



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.

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Follow us on Facebook for more resources and announcements!

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

2022 Virtual Military Spouse Symposium



Celebrate Military Spouse Appreciation month, by attending the Virtual Military Spouse Symposium, May 10-12. The theme this year is “2022 for U: Get More for Your MilLife,” and no matter where you are in your military life and career, this event can help you set and reach your goals. Sign up for what you’re interested in and discover information and resources about a variety of topics including finances, parenting, careers, and entrepreneurship!

<https://myseco.militaryonesource.mil/portal/spousesymposium>

Parent Guide To Resilience

The Parent Guide to Resilience was created “To help families build resilience during the COVID-19 pandemic, WhyTry is providing this guide free of charge.”

Through a series of audio articles, learn how to build resilience in your child, as well as in yourself.

<https://resiliencguide.org/>



Don't Just Guess – Calculate!

With the help of the Office of Financial Readiness financial calculators, you can get an accurate picture of how various decisions will affect your overall financial health. Whether you're making an investment, buying a car or building your savings, knowing your numbers is a powerful tool.

Visit FINREAD’s website at:

<https://finred.usalearning.gov/ToolsAndAddRes/Calculators>

