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VETERAN RESOURCES GUIDE JAN 17, 2018

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JOBS

- <http://www.militarywarriors.org/ceos4heroes>
- <http://h2h.jobs/#>
- <http://www.militaryhire.com/>
- <http://www.hireveterans.com/>
- <http://recruitmilitary.com/>
- <http://clearedjobs.net/>
- <http://www.getskillstowork.org/>
- <http://www.allvetstates.com/>
- <http://www.helmetstohardhats.org/>
- <http://militaryexits.com/>
- <http://mven.org/index.html>
- <http://www.military.com/veteran-jobs/search>
- <https://semperfifund.org/assistance/>
- US Dept of Labor Return to Work Toolkit
<https://www.dol.gov/odep/return-to-work/employee-veterans-wounded-warrior.htm>
- Salary.com to check compensation by location and compare benefits <http://salary.com/>
- Unemployment benefits after the military
<http://themilitarywallet.com/unemployment-benefits-for-military-veterans/>
- eMentor
<https://ementorprogram.org/p/veteran/about>
- ACP career guidance and mentoring <http://acp-usa.org/>
- Tactical Talent – recruiting firm for veterans
<https://www.tacticaltalent.org/>
- VetWorks Inc – transition assistance for Wisconsin veterans <http://www.vetworksinc.org/>
- Bradley Morris Inc – staffing agency for veterans <https://www.bradley-morris.com/>
- Helmets to Hardhats
www.helmetstohardhats.org
- <https://vetjobs.com/>
- <http://veteranstaffingnetwork.org/about-vsn>
- NY veterans:
<https://labor.ny.gov/vets/vetintropage.shtm>
- <http://veteranstaffing.com/>
- WI veterans:
<https://dwd.wisconsin.gov/veterans/default.htm>
- VA veterans:
<http://www.vec.virginia.gov/veterans>
- NJ veterans:
http://careerconnections.nj.gov/careerconnections/plan/foryou/veterans/veteran_services.shtm
- WI veterans: <http://veactr.org/>
- IL veterans:
<http://www.ides.illinois.gov/IDES%20Forms%20Publications/JobsForIllinoisVeterans.pdf>

<http://www.ides.illinois.gov/IDES%20Forms%20Publications/JobsForIllinoisVeterans.pdf>

- <http://www.veterans-opportunity-program.com/jobs.html>
- CA veterans: <https://www.calvet.ca.gov/veteran-services-benefits/employment>
- Sabio software coding school <https://sabio.la/>
- <https://www.lucasgroup.com/>
- <https://www.orionjobs.com/>

RESUME ASSISTANCE

- <http://www.military.com/veteran-jobs/skills-translator/>
- http://www.militaryonesource.mil/transition/job-preparation-and-resume-writing?content_id=268519
- <http://www.realwarriors.net/veterans/treatment/civilianresume.php>
- Interview tips for veterans
<http://www.realwarriors.net/veterans/treatment/interviewprep.php>
- Semper Fi Fund Education and Career Transition Assistance
<https://semperfifund.org/how-we-help/assistance/>
- <http://www.realwarriors.net/veterans/treatment/resumehelp.php>
- For Federal Jobs (might have cost involved)
<http://www.resume-place.com/veterans/>
- eMentor
<https://ementorprogram.org/p/veteran/about>
- Hire Heroes
<https://www.hireheroesusa.org/resume-tools/>
- <https://veteranccs.com/military-resume-samples/>
- <https://www.baseops.net/transition/resumetips.html>

PROFESSIONAL ATTIRE ASSISTANCE

- Save a Suit <http://saveasuit.org/military-veteran/>
- SE Michigan only, Suits for Soldiers
<http://www.suitsforsoldiers.org/clothing.html>
- Boots to Heels – Dallas TX, female veterans
<http://www.attitudesandattire.org/what-we-do/our-aa-program/boutique.html>

LEGAL ASSISTANCE

- http://www.americanbar.org/portals/public_resources/aba_home_front/directory_programs.html
- <http://www.militaryjusticeattorneys.com/>
- <http://www.justiceforvets.org/veterans-treatment-court-locations>



