

**Resources for Military (active and reserve) and families in the Pittsburgh Area
Commissary at 316th Expeditionary Sustainment Command**

Location : 89 Soldiers Lane, Coraopolis, PA 15108 (next to the Army 316th Expeditionary Sustainment Command)

Hours: Tuesday-Friday, 0900-1800, and Saturday, 0900-1900

Phone Number: 412-375-6310

Website; <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCENFA>

Exchange at 316th Expeditionary Sustainment Command

Location: 89 Soldiers Lane, Coraopolis, PA 15108 (next to the Army 316th Expeditionary Sustainment Command)8

Hours: Tuesday-Friday, 0830-1830, Saturday 0900-1700 Phone Number: 412-329-7979

Website:<https://www.shopmyexchange.com/exchange-stores/United%20States/PA/Coraopolis/Coraopolis-Moon-Express-1072104?searched=true&state=Pennsylvania>

Barber Shop at 316th Expeditionary Sustainment Command

Location: In the entrance to exchange

Hours: Tuesday-Friday, 0900-1830, Saturday 0900-1700

Phone Number: Same as exchange, 412-329-7979

Barber Shop at 911th Airlift Wing

Location: 911th Airlift Wing, business 376, Building 300,

Hours: Mon-Fri-0900-1630 drill weekend, Sat, 0630-1230

Phone number: call for app't, 412-474-8328

ID Cards/Defense Enrollment Eligibility Reporting System (DEERS)- Strongly urge to call each site to confirm machines are working, staff available and to make appointments.

To make appointments on line: <https://rapids-appointments.dmdc.osd.mil/> Click "Make Appointment"; Drop Down Menu from Select a State to "PA"; Drop Down Menu from Pick a City to "Coraopolis"; Select any of the locations which come up; Select the dates available (in green) you wish to schedule for; Select the time available you wish to schedule for; Enter your personal data and click "Submit"

Additional locations for obtaining I.D. cards can be found at:

<http://www.dmdc.osd.mil/rsl/appj/site?execution=e1s1>

316th Sustainment Command

Location: 99 Soldiers Lane, Moon Township, PA 15108 Business 376 near the airport and the 911th Air Reserve Wing.

POC: Dawn Cronin, CAC/DEERS Operator, 412-604-8319, dawn.d.cronin.ctr@mail.mil. Tuesday-Friday, 8:30 AM-4:00 PM **Appointment only**. It is suggested you call in advance to check operating hours and ensure you bring the proper documentations before making the trip.

Navy Operational Support Center (NOSC) Pittsburgh

1265 Rocky Lane, Moon Township, PA 15108 (aboard 911th Airlift Wing) Monday-Friday by appointment 9:00 A.M-3:00 PM. Make appointments on-line. Call 412-776-4000 to confirm if a walk-in can be accommodated. Confirmation of required documentation is suggested when setting up your appointment.

911th Airlift Wing,

Business 376, Bldg 300, Rm 106A, T-TH-F , 7:30 AM-1100, (appointment required), 412-474-8526.

171st Air National Guard

300 Tanker Rd, Coraopolis, PA 15108, Tuesday-Friday, 7:00 A.M.-2:40 PM, (no Thursday afternoon). Call to confirm staff available, appointments recommended. 412-776-7485.

Army Corp of Engineers, Pittsburgh District: Federal Building, 1000 Liberty Ave, By appointment only, CAC cards only, no I.D. cards for dependents/retirees. 412-395-7162 or 412-395-7559

