

### **Military Family Online Resources**



# **Military Family Resources:**

Military One Source: http://www.militaryonesource.mil

Military Family Research Institute: https://www.mfri.purdue.edu

After Deployment: <a href="http://afterdeployment.dcoe.mil">http://afterdeployment.dcoe.mil</a>

Real Warriors: http://www.realwarriors.net

Yellow Ribbon Program: <a href="http://www.yellowribbon.mil">http://www.yellowribbon.mil</a>

Military Partners & Families Coalition: <a href="http://www.milpfc.org">http://www.milpfc.org</a>

# Military Child Resources:

Military Kids Connect: <a href="https://militarykidsconnect.dcoe.mil">https://militarykidsconnect.dcoe.mil</a>

Talk, Listen, Connect: <a href="http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc">http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc</a>

Military Families Near & Far: https://www.familiesnearandfar.org

Zero to Three: <a href="http://www.zerotothree.org/">http://www.zerotothree.org/</a>

Military Child Education Coalition: <a href="http://www.militarychild.org/">http://www.militarychild.org/</a>

Military Youth Coping with Separation Video: <a href="http://bit.ly/1qAjqIO">http://bit.ly/1qAjqIO</a>

## **Evidence-Based Couples Counseling in the DoD/VA:**

Gottman Method Couples Therapy:

http://www.gottman.com

http://csf2.army.mil

Emotionally Focused Therapy for Couples (EFT):

http://iceeft.com

http://www.strongbonds.org

Integrative Behavioral Couples therapy (IBCT): http://www.ibct.psych.ucla.edu

Cognitive-Behavioral Conjoint Therapy for PTSD (CBCT): http://www.coupletherapyforptsd.com

## **Resiliency Training for Military Families:**

Families Overcoming Under Stress (FOCUS): http://www.focusproject.org/

FOCUS World: <a href="http://www.focusworld.org">http://www.focusworld.org</a>

HomeFront Strong: http://m-span.org/programs-for-military-families/homefront-strong/