

## JOINT FAMILY SUPPORT ASSISTANCE PROGRAM (JFSAP)

515-252-4776 Ext. 4

### Personal Financial Counselor (PFC)

Help Service Members achieve lifetime financial success

- Retirement Planning
- Cash Flow & Budgeting
- Investment Planning
- Financial Education

### Military & Family Life Consultants (MFLC)

MFLCs provide FREE mobile, anonymous and confidential counseling to Service Members and their Families in problem solving a variety of issues including but not limited to:

- Deployment, Reunion and Reintegration
- Marriage and family dynamics
- Parenting, child behavior, bullying, social and/or academic concerns
- Anger, stress, job stress,
- Grief and loss

## STRONG BOND PROGRAM

515-252-4776 Ext. 4

### Strong Bonds Program

The mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training. This is accomplished by offering the following programs to Soldiers and their Family members in a 4, 8, or 12 hour workshop format.

- Laugh Your Way to a Better Marriage for Married Couples
- Prevention & Relationship Enhancement Program for Married Couples
- Couples Communication for Married Couples
- Got Your Back for Single Soldiers trip
- 7 Habits of Highly Effective Military Families for Married or Single soldiers & their children
- ARC Military Families for Married or Single

## Resources for Military Families

### *Register to learn about events happening in the Guard*

Joint Services Support:

<https://www.jointservicesupport.org>

National Guard: [www.ngb.dtic.mil](http://www.ngb.dtic.mil)

Army National Guard: [www.arng.army.mil](http://www.arng.army.mil)

Air Force Crossroads: [www.afcrossroads.com](http://www.afcrossroads.com)

Air National Guard: [www.ang.af.mil](http://www.ang.af.mil)

Iowa National Guard:

[www.iowanationalguard.com](http://www.iowanationalguard.com)

National Guard Family Services:

[www.jointservicesupport.org](http://www.jointservicesupport.org)

Employer Support of the Guard & Reserve:

[www.esgr.org](http://www.esgr.org)

Military One Source: [www.militaryonesource.com](http://www.militaryonesource.com)

Army One Source: [www.armyonesource.com](http://www.armyonesource.com)

### FACEBOOK:

Search: *"Iowa Warrior & Family Services Branch"*

Search: *"IA-ARNG-Child-Youth"*

IOWA NATIONAL GUARD

# Warrior Family Services Branch



JFHQ, A-1, Suite 186  
7105 NW 70th Ave  
Johnston, IA 50131

**READY, RESILIENT & SUICIDE  
PREVENTION (R2SP)  
515-252-4776 Ext. 1**

**Suicide Prevention Program**

Train and teach the warning signs of a person who may be at risk of suicide. Once a person has been identified as a potential risk of suicide we teach them how to effectively intervene and get the person the help that they may need.

- ASIST (Applied Suicide Intervention Skills Training)
- ACE-SI (Ask, Care, Escort, & Suicide Intervention)
- Comprehensive Soldier Fitness (Resilience Program) Train and teach Soldiers skills needed to effectively handle adversity in their everyday lives.
- Master Resilience Trainer Course (MRT)
- Resilience Trainer Assistant Course (RTA)

**SEXUAL HARRASSMENT, ASSAULT,  
RESPONSE, & PREVENTION (SHARP)  
515-252-4776 Ext. 2**

**SHARP Program**

Reduce the incidents of Sexual Harassment and Assault through Prevention, Investigations, Advocacy, Accountability and Assessment.

Services provided:

- Victim Advocacy
- Prevention Training
- Medical Care
- Behavioral Health Counseling

**YELLOW RIBBON & VETERANS  
OPPORTUNITY TO WORK (VOW)**

**515-252-4776 Ext. 4**

**Yellow Ribbon Program**

Provides Service and Family members with training and information to better prepare them throughout the cycles of deployment.

- Pre Deployment
- During Deployment (Reunion)
- Post Deployment

**Veterans Opportunity to Work (VOW)**

Workshops geared to provide guidance and instruction in resume writing, interviewing skills and most anything involved with seeking/applying for employment.

- Required for Soldiers separating from Title 10 Active Duty
- Workshop is offered to anyone associated with the military retired and spouses

**CHILD & YOUTH PROGRAM**

**515-252-4776 Ext. 8**

**Child & Youth Program**

Supports the military member through the promotion of skill building programs for youth as well as support resource for their families.

Services provided:

- Life skills Programs and Events
- Resources and Deployment Support
- Community Outreach and Education

**PINTREST:**

<http://www.pinterest.com/cnationalguard>

**FAMILY ASSISTANCE**

**515-252-4776 Ext. 4**

**Family Assistance Specialists (FAS)**

Provide information, assistance, referral, and follow-up services to Service members, Families, and Survivors from all branches of service and components regarding:

- Crisis Intervention
- Financial Resources
- Community Resources & Family Outreach
- Tricare
- Legal Resources
- ID Cards & DEER

The FAS works with local employers & community partners to build lasting relationships that will provide opportunities for the Service members & their Families.

- Joining Community Forces (JCF)
- Holiday Adopt a Military Family

**FAMILY READINESS SUPPORT**

**515-252-4776 Ext. 4**

**Family Readiness Support Assistant (FRSA)**

To empower commanders in their duty to deliver the Total Army Family Program (AR 600-20) so that soldiers and families are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment.

- Training, Mentoring and Supporting FRG Volunteers and Commanders
- Volunteer Management
- Educating soldiers and families on available programs and services statewide and nationally