Legal

- To hire an attorney, contact the Lawyer Referral Service, www.acbalrs.org, 412-261-5555. If your income is very low (and the criteria varies), you can reach out to the following resources for reduced price or free services.
 - **Modest Means Program**, www.acbalrs.org/About/Afford-an-attorney.asp, 412-261-5555. Provides referrals to reduced-fee and flat-fee attorneys for certain legal problems.
 - **Neighborhood Legal Services Association**, www.nlsa.us. Phone: 412-255-6700; Toll Free: 866-761-6572. Telephone Hours: Monday-Friday 9:00 a.m.-11:30 a.m. and 1:00 p.m.-2:30 p.m. Office Hours: Monday-Friday 9:00 a.m.-3:00 p.m
 - **Pro Bono Center of the Allegheny County Bar Foundation**, www.pittsburghprobono.org, 412-402-6677. Barbara Griffin, Esq., Director, 412-402-6668.
 - **Veteran's Leadership Program Western Pennsylvania**, www.vlpwpa.org, 412-481-8200. Provides referrals to Neighborhood Legal Services Association amongst the many services they provide (housing, employment, financial counseling, etc.).
 - **Veterans Legal Clinic**, 412-363-8761. Provides legal advice to veterans on a variety of legal issues, including obtaining benefits to which the veteran may be entitled. No criminal law or family law..

- **Veteran's Court Allegheny Court:** <http://www.hsao.info/services/justice/veterans.htm> Designed to promote community-based mental health treatment in lieu of incarceration for veterans who have been charged with a misdemeanor and/or non-violent felony in Allegheny County. JRS provides service coordination services for only veterans who are not eligible for Veteran Affairs benefits. POC: Dan Kunz, kunzlaw@comcast.net, or Duquesne University School of Law (see below)
 - **Mentors needed:** Serve as a mentor to a veteran under Veterans Court supervision. Minimum qualifications: Veteran or currently serving; commitment for 1 year; contact the veteran at 1/2/month; law abiding citizen with no current charges or under court or probation supervision; adhere to Veteran's Court protocols; complete screening process, on-line training, court orientation; 1 year sobriety; no psychiatric hospitalizations within the past year. Contact: Ray Amelio, Veteran Mentor Program, Veterans Leadership Program, 724-316-0575, amelior@vlpwpa.org
- **JAG 911th**--during drill (UTA) weekends, 412-474-8840 military issues or 412-474-8681 civilian issues. Very limited services available.
- **JAG 171st:** Sometimes available during the week besides drill weekends. 412-776-7528; 412-776-7529
- **Veterans Legal Clinic, University of Pittsburgh,** Dave Coogan (517-410-4873, coogan.dave@gmail.com) is a student of the Pitt Law program. He is open to assist Service Members (although may have limitations) and most likely has referrals if he can't help.
- **Allegheny County Bar Association's Military and Veterans Affairs Committee.** Daniel Kunz (412-396-5287, kunz575@duq.edu) sits on the He is with Duquesne University School of Law and Veterans Court.

Family Support Centers

The Army Strong Community Center at the 316th Sustainment Command has transitioned to the Army Reserve Family Programs' Virtual Installation: Fort Family at www.arfp.org. Fort Family 24 x 7 x 365 @ 866-345-8248. Open to veterans and reserve members of other services. Not available to active duty members or families.

316th Sustainment Command Family Support:

Location: 316th Sustainment Command, business 376 near the airport and the 911th Airlift Reserve Wing, (99 Soldiers Lane) Coraopolis, PA 15108.

- **Personal Financial Counselor:** Christopher Morrow, 412-742-2190, PFC.Pittsburgh.USAR@zeiders.com
 - The Financial Counselor works with families to help manage financial needs such as debt management, locating financial consultants and investment planning.
- **Survivor Outreach Services (SOS)--geared towards Army but provides services to all.**
 - Kathy Monahan, Support Coordinator, 412-604-8161
 - SOS delivers on the Army's commitment to Families of the Fallen. SOS connects families with resources and provides an emotional link to the Army. SOS services surviving Families for as long as the Family desires.
 - The Support Coordinator links surviving families with local resources which meet their particular needs as well as providing immediate and ongoing emotional support.

Airman & Family Readiness Center (A&FRC)--911th Airlift Wing

Location : 2475 Defense Ave, Coraopolis, PA 15108-4403. POC: Rob Bree, robert.ree.1@us.af.mil Bldg 210 Room 203, 412-474-8544; 412-474-8410, Hours: Monday through Friday 0630 A.M. - 1500 P.M. Saturday & Sunday UTA (drill) Weekends 0700-1600 hours

Air Force Casualty Office

Location: 2475 Defense Ave, Coraopolis, PA 15108-4403

Office: 412-474-8558 or 412-474-8559

Hours: Monday through Friday 0630A.M. -1600 P.M.; Saturday's of UTA Weekends 0630 A.M. - 1500 P.M.

