

Course Catalog

The list of courses in this catalog are available as of May 20, 2025. Please check the website for the latest information.

Casualty Assistance and Survivor Benefits



After a Suicide

In the aftermath of a suicide, you may experience a wide range of complex emotions and may need to learn new ways of caring for yourself and others. This course provides compassionate support and helpful guidance to those affected by a death by suicide. It covers communication techniques, ways to connect to or stay connected to a support system, and reminders for how to maintain your physical and mental health during this difficult time.

Course Length: 45 minutes

Audience: Family Members, Service Providers, Service Members, Veterans, Reserve Component



After a Suicide - Walking Through Providing Support

Did you know as many as 135 individuals are impacted by each suicide? The weight of death's affects are far and wide. Survivors, including fellow service members, are not immune to death's impacts. As a service provider, you are not immune either. This course will help service providers gain a greater awareness of the complicated nature of suicide, establish rapport and support suicide loss survivors, and offer tools to help protect against the heavy impact of a suicide death.

Course Length: 2 hours

Audience: Service Providers



Casualty Assistance Program

The Department of Defense strives to ensure that military families have support in their time of need. View this eTutorial for general information about the Casualty Assistance Program and the services available to eligible beneficiaries.

Course Length: 9 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component

Casualty Assistance and Survivor Benefits



Military Funeral Honors

Providing military funeral honors is the nation's way of showing gratitude and paying final tribute to a veteran's honorable military service. Use this etutorial to better understand the Military Funeral Honors program and eligibility.

Course Length: 6 minutes

Audience: Family Members, Veterans, Reserve Component



Online Survivor Benefits Report

The online survivor benefits report is an interactive financial planning tool available to eligible surviving spouses, guardians of dependent children, and adult children. This report helps you make sound decisions by estimating how time and circumstances can affect your monthly and annual income.

Course Length: 6 minutes

Audience: Family Members, Service Providers, Veterans, Reserve Component



Recognizing Military Service

Have you ever seen a service flag or lapel button with a gold star and wondered what it meant? In this course, you will review the history behind the creation of the Service Flag and the Gold Star Lapel Button. This course also presents who is eligible to display the Service Flag and may receive and wear the Gold Star Lapel Button or the Next of Kin of Deceased Lapel Button.

Course Length: 7 minutes

Audience: Family Members, Service Providers, Service Members, Veterans, Reserve Component



Surviving Family Members: Investigations Involving the Death of a Loved One

View this eTutorial for general information about investigations that may be conducted after accidents or incidents that involved the death of a loved one and the information provided to the primary next of kin upon request.

Course Length: 10 minutes

Audience: Family Members, Service Providers, Veterans, Reserve Component



Surviving Spouses: Making the Final Move

Making that final military move without your service member may seem overwhelming. Use this e-tutorial to better understand the process and benefits available to you as you prepare to make the final steps in your relocation.

Course Length: 7 minutes

Audience: Family Members, Service Providers, Service Members, Veterans, Reserve Component

Casualty Assistance and Survivor Benefits



Survivor Benefits Report

Serving as a Casualty Assistance Officer is one of the most important duties you may have in your career. You only have one chance to do it right. One of the ways you can effectively perform this duty is by understanding the Survivor Benefits Report. In this eLearning course, you will review the information contained in the Survivor Benefits Report and go over best practices, resources and recommendations when assisting surviving family members.

Course Length: 40 minutes

Audience: Service Providers

Disability and VA Benefits



Department of Veterans Affairs Disability Compensation Course

To learn more about this topic, select the links on this page.

Audience: Veterans, Reserve Component

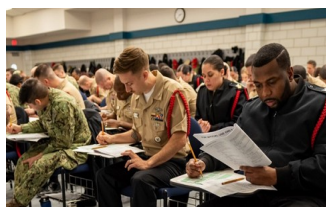


How to File a Claim for Compensation

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component

Education Assistance



Department of Veterans Affairs Education Benefits

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component

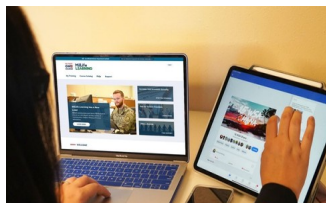
Education Assistance



GI Bill

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component



My Career Advancement Account Military Spouse Scholarship

To learn more about this topic, select the links on this page.

