



THE  
INDEPENDENCE  
— FUND —

RESOURCE  
GUIDE

September 2016



## Resource Guide

<b>A</b>		
<b>Air Compassion For Veterans</b>	888-662-6794	<a href="http://aircompassionforveterans.org">http://aircompassionforveterans.org</a>
<p>Air Compassion for Veterans® serves to ensure that no financially-stressed wounded warrior, veteran, or adversely-affected family member is denied access to:</p> <ul style="list-style-type: none"> <li>▪ Distant, specialized medical evaluation</li> <li>▪ Diagnosis</li> <li>▪ Treatment</li> <li>▪ Counseling</li> <li>▪ Rehabilitation</li> <li>▪ Healing and restorative programs</li> <li>▪ Programs assisting with reintegration into a productive life</li> </ul> <p>ACV is committed to the ongoing healing process of our nation's injured veterans. We also provide medical air transportation for older veterans—those serving prior to the OIF/OEF conflict. We are the major link that connects veterans of all ages to life-saving and life-changing programs.</p>		
<b>Air Warrior Courage Foundation (AWCF)</b> Scuba Training & Certification Program Silver Spring MD	540-636-9798	<a href="http://www.airwarriorcourage.com/">http://www.airwarriorcourage.com/</a>
<b>American Veterans With Brain Injuries</b> Adaptive Sports		<a href="http://www.avbi.org">http://www.avbi.org</a>
<b>Armed Forces Foundation (AFF)</b> Reintegration Programs	910-585-8003	<a href="https://armedforcesfoundation.org/programs/">https://armedforcesfoundation.org/programs/</a>
<b>Army Emergency Relief</b> Emergency Financial Help	866-878-6378	<a href="http://www.aerhq.org/dnn563/">http://www.aerhq.org/dnn563/</a>
<b>Azalea Charities, Inc</b> Aid for Wounded Warriors	703-670-5238	<a href="http://www.azaleacharities.org">http://www.azaleacharities.org</a>
<b>B</b>		
<b>Blinded Veterans Association</b> blinded veterans helping blinded veterans. Through our service programs, regional groups, resources, and advocacy before the legislative and executive branches of government, we hope to	202-371-8880	<a href="http://www.bva.org/">http://www.bva.org/</a>

make life better for blinded veterans.		
<b>Blue Star Riders</b> Blue Star Riders is a non-profit organization. We are Mothers, Fathers, Brothers, Sisters and fellow Vets who support those who defend our freedom. We are dedicated to supporting our troops and veterans, as well as honoring all wounded troops and fallen heroes.		<a href="http://www.bluestarriders.com/">http://www.bluestarriders.com/</a>
<b>Bob Woodruff Foundation</b> Our mission is to ensure injured veterans and their families are thriving long after they return home. That's why we find and fund innovative programs in communities where veterans, their families and caregivers live and work. That's how we tackle the problems that can prevent our veterans from fulfilling their dreams for the next chapter of their lives.	703-853-2128	<a href="http://bobwoodrufffoundation.org/">http://bobwoodrufffoundation.org/</a>
<b>Bryan McDonough Military Heroes Foundation</b> The Bryan McDonough Military Heroes Foundation is a nonprofit organization supporting Minnesota servicemen and women returning from deployments around the world. The Bryan McDonough Military Heroes Foundation was established to support soldiers adjusting to life with the physical and psychological wounds of war. The Bryan McDonough Military Heroes Foundation is an all volunteer 501(c)(3) organization. All donations go to those heroes that serve our country and those that provide support to those heroes. Our current mission is focused on those with Minnesota connections.	651-379-6242	<a href="http://militaryheroesfoundation.org">http://militaryheroesfoundation.org</a>
<b>C</b>		
<b>Camp Patriot</b> Our programs encourage and support participants to discover new ways of overcoming their injuries by modifying their prosthetics', techniques and limiting beliefs.		<a href="http://www.camppatriot.org/">http://www.camppatriot.org/</a>
<b>Caring Bridge</b> Offers Online Support for families	651-789-2304	<a href="http://www.caringbridge.org/">http://www.caringbridge.org/</a>
<b>Caring For Troops</b> WHO WE SERVE: Military members (see above) who have a connection to Central Oregon: sons, daughters, spouses, parents, grandchildren, grandparents, nieces, uncles, girlfriends, boyfriends, friends etc. We support all branches of the service, active and reserve component.	541-330-4677	<a href="http://www.caringfortroops.com/">http://www.caringfortroops.com/</a>
<b>Cleaning for Heroes</b> Cleaning for Heroes is a clearing house of cleaning professionals willing to provide no-cost house cleaning services to disabled and elderly veterans		<a href="http://www.cleaningforheroes.org/">http://www.cleaningforheroes.org/</a>
<b>Coalition To Salute America's Heroes</b> The mission of the Coalition to Salute America's Heroes is to help severely-wounded veterans and families of Operation Enduring Freedom and Operation Iraqi Freedom recover from their injuries and illnesses, and to inspire other organizations and the general public to participate in this effort.	914-432-5400	<a href="https://saluteheroes.org">https://saluteheroes.org</a>
<b>Comfort for America's Uniformed Services (CAUSE)</b> Cause organizes programs that promote recreation, relaxation and resiliency for members of the US Armed Services recuperating from injuries received in support of operations in Iraq and Afghanistan	703-750-6458	<a href="http://www.cause-usa.org">http://www.cause-usa.org</a>