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- http://gainscenter.samhsa.gov/grant_programs/in_your_state.asp
- <http://www.vetslegal.com/>
- Veterans treatment court mentors
<http://www.justiceforvets.org/veteran-mentor-courts>
- Active duty only: GI Rights Hotline
<http://girightshotline.org/>
- For VA claims <https://vetadvocates.org/>
- For MST cases
<http://www.protectourdefenders.com/>
- Houston Volunteer Lawyers (must meet income threshold) serves Austin, Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Matagorda, Montgomery, Walker, Waller
www.makejusticehappen.org
- <http://veteranslegalaids.org/>

BENEFITS

- Ebenefits homepage (where you can get a copy of your dd214, apply for benefits, check status on claims and appeals, add dependants and much more)
<https://www.ebenefits.va.gov/ebenefits/homepage>
- MyHealthEVet track appointments, download your VA history, renew prescriptions and more
<https://www.myhealth.va.gov/index.html>
- Link to State Veteran's Benefits
<http://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html>
- VA app store to access VA programs on your mobile phone <https://mobile.va.gov/appstore>
- Mobile Apps for per diem pay and other needs
<http://militarylounge.com/#innovative-apps>
- Video on how to file for disability benefits with the VA
https://www.youtube.com/watch?v=RSzX029_o_hA
- Info on the VA claims process and how it works
<http://www.benefits.va.gov/COMPENSATION/process.asp>
- Use a VSO to help file! Any DAV, VFW or AL post can help you OR you can use your appointed state and county Veteran Service Officer www.nacvso.org
- http://www.benefits.va.gov/BENEFITS/Applyin_g.asp
- Apply for VA Health Care
<https://www.vets.gov/healthcare/apply/>
- GI Bill Benefits <http://benefits.va.gov/gibill/>

- Benefits that may be available to veterans and their families <http://explore.va.gov/>

BENEFITS ADVOCACY

- <http://www.nvlsp.org/>
- National Association of Veterans Service Officers www.nacvso.org
- <http://www.vfw.org/Assistance/>
- <http://www.dav.org/veterans/find-your-local-office/>
- OASIS Group, for special operations personnel
<http://oasisgrp.org/>
- 03XX Foundation – For USMC Infantry/Recon & FMF Corpsmen <https://03xx.org/about-us/>

MENTORING

- GallantFew: Intake form for veterans and veteran mentors <http://gallantfew.org/signup/>
- SemperFi Fund Veterans2Veterans Program:
<https://semperfund.org/assistance/>
- Warfighter Foundation Senior Marine Program
<http://www.warfighterfoundation.org/senior-marine-program/>
- VA Vet Center (staffed by vets in the community)
http://www.va.gov/directory/guide/vetcenter_fls_h.asp
- eMentor
<https://ementorprogram.org/p/veteran/about>
- ACP career guidance and mentoring <http://acp-usa.org/>

HOUSING

- VA's HUDVASH program for emergency housing program 1-877-4AID-VET
- VA Supportive Services for Veteran Families also 1-877-4AID-VET
- US VETS (AZ, CA, MO, NV, TX, DC)
<http://www.usvetsinc.org/programs-services/> 213.542.2600
- Vet Centers Readjustment program
http://www.va.gov/directory/guide/vetcenter_fls_h.asp
- National Coalition for Homeless Veterans
1-800-VET-HELP
- American Legion Homeless Veteran Task Forces Contacts List
<http://www.legion.org/homelessveterans/findhelp>
- Los Angeles Homeless Services Authority HUDVASH info and criteria
http://lahsa.org/veteran_resources



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- HUD portal for homelessness assistance http://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/homeless
- List of Stand Downs for Homeless Vets <http://www.va.gov/homeless/events.asp>
- Phoenix-UMOM <https://www.umom.org/learn-more/programs-services/veterans-programs/>
- CA CalVet VHHP Program <https://www.calvet.ca.gov/VHHP>
- MA <http://www.mass.gov/veterans/housing/help-with-rent-and-finding-a-place-to-live.html>
- <https://www.voa.org/>
- <https://catholiccharitiesusa.org/find-help>
- AZ veterans: <https://www.manahouseaz.org/>
- New England CT, ME, MA <http://www.veteransinc.org/>