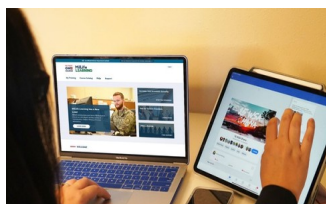
Audience: Veterans, Reserve Component



My Career Advancement Account Scholarship Program (MYCAA)

To learn more about this topic, select the links on this page.

Audience: Family Members, Reserve Component

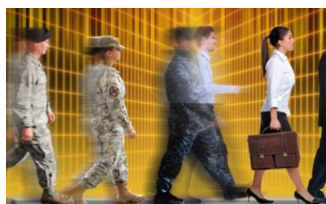


Spouse and Dependent Education Assistance

To learn more about this topic, select the links on this page.

Audience: Veterans, Reserve Component

Employment



Educational and Career Counseling

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members



Military Spouse Employment Partnership (MSEP)

To learn more about this topic, select the links on this page.

Audience: Family Members

Employment



Spouse Education and Career Opportunities (SECO) Program

To learn more about this topic, select the links on this page.

Audience: Family Members

Family and Community Programs



Building Your EFMP Family Support Program Training Video

How do you build, enhance and support your EFMP Family Support program? This module takes you through four practical steps to effectively build your program tailored to your installation to support military families with special needs. Learn how to build your knowledge of your current program, identify gaps, implement solutions while promoting your program and provide continuous enhancements to stay connected with your ever-changing community.

Course Length: 25 minutes

Audience: Service Providers



Completing Quality Case Notes

As a service provider, how do you track interactions and progress with families? This module answers that question and more, focusing on the value of case notes, the components that should comprise each case note, and the practices for completing quality case notes.

Course Length: 60 minutes

Audience: Service Providers



Early Intervention Service

Do you have a child age 0-3 with special needs? In this course, you'll explore the services available for children under the age of 3 who have a disability or developmental delay. These early intervention services help young children learn and thrive while providing support to the whole family.

Course Length: 20 minutes

Audience: Family Members, Service Members

Family and Community Programs



EFMP Family Needs Assessment Training

How do you organize and record a family's needs, help them document and track goals, and support them during a permanent change of station? Take this module to learn how to complete the EFMP Family Needs Assessment, or FNA. This form documents and tracks the needs and goals of families with special needs. It can also help families and individuals identify, organize and prioritize support and services.

Course Length: 15 minutes
Audience: Service Providers



How to Help Your Customer: Preventing and Responding to Child and Domestic Abuse

As a service provider, your contributions are critical to supporting service members and families in your community. Understanding your role as it relates to the Family Advocacy Program, or FAP, is key to preventing and responding to incidents of child abuse and neglect and domestic abuse. This course gives an overview of FAP and the services it provides, how to recognize signs of child abuse and neglect and domestic abuse and safely communicate and offer FAP-related resources.

Course Length: 30 minutes
Audience: Service Providers



Intimate Partner Physical Injury Risk Assessment Tool Training

As a clinician or domestic abuse victim advocate for the Family Advocacy Program, you look for ways to improve services and keep victims of domestic abuse safe. This course was developed to help you better understand the Intimate Partner Physical Injury Risk Assessment Tool, or IPPI-RAT, and how you can use it to evaluate risk and develop management strategies to prevent future abuse. The training includes an end-of-assessment to help you apply what you've learned. Visit [IPPI-RAT Resources](#) for more information.

Course Length: 45 - 60 minutes
Audience: Service Providers



Introduction to Special Education

Are you concerned that your child is not learning at the same pace or in the same way as their peers? If so, your child may have a special educational need affecting their learning. Take this course to learn how to initiate steps and understand concepts inherent to the special education process, including resources for comparable services when moving.

Course Length: 25 minutes
Audience: Family Members, Service Members

Family and Community Programs



PCS Travel Considerations for Families with Special Needs

Moving with a family member with special needs? Use these tips from the Exceptional Family Member Program to help ease your family's transition to a new duty station.