<b>D</b>		
<b>Disabled Sports, USA</b> We help 60,000 youth and adults with disabilities each year develop independence, confidence and fitness.	301-217-9840	<a href="http://www.disabledsportsusa.org/">http://www.disabledsportsusa.org/</a>
<b>E</b>		
<b>Enable America/Vet Connect</b> Enable America developed the VetConnect program. Dedicated to helping wounded warriors re-acclimate to civilian life or return to active duty, VetConnect enhances existing rehabilitation programs for wounded veterans and actively engages local civic, business, and community leaders in the reorientation of wounded warriors to their communities. VetConnect Mentor Training Session	877-362-2533	<a href="http://www.enableamerica.org/">http://www.enableamerica.org/</a>
<b>F</b>		
<b>Family and Friends For Freedom Fund, Inc</b> Our mission provides financial support grants to combat wounded service men and women from all branches of the United States Armed Forces	973-897-2237	<a href="http://www.injuredmarinesfund.org/">http://www.injuredmarinesfund.org/</a>
<b>Fisher House Foundation</b> These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital they serve. Fisher Houses have up to 21 suites, with private bedrooms and baths. Families share a common kitchen, laundry facilities, a warm dining room and an inviting living room. Fisher House Foundation ensures that there is never a lodging fee. Since inception, the program has saved military and veterans' families an estimated \$235 million in out of pocket costs for lodging and transportation.	888-294-8560	<a href="http://www.fisherhouse.org/">http://www.fisherhouse.org/</a>
<b>Folds of Honor</b> Folds of Honor seeks to meet this need by providing annual educational scholarships to the military families of those who have been killed or disabled while in active duty. These help support private education tuition, tutoring and educational summer camps for children K-12, as well as higher education tuition assistance for spouses and children. Since its founding in 2007, the organization is proud to have awarded over 7,500 scholarships, including over 2,000 in 2014 alone.	918-494-8823	<a href="https://www.foldsofhonor.org">https://www.foldsofhonor.org</a>
<b>Freedom Alliance</b> Freedom Alliance is an educational and charitable organization which sponsors numerous program activities aimed at supporting and honoring our service members and their families	703-444-7940	<a href="http://freedomalliance.org/">http://freedomalliance.org/</a>
<b>Freedom Calls Foundation</b> Freedom Calls Foundation is a type B not for profit entity incorporated in the State of New York .The Foundation has received an advanced ruling of eligibility for tax exempt status under Section 501(c)(3) of the Internal Revenue Code effective September 28, 2003. The Foundation's proffer of communications services to the United States Army has been formally accepted in a letter signed by the Acting Secretary of the Army, R. L. Brownlee. The Foundation has received a commendation from the Army and a personal letter of appreciation from Major General Taguba for services rendered	973-290-7886	<a href="http://www.freedomcalls.org/">http://www.freedomcalls.org/</a>

