



Soldier & Family Readiness

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
(808) 672-1687
29th IBCT Readiness Center - Kapolei
christine.l.rawls.civ@mail.mil

Rochelle Marzo
(808) 844-6614
Armed Forces Reserve Center - Hilo
rochelle.n.marzo.civ@mail.mil

Stacey Peppers
(808) 672-1441
103rd Troop Command - Pearl City
anastasia.m.peppers.civ@mail.mil

Traci Kaopua
(808) 672-1454
29th IBCT/Diamond Head
traci.k.kaopua.civ@mail.mil

My MilLife Guide

Military OneSource and the Military Health System are teaming up to offer you My MilLife Guide. This text-based program sends you eight weeks of messages highlighting free resources you can use to slay stress and boost well-being.

Start Your Journey Today

- Service Members — text MilLife SM to GOV311 (468311)
- Spouses — text MilLife Spouse to GOV311 (468311)

Keiki Health Hotline

Hawaii State Department of Education (HIDOE) students and families have access to a health hotline and telehealth services provided by the Hawaii Keiki: Healthy and Ready to Learn Program (HK). The health hotline and telehealth services will deliver equitable access to health resources and care for HIDOE students using mobile devices and interactive technology.

Available Monday through Friday from 8 a.m. to 3 p.m., excluding holidays. Call (844) 436-3888 (toll free)

Chaplain Services

"The chaplaincy offers pastoral care and religious support to all Soldiers and their Family Members. These services include: 100% confidential counseling, weddings, marriage counseling and resources, baptisms, and home/office blessings.

The chaplain also has access to every unit and command, making it possible to assist discreetly or directly with hardships experienced within the organization".

CH (CPT) Colin W.K. Lau
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