Course Length: 4 minutes

Audience: Family Members, Service Members



Sesame Workshop Courses and Webinars

Are you a service provider looking to develop strategies for working with families? Do you want to help kids grow smarter, stronger and kinder? Sesame Workshop, the nonprofit behind Sesame Street, offers online courses and webinars for educators and providers looking for ways to support children and families. This collection contains six courses and five webinars from the Sesame Workshop website. Topics include using customized approaches in your work with caregivers and their children, exploring ways you can offer high-quality care to young children, learning of ways to partner with families for school readiness across every aspect of child development, viewing webinars on how use specific resources and much more. Use these courses and webinars to discover information on topics important to your family, or the families you work with.

Course Length: Varies by course and webinar

Audience: Service Providers



The Dispute Process

Are you the parent or guardian of a child with a disability whose school is not meeting his or her needs? Use this course to learn about the resources to help you in the dispute process.

Course Length: 20 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component

Healthcare and Insurance



Insurance Literacy

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component

Healthcare and Insurance



Mental Health for Families

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component



Understanding TRICARE Benefits

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component

Housing and Relocation

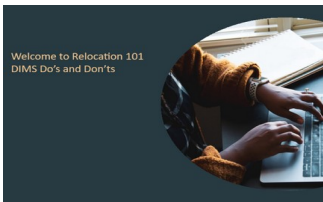


Defense Installation Messaging System (DIMS)

Have you ever wondered how content is updated on MilitaryINSTALLATIONS? This course will help you, the service provider, understand just how vital the Defense Installation Messaging System or DIMS tool is. You'll learn how to access and navigate DIMS and related tools and resources. You'll also learn how to use DIMS to update and certify information displayed on the MilitaryINSTALLATIONS application.

Course Length: 25 minutes

Audience: Service Providers



DIMS Do's and Don'ts

DIMS users-access this quick video to review some do's and don'ts when using the Defense Installation Messaging System.

Course Length: 11 minutes

Audience: Service Providers



eSponsorship Application & Training

Are you a service member looking to help people transition to a new duty station? Use this course to learn about the tools and resources to help you sponsor a newcomer's move. For more resources, visit [eSAT Tools](#).

Course Length: 40 minutes

Audience: Service Members, Reserve Component

Housing and Relocation



MilitaryINSTALLATIONS

Do you provide relocation support to service members and families? Are you looking for a central source for detailed information on services at military installations? If your answer to either question is "Yes," you'll want to know more about the MilitaryINSTALLATIONS online directory. You can take this course to learn how to access and navigate MilitaryINSTALLATIONS. You'll also get hands-on practice on using the various features of this resource tool.

Course Length: 25 minutes

Audience: Service Providers



Plan My Move

Do you know what the Plan My Move tool is, or why it's helpful to have an account? Take this course to discover the benefits of using Plan My Move, and how to create an account and navigate all its features. Whether the move is across the country or across the world, learn how the customized checklists and related resources can help enhance the moving experience for service members and their families.

Course Length: 25 minutes

Audience: Family Members, Service Members

Legal Assistance



Estate Planning and Wills

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component



Family Law

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component

Military Records

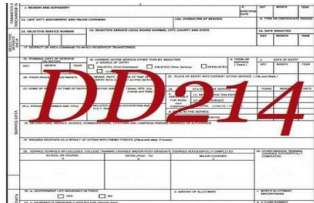


Overview: Applying to the Military Department Review Boards

Do you want to make a change to a military service record? If you wish to change your service record or another service member's record on their behalf, this course will provide information about how to apply for a discharge upgrade or other corrections to a service record. Specifically, this course will help you determine the correct military department Review Board and Department of Defense form that best applies to your situation. This course also contains resources to help you fill out a viable application and links to websites you may find helpful when you want to submit your application to the appropriate Review Board.

Course Length: 8 minutes

Audience: Service Members



Requesting Your Military Records

To learn more about this topic, select the links on this page.

Audience: Family Members, Service Members, Veterans, Reserve Component

Quality of Life



1.0 Introduction to the Military Family Readiness Program

Wondering what the MilFam 101 courses teach you? Take this introduction to learn about what is covered in the three distinct training tracks. Whether you are a new service provider, leader, unit volunteer or just interested in understanding military family readiness, this course is for you.