to the troops and their families.		
<b>G</b>		
<b>Give An Hour</b> Our organization is currently focusing on the psychological needs of military personnel and their families because of the significant human cost of the current conflicts. Over 2.6 million troops have been deployed in Afghanistan, Iraq, and the Persian Gulf since September 11, 2001. Nearly 550,000 of these troops have been deployed more than once. According to the U.S. Department of Defense, as of October 23, 2013, a total of 6,774 U.S. troops have died in Operation Iraqi Freedom, Operation Enduring Freedom, and Operation New Dawn. Another 51,671 U.S. troops have been injured during these conflicts.		<a href="http://www.giveanhour.org/">http://www.giveanhour.org/</a>
<b>Grace After Fire</b> To help women veterans help themselves	307-224-4464	<a href="http://www.graceafterfire.org/">http://www.graceafterfire.org/</a>
<b>H</b>		
<b>Helmets to Hardhats</b> Helmets to Hardhats is a national, nonprofit program that connects National Guard, Reserve, retired and transitioning active-duty military service members with skilled training and quality career opportunities in the construction industry. The program is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry	1-866-741-6210	<a href="http://www.helmetstohardhats.org/about-us">http://www.helmetstohardhats.org/about-us</a>
<b>Heroes on the Water</b> Heroes on the Water helps our Nation's warriors and veterans from all branches of the United States military unwind using the therapeutic qualities of fishing from kayaks. What looks like a day trip of paddling and fishing is in fact something much deeper and long-lasting.	214-295-4541	<a href="http://heroesonthewater.org">http://heroesonthewater.org</a>
<b>Heroes To Hometowns</b> The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.	202-631-9924	<a href="http://www.legion.org/about">http://www.legion.org/about</a>
<b>Hire Heroes USA</b>  Transforming Military Service into Civilian Success  Headquartered in Alpharetta, Georgia, Hire Heroes USA has built a national reputation of excellence for its success at helping unemployed veterans find jobs – currently at the rate of more than twenty one veterans confirmed hired every week.  Our team is comprised of military veterans – many with combat experience in Iraq and Afghanistan– and business veterans. That mix of military and civilian experience has proven essential to effectively training veterans in the skills of self-marketing, then networking them into good jobs with	866-915-HERO	<a href="http://www.hireheroesusa.org/">http://www.hireheroesusa.org/</a>

great companies.  The hallmark of the program is a personal approach where each veteran receives dedicated assistance from a highly-trained staff member in order to help them overcome barriers to employment. EMPLOYMENT ASSISTANCE		
<b>Homes for Our Troops</b> Homes for Our Troops (HFOT) is a privately funded 501(c) (3) nonprofit organization building specially adapted, mortgage-free homes nationwide for the most severely injured Veterans from Iraq and Afghanistan. Most of these Veterans are multiple amputees, paraplegic, quadriplegic or suffered severe traumatic brain injury (TBI). These homes restore some of the freedom and independence our Veterans sacrificed defending ours, and enable them to focus on their family, recovery, and rebuilding their lives. Since its inception in 2004, over 90 percent of donations to Homes for Our Troops has gone to directly support Veter	866 7 TROOPS	<a href="http://www.hfotusa.org/">http://www.hfotusa.org/</a>
<b>Hope For The Warriors</b> Hope for the Warriors® is to enhance the quality of life for post-9/11 service members, their families, and families of the fallen who have sustained physical and psychological wounds in the line of duty. Hope For The Warriors® is dedicated to restoring a sense of self, restoring the family unit, and restoring hope for our service members and our military families	877-246-7349	<a href="http://www.hopeforthewarriors.org/">http://www.hopeforthewarriors.org/</a>
<b>I</b>		
<b>Injured Marine Semper Fi Fund</b> The Semper Fi Fund, and its program America's Fund, provide immediate financial assistance and lifetime support to post 9/11 wounded, critically ill and injured members of all branches of the U.S. Armed Forces, and their families, ensuring that they have the resources they need during their recovery and transition back to their communities. Since establishing the Semper Fi Fund in 2004, we've issued more than 82,000 grants, totaling more than \$99 million in assistance to over 13,000 of our heroes and their families	760-725-3680	<a href="https://semperfifund.org/">https://semperfifund.org/</a>
<b>J</b>		
<b>Joyful Horse Project</b> Our primary focus is on keeping horses out of harms way. We take a preventive approach by providing holistic health care, a natural environment and foundational training — helping horses that have been abused, neglected or abandoned re-establish bonds of trust and thrive with their human partners.  We also strive to enlighten and change the perspective people have about horses in order to improve conditions and behaviors that affect the treatment of equine companion animals throughout the U.S.	512-467-4893	<a href="http://joyfulhorseproject.org/">http://joyfulhorseproject.org/</a>
<b>L</b>		

