



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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Rochelle Marzo
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Keaukaha Military Reservation Hilo
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Christine Rawls
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103rd Troop Command – Pearl City
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Traci Kaopua
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Follow us on **Facebook and Instagram** for more resources and announcements! @HIARNGsfrs

Veterans and Military Families Month!

This November, our nation continues the tradition of paying tribute to the spouses, partners, children, caregivers, veterans, survivors of U.S. service members. We recognize your selfless sacrifice, commitment, and talents which you graciously give for the freedoms our country enjoys. We appreciate your strength, bravery, and resilience. THANK YOU!



Check out what the Military OneSource National Veterans and Military Families Month webpage has in store for you. Join them for *special programs* and *speakers* and take advantage of *fun giveaways*.

[Celebrate Our Veterans & Military Families • Military OneSource](#)

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) provides comprehensive support to Family members with special needs. An Exceptional Family Member is a Family member with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling, and meets the eligibility criteria. While certain benefits are specifically for active-duty and AGR families, regular "IDT" soldiers' families can benefit from events, workshops, newsletters, IEP help, and more!



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

Workout for FREE at MWR Fitness Centers!

Depending on which Fitness Center you visit, you can take advantage of free weights, machines, treadmills, ellipticals, cross fit equipment, classes, racquetball and basketball courts, personal training and more!



Schofield Health & Fitness Center

<https://hawaii.armymwr.com/programs/health-and-fitness-center>

JBPHH Fitness Center

<https://www.greatlifehawaii.com/programs/2568dc25-0048-491e-a231-99dacc4c6a79>

Hawaii MRW Army Fitness Center listing

<https://hawaii.armymwr.com/programs/physical-fitness-center>