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| Branch of Service | Location & Contact |
| Family Assistance Centers (National Guard, & any branch of service | Family Assistance Coordinator, 573-450-6555 |
| Air Force | Whiteman Air Force Base, Johnson, MO SNAIC - EFMP, 331 Sijan Avenue, 509 MDOS/SGOW, Whiteman Air Force Base, MO 65305 Airman and Family Readiness Center; 660-687-3530 |
| Air Force Reserve | Missouri Air Reserve, Whiteman Air Base, Johnson, MO. Airman and Family Readiness Center; 660-687-3530 |
| Air Force Recruiting | USAF 345th Recruiting Squadron, Scott Air Force Base, IL, 62225, EFMP, 375th Medical Group Bldg, (Bldg 1530), 4th Floor "A" Wing, 310 West Losey, Scott AFB IL 62225. Airman & Family Readiness: 628-256-8668 |
| Army | Fort Leonard Wood Army Base, Pulaski, MO Army Community Services, 140 Replacement Ave. Suite 1109, Fort Leonard Wood, MO 65473. (573) 596-0212. |
| Army Reserve | Fort Family (national) 844-663-3269 OR see Army, above. |
| Army Recruiting | Soldier and Family Assistance Program (all locations across country) 1-800-790-0963.  |
| Coast Guard | HSWL RP DET St. Louis 1222 Spruce St. RM 2. 102 C St. Louis, MO 63103 314-269-2435. Reg. Manager: 314-269-2346. |
| Marine Corps | N/A |
| Marine Corps Reserves | Family Services Phone: (504) 697-8128 Toll Free Phone: 866-305-9058 |
| Marine Corps Recruiting | Marine Corps Recruiting District Parris Island, 283 Blvd De France, Parris Island, SC 29905. EFMP Parris Island: 843-228-7752 |
| Navy | N/A |
| Navy Reserves | Naval Region Southeast, NAS/JRB Forth Worth, TX: Fleet & Family Support 817-782- 5287 |
| Navy Recruiting | Navy Recruiting families receive EFM services at the nearest Navy installation. They have an assigned EFM Navigator who they can contact through NAFSA. Further assistance: 1-866-827-5672. |