

# Military & Family Readiness

## Resource Newsletter

JUNE 2026



## Resources for Summer!

**MWR** Hawaii programs offer endless opportunities for entertainment, action, and fun! **Workout** at a fitness center, **rent** kayaks and SUP boards, take a class from **Arts & Crafts**, go **bowling**, go **golfing**, watch a **movie**, buy **discounted tickets** and MORE!



**Schofield Barracks/Ft. Shafter** **Joint Base Pearl Harbor - Hickam** **Kaneohe Marine Base**

<https://hawaii.armymwr.com/> <https://jbphh.greatlifehawaii.com/> <https://mccshawaii.com/recreation-now/>

**American Forces Travel** is the only official joint services MWR leisure travel website. With Priceline as the service provider you can browse discounts for hotels, rental cars, flights, packages, event tickets and even cruises. <https://www.americanforcetravel.com/>



**Blue Star Museums** across America offers **free admission** to the nation's active duty military personnel including National Guard and Reserve and their families each summer.



<https://www.arts.gov/initiatives/blue-star-museums>

### You're Not Alone

We want our Military 'ohana to remember that you are not alone. There are people to support you, and resources to get you to a better place.

These resources are confidential and always **FREE**:

CALL or TEXT: 988

TEXT the word "ALOHA" to 741741

Military OneSource: 800-342-9647

Military Chaplain: 808-381-9196

Army National Guard members and families can use the QR code at the right to reach **HIARNG Psychological Health**



For any questions, concerns, or for resources, please give your MFRS a call/text/email using the contact information from the purple box at the right.

### What is PTSD?

June is PTSD Awareness Month.

"Everyone with PTSD—whether they are Veterans or civilians who experienced sexual violence, a serious accident, a disaster event, or other traumatic event—needs to know that effective treatments can reduce symptoms and lead to a better quality of life."

The National Center for PTSD is the world's leading research and educational center of excellence on PTSD and traumatic stress. Visit their website to learn more about symptoms, treatment options, and resources. <https://www.ptsd.va.gov/index.asp>



The PTSD Coach app or the PTSD Family Coach app is free for anyone and can be downloaded in the IOS or Android app store.

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

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

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