

# 1. BENEFITS AND ELIGIBILITY INFORMATION

VA Benefits Information: (800) 827-1000

VA Health Care Eligibility Information: (877) 222-8387

## **Federal Benefits for Veterans, Dependents and Survivors (the black & white booklet)**

*Website:* [http://www.va.gov/opa/publications/benefits\\_book.asp](http://www.va.gov/opa/publications/benefits_book.asp)

## **Florida Department of Veterans Affairs**

*Website:* <http://floridavets.org/>

**Description:** A resource guide for veterans in Florida

**Specialization Areas:** Benefits

## **Veterans Benefits Administration**

*Website:* <http://benefits.va.gov/benefits/>

*Fact Sheet:* [http://www.va.gov/opa/publications/benefits\\_book.asp](http://www.va.gov/opa/publications/benefits_book.asp)

*Benefit Registration:* <https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>

**Description:** The federal government's agency in charge of veterans' benefits

**Specialization Areas:** Compensation, Education & Training, Home loans, Life insurance, Pension, Vocational Rehabilitation & Employment

## **Service Officers**

**Description:** Service officers are your advocates in working with obtaining benefits and service-connected disability ratings.

**Specialization Areas:** Advocacy and Access to Veteran Affairs Benefits

## ***Service Officers Locations:***

### **Indian River County**

11602 U.S. 1  
Sebastian, FL 32958  
Phone: (772) 589-6597  
Fax: (772) 581-4988

### **St. Lucie County**

1664 SE Walton Road, Suite 205  
Port St. Lucie, FL 34952  
Phone: (772) 337-5670  
Fax: (772) 337-5678

### **Osceola County**

330 N Beaumont Avenue  
Kissimmee, FL 34741  
Phone: (407) 742-8455

### **Volusia County**

250 N Beach Street  
Daytona Beach, FL 32114  
Phone: (386) 254-4646  
Fax: (386) 239-7764

### **Orange County**

2100 E. Michigan Street  
Orlando, FL 32806  
Phone: (407) 836-8990

123 W Indiana Drive  
DeLand, FL 32720  
Phone: (386) 740-5102  
Fax: (386) 740-5101

### **Polk County**

1290 Golfview Avenue  
Bartow, FL 33830  
Phone: (863) 534-5220

107 E. Canal Street.  
New Smyrna Beach, FL 32816  
Phone: (386) 423-3324  
Fax: (386) 423-3308

## 2. PHYSICAL AND MENTAL HEALTH

### **Veterans Crisis Hotline**

*Phone:* (877) 273-8255 (press 1 for veterans)

**Description:** Provides confidential help for veterans and their families

**Specialization Areas:** Crisis Support and Referrals

### **VA Combat Call Center**

*Phone:* (877) 927-8387 (877-WAR-VETS)

**Description:** An around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.

**Specialization Areas:** Crisis support and referral

### **VA National Homeless Call Center**

*Phone:* (877) 424-3838

**Description:** A hotline to ensure that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors.

**Specialization Areas:** Counseling and referral

### **Health Benefits Handbook**

*Website:* <http://www.va.gov/healthbenefits/vhbh/>

**Description:** Provides answers to common questions such as contact information for the Veteran's local facility, instructions on how to schedule appointments, guidelines for communicating treatment needs and an explanation of the Veteran's responsibilities, such as co-pays, if applicable.

**Specialization Areas:** Information on eligibility

### **VA Hotline on Health Care and Benefits for Women Veterans**

*Phone:* (855) 829-6636

**Description:** The hotline is staffed by knowledgeable VA employees who can provide information about benefits including health care services for women

**Specialization Areas:** Information specifically for women veterans

### **Camaraderie Foundation**

*Phone:* (407) 841-0071

*Website:* <http://www.camaraderiefoundation.com/>

**Description:** The Camaraderie Foundation believes that private counseling and spiritual community can alleviate the issue and encourage service members to seek help, without feeling judged or isolated by doing so.

**Specialization Areas:** Counseling Services, Transition Support, and Programs for Military Families and Veterans

**Central Florida Brain Injury Support Group**

City of Orlando Mayor William Beardall Senior Center  
800 Delaney Avenue  
Orlando, FL 32801  
*Phone:* (407) 228-2818  
*Website:* <http://www.brainsupportgroup.org/>

**Description:** The Central Florida Brain Injury Support Group, Inc, (CFBISG) formally the Orlando Brain Injury Support Group is a traumatic brain injury support group that meets two times a month for socialization, educational speakers and to share community resources.

