

Resources for Military (active and reserve) and families in the Pittsburgh Area

Commissary at 316th Expeditionary Sustainment Command

Location : 89 Soldiers Lane, Coraopolis, PA 15108 (next to the Army 316th Expeditionary Sustainment Command)

Hours: Tuesday-Friday, 0900-1800, and Saturday, 0900-1900

Phone Number: 412-375-6310

Website: <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCNFA>

Exchange at 316th Expeditionary Sustainment Command

Location: 89 Soldiers Lane, Coraopolis, PA 15108 (next to the Army 316th Expeditionary Sustainment Command)

Hours: Tuesday-Friday, 0830-1830, Saturday 0900-1700 Phone Number: 412-329-7979

Website: <https://www.shopmyexchange.com/exchange-stores/United%20States/PA/Coraopolis/Coraopolis-Moon-Express-1072104?searched=true&state=Pennsylvania>

Barber Shop at 316th Expeditionary Sustainment Command

Location: In the entrance to exchange

Hours: Tuesday-Friday, 0900-1830, Saturday 0900-1700

Phone Number: Same as exchange, 412-329-7979

Barber Shop at 911th Airlift Wing

Location: 911th Airlift Wing, business 376, Building 300,

Hours: Mon-Fri-0900-1630 drill weekend, Sat, 0630-1230

Phone number: call for app't, 412-474-8328

ID Cards/Defense Enrollment Eligibility Reporting System (DEERS)- Strongly urge to call each site to confirm machines are working, staff available and to make appointments.

316th Sustainment Command

Location: Business 376 near the airport and the 911th Air Reserve Wing, (99 Soldiers Lane) Coraopolis, PA 15108.

POC: Dawn Cronin, CAC/DEERS Operator, 412-604-8319, dawn.d.cronin.ctr@mail.mil. Please call in advance to check operating hours and ensure you bring the proper documentations before making the trip.

Navy Operational Support Center (NOSC) Pittsburgh

1265 Rocky Lane, Moon Township, PA 15108 (aboard 911th Airlift Wing) Monday-Thursday by appointment o 8:30-10:30 A.M., 1300-1600. Walk-ins accommodated. Call 412-776-4000 for an appointment or to confirm a walk-in can be accommodated. Confirmation of required documentation is suggested when setting up your appointment.

911th Airlift Wing,

Business 376, Bldg 316, Rm 20, Monday-Friday, 7:30 AM-1500, appointment required), 412-474-8526.

171st Air National Guard

300 Tanker Rd, Coraopolis, PA 15108, Monday-Friday, 7:00 A.M.-1600. Call to confirm staff available, appointments recommended. 412-776-7485.

To make appointments on line: <https://rapids-appointments.dmdc.osd.mil/> Click "Make Appointment"; Drop Down Menu from Select a State to "PA"; Drop Down Menu from Pick a City to "Coraopolis"; Select any of the locations which come up; Select the dates available (in green) you wish to schedule for; Select the time available you wish to schedule for; Enter your personal data and click "Submit"

Additional locations for obtaining I.D. cards can be found at:

<http://www.dmdc.osd.mil/rsl/appj/site?execution=e1s1>

Legal

- To hire an attorney, contact the Lawyer Referral Service, www.acbalrs.org, 412-261-5555. If your income is very low (and the criteria varies), you can reach out to the following resources for reduced price or free services.
 - **Modest Means Program**, www.acbalrs.org/About/Afford-an-attorney.asp, 412-261-5555. Provides referrals to reduced-fee and flat-fee attorneys for certain legal problems.
 - **Neighborhood Legal Services Association**, www.nlsa.us. Phone: 412-255-6700; Toll Free: 866-761-6572. Telephone Hours: Monday-Friday 9:00 a.m.-11:30 a.m. and 1:00 p.m.-2:30 p.m. Office Hours: Monday-Friday 9:00 a.m.-3:00 p.m
 - **Pro Bono Center of the Allegheny County Bar Foundation**, www.pittsburghprobono.org, 412-402-6677. Barbara Griffin, Esq., Director, 412-402-6668.
 - **Veteran's Leadership Program Western Pennsylvania**, www.vlpwpa.org, 412-481-8200. Provides referrals to Neighborhood Legal Services Association amongst the many services they provide (housing, employment, financial counseling, etc.).
 - **Veterans Legal Clinic**, 412-363-8761. Provides legal advice to veterans on a variety of legal issues, including obtaining benefits to which the veteran may be entitled. No criminal law or family law..
- **Veteran's Court Allegheny Court:** <http://www.hsao.info/services/justice/veterans.htm> Designed to promote community-based mental health treatment in lieu of incarceration for veterans who have been charged with a misdemeanor and/or non-violent felony in Allegheny County. JRS provides service coordination services