Course Length: 5 minutes

Audience: Service Providers



1.1 Social Services Delivery Model

Learn how military family readiness addresses the complex challenges of military life. This course explores key components of the integrated social service delivery provided through the Military Family Readiness System and how service providers support it.

Course Length: 40 minutes

Audience: Service Providers

Quality of Life



1.2 Performance Management Strategy

Learn about the performance management strategy, and how it contributes to consistency and quality of military family readiness programs. Explore how service providers fit into this equation.

Course Length: 10 minutes

Audience: Service Providers



2.0 Introduction to Core Competencies

Are you a military family readiness service provider looking to increase your knowledge and skills but aren't sure where to start? Take this course to learn about the core competencies covered in the MilFam 101 Track 2 courses. This quick course provides a high-level overview to help you determine your next step.

Course Length: 10 minutes

Audience: Service Providers



2.1 Communication

Communication is a critical skill. This course provides basic elements of effective communication you can use in both personal and professional settings. You'll also take away tips and techniques you can put into practice today.

Course Length: 30-40 minutes

Audience: Family Members, Service Providers, Service Members, Veterans, Reserve Component

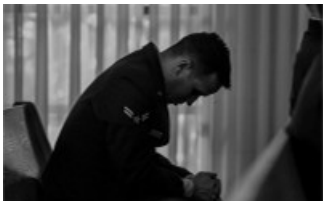


2.2 Intake and Assessment

Learn about skills to enhance your ability to understand your clients and their needs. This course will help you develop skills to establish boundaries and rapport, understand your client, and use assessment strategies and tools.

Course Length: 30-40 minutes

Audience: Service Providers



2.3 Crisis and Intervention

Crisis can result from a variety of life events. Military families live with the possibility of crisis on a daily basis. Learn techniques you can use to help you assess, stabilize, provide short-term crisis management and follow up with clients in crisis.

Course Length: 30 minutes

Audience: Service Providers

Quality of Life



2.4 Collaboration and Relationship Building

Collaboration is key to integrated support and building community capacity. Help military families by learning how to develop your collaboration and relationship building skills with this fun and interactive course.

Course Length: 30 minutes

Audience: Service Providers



2.5 Compassion Fatigue

Caring for others draws on internal strengths and compassion. Providing care and support to others can be both rewarding and stressful. Discover the signs of compassion fatigue and learn how to prevent and address it.

Course Length: 30 minutes

Audience: Family Members, Service Providers, Service Members, Veterans, Reserve Component



2.6 Facilitation and Briefing Skills

Take this course to enhance your skills in facilitation and briefing. You'll learn how to make the most of your presentations and connect with your audience. If you want to learn about techniques you can use to engage more deeply with your audience, this course is for you.

Course Length: 20 minutes

Audience: Service Providers



3.0 Introduction to Military Family Readiness Programs

Learn more about the MilFam 101 track three courses with this introduction. You will learn how the track three courses help develop an understanding of programs that contribute to the integrated support provided through the Military Family Readiness System.

Course Length: 10 minutes

Audience: Service Providers



3.1 Emergency Family Assistance

Learn how military family readiness service providers contribute to Emergency Family Assistance. Explore the components of Emergency Family Assistance, to include planning, coordination of services, activation of Emergency Family Assistance Centers and real world examples.

Course Length: 45 minutes

Audience: Service Providers

Quality of Life



3.2 Exceptional Family Member Program

Learn about the Department of Defense commitment to providing consistent, high-quality support to military families with special needs. Explore the EFMP Family Support component to include services, strategies, family needs assessment and services planning. You will learn how these elements provide critical support military families.

Course Length: 30-40 minutes

Audience: Service Providers



3.3 Family Advocacy Program

Learn about the Family Advocacy Program, an integral part of the Military Family Readiness System. Explore how we all play an important role in preventing violence and abuse. Explore the continuum of service that build on individual and family strengths, increase protective factors and promote safety and well-being.

Course Length: 40-50 minutes

Audience: Service Providers



3.4 Financial Readiness

Financial readiness is a critical component of military readiness. Explore financial readiness components such as the financial action plan, mandatory education touch points, education and counseling services and consumer protection and advocacy.