<b>Lakeshore Foundation - Lima Foxtrot Programs</b> Lima Foxtrot provides fitness, sports and recreation opportunities to recently injured military personnel	205-313-7437	<a href="http://www.lakeshore.org/">http://www.lakeshore.org/</a>
<i>M</i>		
<b>Marine Parents</b> For those with a loved one in military service, you are not alone. You've found Marine Parents, a Place to Connect and Share	573-449-2003	<a href="http://www.marineparents.com/">http://www.marineparents.com/</a>
<b>Military Heroes Fund - Pentagon Federal Credit Union Foundation</b> <ul style="list-style-type: none"> <li>•The ARK program helps active military members who need a loan up to \$500 with a fee of \$5. You can help a servicemember avoid predatory payday lenders that charge high fees for loans.</li> <li>•The Dream Makers program is for active military members, military veterans and Department of Defense employees and provides a \$5,000 grant to first-time homebuyers to help with their down payment and closing costs.</li> <li>•The Military Heroes Fund provides emergency financial assistance to military members who have served since 2001 in Iraq or Afghanistan.</li> </ul>	703-838-1239	<a href="http://www.pentagonfoundation.org">http://www.pentagonfoundation.org</a>
Military Ministry We are a caring community passionate about connecting the global military community to Jesus Christ. We are individuals, churches, chaplains ... people just like you who are drawn together by a common mission.	757-928-7200	<a href="http://crumilitary.org/">http://crumilitary.org/</a>
<b>Military Officers Association of America</b>  About MOAA  Mission and History  Leadership and Governance  Scholarship Fund  Voices for America's Troops  Tips for Lifelong Caregiving  Lawyers for Heroes  MOAA members have access to services specifically designed for them.  MOAA is the nation's largest and most influential association of military officers. We are a powerful force speaking for a strong national defense and representing the interests of military officers and their families at every stage of their careers.	(800) 234-6622 or (703) 549-2311	<a href="http://www.moaa.org/">http://www.moaa.org/</a>
<b>Military Order of the Purple Heart( MOPH)</b> The mission of the Military Order of the Purple Heart is to foster an environment of goodwill and camaraderie among combat wounded veterans, promote patriotism, support necessary legislative initiatives, and most importantly, provide	703-354-2140	<a href="http://www.purpleheart.org/">http://www.purpleheart.org/</a>



