



Military and Family Readiness Center



(618) 256-8668

<https://www.scottmfr.com/>

Deployment Support Resources

Deployment/Remote Tour Childcare Programs

Give Parents a Break – Families of deployed members experiencing severe stress may qualify for four hours of free childcare. Give Parents a Break is a referral program sponsored by the Air Force Aid Society. To receive a voucher please contact your unit's First Sergeant, PCM, Chaplain, or the M&FRC.

Family Childcare (FCC) Home Daycare Program – Families of deployed members are authorized 16 hours of free childcare a month for children aged 6 weeks to 12 years. Please contact the FCC Office for more information at (618) 256-8047.

Family Childcare (FCC) Military Spouse Appointment Childcare – Active-Duty Spouses are eligible for free childcare with a Family Child Care Provider during their scheduled appointment window. Families will need to provide documentation of the appointment. For additional information, contact the FCC office at (618) 256-8047.

Support Programs and Resources

In reference to websites/advertisers, no federal endorsement is intended. This is for information awareness only.

Hearts Apart Program – M&FRC hosts events for the family members of service members serving on a remote tour, are deployed, or on a TDY for over 31 days. Contact the Military and Family Readiness Center at (618) 256-8668 for more information.

Recharge for Resiliency - <https://375fss.com/MoreInfo/R4R.php>.

SAFB MWR program that offers free or low-cost events four month prior to deployment departure and one year after return from deployment. Deployment orders required.

Project Evergreen: Greencare for Troops/Snow Care for Troops - <https://projectevergreen.org/about-the-program-military-families/>

This a volunteer-based program, the volunteer provides lawn care or snow removal to registrants. Please visit the link above for requirements and restrictions.

Hug-A-Hero Doll – <https://hugahero.com>

Customize your own doll with a head-to-toe image of your service member. To receive 10% off of your order, enter discount code: OUTREACH10.

The Comfort Crew - www.comfortcrew.org/resources

A deployment kit for kids with a movie, journal, family guidebook for parents, and a plush bear.

Free Welcome Home Sign - <https://www.buildasign.com/troops>

Free 3X6 "Welcome Home" banner.

Soldiers' Angels - <https://soldiersangels.org/get-support/deployed-support/>

Service Members register to receive monthly letters, cards, home baked goods, and care packages geared to their specific needs/wants.

Operation Gratitude – <https://www.operationgratitude.com/who-we-serve/deployed-troops/>

Volunteers assemble Operation Gratitude Care Packages containing handwritten letters of gratitude, snacks, hygiene products, and handmade items across the nation.

USPS Military Care Kit - https://store.usps.com/store/product/shipping-supplies/military-care-kit-P_MILITARYKIT

The free Military Care Kit contains address labels, custom envelopes, and Priority Mail tape for six boxes that come in the kit.

Armed Services YMCA: Military Outreach Initiative

The Military Outreach Initiative offers gym memberships to immediate family members of a sponsor who is deployed or serving on an unaccompanied tour.

Start Your YMCA Membership

1. Contact [Military OneSource](#) or 800-342-9647, or visit [Armed Service YMCA DOD Military Outreach Initiative](#) to confirm eligibility and access program instructions and application forms.
2. Find a participating Y in your area using the search tool below.
3. Complete the [membership application](#) and send the required documentation to your Military Component Approving Official (MCAO) as identified on the [program instructions](#).

Supporting Agencies

Military and Family Readiness Center – (618) 256-8668 / <https://www.scottmfrc.com>

Provides information, education, and support programs to help balance the demands of military life.

Military OneSource - <https://www.militaryonesource.mil/>

Military OneSource is your 24/7 connection to information and support for counseling (individual, couple, and family), tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.

Military & Family Life Counseling – (618) 671-2302 or (618) 477-1620

Adult and Youth counselors provide free short term, non-medical counseling to service members and their dependents. They provide individual, couple, and family counseling. Their services are private and confidential. You must leave a voicemail stating your name to receive a call back.

Family Advocacy – (618) 256-7203

They seek to first prevent family violence by providing educational programs such as parenting classes, couples communication workshops, and the New Parent Support Program. Family Advocacy also provides intervention and treatment when domestic abuse occurs.

Scott AFB Chapel - (618) 256-4060

Chaplains and Religious Affairs Airmen are trained and equipped for absolute privileged communication and total confidentiality. A chaplain is on call 24/7 through the Base Command Post for pastoral counseling and crisis intervention.

375th Force Support Squadron - <https://375fss.com/index.php>

Information on all upcoming events on SAFB.

Scott AFB Command Post – (618) 256-5891

Scott AFB Legal Office – (618) 256-3542

American Red Cross Emergency Communications – (877)-272-7337

The Red Cross Hero Care Center can help you reach your service member during an emergency at home. The center is available 24/7, 365 days a year.