**Specialization Areas** Awareness, Support, and Referral

**Orlando VA Medical Center**

5201 Raymond Street  
Orlando, FL 32803  
*Phone:* (407) 629-1599  
*Website:* <http://www.orlando.va.gov/>

**Specialization Areas:** Health Care, Counseling, Mental health, Social Services

***Local VA Regional Clinics:***

**Clermont CBOC**

805 Oakley Seaver Drive  
Clermont, FL 34711  
*Phone:* (352) 536-8200

**Lake Nona Annex**

10415 Moss Park Road  
Orlando, FL 32832  
*Phone:* (407) 304-2500

**Daytona Beach SOB  
(William V. Chappell, Jr.)**

551 National Health Care Drive  
Daytona Beach, FL 32114  
*Phone:* (386) 323-7500  
*Fax:* (386) 323-7570

**Orange City CBOC**

2583 South Volusia Avenue (17-92)  
Suite 300  
Orange City, FL 32763  
*Phone:* (386) 456-2080  
*Fax:* (386) 456-2122

**Kissimmee CBOC**

2285 North Central Avenue  
Kissimmee, FL 34741  
*Phone:* (407) 518-5004  
*Fax:* (407) 518-6746

**Viera OC**

2900 Veterans Way  
Viera, FL 32940  
*Phone:* (321) 637-3788

**The Recovery Village**

633 Umatilla Blvd.  
Umatilla, FL 32784  
*Phone:* (877)798-5518  
*Website:* [www.therecoveryvillage.com](http://www.therecoveryvillage.com)

**Description:** The only facility in Florida offering dual diagnosis based eating disorders, substance abuse and mental health treatments under one roof. Our advanced therapy program offers five customized one on one therapy sessions each week, in addition to dynamic outdoor group therapy sessions. *Accepts major insurances.*

**Specialization Areas:** Mental Health Treatment

## **Vet Center Readjustment Counseling**

*Phone:* (800) 905-4675

**Description:** We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

**Eligibility:** If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then your family is eligible for Vet Center services.

**Specialization Areas:** Individual and Group Counseling, Family Counseling for Military Related Issues, Active Duty Bereavement Counseling for Families, Military Sexual Trauma Counseling and Referral

### ***Local Veteran Centers:***

#### **Clermont Vet Center**

1655 East Highway 50  
Clermont, FL 34711  
Phone: (352) 536-6701

#### **Daytona Vet Center**

1620 Mason Avenue  
Suite C  
Daytona Beach, FL 32117  
Phone: (386) 366-6600  
Fax: (386) 274-5700

#### **Melbourne Vet Center**

2098 Sarno Road  
Melbourne, FL 32935  
Phone: (321) 254-3410  
Fax: (321) 254-9138

#### **Orlando Vet Center**

5575 S Semoran Boulevard.  
Orlando, FL 32822  
Phone: (407) 857-2800  
Fax: (407) 857-5005

#### **Polk County Vet Center**

1370 Ariana Street  
Lakeland, FL 33803  
Phone: (863) 284-0841  
Fax: (863) 284-5638

## **SmokefreeVET**

*Website:* <http://www.smokefree.gov/VET/>

**Description:** SmokefreeVET is a mobile text messaging service for military Veterans who receive their health care through VA. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.

**Specialization Areas:** Mobile text messaging service

## **Tips from Former Smokers Website**

*Website:* <http://www.cdc.gov/tobacco/campaign/tips/>

**Description:** Provides information about the Tips campaign, including additional videos and links to podcasts by participants.

**Specialization Areas:** Quit Smoking Support

### **VA Campus Toolkit**

*Website:* <http://www.mentalhealth.va.gov/studentveteran/index.asp>

**Description:** This toolkit provides faculty, staff, and administrators resources to support student Veterans. The Post 9/11 GI Bill is bringing student Veterans to campuses in record numbers. Our aim is to help campuses welcome these men and women by recognizing who they are, and understanding their unique experiences, adjustments, and needs.

**Specialization Areas:** Multiple online resources for instructors, administrators, and student veterans tailored to higher education

### **Victim Service Center**

*Phone:* (407) 254-9415

*24-Hours Crisis Hotline:* (888) 521-0983

*Website:* [www.victimservicescenter.org](http://www.victimservicescenter.org)

**Description:** A non-profit organization that provides free and confidential comprehensive support services to crime victims, their families and significant others; prevention education and risk reduction programs, and training to the professionals who work with the victims of these crimes. **All service are free of charge** to those that request assistance.

**Specialization Areas:** Therapy & counseling for victims of adult and child sexual abuse, counseling and advocacy for all victims of crimes and tragic circumstances, 24-hour crisis hotline

### **Giveanhour.org**

*Website:* [www.giveanhour.org](http://www.giveanhour.org)

**Description:** Giveanhour.org is a non-profit organization dedicated to providing free quality mental health services to veterans and dependents. By providing an area code and an area of concern available from a drop down menu, the website generates a list of mental health providers in the area who have agreed to provide free services to veterans and family members.

**Specialization Areas:** Mental Health, Counseling, Social Services

### **Handicapped Veterans Service**

**Description:** Assistance in making a home more handicap friendly. Contact Rick Phillips at 407-353-2210 or [rickphillips@cfl.rr.com](mailto:rickphillips@cfl.rr.com).

**Specialization Areas:** Handicap services

## **3. EDUCATIONAL OPPORTUNITITES AND BENEFITS**

### **Coursera**

*Website:* [www.coursera.org](http://www.coursera.org)

**Description:** Coursera is an education company that partners with the top universities and organizations in the world to offer courses online for anyone to take, for free. Our technology enables our partners to teach millions of students rather than hundreds.

