



Soldier & Family Readiness

Don't wait. Reach out.

It is the goal of the Soldier & Family Readiness program to empower our Hawaii National Guard 'ohana to meet the challenges of military and civilian life.

Soldier and Family Readiness Specialists (SFRS) provide resource and referral for whatever challenges you or your family may be facing. We also assist in the setting up and maintaining of Soldier and Family Readiness Groups (SFRGs).

Please contact any of the SFRS below to find out how we can help you through a difficult situation, or if you may be interested in supporting your unit's SFRG.

Christine Rawls
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(808) 672-1441
29th IBCT Readiness Center – Kapolei
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Rochelle Marzo
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Keaukaha Military Reservation - Hilo
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Follow us on **Facebook and Instagram** for more resources and announcements! @HIARNGsfrs

The VA has a message for you: Don't wait. Reach out. Their new user-friendly website has links to several resources to get you connected to the help you, or your veteran, needs.

“Life has its challenges. As a Veteran you don't have to solve them alone. Use this site to get support that is designed specifically for you. If you're a family member or a friend, you can also find resources that are designed specifically for the Veteran in your life.”

<https://www.va.gov/REACH/>



Spouse Education & Career Opportunities

“The Department of Defense Spouse Education and Career Opportunities program provides **Education** and **Career Guidance** to military spouses and offers comprehensive resources and tools for all stages of your career progression.”

<https://myseco.militaryonesource.mil/portal/>

Traitify Personality Assessment is just one of those tools. Knowing how your passions and unique qualities can lead you to a career you thrive in is now a step away. In about 90 seconds, understand how your qualities and passions relate to potential careers by recommending career options based on your interests, aptitudes, and education level.

<https://myseco.militaryonesource.mil/portal/article/traitify-personality-assessment>



DANTES – DoD VoEd Programs

Are you up for a promotion? Thinking about going to college? Do you want to get better ASVAB scores? Want to improve your Math and English skills? If so, **take control of your future** and get started on the path to a better career and a college degree - with *FREE help for active duty military, National Guard, Reserve, and U.S. Coast Guard members.*

- Academic Skills Training Program
- College and Career Counseling Program
- Military Training Evaluation Program
- Joint Services Transcript (JST)
- Tuition Assistance (TA) for Postsecondary Degree Certificates/Programs . . . and MORE!

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