service to all veterans and their families.		
<b>Military Spouse Corporate Career Network (MSCCN)</b> The Military Spouse Corporate Career Network (MSCCN) is a 501 (c) (3) non-profit organization that focuses on: 1.Employment readiness training programs 2.Job placement solutions 3.No-cost services to all military-affiliated spouses, retired military spouses and caregivers to war wounded heroes	1-877-696-7226	<a href="http://www.msccn.org/">http://www.msccn.org/</a>
<b>N</b>		
<b>National Alliance on Mental Illness</b> NAMI offers an array of support and education programs that help build better lives for the millions of Americans affected by mental illness	1-800-950-6264	<a href="http://www.nami.org/">http://www.nami.org/</a>
<b>National Military Family Association</b> To fight for benefits and programs that strengthen and protect Uniformed Services families and reflect the Nation's respect for their service.	1-800-260-0218	<a href="http://www.militaryfamily.org/">http://www.militaryfamily.org/</a>
<b>National Veterans Foundation</b> National Veterans Foundation has helped over 350,000 veterans and their families with crisis and information services through the nation's first toll-free, vet-to-vet hotline for all U.S. veterans and their families.	1-888-777-4443	<a href="http://nvf.org/">http://nvf.org/</a>
<b>Navy-Marine Corps Relief Society</b> The Society provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors. The Society also receives and manages donated funds to administer these programs and services.		
<b>North Carolina Heroes Fund</b> The North Carolina Heroes' Fund was created in January 2007 with the mission of aiding the men and women specifically from North Carolina or those serving at one of North Carolina's many military installations. The vision of the Fund began with it's founder, Scott Stone, and his drive to help those that are defending our freedom. It was devastatingly clear to Stone that many of our men and women were returning from active duty and facing very difficult transitions as well as financial hardships. The support is primarily centered on hardships in which these men and women, or their families, may be enduring as a direct result to their service overseas.	704-995-9976	<a href="http://www.ncheroes.org/">http://www.ncheroes.org/</a>
<b>O</b>		
<b>Operation First Response</b> For many of our families the financial hardship begins quickly and for others it is after the domino effect of extra costs and lost wages. At whatever stage they are in when they contact OFR we are committed to doing all we can to support these families because it is our responsibility as American citizens, the heart of OFR is exactly what makes America great... we know that our Freedoms are not free and we are committed to those who make those Freedoms possible	888-289-0280	<a href="http://www.operationfirstresponse.org/">http://www.operationfirstresponse.org/</a>



<b>Operation Homefront</b> Offers an array of programs for vets And family members	800-722-6098	<a href="http://www.operationhomefront.net/">http://www.operationhomefront.net/</a>
<b>Operation Second Chance</b> We are patriotic citizens committed to serving our wounded, injured and ill combat veterans. We support Veterans and their families while they recover in military hospitals, by building relationships and identifying and supporting immediate needs and interests. We are dedicated to promoting public awareness of the many sacrifices made by our Armed Forces.	301-938-2834	<a href="http://www.operationsecondchance.org/">http://www.operationsecondchance.org/</a>
<b>Our Military Kids</b> Our Military Kids, Inc. is a 501(c)(3) nonprofit organization created to provide support and recognition to military children. This may include children ages 5 years through the 12th grade of deployed National Guard and Reserve service members, along with children of Wounded and Fallen Warriors from all branches of service. The grants to children pay for fees associated with athletic, fine arts, and tutoring programs. Our Military Kids' grants keep military children engaged in activities of their choosing, helping to relieve the stress of separation from a parent by providing a positive distraction, minimizing emotional destabilization, building self esteem, and enabling academic achievement.	703-734-6654	<a href="http://www.ourmilitarykids.org/">http://www.ourmilitarykids.org/</a>
<b>P</b>		
<b>Paralyzed Veterans of America</b> Our veterans are our heroes for life. After serving our country, serious injury shouldn't stop them from living the full, rewarding lives they deserve. At Paralyzed Veterans of America, we fight for better health care and benefits, aid in the search for a truly satisfying career, and provide the path to adventure through adaptive sports. What's more, we are committed to ongoing care by educating clinicians about spinal cord injury, and we're deeply invested in the future—a cure for paralysis.	202-416-1289	<a href="http://www.pva.org">http://www.pva.org</a>
<b>Pilots for Christ International</b> When ReserveAid was born in 2006, the founding board sought to raise as much money as possible and then, with the idealism of the young, to give it away. Assistance for groceries, tires, mufflers and a new front door were among the many grants provided in the beginning days of the organization. As the fundraising and grant disbursement grew, the board, and a significant founding donor, recognized the need for infrastructure	703-791-0448	<a href="http://reserveaid.org">http://reserveaid.org</a>
Project Victory (part of TIRR- The Institute for Rehabilitation and Research Foundation)	713-799-9107	<a href="http://www.projectvictory.org/">http://www.projectvictory.org/</a>
<b>R</b>		
<b>Rebuilding Together's Veterans Housing</b> Rebuilding Together strengthens the lives of our most vulnerable communities by providing low-income homeowners with critical home repairs, accessibility modifications and	800-473-4229	<a href="http://rebuildingtogether.org/slide/veterans-day/">http://rebuildingtogether.org/slide/veterans-day/</a>

