

Military & Family Readiness

Resource Newsletter

APRIL 2024



It's Month of the Military Child!

Every April, Military Community and Family Policy collaborates to support and celebrate military children and their parents during Month of the Military Child. Take advantage of the events and resources dedicated to the well-being of our military kids.

Military OneSource virtual events and resources for kids and teens:

<https://www.militaryonesource.mil/family-relationships/family-life/month-of-the-military-child/#events>

THRIVE! Parenting programs for parents/caregivers of children 0-18:

<https://thrive.psu.edu/>

Sesame Street for Military Families:

<https://sesamestreetformilitaryfamilies.org/>

Hawaii National Guard's very own **Child & Youth Program**. Sign up to take advantage of summer camps, STEM events, Movie Nights and more: <https://hawaiiguardohana.org/child-and-youth-services.php>



What is HPRC?

The **Human Performance Resources by CHAMP** is a team of scientists and specialists who translate research into evidence-based resources to **help service members and their families reach total fitness**.

Optimal performance is a combination of psychological, social, nutritional, spiritual and physical fitness, called Total Force Fitness in the military community.

Visit the HPRC website to read articles, watch videos and check out other resources to improve performance in all areas of your life. <https://www.hprc-online.org/>

Vets4Warriors Peer Support

Vets4Warriors is a **24/7 confidential** peer support network for veteran and military communities

"We provide immediate, free, and long-term peer support through confidential phone, chat, and email conversations to help those we serve live better lives.

We serve the entire military community, including anyone who has ever worn the uniform, as well as the family members and the caregivers who love and support them."

Call: 1-855-838-8255
<https://vets4warriors.com/talk-to-us/>



Questions, concerns?
Give us a
text/call/email

Military & Family Readiness Specialists are here to support YOU!

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