



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 non-medical counseling services on relationships, 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

Learn all of the ways Military OneSource can support you. Call **800-342-9647** or visit us at www.MilitaryOneSource.mil to find OCONUS calling options or to connect online. We're ready to assist by phone and online, around the clock.