**Specialization Areas:** Free quality courses on a vast amount of topics

### **NASA Student Opportunities**

*Website:* <http://www.nasa.gov/centers/ames/education/internships/index.html>

**Description:** NASA provides several opportunities for students to gain valuable training and experiences

**Specialization Areas:** NASA Ames Academy, Undergraduate Student Researchers Program, Graduate Student Researchers Program, Education Associates Program, Ames Community College Education and Development Program, UCSC Graduate Student Intern Program, Co-op Education Program

### **Post-9/11 GI Bill**

Resources: Your full tuition & fees directly to the school for all public in-state students, a monthly housing allowance, an annual books & supplies stipend, a one-time rural benefit payment.

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service after September 10, 2001, or individuals discharged with a service-connected disability after 30 days. You must have received an honorable discharge to be eligible for the Post-9/11 GI Bill. This benefit provides up to 36 months of education benefits, generally benefits are payable for 15 years following your release from active duty. The Post-9/11 GI Bill also offers some service member the opportunity to transfer their GI Bill to dependents.

Website: <http://www.gibill.va.gov/>

### **Student Veterans of America**

Resources: Advocacy, peer-to-peer networking, social support

SVA is a 501(c)(3) coalition of student veterans groups on college campuses across the globe. These member chapters are the "boots on the ground" that help veterans reintegrate into campus life and succeed academically.

National website: <http://www.studentveterans.org/>

UCF Chapter: <https://www.facebook.com/UCFSVA>

Valencia College: <https://www.facebook.com/SVAValenciaCollege>

### **Soldiers to Scholars**

Resources: Financial assistance for tuition, books, and required supplies

Soldiers to scholars help provide financial assistance to veterans at UCF in exchange for volunteer hours mentoring youth.

907 South Kirkman Rd.

Orlando, FL 32811

Ph: (407) 445-5500

Fax: (407) 445-5503

Website: <http://www.soldierstoscholars.org/>

### **VA Campus Toolkit**

Resources: Information for students, faculty, and staff regarding veterans in higher education

This toolkit provides faculty, staff, and administrators resources to support student Veterans.

Website: <http://www.mentalhealth.va.gov/studentveteran/index.asp>

### **Veterans Academic Resource Center (The VARC at UCF)**

Resources: G.I. Bill certification, Career services, student disability and accommodation services, Counseling and Psychological Services (CAPS), VITAL (see below) transfer and transition services, study rooms, and lounge space.

The Veterans Academic Resource Center, or VARC, is your one-stop solution to your needs as a student veteran. We provide offices, study space and lounge space, as well as access to a number of university offices, in one central location.

Hours: 0900-1700 (Monday – Friday)

Location: UCF Arena, Suite 101 (Side of the arena, across the street from Barnes & Noble)

Ph: (407) 823-2707

Fax: (407) 823-5879

Email: [varc@ucf.edu](mailto:varc@ucf.edu)

Website: <http://varc.sdes.ucf.edu/>

### **Veterans Integration To Academic Leadership (VITAL)**

Resources: Treatment for adjustment, stress, anger, depression, anxiety, sleep problems, and PTSD; assistance with enrollment and care at the VAMC; education for college/university staff about military & veteran culture

VITAL is a veteran-centered, result oriented, collaboration between the Orlando VA Medical Center and higher education. We strive to enhance academic retention and success. We understand the unique factors facing our veteran students. *We are here to help.*

Bryan Batien, PhD: (321) 438-6436

[Bryan.Batien@va.gov](mailto:Bryan.Batien@va.gov)

Lloyd Duran, MSW: (321)795-3393

[Lloyd.Duran@va.gov](mailto:Lloyd.Duran@va.gov)

### **VetSuccess (VR&E Program; aka Voc Rehab)**

Resources: Vocational evaluation, counseling, and rehabilitation; assistance with job searches; post-secondary training at college, vocational, technical, or business school; and case management

The Vocational Rehabilitation and Employment (VR&E) Program, sometimes referred to as the Chapter 31, is a program that assists Veterans with service-connected disabilities to prepare for, find, and keep suitable jobs.

Website: <http://www.vba.va.gov/bln/vre/>

## **4. EMPLOYEMENT**

### **Veteran Entrepreneur Portal**

#### **Office of Small & Disadvantaged Business Utilization**

The Veteran Entrepreneur Portal (VEP) is designed to save you time! BusinessUSA makes it easier for small businesses to access Federal services, regardless of its source. VA OSDBU quickly connects Veteran entrepreneurs to relevant ‘best-practices’ and information.

Collectively, VEP offers direct access to the resources necessary to guide every step of entrepreneurship.

Website: <http://www.va.gov/osdbu/entrepreneur/>

## **Local**

### **USA Jobs**

Resource: Allows veterans to create a profile that is searchable by employers as well as matching military skills to available jobs

USA Jobs provides job listings for veterans at companies such as Lockheed Martin and Raytheon, among others. Emphasizes technical skills learned in the military.

