



Soldier & Family Readiness

Hawaii National Guard State Family Programs
"Hui Laulima"

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.

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103rd Troop Command – Pearl City
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Follow us on Facebook for more resources and announcements!

<https://www.facebook.com/HIARNGsfrs>

Celebrate 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**:

<https://hawaiiguardohana.org/child-and-youth-services.php>

Financial Frontline

"Military life is a journey and, at times, challenging. We are here to support you with resources to help you understand the complexities of a military family's financial needs."

Visit <https://www.financialfrontline.org/> to utilize their informational videos, calculator tools, self-assessment and more! Put yourself on a path toward financial health!



SECURING THE FINANCIAL FRONTLINE

What is HPRC?



"Human Performance Resources by CHAMP (HPRC) is a team of scientists, specialists, and support staff who translate research into evidence-based resources to help Warfighters and their families achieve total fitness and optimize performance, whether at home, in the office, or in theater."

More than just being physically active, HPRC believes that optimal performance is a combination of psychological, social, familial, behavioral, nutritional and physical fitness. On their website you can find resources on nutrition, mental health, sleep/stress, fitness and more to help you on your quest to "Total Force Fitness".

Visit <https://www.hprc-online.org/> to find out more.