



The Service Xchange

The Value of Veterans – Organizations & Agencies

Veterans

A veteran is a person who has served in the military, naval, or air service and was released or discharged under conditions other than dishonorable.

Veterans Service Organizations

Veterans Service Organizations (VSOs) are non-governmental organizations that help and advocate for veterans and can also help them get involved in their communities. Many of these organizations are run by Veterans themselves and can help navigate the sometimes-confusing world of the military.

- AMVETS
- Military Order of the Purple Heart
- Wounded Warrior Project
- Blinded Veterans Association
- Iraq and Afghanistan Veterans of America
- Blue Star Mothers of America
- American Legion
- Veterans of Foreign Wars (VFW)
- HOPE for Warriors
- Military Officers Association
- Tribal Veterans Service Office
- County Veterans Service Officer

Family Readiness Group (FRG)

FRG stands for Family Readiness Group, which is a support network for service members and their families. FRGs help families prepare for deployments, adjust to challenges, and cope with crises. They also provide a network for families to connect with each other. FRG groups meet a couple of times a year for meetings, social events, etc. These groups have an structure of leadership leaders, including the FRG Leader who is responsible for coordinating all activities. This person is a great contact to connect with to coordinate visits, information distribution and presentations. During deployments, these groups meet on a regular basis to keep family members informed, provide benefit support and keep them engaged in the military community.

National Guard Units (Army and Air)

National Guard units are in rural and urban areas across the country. Almost every unit is staffed by at least one full time person who has access to the entire unit command.

National Guard units drill once a month either at their armory (home station) or at installations or training areas across their region. Guard unit's welcome local organizations to share information and opportunities with their personnel via newsletter, email and face to face during drill weekends. Connect with the armory by calling and asking to speak with the unit administrator or recruiting and retention NCO.

Army, Marine, Naval and Coast Guard Reserve Units

Reserve units are in rural and urban areas across the country. Almost every unit is staffed by at least one full time person who has access to the entire unit command. Reserve units drill once a month either at their armory (home station) or at installations or training areas across their region. Reserve unit's welcome local organizations to share information and opportunities with their personnel via newsletter, email and face to face during drill weekends. Connect with the armory by calling and asking to speak with the unit administrator or recruiting and retention NCO.

Military Installations (Forts, Camps, Depots, Stations and Bases)

Installations are located across the country. Depending on the size of the installation, you may have access to United Service Organizations (USO). USO's provide a continuum of support to soldiers and are best known for offering hospitality services. These locations are stopping points at airports, installations and other locations that can house information for individuals transitioning from military service to civilian life. Many installations also have Transition Assistance Programs (TAP) that help soldiers transition as much as 18 months prior to their end of term of service (ETS). You can also call on Departments of Family, Morale, Welfare and Recreation (MWR) to assist you in sharing information with individuals serving on post.

Helpful Internet Sites

1. Resource location for military families
 - a. www.militaryonesource.mil
2. Installation locations in your state
 - a. [View All Bases & Installations | MilitaryINSTALLATIONS](#)
3. National Guard Unit locations
 - a. <https://nationalguard.com/select-your-state>
4. United Service Organizations
 - a. www.uso.org