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| Branch of Service | Location & Contact |
| Family Assistance Centers (National Guard, & any branch of service | Family Assistance Coordinator, 651- 268-8207 or 651- 248-2912 |
| Air Force | N/A |
| Air Force Reserve | Minneapolis-St Paul Air Reserve Station (located at Minneapolis-St Paul International Airport), 934 MSG/FSFR 760 Military Highway, Bldg: 727, Minneapolis, MN 55450- 2100 ; 612-713-1516 or 1517 Toll Free: 1-800-231-3517. Airman & Family Readiness Family Support Center: 612-713-1516 or 1517 |
| 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 Recruiting |

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| Soldier & Family Assistance Program Main # 502-626-1049  |

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| Coast Guard | Family Assistance 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 | C/O Minneapolis-St Paul Air Reserve Station (located at Minneapolis-St Paul International Airport), 934 MSG/FSFR 760 Military Highway Bldg: 727, Minneapolis, MN 55450-2100 ; 612-713-1516 or 1517 Toll Free: 1-800-231-3517. Additional resources are Family Services Phone: (504) 697-8128; 866-305-9058 |
| 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. |