for only veterans who are not eligible for Veteran Affairs benefits. POC: Dan Kunz, kunzlaw@comcast.net or

Duquesne University School of Law (see below)

- JAG at the 911th--during drill (UTA) weekends, 412-474-8840 military issues or 412-474-8681 civilian issues. Very limited services available.
- Dave Coogan (517-410-4873, coogan.dave@gmail.com) is a student of the Pitt Law program and has secured funding for a Veterans Legal Clinic at Pitt. He is open to assist Service Members (although may have limitations) and most likely has referrals if he can't help.
- Daniel Kunz (412-396-5287, kunz575@duq.edu) sits on the Allegheny County Bar Association's Military and Veterans Affairs Committee. He is with Duquesne University School of Law and Veterans Court.

Family Support Centers

The Army Strong Community Center at the 316th Sustainment Command has transitioned to the Army Reserve Family Programs' Virtual Installation: Fort Family at www.arfp.org. Fort Family 24 x 7 x 365 @ 866-345-8248. Open to veterans and reserve members of other services. Not available to active duty members or families.

316th Sustainment Command Family Support:

Location: 316th Sustainment Command, business 376 near the airport and the 911th Airlift Reserve Wing, (99 Soldiers Lane) Coraopolis, PA 15108.

• Survivor Outreach Services (SOS)--geared towards Army but provides services to all.

- Christopher Morrow, Financial Coordinator, 412-604-8166
- Kathy Monahan, Support Coordinator, 412-604-8161
 - SOS delivers on the Army's commitment to Families of the Fallen. SOS connects families with resources and provides an emotional link to the Army. SOS services surviving Families for as long as the Family desires.
 - The Support Coordinator links surviving families with local resources which meet their particular needs as well as providing immediate and ongoing emotional support.
 - The Financial Counselor works with families to help manage financial needs such as debt management, locating financial consultants and investment planning.

Airman & Family Readiness Center (A&FRC)--911th Airlift Wing

Location : 2475 Defense Ave, Coraopolis, PA 15108-4403. POC: Position vacant (9/12/16) Office Room Number: 111 Office: 412-474-8544 Commercial: 1-800-235-7780 FAX: 412-474-8543

Hours: Monday through Friday 0630 A.M. - 1500 P.M. Saturday & Sunday UTA (drill) Weekends 0700-1600 hours

Air Force Casualty Office

Location: 2475 Defense Ave, Coraopolis, PA 15108-4403

Office: 412-474-8558 or 412-474-8559

Hours: Monday through Friday 0630A.M. -1600 P.M.; Saturday's of UTA Weekends 0630 A.M. - 1500 P.M.

Pennsylvania National Guard--Member and Family Support, open to ALL services members and families, Family Assistance Centers (FAC)

Location: Family Assistance Centers (FAC), 13 throughout PA in National Guard Armories. Closest to Pittsburgh, Washington, PA For a complete list of FACs throughout the state or country, go to

Website: <http://www.jointservicesupport.org/FP>

POC: Cheryl Fink – 724-223-4584 (o) 717-821-4668 (bb) (closest one to Pittsburgh)

Hours: M-F 8:00 – 4:30. FACs are also available on drill weekends. Available by BB 24/7 for emergencies.

