



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

Building Healthy Relationships

Make your most important relationships even stronger. This new specialty consultation from **Military OneSource** helps you deepen relationships with family, friends and others through an education-based consultation.

Building Healthy Relationships offers coaching sessions, practical tools, resources and problem-solving techniques. This consultation is designed to be flexible and personable, and is available to you by phone or video.

Contact Military OneSource 24/7 at 800-342-9647

Food Distribution

Hawaii Food Bank (Oahu and Kauai)

<https://hawaiifoodbank.org/help>

The Food Basket (Hawaii Island)

<https://www.hawaiifoodbasket.org/>

Maui Food Bank (Maui, Lanai, Molokai)

<https://mauifoodbank.org/food-distribution-sites/>

State of Hawaii SNAP/Financial/Quest applications

<https://pais.dhs.hawaii.gov/PAIS/#!/>

Free Tax Resource

MilTax from Military OneSource and the Department of Defense

Free tax services including tax prep and e-filing software, as well as personalized support to address the realities of military life.

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