

Montgomery County, MD - Veterans Network Directory

Military Spousal and Family Member Supports

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This is a project of the Montgomery County Commission on Veterans Affairs. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

American Red Cross

www.redcross.org

1-877-272-7337 (Toll Free)

Information and Referral Services: Offer confidential services to all military personnel (active duty, National Guard, Reserves, and veterans) and their families by connecting them with Red Cross and community resources through our network of chapters in communities across the United States and offices on military installations worldwide.

Financial Assistance: Work under partnership agreements with the Air Force Aid Society, Army Emergency Relief, Coast Guard Mutual Assistance, and Navy-Marine Corps Relief Society to provide quality, reliable financial assistance to eligible applicants 24/7/365. Assistance can include funds for emergency travel, burial of a loved one, emergency food and shelter, etc.

Coping with Deployments Psychological First Aid for Military Families Course: Developed specifically to address the stresses and strains that deployments place on the families of service members. The free course is available to family members of Reserve, National Guard and active duty service members, including spouses, older children, parents, siblings and significant others. Veterans and their family members are also eligible. Instructor-led or online training available: www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course.

American Widow Project

E-mail: info@americanwidowproject.org
<http://americanwidowproject.org>

1-877-297-9436 (Toll Free)

Non-profit organization dedicated to the new generation of those who have lost the heroes of yesterday, today and tomorrow, with an emphasis on healing through sharing stories, tears and laughter... military widow to military widow. Resources, tips, blogs, books, podcasts, poems, songs, newsletters, scholarships and grants, retreats and get-aways, and a 75-minute documentary distributed free of charge to all military widows and widowers as a key to the healing process.

Army Wife Network

E-mail: info@armywifenet.com
www.armywifenet.com

Internet talk radio forum by military wives for military wives plus a whole lot more. In addition to the radio forum portion the site includes a blog section, live chats, book club, helpful links and more.

Blue Star Mothers of America, Inc.

E-mail: firstvp@bluestarmothers.org
www.bluestarmothers.org

Non-profit Veterans Service Organization for mothers who have children serving or have served honorably in the military. Send care packages to members of the Armed Forces and hold events honoring veterans, Gold Star Mothers, and Gold Star families.

Gold Star Wives of America

Washington, DC Office
200 N. Glebe Road, Suite 425
Arlington, VA 22203
E-mail: info@goldstarwives.org
www.goldstarwives.org

703-351-6246 (V)

Provide service, support and friendship to the widows and widowers of military personnel who died on active duty or as the result of a service connected cause. Volunteer and visit Department of Veterans Affairs hospitals and military hospitals, and volunteer in local communities. Members assist widows and widowers in understanding and obtaining the benefits provided by Congress.

Military Family Network

www.emilitary.org

Support military families and increase their readiness and well-being by connecting them with their communities and the organizations that provide the best service and value. Information on family support, parents and children, homeland security, pay and benefits, travel, relocation, and more.

Military OneSource

www.militaryonesource.mil

1-800-342-9647 (24/7 Toll Free)

Information on family and recreation, health and relationships, financial and legal, career and education, military life and deployment, and crisis. Offer three kinds of short-term, non-medical counseling to active-duty, Guard, and Reserve service members and their families. Eligible individuals may receive confidential services at no cost. Participate in online webinars, subscribe to monthly e-newsletters, read expertly prepared articles about issues that concern military families, and order or download free CD's, booklets, and DVDs.

Military Spouse Career Network

E-mail: askus@mccn.org
www.mccn.org

1-877-696-7226 (Toll Free)

No-cost services to all military-affiliated spouses, retired military spouses and caregivers to war wounded heroes. Employment readiness training programs and job placement solutions.

National Military Family Association, Inc.

3601 Eisenhower Avenue, Suite 425
Alexandria, VA 22304
E-mail: info@militaryfamily.org
www.militaryfamily.org

703-931-6632 (V)

Tips for those new to the military and military culture; how to deal with all things deployment - from receiving orders, to saying goodbye, to welcoming home your service members; how to deal with stress and how to get help; spouse education, including the Post-9/11 Bill; children's education issues and child care; and family issues like finances, spouse careers, and moving. Offer military spouse scholarships. The Operation Purple program operates summer camps, leadership camps for teens, family retreats at national parks, and camps geared to address the needs of children and families of our nations wounded service members.

Purple Star Veterans and Families

E-mail: admin@psvf.org
www.psvf.org

Assist our homecoming Veterans and their families in successfully transitioning from home from deployment and from military to civilian life and to keep families together through the trials of homecoming while working in tandem with all government and civilian resources, agencies, employers and educators.

Silver Spring Vet Center

Wayne Miller, Team Leader/Director
2900 Linden Lane
Silver Spring, MD 20910

E-mail: wayne.miller3@va.gov

www.vetcenter.va.gov/Vet_Center_Services.asp

301-589-1073 (V)
202-273-9116 (Bereavement Counseling)

Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Second Saturday each month 7:30 a.m. to 4:30 p.m. Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you. **Directions:** The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

Spouse Buzz

www.spousebuzz.com

Free online community of military wives and women in uniform. Represent girlfriends, fiancées, moms, sisters, and all other women who live the military lifestyle. Provide information, resources, and a community of friends to help you survive the toughest times and enjoy the adventures of military life. Website features articles on everything about military life, from dealing with deployment to relocating your job. Forums and chat rooms are filled with military wives located around the world and online 24 hours a day, seven days a week.

Substance Abuse & Mental Health Services Administration (SAMHSA) - Military Families

1 Choke Cherry Road
Rockville, MD 20857

www.samhsa.gov/militaryfamilies

1-877-726-4727 (Toll Free)

Support America's service men and women - Active Duty, National Guard, Reserve, and Veteran - together with their families and communities by leading efforts to ensure that needed behavioral health services are accessible and that outcomes are positive. Publications include Handbook for Family & Friends of Service Members Before, During and After Deployment.

Surviving Deployment

E-mail: info@survivingdeployment.com
www.survivingdeployment.com

Website features articles, information and tips to support military families going through deployment.

VA National Caregiver Support Line

www.caregiver.va.gov/index.asp

1-855-260-3274 (Toll Free)

Licensed social workers will be available to answer your questions, listen to your concerns, and directly link you to the Caregiver Support Coordinator at your local VA Medical Center. Each Caregiver Support Coordinator can locate assistance tailored to your unique situation. For direct services, call the Washington DC VA Medical Center at 202-745-8000 (V) and ask for the Caregiver Support Coordinator in the Social Work Department.