# Sample Article

As service members, family members and survivors, you lead a dynamic life. You and your families are constantly adapting to change. Deployments and reunions, orders and new duty stations, promotions and getting out – you manage these challenges in stride. Since Sept. 11, 2001, the operational tempo has intensified and often involved prolonged and frequent deployments to combat zones. Through it all, you have shown strength and resilience. For some, especially those who do not live on or close to an installation, the changes have made managing family life even more demanding.

{Insert your program's information here}

***We are part of your network of support.***

Contact us at {phone number/email}.

To improve the way that the military supports you, the Department of Defense created the Family Readiness System, a network of agencies, programs, services and individuals working together. The Family Readiness System helps users find the information and services they need to face life's challenges and develop many essential life skills from money management to communication to parenting. The system ensures that regardless of branch of service, active or reserve status, or geographic location, there is a trusted network of support that leverages both military and civilian resources to address your needs.

Whether you prefer to access support in person, by phone or online, rest assured that your Family Readiness System will connect you with the resources you need. You can access this support network through two primary gateways:

1. Your local installation-based Military and Family Support Center or National Guard and Reserve Family Assistance Center
    - Call (insert local Military and Family Support Center #), visit (insert address) or search for a location online at http://www.militaryinstallations.dod.mil.
2. Military OneSource
    - Call 800-342-9647 or log on to http://militaryonsesource.mil. Available 24/7/365.

As you navigate military life, remember that you can rely on your trusted network of support.