

Military & Family Readiness

Resource Newsletter

MAY 2026



It's Military Spouse Appreciation Month!

May is the month to honor our Military Spouses for their commitment and sacrifice to their service members and families, and to their country! Take advantage of these MilSpouse benefits!

MySECO: The Department of Defense Spouse Education and Career Opportunities program provides education and career guidance. Work one-on-one with a professional career coach, explore educational and career options, connect with employers committed to hiring military spouses and leverage the power of LinkedIn Premium! <https://myseco.militaryonesource.mil/portal/>

MilSpouse Money Mission: It's their mission to educate and empower military spouses to elevate their families by making smart money moves.

<https://www.milspousemoneymission.org/>



MOS Health and Wellness Coaching: Access free health and wellness coaching can help you get fit, manage stress, navigate transitions and more.

<https://www.militaryonesource.mil/benefits/health-wellness-coaching/>



Special Needs Support

"The Special Parent Information Network (SPIN) is a parent to parent organization in Hawaii that provides information, support and referral to parents of children and young adults with disabilities and the professionals who serve them."

Some of the many ways SPIN supports parents:

- a free electronic quarterly newsletter with current events and trends
- a "warm" line of parent-to-parent support and understanding
- information about services, educational programs, and support and advocacy agencies
- an annual conference with opportunities for information gathering & networking

<https://spinhawaii.org/>



What's FINVET?

FINVET makes it easier for Veterans on this one-stop website to find money resources, boost financial literacy, and navigate their financial journey.



Meet Your Basic Needs

Housing, food, clothing, and auto.

Manage Your Money

Budget, discounts, and financial goals.

Increase Your Income

Work, benefits, investing, and education.

Manage Your Debt

Improve credit, lower debt and bills.

Success Stories

Veterans overcome financial challenges.

Top 20 Resources

20 resources every Veteran should know.

<https://www.mirecc.va.gov/mirecc/vsn19/finvet/>

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

**Military & Family
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are here to support YOU!

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