EDUCATION

- VA's GI Bill info page <http://www.benefits.va.gov/gibill/>
- Assistance in paying for a tutor http://www.benefits.va.gov/gibill/tutorial_assistance.asp
- Info on Post 9/11, Montgomery, Reservist and other GI Bill programs <http://www.military.com/education/gi-bill>
- GI Bill Calculator http://www.military.com/apps/reg/gi-bill-calc-reg?vlv_redir=http%3A%2F%2Fwww.military.com%2Fgi-bill-calculator%2F
- GI Bill Application Process (**Remember sometimes GI Bill can be late, and may not start til your first or second week of school! Have a back up plan!**) <http://www.military.com/education/gi-bill/post-9-11-gi-bill-application-process.html>
- House Committee on Veteran Affairs FAQ on GI Bill Benefits <http://veterans.house.gov/gibillfaq>
- Vocational Rehabilitation Program <http://www.military.com/benefits/veteran-benefits/vocational-rehabilitation-and-employment.html>
- VEAP Program <http://www.benefits.va.gov/gibill/veap.asp>
- College Guide mobile app to find which schools accept GI Bill. iOS only <http://militarylounge.com/college-guide-post-911-gi-bill-benefits-for-military-soldiers/>

- Semper Fi Fund Education and Career Transition Assistance <https://semperfund.org/how-we-help/assistance/>
- Student Veterans of America <http://studentveterans.org/>

MENTAL HEALTH, PTSD RESOURCES & RETREATS

- Headstrong Project <http://getheadstrong.org/get-help/>
- <http://www.mentalhealth.va.gov/>
- <http://afterdeployment.dcoe.mil/>
- <http://battleap.org/home.aspx>
- <http://www.cominghomeproject.net/>
- For female veterans! <http://www.graceafterfire.org/>
- <http://maketheconnection.net/>
- Common signs of PTSD and what to do <http://maketheconnection.net/conditions/ptsd#1>
- Mental Health Self Assessments http://afterdeployment.dcoe.mil/military_pathways
- <http://www.ptsd.va.gov/>
- Coping with Deployments Families Course <http://www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course>
- Post deployment reintegration workshops <http://www.redcross.org/find-help/military-families/deployment-services/register-reconnection-workshops>
- Vet Centers: staffed by vets, assistance with counseling and transition <http://www.vetcenter.va.gov/>
- MA only, HomeBASE program <http://www.homebaseprogram.org/general-information.aspx>
- Battle in Distress crisis intervention <http://battleindistress.org/>
- **22 Until None also has access to FREE counselors that assist veterans. For a referral please contact us via the website www.22untilnone.org or the facebook page 22 Until None**
- The Refuge – inpatient PTSD therapy for combat PTSD and MST. Takes insurance and also has financing. <http://www.therefuge-ahealingplace.com/ptsd-treatment/military-combat/>
- Active duty only- Vista del Mar inpatient program. PTSD trauma program and also offers



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dual diagnosis and chemical dependency treatment.

<http://www.vistadelmarhospital.com/Military%20Support>

- Operation Warrior Refuge equine therapy
<http://www.owr22.org/home/>
- Equines for Freedom
<http://equinesforfreedom.org/>
- Outward Bound outdoor retreats for veterans
<http://www.outwardbound.org/veteran-adventures/outward-bound-for-veterans>
- Heroes on the Water
<http://heroesonthewater.org/>
- Operation Second Chance
<http://www.operationsecondchance.org/retreats>
- Courage Beyond
<https://couragebeyond.org/services-2/retreats/>
- Sparta Project 5 day retreat program
<http://utransform.org/>
- Wounded Veteran Retreat Program
www.woundedveteranretreatprogram.com
- Hogs for Heroes <http://www.hogsforheroes.org/>
- Combat Wounded Veteran Challenge
<http://combatwounded.org/>
- Warriors and Quiet Warriors
<http://warriorsandquietwaters.org/>
- Warfighter Foundation Expeditionary Program combat vets only
<http://www.warfighterfoundation.org/warfighter-expeditionary-operations/>
- Valhalla Project ptsd project by homesteading
<http://www.valhalla-project.com/p/frequently-asked-questions.html>
- Operation We Are Here
<http://www.operationwearehere.com/PTSDandTBIRetreats.html>
- Camp Hope PTSD program Houston TX
<http://ptsdusa.org/camp-hope/>
- VA PTSD Program Locator
http://www.va.gov/directory/guide/ptsd_flash.asp
- Warrior's Heart – addiction treatment for veterans, San Antonio TX
<http://www.warriorsheart.com/>
- California Palms addiction treatment center, approved for VA Choice program
<http://www.caliparc.com/>
- Motorcycle Missions- therapy building motorcycles <http://www.motorcycle-missions.org/>
- Project New Hope, MA. – retreats for vets with PTSD, TBI, MST survivors, etc
<https://www.projectnewhopema.org/>