Course Length: 50 minutes

Audience: Service Providers



3.5 Supporting Military and Family Transitions

Use this course to learn about military family transition programs and support services. Explore three major military and family transitions, relocation, transitioning from military service to civilian life and the phases of deployment. Discover how military family readiness is designed to support the unique needs of service members and families.

Course Length: 45 minutes

Audience: Service Providers

Quality of Life



3.6 Volunteer Coordination

Learn how volunteers contribute to the military mission. Explore volunteer management principles, recognition and retention efforts and the various aspects of recruitment, training and supervision.

Course Length: 30-40 minutes

Audience: Service Providers



3.7 Non-medical Counseling

Discover how non-medical counseling services address personal and family issues so they do not detract from military mission readiness. Explore the strengths-based non-medical counseling support available to increase individual and family member competencies and confidence.

Course Length: 50 minutes

Audience: Service Providers



3.8 Employment Readiness Program

Explore how employment readiness resources help military service members and their families navigate the mobile military lifestyle, promote positive adjustment and contribute to financial readiness and military retention. Learn about services that help build employment related skills, assist with access to education, career planning, preparation and support.

Course Length: 40 minutes

Audience: Service Providers



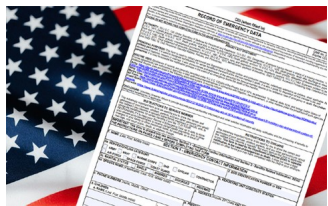
3.9 Information and Referral

Explore how information and referral as a stand-alone or integrated throughout the Military Family Readiness System is essential to helping develop new skills, address challenges and locate and utilize services to meet needs. Learn how information and referral connects people to resources and services both on and off installation.

Course Length: 30 minutes

Audience: Service Providers

Quality of Life



Completing the DD93

Learn about the importance of the DD Form 93, or Record of Emergency Data, why you need to keep it up to date, and the Death Gratuity benefit. In this course, you'll learn about the benefit that provides immediate funds to your designated survivors listed on your DD Form 93 should you die in an active duty status.

Course Length: 7 minutes

Audience: Service Members, Veterans, Reserve Component



Department of the Air Force Key Support Liaison Initial Training

Have you been appointed as a Key Support Liaison for your unit? This course is one of the required trainings and will equip you with the knowledge you need to get started in your role as a representative of your unit. The Department of the Air Force Key Support Liaison Initial Training contains five modules: Commander's Key Support Program Overview, Readiness, Connectedness, Resources and Resilience.

Course Length: 68 minutes

Audience: Family Members, Service Members



Exceptional Family Member Program

Explore the services the Exceptional Family Member Program can offer your family in this video. Family members of all ages with special medical or educational needs are all eligible. Learn how the program can make a difference in your life.

Course Length: 6 minutes

Audience: Family Members, Service Providers, Service Members



Leveraging LinkedIn for Military Spouses

Are you a military spouse looking to further your career? Do you want to grow your network for current or future opportunities? If so, LinkedIn is a great tool to help you network, showcase experience, search for new opportunities and achieve your career goals. Whether you are new to LinkedIn or an experienced user, this course is for you. Learn how to create a winning LinkedIn profile or how you, as a military spouse, can access LinkedIn Premium's additional features such as LinkedIn Learning. This course allows you to create your own custom learning path based on your LinkedIn experience. Learn how to leverage LinkedIn as a military spouse with Leveraging LinkedIn for Military Spouses.

Course Length: 50 minutes

Audience: Family Members

Quality of Life



Making Your Final Wishes Known

Are you prepared for end-of-life? Death is inevitable and cannot be avoided no matter your walk of life. Take this course to understand the impacts of making your final wishes known, the misconceptions regarding this process and terms often associated with estate planning. Making your final wishes known may feel daunting and that's ok. This course will help you get started.

Course Length: 45 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component

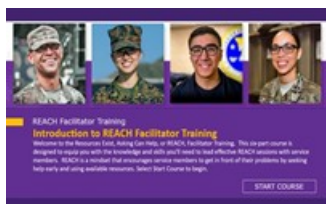


Personnel Accountability

There are a lot of different factors you need to consider during a crisis. Use this course to learn how to best account for yourself and others during both natural and man-made disasters.