Services: FACs staff by FAC Specialists provide information and referral to resources and benefits available within the military network, within local community and at state and national level. Programs include. Family Readiness, State Child and Youth, Joint Family Support Assistance, Military Family Life Consultant, Personal Financial Counselor, Survivor Outreach Services, Transition Assistance Advisors, Resilience Risk Reduction and Suicide Prevention, Behavioral Health, Sexual Assault Prevention and Response. Yellow Ribbon and Employment Outreach are additional resources offered by State Family Programs Branch.

FAC Six Essential Services offered by FACs include but not limited to:

- 1) **Legal Resource and Referrals** - Assistance with Power of Attorney/Wills, Service Members Civil Relief Act, USERRA, ESGR
- 2) **Financial Resource and Referrals** - Understanding military pay; referrals for financial assistance grants/loans; referrals for personal financial management training
- 3) **TRICARE Resource and Referral** - Assistance with TRICARE Medical and Dental applications; identifying medical service providers; claims assistance
- 4) **ID Cards and DEERS** - Assistance with obtaining dependant ID cards through nearest RAPIDS Centers
- 5) **Crisis Intervention and Referral** – Emergency assistance with sensitive issues

6) **Community Information and Outreach** - Assistance with Child Care resources, employment and career resources and VA benefits resources etc.

911th Airlift Wing Services

Lodging--<http://www.pittsburgh.afrc.af.mil/>

Location: 911th Airlift Wing, business 376

Phone Number: 412-474-8230, DSN 312-277-8320.

Cost: Single Room (1 full bed), \$60.00, Suite (queen bed, pull out sofa, kitchenette): \$ 69.00

Fitness Center

Location: 911th Airlift Wing, business 376

Hours: Mon-Thurs 0630-1700, Friday, 0630-1600. Drill/UTA weekends: Sat: 0530-2100; Sun: 0530-1400

Phone Number: 412-474-8245

Recreational Equipment Rental/Pavilion Rental

Location: 911th Fitness Center, 911th AirliftWing, business 376

Phone Number: 412-474-8245

Information Tickets Tours (ITT)

Provides reduced price tickets for events, amusement parks (Kennywood, Disney Land/World, Pittsburgh Zoo, Sandcastle, etc)

Location: 911th Fitness Center, 911th Airlift Wing, business 376

Phone Number: 412-474-8245

Space Available Travel

171st Air Refueling Wing (KC-135): 412-776-7608, recording of flights, 412-776-7531

911TH Airlift Wing (C-130): Airfield Managers, 412-474-8163

Air Mobility Command (AMC) website: <http://www.amc.af.mil/amctravel/>

Housing/Employment/miscellaneous assistance

Veterans Leadership Program of Western Pennsylvania 2934 Smallman St, Pittsburgh, PA 15201, Phone

Number: **412-481-8200**, Website: <http://www.vlpwpa.org/> Provides a wide range of services to military

members and veterans including housing, financial counseling, employment assistance. **Note: VLP moved effective 8 August.**

Heroes Supporting Heroes” <http://www.heroessupportnetwork.com>

A network for military and veterans and families. Helps you find numerous resources in the area including discounts for military and veterans, housing, etc and connect your needs with the resources in the community. Open to all veterans, active, reserve, retired military.

PA Serves: 855-838-7744 <http://paserves.org> **PA Serves** is Greater Pittsburgh’s a coordinated network of public, private, and non-profit organizations working together to serve veterans, transitioning service-members, and their families.coordinated network of service providers in the Greater Pittsburgh area, and equip them with the technological and informational resources needed to efficiently and effectively guide service-members, veterans, and their families to the most appropriate services and resources. Service available, Monday-Friday, 830-5:00 PM

Military Spouse Employment Resources (in addition to above resources):

- SECO: myseco.militaryonesource.mil
- MSEP: msepjobs.militaryonesource.mil
- MyCAA: aiportal.acc.af.mil/mycaa

VA Benefits/Questions/Applications/Verification of Service: <https://www.ebenefits.va.gov/ebenefits/homepage>

