



## Military Life Cycle (MLC) | Community Integration Resources

### Community Integration Resources Online Reference

---

The Transition Assistance Program (TAP) provides training, information, and services to help Service members and their families transition to civilian life after the military. The goal of the program is to help Service members bridge their military experiences and skills with their post-military goals by planning for transition throughout their Military Life Cycle (MLC).

At key touch points throughout MLC, TAP delivers modules to inform Service members about benefits and services available to support them during their careers and after separation or retirement. The Community Integration Resources module ensures Servicemembers – at any point in the military lifecycle – understand how to integrate into their community, resources available to support them as they return, and how to locate resources in their community.

This online reference accompanies the Community Integration Resources module and provides you with addresses to important websites and resources related to VA benefits and services.

**External Link Disclaimer:** This document contains links that will take you outside of the Department of Veterans Affairs website. VA does not endorse and is not responsible for the content of the linked websites.

## VA Home Page

The VA.gov website offers current resources, tools, and contact information for all VA benefits and services that may be available to Service members, Veterans, and their families, caregivers, and survivors. Visit the site at [www.va.gov](http://www.va.gov).

## Community Integration Resources

No matter where you are in your military career or where you're located, there are resources to support you and opportunities to engage with your community. There are national, state, and local resources and there are countless other organizations that offer services in communities worldwide.

## Areas of Engagement

Community organizations provide support services and benefits to Service members and their families. There are local community organizations and service-specific organizations. There are too many organizations to list them all, so this is not a comprehensive list.

- Red Cross: [www.redcross.org/about-us/our-work/military-families.html](http://www.redcross.org/about-us/our-work/military-families.html)
- USO: [www.uso.org](http://www.uso.org)
- DoD Community Resources: [dod.defense.gov/resources/community-resources](http://dod.defense.gov/resources/community-resources)
- Coast Guard Family Homepage: [www.uscg.mil/family](http://www.uscg.mil/family)
- Army Family Homepage: [www.armymwr.com/programs-and-services/personal-assistance](http://www.armymwr.com/programs-and-services/personal-assistance)
- Navy Fleet and Family Readiness: [www.cnrc.navy.mil/ffr.html](http://www.cnrc.navy.mil/ffr.html)
- My Air Force Life: [myairforcelife.com](http://myairforcelife.com)
- Marine Corps Community Service Forward: [www.usmc-mccs.org](http://www.usmc-mccs.org)
- Veterans Experience Office (VEO): [www.va.gov/ve/engagement/state.asp](http://www.va.gov/ve/engagement/state.asp)

## Search Tools

Military OneSource and the National Resource Directory (NRD) are government-owned search tools that are reliable and list vetted resources.

- Military OneSource: [www.militaryonesource.mil](http://www.militaryonesource.mil)
- National Resource Directory (NRD): [nrd.gov](http://nrd.gov)
  - Send any questions you may have to this email address: [infonrd.osd@mail.mil](mailto:infonrd.osd@mail.mil)

## Coast Guard Support

The CG SUPRT program offers free and confidential services specific to the Coast Guard. This is a good place to start your research for support services. Visit the site at [www.cgsuprt.com](http://www.cgsuprt.com).

## Vetting Strategies

It's important to vet an organization, program, or resource before getting involved. If you don't properly evaluate an organization, it can cost you time, money, and energy. You may not receive the quality level of care you deserve, and it could even put you and your family at risk of things like fraud or identity theft.

You can look up organizations on credible watchdog websites like Charity Navigator and GuideStar.

- Charity Navigator: [www.charitynavigator.org](http://www.charitynavigator.org)
- GuideStar: [www.guidestar.org](http://www.guidestar.org)

## Advocacy and Peer Groups

There are many VSOs and other advocacy groups and peer groups that provide support and resources for Service members and Veterans, including:

- Team Red, White, and Blue: [www.teamrwb.org](http://www.teamrwb.org)
- The Mission Continues: [missioncontinues.org](http://missioncontinues.org)
- Student Veterans of America: [studentveterans.org](http://studentveterans.org)
- Team Rubicon: [teamrubiconusa.org](http://teamrubiconusa.org)
- USO: [www.uso.org](http://www.uso.org)
- Veterans of Foreign Wars, or VFW: [www.vfw.org](http://www.vfw.org)
- American Legion: [www.legion.org](http://www.legion.org)
- American Veterans, or AMVETS: [amvets.org](http://amvets.org)

## How to Challenge a Fee

If you believe a fee you paid to an attorney or claims agent was too high or otherwise unreasonable and you would like to challenge it, you can file a motion challenging the reasonableness of the fee. For more information, download and view the VA Accreditation Program's How to Challenge a Fee at [www.va.gov/ogc/docs/accred/howtochallengeafee.pdf](http://www.va.gov/ogc/docs/accred/howtochallengeafee.pdf).