



## MC&FP FACT SHEET

### Additional Information

**Military OneSource**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

800-342-9647

**MilitaryINSTALLATIONS**

[www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil)

## Healthy Relationships

### Background

The Department of Defense supports military families through the Family Readiness System by offering information, services and programs to help service members and families build healthy relationships. For single, dating and married service members, and service members with children, the Family Readiness System offers an array of support services to build and sustain healthy relationships. The system is the network of agencies, programs, services and individuals that promotes the readiness and quality of life of service members and their families. Service members and their families can access services on the installation, in the community and online.

### Highlights

- Learn how to build on good relationships and restore troubled ones by visiting the military and family support center on your installation.
- Develop healthy relationship skills and address common relationship challenges by contacting the Family Advocacy Program.
- Contact a Military OneSource special needs consultant if you have a family member with special needs and want to learn more about relieving stress in all your relationships.
- Use the resources on Military OneSource to help build relationships while recovering from a loss.
- Strengthen family relationships by taking advantage of Morale, Welfare and Recreation resources and activities.
- Reach out to the military and family support center to learn more about awareness raising events and activities throughout October for Domestic Violence Awareness Month and National Bullying Prevention Month.