Website: <https://www.usajobs.gov/Veterans>

### **Workforce Central Florida**

Resources: Search job openings, create and post resumes, and videos, webinars, and podcasts

Workforce Central Florida is dedicated to putting Central Florida residents to work, and finding and developing talent to help Central Florida businesses stay competitive.

JobVantage East Orange County

4360 East Colonial Drive

Orlando, FL 32803

Ph: (407) 351-1227

For job seekers: <http://www.workforcecentralflorida.com/job-seeker/>

## **National**

### **CareerOneStop (Sponsored by the Federal Government)**

Resources: explore careers, education and training, resumes and interviews, salary and benefits, job search, people and places

CareerOneStop maintains a website to help job seekers, students, business, and career professionals to improve career success.

Ph: (877)348-0502

Website: <http://www.careeronestop.org/>

### **Feds Hire Vets**

Resources: Information for job seekers and hiring officials and an agency directory

Their goal is to provide consistent and accurate information and useful training and other resources in a way that will inform both the applicant and the hiring agency.

Website: <http://www.fedshirevets.gov/job/shav/index.aspx>

### **Military Times All Jobs**

Resources: Job search



An available jobs database for veterans.

Website: <http://jobs.militarytimes.com/jobs>

### **US Veterans Pipeline**

Resources: Match military occupational codes to civilian jobs, help with resume building, job search

Provides a single, unified source for career planning and placement services.

Website: <https://usveteranspipeline.com/>

### **VA for Vets**

Resources: VA jobs availability, match military skills to civilian jobs

VA for Vets facilitates the reintegration, retention and hiring of Veteran employees at the Department of Veterans Affairs (VA). We offer career-search tools for Veterans seeking employment at VA, career development services for our existing Veterans, and coaching and reintegration support for military service members. VA for Vets is your gateway to a rewarding career serving our nation's Veterans.”

Website: <http://vaforvets.va.gov/Pages/default.aspx>

### **Veteran Talent Exchange**

Resources: Connects veterans with employers seeking skill set

Veteran Talent Exchange is powered by People Scout and allows veterans to create a profile and upload their resume or CV which becomes visible to prospective employers such as Delta, Bank of America and others. They will email regular job postings and employers can seek out veterans and contact them personally

Website: <http://peoplescoutvtep.avature.net/veterantalent>

## **5. INDIVIDUAL AND FAMILY BENEFITS**

### **Families for Depression Awareness**

Resources: speaking engagement and conferences, community outreach, workshops, advocacy

Families for Depression Awareness helps families recognize and cope with depressive disorders to get people well and prevent suicides.

Ph: (781)890-0220

Fax: (781)890-2411

Website: <http://www.familyaware.org/contact-us.html>

### **Heart of Florida United Way 2-1-1**

Resources: Referrals to social and medical services, 24-hours crisis and suicide counseling

United Way's free, 24-hour information and referral helpline which links people in need with assistance from more than 2,000 local health and human service programs. Staffed 24-hours per day by caring, highly trained, multilingual operators, 2-1-1 is your connection to finding help.

1940 Traylor Boulevard  
Orlando, FL 32804  
Phone 1: 211  
Phone 2: (407)835-0900  
Fax: (407)835-1959  
Website: [http://www.hfuw.org/United\\_Way\\_2-1-1.php](http://www.hfuw.org/United_Way_2-1-1.php)

### **Moving Forward**

Resources: problem solving skills education

Moving Forward is a free, on-line educational and life coaching program that teaches Problem Solving skills to help you to better handle life's challenges. It is designed to be especially helpful for Veterans, Military Service Members and their

Website: <http://startmovingforward.org/>

### **National Center for PTSD: Family and Friends Site**

Resource: Provides information about the effects of trauma on families, children, relationships, and communities. Some material is available in Spanish.

Website: <http://www.ptsd.va.gov/public/pages/fslist-family-relationships.asp>

### **Survivors & Dependents Assistance (DEA)**

Resources: Up to 45 months of educational benefits for children or a spouse of a veteran

Dependents' Educational Assistance provides education and training opportunities to eligible dependents of certain veterans

Website: [http://www.gibill.va.gov/benefits/other\\_programs/dea.html](http://www.gibill.va.gov/benefits/other_programs/dea.html)

### **Warrior Beach Retreat**

Resources: Twice each year, 50 wounded warriors and their spouses or care givers from all across our country come to Panama City Beach to enjoy a seven day retreat hosted by local businesses.

A 501(c)(3) non-profit corporation to provide a forum for combat wounded warriors from the Iraq and Afghanistan war and their spouses or care givers to bring honor and respect to those who have served our great nation.

P.O. Box 19555  
Panama City Beach, FL 32417  
Phone: (850)625-0736  
Email: [pncope29@gmail.com](mailto:pncope29@gmail.com)  
Website: [www.warriorbeachretreat.org](http://www.warriorbeachretreat.org)

## 6. SCHOLARSHIPS

### **Pat Tillman Memorial Scholarship**

Resource: One of the nation's most prestigious scholarships. A full ride scholarship that covers entirety of educational expenses, to include books, fees, and a living stipend.

