What can Military OneSource do for you?

Real help - any time, anywhere, at no cost to you

For active-duty, Guard and Reserve (regardless of activation status) and their families

Consultations, research, and referrals. Are you relocating or looking for child care? Do you want to speak with an expert about your child or teenager with special needs? Maybe you want to talk about relationship issues, sharpen your communication skills, or get practical information about how to live within your budget. Call or e-mail a Military OneSource master's-level consultant today. Interpretation services are available. No question is too small. No issue is too big.

In-person counseling. Our licensed counselors can provide you with in-person non-medical counseling sessions in your own community at no cost to you. For issues like dealing with deployment and return, adjusting to a new location, relationship concerns, parenting and family matters, and grief and loss. Up to 12 sessions per year, per issue. Online and telephone options are also available. *You will receive a privacy statement explaining the limits on confidentiality when you call the service or see a counselor.*

Healthy Habits coaching. Our Healthy Habits health coaches provide personal coaching by telephone or online to help you change your health habits for the better. Weight management, nutrition and exercise, and stress reduction. With a special program just for teenagers.

Financial counseling. Whether you need advice for a specific debt problem or basic assistance with money management, a financial expert can help you analyze your situation and develop a debt-management plan. Available in person in your local community or by telephone.

Interactive Web site. Go to **MilitaryOneSource.com** for expertly prepared information, resource lists, financial calculators, moderated chats, audios, podcasts, Webinars, locators for education, child care, and elder care; access to consultants and an exhaustive online library. We reach out every day through social networking sites like Facebook and Twitter.

Educational materials. Whether you're single, a new parent, a deployed mom or dad, or you're looking for ways to spruce up your resume, sleep better, or identify the best mortgage loan for you, our CDs, DVDs, expertly prepared articles, and booklets can help. Read or listen at MilitaryOneSource.com or have hard copies sent to you at no cost.

Military OneSource.com
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11.16.2010