VA CENTER Pittsburgh: 2500 Baldrick Rd, Suite 15, Pittsburgh, PA 15205, Phone: **412-920-1765. After hours, 24/7, 1-877-927-8387. Website:** www.va.gov/rcs. Provides info on services provided, eligibility, etc as well other locations based on zip code entered. Locations near Pittsburgh include McKeesport,PA, Morgantown, W.VA, Wheeling, W.VA and Dubois, PA Readjustment Counseling Services including marital/family counseling, military sexual trauma counseling and referral, substance abuse assessment and referral, individual and group readjustment counseling, employment assessment and referral, screening and referral for medical issues including TBI, depression, etc. All services are free and confidential to eligible veterans and current active duty, their families and significant others.

Employer Support of the Guard and Reserves (ESGR):

Location: Business 376 near the airport and the 911th Air Lift Reserve Wing, (99 Soldiers Lane) Coraopolis, PA 15108.

POC: Whitney Komaniak, 412-604-8320. ESGR works to promote cooperation and understanding between Reserve Component Service Members and their civilian employers. They work to assist in the resolution of conflicts arising from an employees' military commitment.

American Red Cross

Service to the Armed Forces Representative 412-263-3100

- -Emergency Communication for deployed and/or state-side service members and their family.
- -Emergency Financial Assistance consideration through Military aid Societies
- -Pre and Post Deployment workshops
- Disaster Assistance (fire, flood.....)
- Volunteer Opportunities

Military and Family Courtesy Lounge: Pittsburgh International Airport, Airside Terminal. Staffed by volunteers, hours vary

Key Web-Sites/Other resources:

Financial Counseling: Joe Warner, Personal Financial Counselor, 614-296-6701,,
PECIOH.NOSC@zeiders.com

Military One Source: 800-342-9647; <http://www.militaryonesource.mil>

Military Family Network™ works with the military, government, organizations, businesses and military families to create a community of expert and trusted resources both online and off. Using this information, military families can build their own personal support networks, get connected, customized to their family needs, and increase their readiness and well being. <http://www.militaryfamilynetwork.com/>, local POC: Ms. Megan Turak, 412-531-1978. mturak@militaryfamilynetwork.com

Child Care: If active duty and eligible for fee assistance, Child Care Aware at <http://www.childcareaware.org>. If reservist, child care programs **may be available** (contract dependent) for 171st Pennsylvania Air National Guard members (POC: SMSgt Daryl K. Ferricks, (412) 776-7657 daryl.k.ferricks.mil@mail.mil) and at the 911th Airlift Wing members (POC: TBD and NOSC drilling reservists(POC:CDR Haley, 412-776-4021, donald.haley@navy.mil)

Operation Troop Appreciation: Provides wish-list items for deployed troops including morale boosters items as recreational items and welcome home gifts for veterans families including emergency assistance and transportation. Web site for more info: www.OperationTroopAppreciation.org

Domestic violence, child abuse and/or child neglect : Military One Source , 800-342-9647; Department of Defense, Domestic and Child Abuse hotline 877-790-1197, or the National Domestic Violence Hotline 800-799-7233.

Veterans Sleep Study Program: University of Pittsburgh Medical Center is conducting a number of sleep studies for veterans. POC: Robin Richardson 412.648.5938 (office) 217.621.2214 (cell richardsonrj@upmc.edu) or Becca Campbell at 412-383-2131 Website: www.veteranssleep.pitt.edu.

The Lilac Springs Veterans Services Project. Free 3 day breakaways for combat vets and partners/combat single vets/family caretakers POC: Marsha and Anthony Pedone, 814-282-9380
lilacspringspa@gmail.com, <http://lilacsprings-vets168.com/organization/>

Western Pennsylvania Humane Society Free adoptions and obedience training classes for military/ veterans. Reduced (25%) Medical Wellness Clinic, (vaccines, microchips/spay/neuter and wellness exam), POC: Kristina, khout@wpahumane.org, (412) 321-4625, ext 219

Updated/complied by Polly Bozdech-Veater. 9 December 2016 Please send any suggestions/updates/ corrections to me at bozdechvpm@aol.com