

Florida National Guard Resources:

1. Family Assistance:

Service members and Families may call to obtain information regarding military and civilian resources available to support military families. Additionally if financial assistance is needed you may contact us 24/7 for information and support. All services are available at no cost and are confidential. Call toll-free, 24 hours a day, seven days a week: **1-800-226-0360**

POC: Rob McGregor, Family Assistance Center Coordinator

Email: Robert.mcgregor@us.army.mil

Phone: 1-813-704-0445

Facebook: www.facebook.com/FLNGStateFamilyPrograms

2. Information & Referral:

Military OneSource: *YOU NAME IT WE CAN HELP!* Provides Service members, Family members with information, resources and support for financial counseling, address Thrift Savings Plan questions, etc. All services are **free & confidential and are available 24/7** Visit www.militaryonesource.com or call 1-800-342-9647.

National Resource Directory: Connecting Service Members, Veterans, Their Families and Caregivers with Those Who Support Them. Please visit www.nrd.org or <https://www.nrd.gov/state/florida>

3. Financial Assistance and Counseling:

Joint Family Support Assistance Program, Military Personal Financial Counselor (PFC). Mr. Mark Huston is a fully licensed & credentialed in the state of Florida and can address financial questions, concerns, provide guidance to get out of debt, prepare financial plans, work with creditors, address tax questions as well as Thrift Savings Plans/401(k) and retirement plans. His services are free and confidential. Mark can be contacted at 407-450-1299 or mhuston@mflc.zeiders.com

Need Help Paying Bills? Find programs and ways to get help with paying bills, debts, and your monthly mortgage payment. Find an extensive list of how to seek assistance and save on bills such as groceries, insurance and child care expenses to name a few. Also find free government grants and low income assistance programs. Visit www.needhelppayingbills.com/index.html for more information and you can customize the list specific to the state you live in!

Federal Employee Education & Assistance Fund: FEEA's Emergency Assistance Program provides confidential grants and no-interest loans to federal employees facing unexpected financial hardships. www.feea.org or 1-800-323-4140.

4. Personal Counseling

Director of Psychological Health (DPH)

ARMY: Mr. Michael McFarland is fully licensed & credentialed in the state of Florida and his services are free and confidential. Mr. McFarland's services are dedicated to the Florida Army National Guard. Mr. McFarland may be contacted at 904-823-0308 or Michael.w.mcfarland.ctr@us.army.mil

AIR: Ms. Jennifer Matthews is fully licensed & credentialed in the state of Florida; she supports the Florida Air National Guard. Ms. Matthews may be contacted at 904-741-7006 or jennifer.matthews.ctr@ang.af.mil.

Joint Family Support Assistance Program (JFSAP) Military & Family Life Consultant (MFLC). Mr. Harry MacNeill is fully licensed & credentialed in the state of Florida; his services are free and confidential. Harry provides direct short-term, non-medical, solution-focused counseling services to individuals, couples, and families for situations resulting from life

circumstances. Harry can be contacted during normal business hours at 904-718-9987 or harry.macneill@healthnet.com.

Joint Family Support Assistance Program (JFSA) Child & Youth Military Family Life Consultant (MFLC). Dr. Mia Wilson is fully licensed & credentialed in the state of Florida; her services are free and confidential. Dr. Wilson provides direct short-term, non-medical, solution-focused counseling services to individuals, couples, and families for situations resulting from life circumstances and specializes in Child & Youth concerns. She can be contacted at 904-738-3657 or mia.wilson@healthnet.com.

5. Employment

Battalion Career Counselors (BCC). Each Battalion in the State has a Battalion-level recruiter whose duties include linking Soldiers into the **Florida Guard Family Career Connection (FGFCC)**. The FGFCC, in turn, connects these Soldiers with local, regional, and State employment resources in the form of employment assistance classes, job fairs, and hiring events. Interested Soldiers and their family members should contact their local BCC, visit the FGFCC Facebook page (just type FGFCC in the Facebook “search” window), or contact Mrs. Penny Justice at (904) 823-0335, or at her email address at penelope.l.justive.ctr@mail.mil.

Employer Support to the Guard and Reserve (ESGR) Heroes to Hire (H2H). Each state has an Employment Transition Coordinator (ETC) through ESGR that runs and manages the H2H program. Open to all military members and their families, H2H assists with indentifying employment opportunities as well as offering employment assistance training such as interviewing skills or resume writing. Interested Soldiers, Airmen, or their family members, should contact Mr. Al Starling, (904) 823-0158 or email Herbert.a.starling.ctr@mail.mil for assistance.