



NCNG Child and Youth Resources Request

Service Member Name: _____ Spouse: _____

Unit: _____ Rank: _____

Deployed: Yes _____ No _____

Status: Fulltime - AGR _____ Technician _____ or Traditional/M-Day _____

Preferred Language: _____ English _____ Spanish

Mailing Address: _____ City/State: _____ Zip: _____

Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

Email: _____

Submitted By: _____ Date: _____

Children's ages: _____

Please return by email to a Child & Youth Team Member:

Kristi.L.Wilson25.ctr@army.mil

Yazmin.T.Washington.ctr@army.mil

Resources for Children/Teens/Parents:

<input type="checkbox"/>	Stand up to Bullying	<input type="checkbox"/>	Bullying-Keeping Tabs on Getting and Giving Respect
<input type="checkbox"/>	On – Preventing Bullying	<input type="checkbox"/>	What's Up? Cyberbullying
<input type="checkbox"/>	What's Up with social media	<input type="checkbox"/>	10 Tips for Helping Your Child Use social media
<input type="checkbox"/>	What's Up with Mental and Emotional Health	<input type="checkbox"/>	10 Ways to Nurture your Child's Emotional Health
<input type="checkbox"/>	10 Ways to help your Child Beat Depression	<input type="checkbox"/>	On – Stressing Down workbook
<input type="checkbox"/>	What's Up with Beating Stress	<input type="checkbox"/>	On- Stress – How to get some relief
<input type="checkbox"/>	Stop Panic Attacks	<input type="checkbox"/>	You, Your Child and Self Esteem
<input type="checkbox"/>	Is Your Relationship Safe?	<input type="checkbox"/>	We Can Keep Our Bodies Safe
<input type="checkbox"/>	Keeping Youth Drug Free	<input type="checkbox"/>	How to Say 'No' and do what you think is best
<input type="checkbox"/>	What's Up with Peer Pressure?	<input type="checkbox"/>	What's Up – Diversity
<input type="checkbox"/>	How Safe is your Child? (Un-locked guns)	<input type="checkbox"/>	Youth and Suicide
<input type="checkbox"/>	Cost of Driving from Insurance to Maintenance	<input type="checkbox"/>	What's up – Money
<input type="checkbox"/>	On – Senior Year	<input type="checkbox"/>	What's Up with Academic Success

Note: We Wonder (ages 6-8), Who knew (ages 9-11), What's Up (ages 12-14), and On (ages 13+).

Education Resources for Children:

<input type="checkbox"/>	Special Education in High School	<input type="checkbox"/>	ADHD – Information for parents and caregivers
<input type="checkbox"/>	Helping Your Child learn Math pre K - 3	<input type="checkbox"/>	Helping your Child learn K – 3
<input type="checkbox"/>	You, Your Child and Math	<input type="checkbox"/>	You, Your Child and Homework
<input type="checkbox"/>	You, Your Child and reading	<input type="checkbox"/>	You, Your Child and writing
<input type="checkbox"/>	How to help your child succeed in school	<input type="checkbox"/>	About your child's learning style
<input type="checkbox"/>	15 Ways to be ready for Kindergarten	<input type="checkbox"/>	Tackling Classroom Concerns
<input type="checkbox"/>	ADHD and Your Child	<input type="checkbox"/>	Special Education and Your Child
<input type="checkbox"/>	On the Spectrum – A families guide to ASD	<input type="checkbox"/>	Army EFMP
<input type="checkbox"/>	Supporting Children and Youth with Autism Spectrum Disorders	<input type="checkbox"/>	Supporting Children and Youth with Developmental Disabilities
<input type="checkbox"/>	Supporting Children and Youth with Social Emotional needs	<input type="checkbox"/>	Middle School Transition for your Child with Special needs
<input type="checkbox"/>	Special Needs and the Military Child	<input type="checkbox"/>	Helping Children with Learning Disabilities
<input type="checkbox"/>	Little Children Big Challenges	<input type="checkbox"/>	Parenting a Challenging Child
<input type="checkbox"/>	Parenting Children with Disabilities	<input type="checkbox"/>	About Children with Special Needs

Discipline/Respect/Conflict:

<input type="checkbox"/>	Positive Discipline	<input type="checkbox"/>	Loving Discipline for Children 1-5
<input type="checkbox"/>	Loving Discipline for Children 6-12	<input type="checkbox"/>	Loving Discipline for Your Teen
<input type="checkbox"/>	What Parents should know about Teen Behavior	<input type="checkbox"/>	12 Tips for Positive Discipline
<input type="checkbox"/>	10 Tips for Successful Daily Parenting	<input type="checkbox"/>	Military Kids – A Parent's Guide
<input type="checkbox"/>	Parenting Corner – Encouraging Respect and Responsibility	<input type="checkbox"/>	Teaching Values- What today's kids need from parents
<input type="checkbox"/>	Parenting Corner- Raising a Responsible Teen	<input type="checkbox"/>	Getting Along – Solving Conflicts without Fighting

Resources for Parents and Adults:

<input type="checkbox"/>	11 Ways for Parents to Manage Stress	<input type="checkbox"/>	Self-Care Handbook – Stress Management
<input type="checkbox"/>	Resolving Family Conflict	<input type="checkbox"/>	10 Tips for Adjusting to Military Life
<input type="checkbox"/>	Little Children Big Challenges: Divorce	<input type="checkbox"/>	Parents and Divorce – Helping Children Cope
<input type="checkbox"/>	12 Tips for Succeeding as a Single Parent	<input type="checkbox"/>	Co – Parenting – Working together for your Child
<input type="checkbox"/>	Teamwork – Solving Problems Together	<input type="checkbox"/>	About Blended Families
<input type="checkbox"/>	Step Parenting – Starting over Family Style	<input type="checkbox"/>	Growing Self Esteem
<input type="checkbox"/>	Building Resilience Skills for your Military Family	<input type="checkbox"/>	Anger Management for Parents
<input type="checkbox"/>	Child Abuse – We Can All Prevent It	<input type="checkbox"/>	Domestic and Child Abuse in the Military
<input type="checkbox"/>	Reporting Child Abuse – We all Have a Responsibility	<input type="checkbox"/>	Money Matters – Teaching Kids to manage Money

Adult Resources:

<input type="checkbox"/>	Writing your Resume	<input type="checkbox"/>	12 Tips for Job Search Success
<input type="checkbox"/>	Making More of Your Military Pay	<input type="checkbox"/>	Making Ends Meet- The Basics of Family Budget
<input type="checkbox"/>	Eating Well on Your Budget	<input type="checkbox"/>	How to Choose a College
<input type="checkbox"/>	National Guard Tri-Care	<input type="checkbox"/>	Military Minute Card

Deployment/Reintegration/Military Resources:

<input type="checkbox"/>	Know What? I’m part of a Military Family!	<input type="checkbox"/>	We are a Proud Military Family!
<input type="checkbox"/>	What’s Up with living in a Military Family	<input type="checkbox"/>	We Wonder – Ready for Deployment
<input type="checkbox"/>	Helping Your Child Cope with Deployment	<input type="checkbox"/>	We Can Learn about Deployment
<input type="checkbox"/>	We Can Learn about Reunion	<input type="checkbox"/>	Reconnecting with your Child
<input type="checkbox"/>	Homecoming – Reconnecting after Separation	<input type="checkbox"/>	Reunion and Reintegration
<input type="checkbox"/>	We Can be Resilient	<input type="checkbox"/>	

Emergency Resources:

<input type="checkbox"/>	How People with Disabilities or Special Health Needs can Prepare for an Emergency	<input type="checkbox"/>	Who Knew – The Ready for Emergencies Issue (ages 9 -12)
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Grief/ Trauma/Loss Resources:

<input type="checkbox"/>	Loss and Change	<input type="checkbox"/>	Crisis, Grieving, and Coping
<input type="checkbox"/>	We Wonder – It’s Okay to feel Sad (ages 6-8)	<input type="checkbox"/>	Self-Care Handbook – Working through Grief
<input type="checkbox"/>	Finding My Way – A Teens guide to Living with a parent who has experienced trauma	<input type="checkbox"/>	Book –“That’s My Hope” – for children whose parent has been injured while deployed