



Oregon National Guard
Service Member and Family Support
503-584-2389 OregonMilitaryFamily.org

Family Assistance Center (FAC) Coordinator

After hours emergency assistance call 1-800-511-6944

Salem (503) 584-2277 Cell: (503) 932-3264

Family Assistance Specialists (FAS)

Salem: (503) 584-2383 Cell: (503) 798-0283
Clackamas: (503) 683-4865 Cell: (541) 321-3053
Gresham: (503) 661-7078 Cell: (971) 719-3744
Ontario: (541) 889-5514 Cell: (541) 321-3055
La Grande: (541) 963-4221 Cell: (503) 798-0114
Forest Grove: (503) 357-4216 Cell: (503) 930-6350
Springfield: (503) 584-3153 Cell: (541) 321-3052
Medford: (503) 584-5863 Cell: (541) 321-3051
Bend: (541) 383-6856 Cell: (541) 321-3050

Child & Youth Services (CYS) Coordinators

Lead: (503) 584-2346 Cell: (503) 602-9021
(503) 584-2394 Cell: (503) 932-2366

Youth Outreach Coordinator—Child Care Aware

Lead: (503) 584-2390 Cell: (503) 640-6505

Family Readiness Support Assistants (FRSA)

Salem: (503) 584-2282 (SFRSA)
La Grande: (541) 963-4448
Springfield: (503) 584-3105
Clackamas: (503) 683-6052

Airmen & Family Readiness Program Managers (AFRPM)

142 FW: (503) 335-4193 Cell: (503) 201-1126
173 FW: (541) 885-6112 Cell: (541) 591-4438

Survivor Outreach Services (SOS)

Portland: (503) 683-4866 Cell: (503) 309-3334
Salem: (503) 584-2897 Cell: (503) 309-4251

Military One Source

Lead: Cell: (503) 583-0324
Website: <http://www.MilitaryOneSource.mil>

Star Behavioral Health Providers (SBHP)

Website: <https://starproviders.org>

Transition Assistance Advisor

Lead: (503) 584-2363 Cell: (503) 991-6086

Soldier for Life—Transition Assistance Program

Lead: (503) 584-2372 Cell: (541) 961-8784

Citizen Soldier for Life

Lead: (503) 584-2281 Cell: (503) 798-6501



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- 1. ID Cards current – CAC and dependents?**
DEERS office: Salem, Clackamas, Medford, and La Grande
- 2. Life Insurance updated w/in 1 yr?**
<https://pki.dmdc.osd.mil/milconnect>
 - A. Life insurance coming out of your LES?**
<https://mypay.dfas.mil/mypay.aspx>
 - B. Moved, Married, Change in dependents in last yr?**
DA 5960 with unit.(take rental/mortgage agreement, marriage/ divorce decree, birth cert for children)
- 3. Record of Emergency Contact DD 93 updated w/in 1 yr?**
See AGR in your unit
- 4. Is your Post 911 GI Bill transferred to your dependents?**
<https://www.dmdc.osd.mil/milconnect>
- 5. Update Civilian Employment on website w/in 1 yr?**
<https://www.updatecei.org/submit>
- 6. Do you need health insurance?**
Tricare Medical - <https://www.Tricare.mil>
- 7. Do you need dental insurance?**
Tricare Dental – <https://www.Tricare.mil/dental>
- 8. Update personal contact information in MilConnect?**
<https://pki.dmdc.osd.mil/milconnect>
- 9. ARMY: Soldier Fitness survey w/in 12 mo?**
GAT- <https://armyfit.army.mil/Protected/>
- 10. AIR: Physical Health Assessment w/in 12 mo (due on birth month)**
PHAQ - <https://imr.afms.mil/imr/MyIMR.aspx>



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