- Heroes Sports <http://www.heroessports.org/>
- Camp Valhalla <https://campvalhalla.com/>
- Operation Combat BikeSaver
<https://www.combatbikesaver.org/>
- Camp Cowboy, Killeen TX
<http://campcowboy.org/index.html>
-

FOR SPOUSES/FAMILY OF VETERANS WITH PTSD

- http://familyofavet.com/PTSD_TBI_marriage_help.html
- Coming Home Project- retreats for OIF/OEF vets and their families
http://www.cominghomeproject.net/chp_retreats
- <http://www.ptsd.va.gov/public/family/ptsd-and-relationships.asp>
- http://familyofavet.com/coping_skills_PTSD_spouse.html
- <http://www.veterancaregiver.com/>
- <http://www.ptsd.va.gov/public/family/partners-of-vets.asp>
- Warrior Beach Retreat – 7 day retreat for veterans and their families
<http://warriorbeachretreat.org/apply/>
- Healthy Relationships online class from Courage Beyond: <https://couragebeyond.org/services-2/online-classes/healthy-relationships/>
- VHA's Marriage Retreats for Returning Veterans program
<http://www.va.gov/health/NewsFeatures/20120223a.asp>
- Dept of Defense Warrior Care
<http://warriorcare.dodlive.mil/caregiver-resources/>
- Hearts of Valor <https://www.heartsofvalor.org/>
- Healing Household 6
<http://healinghousehold6.org/>
- National Caregiver Support Line
<http://www.caregiver.va.gov/>
- For couples <http://veterans.pairs.com/>
- Warrior Beach Retreat – 7 day retreat for veterans and their families
<http://warriorbeachretreat.org/apply/>
- Coming Home Project- retreats for OIF/OEF vets and their families
http://www.cominghomeproject.net/chp_retreats
- Article on Cmpassion Fatigue
<http://www.giftfromwithin.org/html/Compassion-Fatigue-What-Veteran-Caregivers-Need-to-Know.html>



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- <https://www.thespruce.com/military-spousal-ptsd-support-2357443>

FINANCIAL

Keep in mind each resource has their own criteria, it is imperative you check with each organization

- Financial Planning and assistance, for USMC Infantry/Recon& FMF Corpsmen
<https://03xx.org/about-us/>
- VFW Unmet Needs <http://www.vfw.org/nms/>
- Modest Needs- emergency financial for recently EAS veterans and civilian assistance program for vets who have been out longer
<https://www.modestneeds.org/index.asp>
- Impact A Hero
<http://impactplayer.org/programs/iah-emergency-financial-aid/>
- Semper Fi Fund <https://semperfund.org/how-we-help/assistance/>
- Operation First Response for wounded vets
<http://www.operationfirstresponse.org/>
- Step So Cal for active duty and recently separated vets in SD and OC counties
<http://www.stepsocal.org/>
- LIHEAP Program for low income families, assistance with utility bills
<http://www.acf.hhs.gov/programs/ocs/programs/liheap>
- Military Assistance Mission AD or NG only
www.azmam.org
- USA Cares- Programs for recently separated veterans <http://www.usacares.org/>
- Operation Family Fund- combat wounded, rated 70% or more
<http://www.operationfamilyfund.org/how-to-apply-for-assistance/>
- List of various organizations who do financial assistance for veterans
http://www.familyofavet.com/financial_help_for_veterans.html
- 22 Until None also does financial assistance in the form of food cards and utility payments \$200 Or under. www.22untilnone.org
- Warrior 360 <http://www.warrior360.org/>
- TEXAS ONLY: Defenders of Freedom
<http://defendersoffreedom.us/>
- TX NG ONLY: www.txngfoundation.org
- TX Post 9/11 vets only
www.defendersoffreedom.us