Applicants must be a Post 9-11 veteran or spouse of veteran, requires two essay responses, demonstrate leadership and ambition in community and education. Applications available in February of each year

Website: [pattillmanfoundation.org/apply-to-be-a-scholar/](http://pattillmanfoundation.org/apply-to-be-a-scholar/)

### **Imagine America Military Award Program**

Resource: Provides \$1,000 to qualifying veterans.

Applicants must be veterans enrolled in college or tech school with the intention and likelihood of finishing. Financial need is also considered.

Website: [www.imagine-america.org/grantsformilitary](http://www.imagine-america.org/grantsformilitary)

### **VFW "Sports Clips Helps a Hero"**

Resource: \$5,000 paid directly to school for veterans

This scholarship is for veterans enrolled in VA approved education programs at an accredited University or college and demonstrate financial need. Awards are paid directly to the school.

Website: [www.vfw.org/Scholarship/](http://www.vfw.org/Scholarship/)

### **Disabled American Veteran Auxiliary National Education Scholarship Fund**

Resource: Provides scholarships ranging from \$750 to \$1,500 to lifetime members of DAV Auxiliary.

Applicants must be lifetime members of DAV Auxiliary and awards are based on financial need, academic achievement, veteran related activities, etc. Applicant must maintain minimum 2.5 GPA. Up to five awarded to each student – one for each academic year

Website: [auxiliary.dav.org/membership/Programs.aspx](http://auxiliary.dav.org/membership/Programs.aspx)

### **Jack and Monica Thorsen Veteran Scholarship**

Resource: Provides \$500 to UCF student veterans

Provided by Student Government Association. Applicants can click on Student Self Service > Scholarship Application > Home Page > apply for scholarship. Requires a small essay

## **Dr. Aurelio M. Caccamo Family Foundation Memorial Scholarship**

Resource: Provides \$3,000 to eligible veterans or guard/reserve personnel

Applicants must write a 50 to 100 word paragraph and demonstrate financial need. As long as one is enrolled in an accredited degree plan and an honorably discharged veteran, they qualify. Offered twice per year.

website:

[www.amvets.org/pdfs/programs/\\_pdfs/programs\\_scholarship\\_application\\_caccamo\\_vet.pdf](http://www.amvets.org/pdfs/programs/_pdfs/programs_scholarship_application_caccamo_vet.pdf)

## **AFCEA Military Personnel Scholarship(s)**

Resource: Provides scholarships of varying amounts to student veterans

Application becomes available in August for the fall semester. Available only to majors in STEM fields or anything related to National Security or Intelligence.

Website: [www.afcea.org/education/scholarships/undergraduate/military.asp](http://www.afcea.org/education/scholarships/undergraduate/military.asp)

## **7. FINANCIAL RESOURCES**

### **Operation Homefront**

Resources: financial relief during crises, short term transitional housing, a community for care givers (retreats, forums, and support groups), and a yearly gala that recognizes extraordinary military family members.

We aspire to become the provider of choice for emergency financial and other assistance to the families of our service members and wounded warriors. Where there is a need we do not provide, we will partner with others for the benefit of our military families.

222 Lakeview Avenue, #1630

West Palm Beach, FL 33401

Phone: (561)910-2680, (888)390-0843

Fax: (888)433-7713

Email: [southeast@operationhomefront.net](mailto:southeast@operationhomefront.net)

Website: <http://www.operationhomefront.net/default.aspx>

### **Homes on the Homefront**

Operation Homefront created the Homes on the Homefront program with the assistance of corporate partners to award mortgage-free homes to our nation's veterans and military families. All active-duty military, National Guard, reservists, wounded warriors, and veterans, who aren't already homeowners, have an honorable discharge or retirement and none of the adults that will be residing in the home have a felony on their record, are eligible to apply for these homes. Please note though that while mortgage-free, monthly fees to cover property taxes, insurance, and possible HOA fees will still be required.

Monica Velasquez

Phone: 210.202.1217

Operation Homefront  
1355 Central Parkway South, Suite 100  
San Antonio, Texas 78232  
Website: [www.homesonthehomefront.org](http://www.homesonthehomefront.org)

### **Homes for Heroes**

Buying, selling or refinancing a home assistance. Their goal is to provide significant savings to the heroes during the home buying process.

Youtube video for more information: <https://www.youtube.com/watch?v=bluLZzcux6w>  
Website: [www.homesforheroes.com](http://www.homesforheroes.com)

### **Social Security: Disability Benefits for Wounded Warriors**

Resources: disability insurance program, Supplemental Security Income (SSI)

Military service members can receive expedited processing of disability claims from Social Security. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Website: <http://www.socialsecurity.gov/woundedwarriors/#>

### **VA Home Loan Guaranty**

Resources: home loan guaranty

As part of our mission to serve you, we provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.

