

Resources for Military Spouses

Overview

Resources to help military spouses obtain information about careers, family, and deployments.

- Web sites
- Books
- Magazines
- Newspaper columns
- Radio
- Other resources

Web sites

Official sites

Military HomeFRONT

www.militaryhomefront.dod.mil

The official Department of Defense (DoD) site for a wide range of quality-of-life information. For information specifically related to spouses, go to “Troops and Families.”

Military Spouse Career Center

www.military.com

A DoD site providing information about employment for military spouses, accessible through the Military.com site. (Click on “Military Spouses.”)

MyArmyLifeToo

www.myarmylifetoo.com

A portal to the wide range of Army family-support resources, including information about schooling, deployments, finances, and marriage.

Air Force Crossroads

https://www.afcrossroads.com

Information and resources for Air Force families, including a Spouse Network.

Fleet and Family Support Programs

www.ffsp.navy.mil

News, employment assistance, New Parent Support, and a wide range of links and resources for Navy families.

Marine Corps Community Services

www.usmc-mccs.org

Information on a wide range of family and spouse issues, including New Parent Support, spouse education, and deployment support.

Unofficial sites

CinCHouse.com

www.cinchouse.com

A nonprofit community for military women and wives, with an enormous range of information -- from recipes to deployment information, family tips, and wellness. Also provides chat rooms and links to installations.

Military Spouses' Career Network

www.mscn.org

Employment information for spouses of service members, including a resume builder, resource list, and “ask a career coach.”

Military.com

www.military.com

Click on “military spouse” for information and links specific to military spouses.

Military Spouse Help

www.militaryspousehelp.com

Information and advice from two military wives about a range of issues interesting to military spouses, including careers, energy, and family.

National Military Family Association (NMFA)

www.nmfa.org

Information for military spouses and families, including information about education, employment, family life, and health care, as well as links to installation resources.

Books

Chicken Soup for the Military Wife's Soul, by Jack Canfield, Mark Hansen, Charles Preston, and Cindy Pederson (Health Communications, 2005).
Stories by and about military spouses.

Going Overboard: The Misadventures of a Military Wife, by Sarah Smiley (Penguin Group, 2005).

An often-humorous account of raising children while their parent is deployed, by a Navy wife who writes the syndicated column, “Shore Duty.”

Help! I'm a Military Spouse: I Want a Life Too! by Kathie Hightower and Holly Scherer (Hightower and Scherer, 2005).

A book about finding your own identity apart from your spouse, fulfilling your goals, and finding happiness while married to a service member.

Home Fires Burning: Married to the Military for Better or Worse, by Karen Houppert (Random House, 2006).

A close look at the lives of several military wives.

The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family, by Jacey Eckhart (Naval Institute Press, 2005).

Information to help you build the skills that help you deal with the realities of being a “married-but-single” parent, moving, handling deployment, and much

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more. The author, who was raised in an Air Force family, is a columnist for the *Virginian-Pilot* and the wife of a Navy officer.

Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform, by Meredith Leyva (Simon & Schuster, 2003).

Advice about handling relocation, deployment, career, protocol, and family from a military wife and founder of CinCHouse.com.

Today's Military Wife: Meeting the Challenges of Service Life, by Lydia Sloan Cline (Stackpole, 2003).

A resource guide for spouses of all military personnel.

While They're at War: The True Stories of American Families on the Homefront, by Kristin Henderson (Houghton Mifflin, 2005).

Portraits of military spouses whose loved ones go to war, written by the wife of a Navy chaplain.

Magazines

Military Money

www.militarymoney.com

A quarterly magazine free to members of the NMFA about managing your money. Published jointly by the NMFA and InCharge® Education Foundation, Inc. as part of the Department of Defense's "Financial Readiness Campaign."

Military Spouse Magazine

www.militaryspousemagazine.com

A bimonthly magazine by, for, and about military spouses, with articles about married life, deployments, family, and more.

Newspaper columns

"Homefront" by Jacey Eckart. Published since 1998 in the *Virginian-Pilot*.

Navy wife Jacey Eckhart explores, recognizes, and celebrates the often-overlooked details of military family life. Access through www.jaceyeckhart.com and click on "Current Column."

"Shore Duty" by Sarah Smiley. Navy wife Sarah Smiley's column is syndicated in newspapers and in *Military Spouse* magazine and *Military Money* magazine. Go to www.sarahsmiley.com and click on "About Sarah Smiley," then on "Syndication" for a list of newspapers that carry the column.

Radio

Army Wife Talk Radio

www.armywifetalkradio.com

A one-hour show that available every Monday over the Internet for download or streaming audio through your computer. The show includes information relative to Army wives, with a range of topics each week. (Not available through broadcast radio.)

Other resources

Your installation's support services

Depending on your service branch, your Fleet and Family Support Center, Marine Corps Community Services, Airman and Family Readiness Center, or Army Community Service Center can provide you with information and support related to being a military spouse.

Military OneSource

This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. You can reach the program by telephone at 1-800-342-9647 or through the Web site at *www.militaryonesource.com*.