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| Branch of Service | Location & Contact |
| Family Assistance Centers (National Guard, & any branch of service | Family Assistance Coordinator, DC National Guard Armory, 2001 East Capitol St SE, Washington DC 20003.  Coordinator: 202-685-9966, 202-263-9866 (cell) |
| Air Force | Joint Base Anacostia-Bolling, 20 20 MacDill Blvd #207, Washington, DC 20032. 703-545-6700. Warfighter & Family Readiness, EFMP, 118 Brookley Ave Bldg 12, Washington DC 20032. # 202-433-6235. SLO 202-404-1620, 1014  Pentagon: The Pentagon, 1400 Defense Pentagon, Washington, DC 20301-1400 Pentagon Customer Assistance: 703 697 7351 EFM Coordinator and SLO: 703 697-2790. |
| Air Force Reserve | Air Force Reserve, Air National Guard Readiness Center, Joint Base Andrews, MD Joint Base Andrews. 301-981-1110 (Base Operator). 1191 Menoher Ave., Joint Base Andrews, MD 20762. EFMP: 301-981-7088; SLO 301-981-9211 |
| Air Force Recruiting | c/o Joint Base Andrews, MD Joint Base Andrews. 301-981-1110 (Base Operator). 1191 Menoher Ave., Joint Base Andrews, MD 20762. EFMP: 301-981-7088 |
| Army | Pentagon: The Pentagon, 1400 Defense Pentagon, Washington, DC 20301-1400 Pentagon Customer Assistance: 703 697 7351 EFM Coordinator and SLO: 703 697-2790. |
| Army Reserve | Fort Family (national) 844-663-3269 |
| Army Recruiting | 1st Recruiting Brigade, Ft. Meade, MD. Soldier and Family Assistance, in Columbia, Delmarva, Baltimore, Frederick, Landover, Potomac and all local sites: 301-677-7060 |
| Coast Guard | FRS position temporarily vacant; contact regional manager 202-372-4080 for DC headquarters Coast Guard families; for units outside of HQ, contact HSWL RP Washington, DC, 2703 Martin Luther King Jr. Ave SE  CG-11, Office 5P24-00. Washington, DC 20593-7907  202-372-4088 (phone) |
| Marine Corps | The Pentagon, 1400 Defense Pentagon, Washington, DC 20301-1400 Pentagon Customer Assistance: 703 697 7351 EFM Coordinator 703 697-2790.  Marine Barracks: 8th & I Streets SE, Washington, DC 20003  1 202-433-4073; Family Readiness Officer  Marine Barracks Washington Office: (202) 433-6528 Cell: (571) 243-2006 Pentagon EFM: EFM Coordinator 703 697-2790 |
| Marine Corps Reserves | Marine Corps Reserve Force Headquarters Group, 190 Poremba Ct, SW Anacostia Bldg 341, Washington, DC 20373. 202-433-0178. c/o Joint Base Anacostia-Bolling, 20 20 MacDill Blvd #207, Washington, DC 20032. 703-545-6700. Warfighter & Family Readiness, EFMP, 118 Brookley Ave Bldg 12, Washington DC 20032. 207-767-0450. Also: Family Services Phone: : 866-305-9058  190 Poremba CT SW, Washington, DC 20373  +1 202-433-3612  c/o above |
| Marine Corps Recruiting | Marine Corps Recruiting District Parris Island, 283 Blvd De France, Parris Island, SC 29905. EFMP Parris Island: 843-228-7752 |
| Navy | Joint Base Anacostia-Bolling, 20 20 MacDill Blvd #207, Washington, DC 20032. 703-545-6700. Warfighter & Family Readiness, EFMP, 118 Brookley Ave Bldg 12, Washington DC 20032. 207-767-0450, (SLO), (202) 404-1014  Pentagon: The Pentagon, 1400 Defense Pentagon, Washington, DC 20301-1400 Pentagon Customer Assistance: 703 697 7351 EFM Coordinator and SLO: 703 697-2790. |
| Navy and Navy Reserves: | NAVAL Support Activity Washington: 1411 Parsons Ave SE Suite 200 Washington, DC 20374-5001  Fleet and Family Support: 202-685-0229 |
| Navy Recruiting | Navy Recruiting District Philadelphia PA Philadelphia headquarters, located in Building 2D at Naval Support Activity Philadelphia: 700 Robbins Ave., Philadelphia, Penn. 19111 Contact our Ombudsman at (215) 239-5191 |