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| Air Force  | N/A  |
| Air Force Reserves  | N/A  |
| Air National Guard  | Family Assistance Coordinator, Charleston Armory, 1703 Coonskin Dr., Charleston, WV 25311. 304-561-6606, 304-932-8561  |
| Air Force Recruiting  | c/o Arnold Air Force Base, Wattendorf Mem. Hywy, Tullahoma, TN 37388. 931-454-3000. Airman & Family Readiness, EFMP: 931-454-3000. ALSO: Joint Base Andrews, MD Joint Base Andrews. 301-981-1110 (Base Operator); 1191 Menoher Ave., Joint Base Andrews, MD 20762. EFMP: 301-981-7088  |
| Army Reserve  | Fort Family (national) 866-345-8248  |
| Army National Guard  | Family Assistance Coordinator, Charleston Armory, 1703 Coonskin Dr., Charleston, WV 25311. 304-561-6606, 304-932-8561  |
| Army Recruiting  | 1st Recruiting Brigade, Ft. Meade, MD. Soldier and Family Assistance: In Blacksburg, Lynchburg, Richmond, Fairmont, James River/Hampton, Norfolk and all local sites: 804-774-2855.  |
| 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  | Marine Corps Reserves 103 Lakeview Dr Charleston 25313. 304-377-7043. Contact Marine Forces Reserve in New Orleans for the direct contact: 503-697-8156  |
| 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 Reserve  | Navy Region Mid-Atlantic RCC Great Lakes C/ O CNR Mid-Atlantic Naval Station Great Lakes EFM Liaison, (847) 688-3603 x119, 792-3603 x119  |
| Navy Recruiting  | Navy Recruiting District Ohio: To be put in contact with the Navy Ombudsman, please call this number: 614-693-3003.  |