



MILITARY ONESOURCE

is available to help with your concerns regarding military life.



WE OFFER

Sesame Street's *Talk, Listen, Connect* resources help military families and their young children cope with deployments, changes and grief. Visit Military OneSource to learn more.

Sesame Workshop

<http://www.sesameworkshop.org>

Sesame Street for Military Families

<http://www.sesamestreetformilitaryfamilies.org>

WE'RE HERE FOR YOU

No question is too small and no issue too big for Military OneSource. Real help is available anytime, anywhere, at no cost to you:

- Speak to a specialty consultant about education, special needs, and health and wellness questions.
- Receive confidential counseling services on a broad range of issues including relationship support, anger management, parenting and coping skills.
- Navigate your PCS checklist and plan for your financial readiness with expert help.
- Access resources and valuable information including articles, podcasts and videos to build your knowledge on safe sleeping environments, childhood milestones and healthy boundaries.
- Explore child care options, connect with your local school liaison and discover parenting tools for every age.

WE SERVE

Active-duty service members, National Guard and reserves, recently separated service members, military families and survivors

Connect with Military OneSource

Military OneSource is ready to support you by phone and online, around the clock. Call **800-342-9647**, visit www.MilitaryOneSource.mil to find OCONUS calling options or log in to start a secure live chat. We're ready to assist by phone and online, around the clock.



U.S. Department of War