energy-efficient upgrades. Rebuilding Together's local affiliates and nearly 100,000 volunteers complete about 10,000 rebuild projects each year. As we rebuild homes, community spaces and nonprofit facilities, our lasting impact helps to stabilize and revitalize neighborhoods across the country. We believe that everyone deserves to live in a safe and healthy home.		
<b>Reserve Aid</b> ReserveAid is a 501 (c) (3) non-profit organization that provides financial support to Reservists and National Guard members who are currently deployed in the Global War on Terror or who have recently returned from deployment.	972-383-8080	<a href="http://reserveaid.org/">http://reserveaid.org/</a>
<b>S</b>		
<b>Salute Military Golf Association</b> The SMGA's mission is to provide rehabilitative golf experiences and family inclusive golf opportunities for post 9/11 wounded war veterans in an effort to improve the quality of life for these American heroes. Eligible veterans include those wounded or injured in post 9/11 military operations, including those with Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI).	301-802-5215	<a href="http://www.golfsalute.org/">http://www.golfsalute.org/</a>
<b>Sew Much Comfort</b> We are extremely proud of our organization and the top quality adaptive clothing we deliver at absolutely zero cost to our wounded warriors. To date, our volunteers, donors and partners have made it possible for SMC to provide 139,148 pieces of adaptive clothing. SMC continues to operate with a low administrative overhead of 2.2%!!! That means 97.8% of every dollar donated is being spent to provide FREE adaptive clothing to our Military.	952-431-6233	<a href="http://www.sewmuchcomfort.org/">http://www.sewmuchcomfort.org/</a>
<b>Soldiers' Angels</b> Soldiers' Angels provides aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, their families, and a growing veteran population.	626-529-5114	<a href="http://www.soldiersangels.org/">http://www.soldiersangels.org/</a>
<b>Still Serving Veterans</b> Find your solution for employment assistance, VA benefits, and community resources.	866-778-4645	<a href="http://www.stillservingveterans.org/">http://www.stillservingveterans.org/</a>
<b>Strategic Outreach To Families of All Reservists</b> (SOFAR) The goal of SOFAR is to provide a flexible and diverse range of psychological services to military families to: <ul style="list-style-type: none"> <li>◦foster stabilization</li> <li>◦help prevent crises, and</li> <li>◦help manage acute problems</li> </ul>	1-888-278-0041	<a href="http://www.sofarusa.org/">http://www.sofarusa.org/</a>
<b>T</b>		
<b>Tennessee's Helping Hearts</b> Our purpose is to help Tennessee military families. Wheelchair ramps, groceries, flowers for deceased, Christmas gifts for deployed etc.	888-429-3240	<a href="http://tnhelpinghearts.us/">http://tnhelpinghearts.us/</a>