Website: <http://benefits.va.gov/homeloans/>

### **DAV Service Support Fund**

Resources: Provides one time financial assistance of up to \$1,000 for Disabled American Veterans Auxiliary members.

Program implemented to temporarily assist members of DAV who find themselves temporarily unable to meet financial obligations. Must be a member of DAV Auxiliary for at least one year. Up to \$1,000 available.

## **8. SOFTWARE AND SMARTPHONE APPLICATIONS**

### **Breath2Relax**

Resources: phone app that guides users through relaxing breathing exercises

The "Breathe2Relax" app, created by the National Center for Telehealth and Technology (T2), can help you physically calm yourself in times of stress. The app includes a series of breathing exercises and can be used on its own or in tandem with clinical care, as directed by your health care provider.

Installation: Apple App store or Google Play

### **Florida Department of Veterans Affairs**

Resources: information on veteran's benefits accessible through an easy to navigate phone app

The Florida Department of Veterans' Affairs (FDVA) is the premier point of entry for Florida veterans to access earned services, benefits and support. The FDVA Mobile App will connect veterans and their families with unclaimed benefits and provide information about federal and state veterans' issues.

Installation: Google Play

### **LifeArmor**

Resources: psychological self-assessment tools, instruction on coping skills, testimonials from other veterans and family members

LifeArmor can help you build or maintain psychological and behavioral fitness through self-assessments and tools to help you cope with stressors such as anxiety, sleep issues and substance misuse, among others.

Installation: Apple App store or Google Play

### **T2 Mood Tracker**

Resources: mood tracking and reminder tools

Monitoring, tracking and referencing your mood throughout a period of time can help you gauge how environmental influences and life stress may be impacting your psychological health.

Installation: Apple App store or Google Play

### **National Heart, Lung and Blood Institute BMI Calculator**

Resources: BMI calculator and online health

The National Heart, Lung and Blood Institute BMI calculator evaluates your BMI and directs you to resources that can help you build and maintain a healthy lifestyle.

Installation: Apple App store

### **Positive Activity Jackpot**

Resources: lists positive social activities including those nearby, event calendar

Social activity can help you build resilience, relieve stress and build lasting relationships. The "Positive Activity Jackpot" app offers ideas for positive activities that you can do with friends or family. Use the app to plan events that give you something fun to look forward to. Using the app, you can find nearby activities and invite contacts to join.

Installation: Google Play

### **PTSD Coach (Developed and supported by the VA)**

Resources: self-assessment, relaxations skills, positive self-talk, social support references, anger management exercises, self-help strategies

PTSD Coach was designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD).

Installation: Apple App store or Google Play

### **PTSD Support for Veterans**

Resources: chat room (everyone and local), relevant videos, news, podcasts, mailing list, and links to other resources

We appreciate the sacrifices that our servicemen and women make for our country. We hope you will find this app to be a source of hope and encouragement.

Installation: Apple App store or Google Play

### **UCFMobile**

Resources: Maps, academics, library, events, courses, phonebook, athletics, news, AskUCF, UCF Arena, emergency, Facebook, Twitter, videos, images, and others

Connect to UCF resources on-the-go with UCFmobile

Website: <http://ucfmobile.ucf.edu>

Installation: Apple App store or Google Play

### **Stay Quit Coach (from iTunes)**

Resources: tailored stop smoking plan, support, information, interactive tools, motivational messages

Stay Quit Coach is designed to help with quitting smoking. It is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking - - to help them stay quit even after treatment ends.

Installation: Apple App store

### **Veteran Scholarship Finder**

Resources: grant and scholarship list for veterans and family members

While military benefits provide some higher education assistance to veterans and their families, there are still many opportunities for additional education benefits through grants and scholarships.

Installation: Google Play

## **9. RELEVANT COMMUNITY RESOURCES**

### **American Corporate Partners**

Resources: online network of business expertise advisors, yearlong mentorship

American Corporate Partners (ACP) is a nonprofit organization dedicated to assisting veterans in their transition from the armed services to the civilian workforce. With the help of business professionals nationwide, ACP offers veterans tools for long-term career development through mentoring, career counseling, and networking opportunities.

Email: [info@acp-usa.org](mailto:info@acp-usa.org)

Website: <http://www.acp-usa.org/>

### **American Freedom Foundation**

Resources: scholarships for veterans and family members, employment assistance

The American Freedom Foundation, Inc. mission is to honor the men and women of America's armed forces, raise awareness for their service and sacrifice and raise money for organizations that serve and support our Veterans, active duty military and their families.

Website: <http://americanfreedomfoundation.org/>

### **Coalition to Salute America's Heroes**

Resources: emergency financial aid, annual 4-day educational and motivational conference, part-time flexible employment, holiday gift checks, online education

The Coalition to Salute America's Heroes is a non-partisan, non-profit organization dedicated to assisting the hundreds of thousands of servicemen and women who suffered serious injuries in Operation Iraqi Freedom or Operation Enduring Freedom.