- TX vets only: Operation Comfort
www.operationcomfort.org
- LA vets only: LA Vets Fest
<http://lavetsfest.org/financial-assistance/>
- <https://catholiccharitiesusa.org/find-help>
- St Vincent de Paul Society – food assistance
<http://www.svdpusa.org/Assistance-Services>
- Jewish Family & Childrens Services- All over the US just google. You don't need to be Jewish.

WELLNESS

- Breathing exercises from veterans yoga project
<http://www.veteransyogaproject.org/practice.html>
- Gym memberships for vets with 30% rating from combat related injury. Catch a Lift Fund
<http://www.catchaliftfund.com/about-us/>
- Yoga for vets, search function for local areas
<http://www.yogaforvets.org/resources>
- Resources to help stop drinking
<https://vetchange.org/home>
- Hyperbaric Oxygen Therapy for AZ vets
www.hbotofaz.org
- NC veterans, yoga and mediation
<http://www.warriorwellnessolutions.org/>
- Gym memberships for veterans
<https://www.liftforthe22.com/>
- NY/Westchester County, writing workshops for veterans
<http://www.veteranswritingworkshop.org/vwwp/ages/howweare.html>
- Foundation for Art & Healing
<http://www.artandhealing.org/art-healing-ptsd/>
- Colorado- Art of War Project
<http://www.artofwarproject.com/>
- Armed Services Arts Partnership
<http://www.asapasap.org/>
- Guitars For Vets <http://guitars4vets.org/>
- American Healing Arts Foundation
<http://www.americanhealingartsfoundation.org/>
- Chiropractic care, The Patriot Project
<http://www.patriot-project.org/>
- Yoga for veterans, Connected Warriors
<http://connectedwarriors.org/>
- Patriot Project, free chiropractic care for veterans <http://www.patriot-project.org/>



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- YogaFit for Warriors – PTSD: may be cost involved <https://www.yogafit.com/teacher-training/YogaFit-for-Warriors-PTSD/>
- Creativets.org

SERVICE DOG RESOURCES

- TADSAW San Antonio TX 210-643-2901 www.tadsaw.org
- Handi Dogs Tuscon AZ www.handi-dogs.org
- Capital City K9 Sacramento CA <http://www.capitalcityk9.org/>
- Canine Support Teams Temecula CA www.caninesupportteams.org
- Next Step Service Dogs Carlsbad CA www.nextstepservice dogs.org
- Operation Freedom Paws Gilroy CA www.operationfreedompaws.org
- Paws for Purple Hearts Rohnert Park CA www.pawsforpurplehearts.org
- Sam Simon Foundation Malibu CA www.samsimonfoundation.org
- Wounded Warrior Pack Oceanside CA www.sherrisprojectwoundedwarriorproject.org
- Freedom Service Dogs Englewood, CO www.freedom servicedogs.org
- Educated Canines Torrington CT www.ecad1.org
- Florida Dog Guides Bradenton FL www.floridadogguidesftd.org
- K9s for Warriors Ponte Beach FL www.k9sforwarriors.org
- Hawaii Fido Kahuku HI www.hawaii fido.org
- Coalition for the Empowerment of Patriots Griffith IN www.empowering patriots.org
- Puppy Jake Foundation Des Moines IA www.puppyjakefoundation.org
- Hero Dogs Brookville MD www.hero-dogs.org
- Operation Delta Dog Chelmsford MA www.operationdeltadog.org
- Super Fido Marlton NJ www.semperfido.org
- Paws and Stripes Rio Rancho NM www.pawsandstripes.org
- 4Paws4Patriots Southern CA <http://4paws4patriots.com/>

