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| Branch of Service | Location & Contact |
| Family Assistance Centers (National Guard, & any branch of service | Family Assistance Coordinator, 515-252-4416 |
| Air Force | N/A |
| Air Force Reserve | N/A |
| Air Force Recruiting | 343rd USAF Recruiting Squadron (any site), c/o Offutt Airman & Family Readiness Center 106 Peacekeeper Drive Ste 2N3 Offutt Air Force Base, NE 68113-4013 Phone (402) 294-4329 |
| Army | N/A |
| Army Reserve | Fort Family (national) 844-663-3269; Army Reserve 103d Sustainment Command (Expeditionary), 225 E. Army Post Road Des Moines, Iowa 50315 Family Assistance Center: 515-252-4416 |
| Army Recruiting | Minneapolis Recruiting Battalion (covers Iowa) Family Advocacy 612-725-3120 877-672-1052 |
| Coast Guard | Family Resource Specialist: HSWL RP DET St. Louis 1222 Spruce St. RM 2. 102 C St. Louis, MO 63103 314-269-2435. Reg. Manager: 314-269-2346. |
| Marine Corps | N/A |
| Marine Corps Reserves | Marine Corps Reserves Navy Region Northwest RCC Everett, WA EFMP: 425-304-3714 |
| Marine Corps Recruiting | Marine Corps Recruiting District Parris Island, 283 Blvd De France, Parris Island, SC 29905. EFMP Parris Island: 843-228-7752 |
| Navy | N/A |
| Navy Reserves | Navy Region Northwest RCC Everett, WA EFMP: 425-304-3714 |
| Navy Recruiting | Navy Recruiting families receive EFM services at the nearest Navy installation. They have an assigned EFM Navigator who they can contact through NAFSA. Further assistance: 1-866-827- 5672. |