<p><b>The 4E Network (A NJ Nonprofit Corporation)</b></p> <p>Soldiers, returning to the family home, often have numerous adjustments to make, as does the family. It is, therefore, important for the soldier, the spouse, and the child(ren), and oftentimes parents, to have support programs available to them, both individually and as a family unit</p>	732-864-0778	<a href="http://www.4enet.org/">http://www.4enet.org/</a>
<p><b>The Coming Home Project</b></p> <p>Coming Home Project is a non-profit organization devoted to providing expert, compassionate care, support, education, and stress management tools for Iraq and Afghanistan veterans, service members, their families, and their care providers. We are an experienced team of psychotherapists, veterans and interfaith leaders committed to alleviating the unseen wounds of war. Our nationally recognized, evidence-based programs address the emotional, social, moral, and spiritual injuries and the family challenges experienced during all stages of deployment, especially reintegration.</p>	415-353-5363	<a href="http://www.cominghomeproject.net/">http://www.cominghomeproject.net/</a>
<p><b>The Soldier's Project</b></p> <p>The Soldiers Project is a 501 (c) (3) non-profit organization dedicated to providing free, confidential psychological services to US military veterans and their loved ones who have served at any time after September 11, 2001.</p> <p>Returning home from being in combat in a country at war presents difficult challenges for the individual as well as their support system. Service members, wives, husbands, children, parents and other loved ones are all affected by the separation that is part of serving in the military but the transition "coming home" brings additional challenges. Many will have suffered psychological injuries no less serious than visible scars of war.</p> <p>Homecoming often challenges the closest relationships with the tasks of learning about each other all over again. Moodiness, irritability and angry outburst are visible signs of struggles in transitioning. Struggling to concentrate or paying attention to the surrounding as well as difficulty in establishing comfortable family routines become daily challenges with no hope in sight.</p> <p>Therapy offers loved ones a safe place in which to talk and share their hopes and fears, the excitement and disappointments and even disturbing changes.</p> <p>As mental health practitioners who understand the far-reaching consequences of these war-related experiences, we can provide the support that is needed to smooth the transition to family and civilian life.</p>	877-576-5343	<a href="http://thesoldiersproject.org/">http://thesoldiersproject.org/</a>
<p><b>TREA Memorial Foundation</b></p> <p>Military families are under tremendous stress as a result of long deployments, frequent relocation, and the fear of losing a loved one to death or injury. If you have relatives or friends in the military, here are several ways you can help them:</p> <ol style="list-style-type: none"> <li>1. Be a good listener — when they want to talk with you about their concerns, the pressures they face, or their fears, give them the chance to express themselves.</li> <li>2. Acknowledge that their fears may seem overwhelming at times.</li> </ol>	800-338-9337	<a href="http://www.armedforcesaidcampaign.org/">http://www.armedforcesaidcampaign.org/</a>

<p>3. If there is a military family in your church or neighborhood that's in need of help, coordinate an effort to purchase some groceries or offer to help with yard work or handy man chores.</p> <p>4. Offer to help in any way you can — even if it is only to listen.</p> <p>5. Avoid comparing the experiences of “today’s” armed forces with those who fought in previous conflicts.</p> <p>6. Tell them their country is proud of them and that they are in your thoughts and prayers.</p>		
<b>U</b>		
<p><b>US Troop Support Foundation</b>  US TROOP SUPPORT FOUNDATION will provide care packages and assistance to all military personnel in need, providing funds are available and the need is legitimate.</p> <p>US Troop Support Foundation will assist Military families in need with any assistance within reason and means, with board majority approval. No direct cash funding will be done.</p>	816-224-4729	<a href="http://www.ustroopsupport.org/">http://www.ustroopsupport.org/</a>
<p><b>USA Cares</b>  USA Cares exists to help bear the burdens of service by providing post-9/11 military families with financial and advocacy support in their time of need.</p>	800-773-0387	<a href="http://www.usacares.org/">http://www.usacares.org/</a>
<p><b>USO of Metropolitan Washington</b>  USO-Metro is a nonprofit 501(c)(3) organization chartered by Congress, and dedicated to “serving those who serve, and their families” in Washington D.C., Maryland and Northern Virginia. It is through the generous financial support of individuals and organizations in the local community that USO-Metro is able to fulfill its mission. With the help of thousands of devoted volunteers, USO-Metro provides programs and services for active duty troops and their families at area military hospitals, six USO Centers, four USO airport lounges and a Mobile USO. Signature programs and services include holiday programs like Turkeys for Troops and Project USO Elf, emergency housing and food assistance, and caring for our wounded, ill and injured troops and their caregivers.</p>	703-696-2629	<a href="http://us.uso.org/WashingtonBaltimore/">http://us.uso.org/WashingtonBaltimore/</a>
<b>V</b>		
<p><b>Veteran' Families United</b>  Veterans' Families United, an all volunteer organization providing Resources for Veterans and Their Loved Ones.</p> <p>Links with service organizations, therapeutic avenues, pharmaceutical and non-pharmaceutical treatment possibilities, funding sources, volunteer staff and veterans and their families in need, are welcome.</p>	405-535-1925	<a href="http://veteransfamiliesunited.org/">http://veteransfamiliesunited.org/</a>
<p><b>Veteran Love and Appreciation Fund</b>  Presently Veteran Love is focusing on how we can make a difference in the lives of Miami homeless veterans by giving our Miami VA Homeless Veterans Center:</p> <ol style="list-style-type: none"> <li>1. Gift cards for food</li> <li>2. New and used clothing</li> <li>3. New and used magazines</li> <li>4. Toiletries</li> </ol>	305-673-2856	<a href="http://www.veteranlove.com/">http://www.veteranlove.com/</a>

