



# 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.

VACANT  
(808) 672-1441  
29th IBCT Readiness Center - Kapolei

Rochelle Marzo  
(808) 844-6614  
Keaukaha Military Reservation - Hilo  
[rochelle.n.marzo.civ@army.mil](mailto:rochelle.n.marzo.civ@army.mil)

Christine Rawls  
(808) 672-1687  
103rd Troop Command – Pearl City  
[christine.l.rawls.civ@army.mil](mailto:christine.l.rawls.civ@army.mil)

Traci Kaopua  
(808) 672-1454  
29th IBCT/Diamond Head  
[traci.k.kaopua.civ@army.mil](mailto:traci.k.kaopua.civ@army.mil)

**Follow us on Facebook** for more resources and announcements!

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

## Exceptional Family Member Program

Do you have an exceptional family member? If so, you may want to check out the Army Community Service (ACS) Exceptional Family Member Program (EFMP)!



The ACS EFMP team advocates for Family members with special needs by providing family support in the areas of school, recreation, workshops and training, and more. Take advantage of their exclusive movie nights, lending closet, and informational workshops.

<https://hawaii.armymwr.com/programs/exceptional-family-member-program>

You can also find out more on Military OneSource EFMP&Me website:

<https://efmpandme.militaryonesource.mil/>

## Free Mindfulness app (no ads!)



“Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.”

This VA developed app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

<https://mobile.va.gov/app/mindfulness-coach>

## Free Tax Resource

This tax season, start with **MilTax** from Military OneSource and the Department of Defense. MilTax free tax services include tax prep and e-filing software and personalized support that address the realities of military life – deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more.



<https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services/>