- Puppies Behind Bars NYC www.puppiesbehindbars.com
- Battle Buddy Foundation Olde West Chester OH www.tbbf.org
- Battle Buddies USA Newport, RI www.USAbattlebuddies.org
- Hounds Helping Heroes Heal Mansfield TX www.h4hero.com
- Service Dog Express San Antonio TX www.servicedogexpress.com
- Paws for Purple Hearts Arlington VA www.pawsforpurplehearts.org
- Vets Moving Forward Catharpin, VA www.vetsfwd.org
- Northwest Battle Buddies Battle Ground WA www.northwestbattlebuddies.org
- Custom Canines Madison WI www.customcanines.org
- WAGS Madison WI www.WAGS.net
- Semper Fi Fund's Tim and Sandy Day Canine program <https://semperfund.org/how-we-help/assistance/>
- Dallas TXDFW Canines <https://www.dfwcaninesd.com/>

ANXIETY/PANIC TOOLS

- <http://www.calmclinic.com/anxiety/treatment/breathing-exercises>
- <http://www.wikihow.com/Help-Someone-Having-a-Panic-Attack>
- <http://panicfreeme.com/213/10-tips-to-jumpstart-your-recovery-from-panic-attacks/>
- Flashbacks <http://maketheconnection.net/symptoms/flashbacks>

MILITARY RETIREMENT

- <http://www.military.com/benefits/military-pay/the-military-retirement-system.html>
- <http://www.dfas.mil/retiredmilitary.html>
- <http://myarmybenefits.us.army.mil/Home/Benefit-Calculators/Retirement.html>
- https://www.usaa.com/inet/pages/advice_military_retirement_main?akredirect=true



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- <http://militaryadvantage.military.com/category/retiree-benefits/>

MOBILE APPS FOR BENEFITS/INFO

- <https://mobile.va.gov/>
- PTSD Coach
<http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>
- Mindfulness Coach
http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp
- <http://militarylounge.com/#apps>
- Claims Coach
http://www.legion.org/claimscoach#_blank

RELOCATION ASSISTANCE

- Military OneSource
http://www.militaryonesource.mil/moving?content_id=266923
- American Legion Members discounts on moving & relocation
<http://www.legion.org/benefits/moving>

FEMALE VETERANS

- Grace After Fire <http://www.graceafterfire.org/>
- Boots to Heels- Dallas, TX Boots to Heels – Dallas TX, female veterans
<http://www.attitudesandattire.org/what-we-do/our-aa-program/boutique.html>
- Free counseling for MST survivors
<http://www.va.gov/directory/guide/vetcenter.asp>
- Center Point Retreats
<http://www.centerpointretreats.org/>
- Kieve Wavus Veterans Camp (check schedule for womens retreat)
<http://www.kieve.org/veterans/>
- Operation Second Chance
<http://www.operationsecondchance.org/retreats>
- Job resources for female vets from US Dept of Labor <https://www.dol.gov/vets/womenveterans/>
- Maternity and Womens Care through the VA
<http://www.womenshealth.va.gov/WOMENSHEALTH/OutreachMaterials/GeneralHealthandWellness/maternity.asp>

- Financial assistance and leadership programs for female vets <http://www.f7group.com/>
- Fatigues to Fabulous, assistance transitioning to civilian life <http://www.fatiguestofabulous.com/>
- Emergency housing assistance for female vets
<http://www.militarywomeninneed.org/>
- Emergency financial assistance and work attire for female vets
<http://www.onesavvyveteran.org/#!repairs/cuy0>
- Operation Reinvent, helping female vets transition into the civilian workforce
<http://operationreinvent.org/>
- She S.E.R.V.E.D.- rucksacks of care items for at risk female vets, retreats, work attire assistance
<http://www.she-served.org/programs>
- For MST cases, even after ETS/EAS
<http://www.protectourdefenders.com/>

MISC RESOURCES

- Let's Roll Foundation, affordable auto care for veterans in Arizona.
<http://www.letsrollfoundation.com/>
- Food Assistance
<http://www.svdpusa.org/Assistance-Services>
-