<b>Veteran's Airlift Command</b> Due to Aircraft and Pilot availability, we are currently serving primarily wounded warriors / veterans from OEF/OIF.  1. Transport related to service-connected medical needs (convalescent leave included) of service members and veterans of Iraqi Freedom and Enduring Freedom.  2. Transport for family members (close friends) visiting the service members and veterans (OEF/OIF) at medical facilities where they are receiving treatment.  3. Transport of Wounded Warriors to specific events which aid in the healing process (including unit homecoming reunions).  4. Just Ask if you have any question about your travel needs and our resources which are donated by patriots who desire to serve.  5. We are: Long on compassion....Short on red tape.	952-582-2911	<a href="http://www.veteransairlift.org/">http://www.veteransairlift.org/</a>
Veterans Outreach Center Housing Assistance Employment / Job Training Volunteer Opportunities	585-546-1081	<a href="http://www.veteransoutreachcenter.org/">http://www.veteransoutreachcenter.org/</a>
<b>VeteransPlus</b> VeteransPlus programs were designed by Veterans and are delivered by Veterans to provide practical financial solutions geared to real life circumstances of current and former military personnel. Our counselors and educators have been where you are and they are dedicated to your success. In the often confusing atmosphere of stressful financial situations, our Veteran counselors can help break down communication barriers that might exist when Veterans discuss personnel finances with non Veterans. Upon request, VeteransPlus will substitute spouses and/or family of Veterans to support all situations. All counselors possess the necessary empathy to discuss real life experience with other Veterans and family members from their shared perspective.	866-991-9579	<a href="http://www.veteransplus.org">http://www.veteransplus.org</a>
<b>W</b>		
<b>Wounded EOD Warrior Foundation</b> The foundation offers four pillars of support and handles each request on a case-by case basis. The immediate and ongoing assistance and resources provided by the foundation to those in the EOD community are intended to provide support above and beyond the budgetary constraints of the Department of Defense (DoD) and Department of Veterans Affairs (VA).  I. Emergency Financial Relief II. Education III. Hope and Wellness IV. EOD Memorial Care	540-429-5234	<a href="http://www.eodwarriorfoundation.org/">http://www.eodwarriorfoundation.org/</a>
<b>Wounded Warrior Project</b> To raise awareness and enlist the public's aid for the needs of injured service members. To help injured service members aid and assist each other. To provide unique, direct programs and services to meet the needs of injured service members.	877-832-6997	<a href="http://www.woundedwarriorproject.org/">http://www.woundedwarriorproject.org/</a>

<b>Wounded Warriors Family Support</b> Our mission is to provide support to the families of those who have been wounded, injured or killed during combat operations. Job training, retreats, counseling etc.	402-502-7557	<a href="http://www.woundedwarriorhospitalfund.org/">http://www.woundedwarriorhospitalfund.org/</a>
Y		
<b>Yellow Ribbon Fund</b> The Yellow Ribbon Fund continues to provide practical support to injured service members and their families while they're at Walter Reed National Military Medical Center, Fort Belvoir Community Hospital, and after they return to their hometowns. Since our beginning, more than 80 cents of every dollar spent has gone directly to programs and services, thanks in part to our small staff and a volunteer force that has grown to more than 1,300	240-223-1180	<a href="http://www.yellowribbonfund.org/">http://www.yellowribbonfund.org/</a>

## Travel Assistance

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

<http://www.veteransairlift.org/>

[www.fisherhouse.org](http://www.fisherhouse.org) (888) 294-8560

<http://aircompassionforveterans.org/>

<http://www.tsa.gov/traveler-information/military-personnel> - Assist wounded warrior or veteran when flying: from curbside, thru security and to the gate.