

FACT SHEET | SEPTEMBER 2026

Resources for Surviving Spouses



As a surviving spouse, you remain a valued member of the military community. SpouseWorks (formerly SECO) is a War Department program that can help you grow your skills, get career advice and find a job.

Key program resources

SpouseWorks provides free, comprehensive resources and tools to help spouses reach their career and education goals. As a surviving spouse, you can take advantage of the following resources:

- **Career coaching**

Work one-on-one with a SpouseWorks career coach to create a plan and reach your employment goals.

spouseworks.militaryonesource.mil/portal/article/seco-career-coaching-services

- **The SpouseWorks website**

Find jobs, explore career options and access helpful education resources and interactive tools—all in one convenient online location.

spouseworks.militaryonesource.mil/portal/

- **The Military Spouse Employer Partnership**

Connect with more than 1,000 employer partners who have committed to recruit, hire, promote and retain military spouses.

spouseworks.militaryonesource.mil/portal/article/military-spouse-employment-partnership

- **The Spouse Ambassador Network**

Find support and networking opportunities among employer partners dedicated to raising awareness of military spouse education and employment resources.

spouseworks.militaryonesource.mil/portal/spouse-ambassador-network

SpouseWorks tools and resources

SpouseWorks provides surviving spouses with comprehensive resources and tools to help you:

- Explore education and career options and create a practical plan
- Write effective resumes, cover letters and job applications
- Search for scholarships and other financial resources
- Research occupations and find opportunities that fit your needs
- Search for employment with organizations committed to hiring military spouses
- Access free assessments and training opportunities



When you're ready to explore education or employment opportunities, SpouseWorks offers resources and support to help you identify next steps. For additional resources for surviving spouses, visit Military OneSource. militaryonesource.mil/casualty-mortuary-affairs/bereavement-grief/resources/