Pennsylvania National Guard--Member and Family Support, open to ALL services members and families, Family Assistance Centers (FAC)

Location: Family Assistance Centers (FAC), 13 throughout PA in National Guard Armories. For a complete list of FACs throughout the state or country, go to Website: <http://www.jointservicesupport.org/FP>

POC: Cheryl Fink, CSMS/2nd Brigade 28th INF, cheryl.a.fink2.ctr@mail.mil, 835 5th Avenue, Coraopolis PA 15108. Phone 412-203-1002, ext 208; cell: 717-821-4668 (cell) Hours: M-F 8:00 – 4:30, FACs are also available on drill weekends.

Services: FACs staff by FAC Specialists provide information and referral to resources and benefits available within the military network, within local community and at state and national level. Programs include. Family Readiness, State Child and Youth, Joint Family Support Assistance, Military Family Life Consultant, Personal Financial Counselor, Survivor Outreach Services, Transition Assistance Advisors, Resilience Risk Reduction and Suicide Prevention, Behavioral Health, Sexual Assault Prevention and Response. Yellow Ribbon and Employment Outreach are additional resources offered by State Family Programs Branch.

FAC Six Essential Services offered by FACs include but not limited to:

- 1) **Legal Resource and Referrals** - Assistance with Power of Attorney/Wills, Service Members Civil Relief Act, USERRA, ESGR
- 2) **Financial Resource and Referrals** - Understanding military pay; referrals for financial assistance grants/loans; referrals for personal financial management training
- 3) **TRICARE Resource and Referral** - Assistance with TRICARE Medical and Dental applications; identifying medical service providers; claims assistance
- 4) **ID Cards and DEERS** - Assistance with obtaining dependent ID cards through nearest RAPIDS Centers
- 5) **Crisis Intervention and Referral** – Emergency assistance with sensitive issues
- 6) **Community Information and Outreach** - Assistance with Child Care resources, employment and career resources and VA benefits resources etc.

911th Airlift Wing Services

Lodging--<http://www.pittsburgh.afrc.af.mil/>

Location: 911th Airlift Wing, business 376

Phone Number: 412-474-8230, DSN 312-277-8320.

Cost: Single Room (1 full bed), \$60.00, Suite (queen bed, pull out sofa, kitchenette): \$ 69.00

Fitness Center

Location: 911th Airlift Wing, business 376

Hours: Mon-Thurs 0630-1700, Friday, 0630-1600. Drill/UTA weekends: Sat: 0530-2100; Sun: 0530-1400

Phone Number: 412-474-8245

Recreational Equipment Rental/Pavilion Rental

Location: 911th Fitness Center, 911th AirliftWing, business 376

Phone Number: 412-474-8245

Information Tickets Tours (ITT)

Provides reduced price tickets for events, amusement parks (Kennywood, Disney Land/World, Pittsburgh Zoo, Sandcastle, etc)

Location: 911th Fitness Center, 911th Airlift Wing, business 376

Phone Number: 412-474-8245

Space Available (Space A) Travel

171st Air Refueling Wing (KC-135): 412-776-7608, recording of flights, 412-776-7531, 937-257-7741

911TH Airlift Wing: No flights available at this time, transitioning to C-17, expect it will be a year (early 2019) before any Space A travel available.

Air Mobility Command (AMC) website: <http://www.amc.af.mil/amctravel/>

Housing/Employment/Miscellaneous Assistance

Veterans Leadership Program of Western Pennsylvania 2934 Smallman St, Pittsburgh, PA 15201, Phone Number: **412-481-8200**, Website: <http://www.vlpwpa.org/> Provides a wide range of services to military members and veterans including housing, financial counseling, employment assistance.

