

Military & Family Readiness

Resource Newsletter

APRIL 2026



It's Month of the Military Child!

Every April, the nation celebrates military children and their parents during Month of the Military Child for the sacrifices and challenges they overcome. Take advantage of these awesome resources dedicated to the well-being of our military kids and families.

The Parent Line: Free parenting support in the form of a phone call, virtual workshop, and newsletter! Their experienced phone line staff will help you problem-solve parenting challenges and child and adolescent behavior. O'ahu: 808.526.1222/Neighbor Islands: 1.800.816.1222 www.theparentline.org

THRIVE! Parenting programs for parents/caregivers of children 0-18 were created to nurture the parent-child relationship and foster positive child development outcomes.

<https://thrive.psu.edu/>



Military Child Education Coalition supports military children and families and has a library of webinars addressing academic, social, and emotional issues associated with the military family lifestyle.

<https://www.youtube.com/@MilitaryChild>



Mindfulness is a Powerful Tool

Mindfulness means noticing and paying attention to what is happening in the present moment, without passing judgment on it. It is a skill that is proven to be "effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain".

The VA's **Mindfulness Coach** app has all of these features to get you started:

- Education about the benefits of mindfulness
- Mindfulness exercises to practice on your own or with guidance
- Log of mindfulness exercises to track your progress

Download the VA
Mindfulness Coach
in the IOS or Android
app store



What's on Your Mind?

Do you have questions about military programs, available resources, or community organizations that could support you with a challenge or concern?

Would you like to learn more about any of the following topics?

- finances
- housing
- job search/resume development
- education opportunities
- relationships
- mental health
- child care
- parenting
- food insecurity
- medical insurance
- legal assistance
- more . . .



Scan the HING State Family Programs
Request for Assistance
QR code to let us know how we can support you!

Questions, concerns?
Give us a
text/call/email

**Military & Family
Readiness Specialists**
are here to support YOU!

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<https://dod.hawaii.gov/hawaii-guard-ohana/>