



October is National Domestic Violence Awareness Month

Domestic violence touches the lives of Americans of all ages, leaving a devastating impact on women, men, and children of every background and circumstance. Military families are no exception. In support of National Domestic Violence Awareness month, make sure you know about the comprehensive information available through Military OneSource and other Department of Defense programs.

Go to the www.MilitaryOneSource.com homepage and click on “find information,” then on “Violence & Trauma.” You’ll find our “Family Advocacy Program – Domestic Abuse” resource page, which features:

- **Detailed information about the military’s Family Advocacy Program (FAP)**, including links to service-branch FAP Web pages, a tool that locates FAPs by installation, and an expertly prepared safety plan.

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The Federal Voting Assistance Program (FVAP)

The Federal Voting Assistance Program (FVAP) was established to make the voting process as easy as possible for service members and their families. The program’s Web site at www.fvap.gov lists voting information for each state and features an online voter-registration assistant which simplifies the process of registering to vote and requesting an absentee ballot. You can also



call FVAP toll-free any day of the year, 24 hours a day at 1-800-438-VOTE. Toll-free numbers from 67 countries are listed at www.fvap.gov/contact/tollfreephone.html.

You can learn more about voting when you’ve recently moved or are deployed in the article *Voting for Service Members and Their Families* at www.MilitaryOneSource.com (type the article title in the search box).

From Our Facebook Page

Here are some recent comments from the Military OneSource Facebook community, which continues to grow—we’re up to **44,000** readers!

From a military family:

We have a pre-teen son, and it’s been challenging. Without Military OneSource, we’d be pretty lost. Of course, family helps, but to really be able to get outside, unbiased information and assistance has been a blessing to our family. Thank you again.

From a military spouse:

The great thing about Military OneSource is that they have people available to speak with you 24/7! They can help you with almost everything! Seriously, everything! They are always so kind, and care deeply about the military family.



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- **Phone numbers** for the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.
- **Access to Military OneSource articles** like *Domestic Violence and Where to Find Help* and *The Family Advocacy Program*.



Does Your Baby Cry and Cry?

Military OneSource and FAP Can Help

Long bouts of infant crying are normal, especially in the evening. Each baby is different, but some infants may cry up to three hours

a day. The periods of crying can last as long as 30 to 40 minutes. This can be mighty tough on parents. Enter the names of these articles in the search box at

Military OneSource consultants can also help you with couples issues like communicating, strengthening your relationship, and dealing with finances. Call 1-800-342-9647 or go to www.MilitaryOneSource.com to learn about your options.

www.MilitaryOneSource.com and learn practical information about taking care of your crying baby and about the Family Advocacy Program's New Parent Support Program:

- *Understanding Infant Crying*
- *Quick Tips for Coping with a Crying Baby*
- *The New Parent Support Program (NPSP)*

Help Your Teen Reduce the Risk of Date Violence

About 10 percent of all teenagers date or have dated people who have abused them physically, emotionally, or sexually. Teenagers can get involved in difficult situations on dates, especially if they have little experience recognizing the warning signs of trouble. These teenagers may face harm or threats of harm when they try to break up with an abuser or when they refuse to act in a certain way.

You can help your teenager reduce the risk of date violence by learning the warning signs and talking openly about them with your teen. These expertly prepared Military OneSource articles can help you understand the

issues and open lines of communication with your teen about this extremely important subject:

- *Dating Safety: Reducing the Risk of Date Rape*
- *Talking with Your Teenager About Date Violence*
- *Getting Conversations Going with Your Teenager*

Go to www.MilitaryOneSource.com and type the title of the article in the search box. You can also call 1-800-342-9647 and arrange to talk with a professional consultant by phone or online.

About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at www.MilitaryOneSource.com.

Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908 (Dial an international operator first)

En español llame al: 1-877-888-0727