Course Length: 10 minutes

Audience: Family Members, Service Providers, Service Members, Veterans, Reserve Component



REACH Facilitator Training

This six-part course is designed to equip prospective facilitators with the knowledge and skills to lead effective Resources Exist, Asking Can Help, or REACH, sessions with service members. REACH is a mindset that encourages service members to get in front of their problems by seeking help early and using available resources. After completing this course, you will be able to lead REACH sessions with service members, use motivational interviewing skills in your sessions and know how to connect service members with available resources.

Course Length: 8 hours

Audience: Service Providers, Service Members



Resources at the Ready: Support Resources to Help You Live Your Best MilLife

Are you living your best MilLife? Military OneSource experts are standing by with resources at the ready to help you do just that. This course covers the range of support resources offered by Military OneSource, and how accessing those resources may enable you to live your best MilLife. This course contains two tracks. The first track is for service members and their families. Choose a character and service branch and simulate a military career starting from basic training. Carve out your own path, progress through life's important milestones and learn how Military OneSource is with you every step of the way. The second track is designed for military leaders. This abbreviated track familiarizes leaders with the range of support resources offered by Military OneSource so they can better provide information and referrals to those in their command.

Course Length: 25 Minutes

Audience: Family Members, Service Members

Quality of Life



Special Operations Cognitive Agility Training

Life in any family has its ups and downs, and the demands and magnitude of change can be overwhelming. In situations when everything seems to be constantly changing and quickly moving, it may be difficult for you to be at your best. Imagine if you had some way to better adapt to these situations and be better prepared to handle major life change. This online course will teach military spouses and partners how to enhance their cognitive agility in order to facilitate dynamic decision-making and adaptation to life changes. Through video demonstrations and practice exercises, learners will gain an understanding of what cognitive agility is, how to enhance their own cognitive agility and will have the opportunity to practice strategies in the context of everyday life.

Course Length: 3 hours

Audience: Service Members, Veterans, Reserve Component



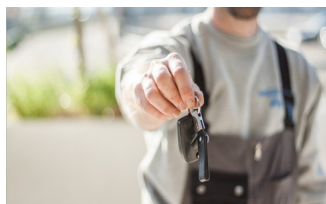
Suicide Prevention: Simple Things Save Lives

Do you know someone going through a tough time? Have you had friends or loved ones post concerning messages online? Would you like to be better prepared to help them through? If you answered yes to any of these questions, come take a look at this short video, YOU could help save a life.

Course Length: 6 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component

Finance

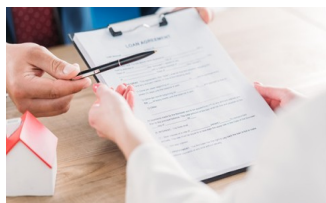


Car Buying Basics

Are you interested in buying a new or used car? Use this course to learn the techniques of choosing and financing a vehicle that is right for you.

Course Length: 60 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component



Consumer Credit

It's more than just your money; it's your financial reputation. Use this course to learn the advantages and disadvantages of credit, how to analyze credit reports, build healthy credit and find out ways to avoid identity theft.

Course Length: 45 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component

Finance



Developing Your Spending Plan

Are you setting money aside in your savings account each month? Use this course to help you create a spending plan for your financial success.

Course Length: 45 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component



Investing In Your Future

Never invested? No need to worry. Invest with ease. Use this course to learn how best to use different options to save and invest your money, including the Thrift Savings Plan, or TSP.

Course Length: 45 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component

Let's Talk Spending Plans

Discussing spending plans and finances can seem overwhelming and time-consuming, but it can also be fun. You may not know where to start, but there are resources available to assist you. In this presentation, you will learn about developing a spending plan, resources to assist with creating a spending plan and practical tips from subject matter experts on building a spending plan. The presentation is a great starting point for developing your spending plan to achieve your best MilLife.

Course Length: 30 minutes

Audience: Family Members, Service Members, Veterans, Reserve Component



Money and the Move

Moving, whether relocating or making your final move, can be a stressful part of military life. Use this course to help learn useful information to make your move easier on both yourself and your family. Learn what to expect, the costs (both obvious and hidden), and what opportunities the military provides to assist you with your move.

Course Length: 45 minutes

Audience: Family Members, Service Members