552 Fort Evens Road

Leesburg, VA 20176

Ph: (888)447-2588

Email: [info@saluteheroes.org](mailto:info@saluteheroes.org)

Website: [www.saluteheroes.org](http://www.saluteheroes.org)

### **Companions for Heroes**

Resources: companion and service dogs

C4H is a non-clinical and non-facility based organization that places special emphasis on creating mutually beneficial opportunities for shelter and rescue animals, some who might otherwise be euthanized, and our nation's service men and women by accessing the expertise of medical care professionals and animal welfare organizations.

P.O. Box 7328

Fairfax Station, VA 22039

Ph: (866)701-7553

Website: <http://companionsforheroes.org/>

### **Fairways for Warriors**

Resources: golf equipment, lessons, and tournaments



Fairways for Warriors is a 501(c)(3) non-profit organization dedicated to providing a better quality of life for our Wounded Warriors by teaching them to play the game of golf, a game that can be played and enjoyed for the rest of their lives.

Ph: (407) 399-0977

Website: <http://fairwaysforwarriors.org/>

### **National Resource Directory**

Resources: a database with information on many social service providers.

The National Resource Directory (NRD) is a website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them

Website: <https://www.nrd.gov/>

### **Need Help Paying Bills**

Resources: a database that provides information on many social services regarding financial issues

Find information on assistance programs, charity organizations, and other resources that will provide you with help paying your bills, mortgage and debt, show you how to save money, as well as provide some tips and ways to pay bills when money is tight

Website: <http://www.needhelppayingbills.com/>

### **Soldier's Angels**

Resources: adopt a soldier, blankets, adaptive laptops, and many more

Soldiers' Angels is a volunteer-led 501(c)(3) nonprofit with the mission to provide aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, and their families and to enable our volunteers to improve the lives of a growing veteran population.

Website: <http://soldiersangels.org/>

### **Team Red, White, & Blue**

Resources: local athletic events, athletic training and camps, and networking,

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

More info: <http://teamrwb.org/>

Join the team: <http://teamrwb.org/get-involved/join-the-team>

### **The American Red Cross**

Resources: disaster relief, lifesaving blood, health and safety services, international services

The American Red Cross exists to provide compassionate care to those in need. Our network of generous donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world.

5 North Bumby Avenue  
Orlando, FL 32803  
Ph: (407)894-4141

### **The Armed Forces Foundation**

Resources: Family assistance program, therapeutic and recreational programs, and outreach

The Armed Forces Foundation offers vital assistance to active-duty and retired military personnel, National Guard, Reserve Components and military families

16 North Carolina Avenue, SE  
Washington, DC 20003  
Ph: (202)547-4713  
Fax: (202)547-4712  
Website: <http://www.armedforcesfoundation.org/>

### **The Injured Marine Semper Fi Fund**

Resources: service member and family support, specialized & adaptive equipment, adaptive housing, adaptive transportation, education and career transition assistance, PTSD and TBI support, team semper fi, and America's fund

The Injured Marine Semper Fi Fund is a 501(c)(3) nonprofit set up to provide immediate financial support for injured and critically ill members of the U.S. Armed Forces and their families. We direct urgently needed resources to post 9-11 service members within 24-72 hours of request.

715 Broadway Street  
Quantico, VA 22134  
Ph: (703)640-0181  
Website: <http://www.semperfifund.org/>

### **The Mission Continues**

Resources: six-month fellowships

The Mission Continues awards community service fellowships to post-9/11 veterans, empowering them to transform their own lives by serving others and directly impacting their communities.

Website: <http://missioncontinues.org/>

### **USA Cares**

Resources: financial assistance for those injured in combat, financial assistance for those waiting on VA compensation, emergency assistance, and job assistance

USA Cares exists to help bear the burdens of service by providing post-9/11 military families with financial and advocacy support in their time of need.

### **Wounded Warrior Project**

Resources: combat stress recovery program, family support, physical health and wellness, transition training, peer support, and advocacy.

Mission: To honor and empower wounded warriors

Ph: (877)TEAM-WWP (832-6997)

Website: <http://www.woundedwarriorproject.org>

## 10. TRANSPORTATION

### **Zimride by Enterprise**

Resource: Carpooling community for UCF students and veterans.

Sign up for Zimride sharing at the provided UCF link and find other users in the area travelling in the direction of desired destination. Cost is suggested a negotiable amount of gas money to driver. Act as a driver as well to assist others needing transportation.

Website: <http://zimride.ucf.edu/>

### **Uber and Lyft**

Resource: Discounted cab services provided by independent contractors who have gone through extensive background checks. Services can be requested through a user friendly smartphone app or the website itself. Limited but growing availability in Orlando.

Websites: [www.uber.com](http://www.uber.com)  
[www.lyft.com](http://www.lyft.com)

### **Zipcar**

Resource: For an annual fee of \$35 rent cars by the hour or by the day for rates competitive with local rental agencies. Each transaction to include receiving and returning the car is electronic and a gas card is provided. You do not pay for gas when using a Zipcar.