PA Serves: 855-838-7744 <http://paserves.org> **PAServes** is Greater Pittsburgh's a coordinated network of public, private, and non-profit organizations working together to serve veterans, transitioning service-members, and their families. It is a coordinated network of service providers in the Greater Pittsburgh area, and equip them with the technological and informational resources needed to efficiently and effectively guide service-members, veterans, and their families to the most appropriate services and resources. Service available, Monday-Friday, 830-5:00 PM

Heroes Supporting Heroes” <http://www.heroessupportnetwork.com>

A network for military and veterans and families. Helps you find numerous resources in the area including discounts for military and veterans, housing, etc and connect your needs with the resources in the community. Open to all veterans, active, reserve, retired military.

City of Pittsburgh Employment Center

<https://www.governmentjobs.com/careers/pittsburgh>

Vibrant Pittsburgh

Working to ensure Pittsburgh has a diverse and inclusive workplace. Monthly job bulletin. <http://vibrantpittsburgh.org/Module/JobBulletins/List>

Corporate America Supports You

Assists veterans in job search, assessing and translating veteran skills, industry skill gap training, www.casy.us, 877-696-7226. Local contact: Gene Bradshaw, 724-933-7646, gbradshaw@casy.us

Military Spouse Employment Resources (in addition to above resources):

- SECO: myseco.militaryonesource.mil
- MSEP: msepjobs.militaryonesource.mil
- MyCAA: aiportal.acc.af.mil/mycaa
- Military Spouse Corporate Career Network: Local contact: Gene Bradshaw, 724-933-7646, gbradshaw@easy.us Mission is to increase job placement and career development for military spouses and family members through the elimination of employment obstacles. www.msccn.org

PA 2-1-1 Southwest, Powered by United Way, Information and Referral Hotline

Dial 2-1-1 or (888) 553-5778, or visit their website pa211sw.org,

Connect to services that help for transportation assistance, financial assistance, utility assistance, housing, legal aid, other programs for veterans.

Duquesne University Military Services Program: Provides free counseling and support to military service members who have served or who expect to serve in the Iraq and/or Afghanistan conflicts (OIF/OEF), to the veterans of those conflicts, and to the families and loved ones of the those involved. Members and families and other loved ones of those who are active duty as well in Reserve or Guard units are also eligible to receive services. The Duquesne Program also provides help to any of those who might be struggling with the invisible wounds of war: traumatic brain injury, post-traumatic stress injury, and military sexual trauma. The Military Services Program also offers help to those having questions about, or difficulty with, the cycles of deployment, homecoming, or reentry into civilian life. POC: Linda Pasqualino Military Services Coordinator, 412-396-6562

<http://www.duq.edu/about/centers-and-institutes/psychology-clinic/military-services>

Psychological Health Outreach Program (Navy Reserve): Mission is to ensure that reservists have full access to appropriate psychological health care services, to increase resilience and to facilitate recovery which is essential to maintaining a ready military force. Able to identify resources for housing, employment, child care, etc. POC: Ben Vanauken, 866-535-8538, ext 290, benjamin.vanauken.ctr@navy.mil; Jessica Lupardus, 866-535-8538, ext 292, jessica.lupardus.ctr@navy.mil

VA Benefits/Questions/Applications/Verification of Service: <https://www.ebenefits.va.gov/ebenefits/homepage>

VA services in Pittsburgh

Listing of VA services available in Pittsburgh: www.pittsburgh.va.gov/services

VA Airborne Hazards and Open Pit Registry

The registry is a database of information about Veterans and Servicemembers collected through a questionnaire. OEF/OIF/OND/OFS Veterans and Servicemembers who have deployed to the Southwest Asia theater of operations on or after August 2, 1990 as well as those who have deployed to Afghanistan or Djibouti after September 11, 2001 can use the registry questionnaire to report exposures to airborne hazards (such as smoke from burn pits, oil-well fires, or pollution during deployment), as well as other exposures and health concerns. <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/#page/home>

VA CENTER Pittsburgh: 2500 Baldric Rd, Suite 15, Pittsburgh, PA 15205, Phone: **412-920-1765. After hours, 24/7, 1-877-927-8387. Website:** www.va.gov/rcs. Provides info on services provided, eligibility, etc as well other locations based on zip code entered. Locations near Pittsburgh include McKeesport, PA, Morgantown, W.VA, Wheeling, W.VA and Dubois, PA Readjustment Counseling Services including marital/family counseling, military sexual trauma counseling and referral, substance abuse assessment and referral, individual and group readjustment counseling, employment assessment and referral, screening and referral for medical issues including TBI, depression, etc. All services are free and confidential to eligible veterans and current active duty, their families and significant others.

