playgroup, a resource library complete with free personalized referral service, Community Garden & more.
https://www.facebook.com/HSMFRC
https://linktr.ee/healthystartmfrc

Blue Star Families of Southern California- *a localized chapter of Blue Star Families that hosts and shares events, resources and recreation for the military connected community. check them out on social media and join them for one of their friendly and fun coffee connects at local Starbucks locations!*
https://www.facebook.com/BSFSouthernCalifornia

Blue Star Neighborhood - *An online community designed to help you navigate military life.*
https://neighborhood.bluestarfam.org/

Military Spouse Advocacy Network Mentorship HUB - *A vetted, global network of military spouses that provide peer-to-peer mentorship and support.* https://www.militaryspouseadvocacynetwork.org/mentorship-hub

Helpful Reading:

Military OneSource- Staying Resilient While Your Partner Is Deployed: *A helpful article that lightly touches on the cycle of deployment with multiple links to other relevant resources:*
https://www.militaryonesource.mil/relationships/married-domestic-partner/staying-resilient-while-your-partner-is-deployed/

Deployment & Family Readiness

Essential Information for Surviving Deployment from the homefront.

Military Children

Support Resources:

Sesame Street Supports Military Families: *information and activities around topics such as relocation, deployment, homecoming & more.* https://sesamestreetformilitaryfamilies.org/

United Through Reading - *Stay Connected through Storytime! A FREE program for military families! UTR provides an app-enabled program which allows the service member to video record reading books AND provides the selected copy of the book so that the kids can read along!* https://unitedthroughreading.org/

Comfort Crew - *Home of the Comfort Kit and Comfort Crew Academy. The Academy is designed to help military children ages 6-12 build resiliency, manage emotions and navigate the challenges of military life. Check it out here:* https://academy.comfortcrew.org/
Learn about and request your FREE comfort kit here: https://www.comfortcrew.org/militaryheroes

Stay Busy! Recreation Resources for the San Diego Area:

ASYMCA San Diego - *offers many different programs and services! Some programs include After School Care, Day Camps and Parent-Toddler Classes.* https://sandiego.asymca.org/services/

San Diego Navy Community Recreation (MWR): *offers free and low-cost family friendly activities. There are 4 branches in San Diego! The best way to get up-to-date events is on social media! https://www.facebook.com/comrecsd*
Coronado: https://coronado.navylifesw.com/ NMCSD: https://medcenter.navylifesw.com/
Point Loma: https://pointloma.navylifesw.com/ San Diego: https://sandiego.navylifesw.com/

San Diego Public Library- *There are 36 branch libraries! Each library has a unique recreation and class schedule! Go to the library website, search by age group and locations and see just how much FREE programming they have to offer!* https://www.sandiego.gov/public-library

Blue Star Families of Southern California - *a localized chapter of Blue Star Families that hosts and shares events, resources and recreation for the military connected community. They host phenomenal FREE family friendly events all year round! Follow them on social media to stay up to date.* https://www.facebook.com/BSFSouthernCalifornia
https://bluestarfam.org/chapters/southern-california/

Free Events in San Diego- *a very active facebook page dedicated to FREE events in San Diego. These events are typically non-military specific and offer a great way to explore the local community!*
https://www.facebook.com/groups/freeeventsinsandiego

Balboa Park Explorer Military Appreciation Pass - *apply to receive a FREE year membership to the museums of Balboa Park* https://explorer.balboapark.org/community/military-appreciation-pass-application/
Enjoy residents free Tuesdays – just show your military ID to enter: https://balboapark.org/resident-free-days/

San Diego County Parks and Rec - *Take advantage of the FREE programming through SD Parks & Rec! Keep your eye out for their Summer Movie & Concert Series!* https://www.sdparks.org/calendar/

If you'd like to share addtional resources or information to be added to the next update, please submit it to mfrc@saysandiego.org