Rates:

#### **Ford Vehicles**

Monday – Friday \$7.50 per hour

Saturday – Sunday \$8.50 per hour

Monday – Thursday \$69.00 per day

Friday – Sunday \$77.00 per day

#### **Other Vehicles**

Monday – Friday \$8.50 per hour

Saturday – Sunday \$9.50 per hour

Monday – Thursday \$69.00 per day

Friday – Sunday \$77.00 per day

Website: [www.zipcar.com/ucf](http://www.zipcar.com/ucf)

### **reThink**

Provides carpooling and ride sharing services as well as guidance on non-car transportation methods throughout the city.

reThink serves primarily as a ride matching service to provide users with carpooling and other ride sharing services. It also contacts employers in the city to negotiate and find information on transportation assistance for employees. ReThink is provided by the Florida Department of Transportation as a service to citizens as well as reducing both congestion and carbon emissions in the metropolitan area.

Website: <http://www.rethinkyourcommute.com/>

Phone: 866-610-7433

### **Lynx**

Public bus transportation serving:

- Orange
- Seminole
- Osceola

Limited service in:

- Lake
- Polk
- Volusia

Provides shuttle transportation to main routes in some of these areas

Website: <http://www.golynx.com/>

Ph: (407) 854-LYNX (5969)

### **Xpress Bus Service by Lynx**

Services Kissimmee and Clermont

-takes passengers to a main bus stop

Website: <http://www.golynx.com/riding-lynx/xpress-bus-service.stml>

### **Sunrail**

Public monorail system with stops in:

- Debary
- Sanford
- Lake Mary
- Longwood
- Altamonte Springs
- Maitland
- Winter Park
- Florida Hospital Health Village
- Lynx Central

- Church St
- Orlando Health/Amtrak
- Sand Lake Road

Connecting services available through Lynx and reThink.

Website: [www.sunrail.com](http://www.sunrail.com)

Phone: 855-724-1411

### **Knightlynx**

After hours bus service running from 8:00 pm to 3:00 am.

- Green Line: services UCF Main Campus area, beginning at Knights Plaza, exiting campus onto McCulloch rd, turning onto Alafaya trail then looping back to campus
- Blue Line: Extends further into East Orlando, leaving from Knights Plaza, crossing Colonial to the Waterford Lakes shopping plaza, then looping back to campus
- Red Line: Travels to Downtown Orlando, leaving from Knights Plaza, travelling Alafaya trail to the 408 and riding along the Downtown area

Website: <http://ucfsga.com/services/knightlynx/>

Phone: 407-841-5969

## **11. CHILDCARE**

### **Creative School For Children**

Resource: Pre-school for children ages 2 to 5 as well as day care for infants and young toddlers at a decreased cost to students.

Creative School for Children provides an environment for children to not only be supervised while parents are at work or school, but also fosters an environment of creativity, independence, and community through select early education curriculums. Infant care also available.

Hours: Mon-Fri 7:30 am to 5:30 pm

Phone: 407-823-2726

Email: [csc@ucf.edu](mailto:csc@ucf.edu)

### **Kids R Kids Learning Academy**

Resource: Day care and pre-school. Has care services for infants, toddlers and pre-K. Also provides after school Day Care and holiday or teacher work day care for school age children.

Kids R Kids Learning Academy provides care and educational services for children of all ages. Rates range from \$25 to \$135 a week depending on the age of your child and what program (preschool, after school care, etc) parent is applying for. Registration fee is waived for UCF students and parents can ask for a break in service with a \$50 deposit, holding their child's spot until the next semester.

Waterford Lakes Center  
415 Woodbury Road  
Orlando, Fl 32828  
Phone: 407.381.7979  
Fax: 407.275.2175  
[Email Waterford Lakes Director](mailto:irene@kidsrkidsorlando.com): irene@kidsrkidsorlando.com

Waterford VPK Enrichment Center  
502 Woodbury Pines Circle  
Orlando, FL 32828  
Phone: 407.381.7979  
[Email Waterford Lakes Director](mailto:irene@kidsrkidsorlando.com): irene@kidsrkidsorlando.com

Avalon Park Center  
12001 Avalon Lake Dr., Ste. C  
Orlando, FL 32828  
Phone: 407.306-9035  
[Email Avalon Park Director](mailto:tammy@kidsrkidsorlando.com): tammy@kidsrkidsorlando.com

## 12. VETERAN ORGANIZATIONS

*(note: look up each org and give description)*

American Legion: <http://www.legion.org/>  
American Veterans: <http://www.amvets.org/>  
Disabled Veterans of America: <http://www.dav.org/>  
Florida Department of Veterans Affairs: <http://floridavets.org/>  
Iraq and Afghanistan Veterans of America: <http://www.iava.org>  
Military Order of the Purple Heart: <http://purpleheart.org>  
The Benevolent and Protective Order of Elks: <https://www.elks.org/>  
Paralyzed Veterans of America: <http://www.pva.org>  
Veterans of Foreign Wars: <http://www.vfw.org/>  
Vietnam Veterans of America: <https://www.vva.org/>

### Index by Organization