

# Extend Your Support With Military OneSource

**As military service providers, your work is critical to mission readiness.**  
We are here to support you as you support service members and their families.  
Connect them to tools and resources – when and where they need it.



## Parenting

Help military parents through new stages and challenges:

- New Parent Support Program
- Child care resources and referrals
- Adoption information and consults
- Exceptional Family Member Program

## Military Life Events

Support for common milestones, every step of the way:

- Deployment preparedness and checklists
- Relocation assistance
- Transition assistance



## Growth and Stability

Empower service members and their families to build skills, education and financial security:

- MilLife Learning
- Spouse Education and Career Opportunities
- Financial readiness

## Strong Foundations

Foster physical and emotional well-being:

- Morale, Welfare and Recreation
- Relationship support
- Confidential counseling
- Nutrition readiness and food security



## Quick and Easy Access

- Call or live chat 24/7.
- Connect to a digital hub of trusted information and tools.
- Find a full range of Defense Department support at [MilitaryOneSource.mil](https://militaryonesource.mil).

## Tap and Share

Download the MilProvider app to easily share resources.



**Learn more about military family readiness programs  
at [MilitaryOneSource.mil/mfr](https://militaryonesource.mil/mfr).**