VA Community Employment Coordinator: Jack Lyden, USAF, RET, Veterans Recovery Center, 1010 Delafield Rd, Bldg 69 1A116, Pittsburgh, PA 15215, phone: 412-822-1280, cell 412-260-7124, John.Lyden@va.gov

Employer Support of the Guard and Reserves (ESGR): Pennsylvania POC: Mrs. Theresa Arentzen, 1051 Fairchild Street, Bldg 203, Horsham, PA 19044, Phone: 215-323-7435, E-mail: Theresa.e.arentzen.ctr@mail.mil; ESGR works to promote cooperation and understanding between Reserve Component Service Members and their civilian employers. They work to assist in the resolution of conflicts arising from an employees' military commitment.

American Red Cross

Service to the Armed Forces Representative 412-263-3100

- Emergency Communication for deployed and/or state-side service members and their family.
- Emergency Financial Assistance consideration through Military Aid Societies.

- Pre and Post Deployment workshops.
- Disaster Assistance (fire, flood.....).
- Volunteer Opportunities.

Military and Family Courtesy Lounge: Pittsburgh International Airport, Airside Terminal. Staffed by volunteers, hours vary

Key Web-Sites/Other Resources:

Financial Counseling: Joe Warner, Personal Financial Counselor, 614-296-6701,, PFCIOH.NOSC@zeiders.com

Military One Source: 800-342-9647; <http://www.militaryonesource.mil>

Leadership Pittsburgh, Inc

The Community Leadership Course for Veterans™ (CLCV™) initiative aims at leveraging the skills and experience of post 9/11 veterans for the betterment of the broader Pittsburgh region, our opportunities and organizations. Leadership Pittsburgh is recognized as the premier source for identification and connection of leaders across sectors with issues, each other, and with community needs/opportunities. Through participation in the six month long course, CLCV class members have the opportunity to develop a greater understanding of our region, meet with business and community leaders, as well as utilize their leadership skills to accomplish a community impact project in partnership with a local non-profit organization. From April to September, this course provides participants with the exposure, experiences and connections that prepare them to tackle the challenges of our community. Bi-weekly sessions cover topics such as corporate landscape, nonprofit landscape, history of Pittsburgh, savvy networking and more. The knowledge and associations obtained through CLCV can provide committed participants access to the platforms needed to take on leadership roles within Southwestern Pennsylvania communities. Applications due first Friday of February. For more details and application info: <http://www.lpinc.org/programs/community-leadership-course-for-veterans>

Domestic violence, child abuse and/or child neglect : Military One Source , 800-342-9647; Department of Defense, Domestic and Child Abuse hotline 877-790-1197, or the National Domestic Violence Hotline 800-799-7233.

Asbestos Issues

Asbestos exposure on ships. Find info at: <https://www.asbestos.com/navy/ships/> or <https://www.mesotheliomafund.com/veterans>

Tickets for Veterans/Military Members/Family Members

Vet Tix * provides tickets to events with the goals of reducing stress, strengthening family bonds, building life-long memories and encouraging service members and veterans to stay engaged with local communities and American life. Vet Tix provides tickets to all branches of currently-serving Military and Veterans, including immediate family of troops KIA. Vet Tix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. VetTixers sign up online and service is verified. VetTixers request tickets to events that interest the service member/family and they then pay a small delivery fee to receive their free tickets. For more info/sign-up: <https://www.vettix.org/>

Tutoring Assistance: Online tutoring and homework help including studying, test prep, proofreading and more. for K-12 grade students. Some adults are also eligible for college and career transition help. Create an account at www.tutor.com/military.

On-line Public Schools/Courses:

K12 offers military discount (15%) for online private schools and K12 courses. Free public school option. For more info, k12.com ,855-900.9142 Insight PA is the vendor for K12 in Pennsylvania, 844-243-0726, pa.insightschools.net Please self identify as military.

Military Family Network™ works with the military, government, organizations, businesses and military families to create a community of expert and trusted resources both online and off. Using this information, military families can build their own personal support networks, get connected, customized to their family needs, and increase their readiness and well being. <http://www.militaryfamilynetwork.com/>, local POC: Ms. Megan Turak, 412-531-1978.mturak@militaryfamilynetwork.com

Child Care: If active duty and eligible for fee assistance, Child Care Aware at <http://www.childcareaware.org>. If reservist, child care programs **may be available** (contract dependent) for 171st Pennsylvania Air National Guard members (POC: SMSgt Daryl K. Ferricks, (412) 776-7657

daryl.k.ferricks.mil@mail.mil) and at the 911th Airlift Wing members (POC: Rob Ree, robert.ree.1@us.af.mil, 412-474-8544 and NOSC drilling reservists(POC:CDR Singleton, 412-776-4021, lee.a.singleton@navy.mil or LT Dyer, 412-776-4011, colin.dyer@navy.mil

Operation Troop Appreciation: Provides wish-list items for deployed troops including morale boosters items as recreational items and welcome home gifts for veterans families including emergency assistance and transportation. Web site for more info: www.OperationTroopAppreciation.org

Operation Homefront: Financial assistance to families of deployed and transitioning service members and post 9/11 wounded, ill and injured service members and veterans. Primarily targeted to E1-E6 service members. Financial assistance is provided in the form of grants, not loans, paid directly to the vendor. Website for more info: www.OperationHomeFront.net, local contact: Michael Sabatasse, 724-947-3947, michael.sabatasse@operationhomefront.org

Veterans Sleep Study Program: University of Pittsburgh Medical Center is conducting a number of sleep studies for veterans. The current study is looking for participants:

- Between ages of 18 and 50
- Have been deployed in support of the Global War on Terror since 9/11
- Able to attend 2-3 visits at Sleep Study offices, Oakland; early morning/evening appts available
- Available for a 48-hour stay in the sleep lab; weekends can be accommodated
- Not currently taking any medications that affect sleep
- Additional Details:
 - The sleep lab consist of individual suites, so that each person has personal space and privacy
 - All information is confidential and does not enter medical/military records
 - Throughout participation, on-site free parking and meals are provided
 - Participants are reimbursed up to \$75 for initial assessment and \$400 for 48-hour stay in sleep lab

The Sleep lab is also able to help with insomnia, nightmares, deployment stress symptoms, using non-medication treatments POC: Dr. Anne Germain, 412-383-2150 (office), germax@UPMC.EDU or Megan Wolfson, wolfsonm@upmc.edu at 412-417-7761. Website: www.veteranssleep.pitt.edu

The Lilac Springs Veterans Services Project. Free 3 day breakaways for combat vets and partners/combat single vets/family caretakers POC: Marsha and Anthony Pedone, 814-282-9380 lilacspringspa@gmail.com, <http://lilacsprings-vets168.com/organization/>

Allegheny Division of Veterans Services: Soldiers and Sailors Museum/Hall 4141 Fifth Ave, Pittsburgh, PA 15213, 412-621-4357,

Wounded Warrior Project (WWP)

WWP serves veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. Family members of these warriors are also eligible for free WWP programs and services. 301 Grant Street, Suite 900, Pittsburgh, PA 15219, POCs; Priscilla Palmer 412-385-5323, David Cain 412-385-5325, www.woundedwarriorproject.org

Homes for Heroes, Inc.

A licensed real estate company with the largest nationwide network of affiliate real estate specialists and local business affiliates; committed to providing easy ways for the heroes to save on a home, and on every day home-related purchases. A portion of Homes for Heroes' earnings is donated to the Homes for Heroes Foundation, a nonprofit 501(c)(3) that provides assistance to heroes in need via local non-profit charities. You must be enrolled with Homes for Heroes and be represented at closing by a Homes for Heroes real estate affiliate to be eligible for Hero Rewards (cash back) 866-443-7637 or 866-4-Heroes. <https://www.homesforheroes.com/>

Updated/complied by Polly Bozdech-Veater. 19 January 2018. Please send any suggestions/updates/corrections to me at bozdechvpm@aol.com