

# Resource & Referral: Useful Websites

## LOCAL

- [www.kadena.af.mil/shared/media/document/AFD-100407-057.pdf](http://www.kadena.af.mil/shared/media/document/AFD-100407-057.pdf) - Complete U.S. Forces Phone Directory containing all Marine, Navy, Air Force & Army installation phone numbers, dialing directions & more.
- [www.mccsokinawa.com](http://www.mccsokinawa.com) - Information on programs, facilities, and local USMC Installation resources on island.
- [www.okinawa.usmc.mil](http://www.okinawa.usmc.mil) – USMC Installation information, including newcomer information, housing & transportation
- [www.mcbbutler.usmc.mil/sja/AdminLaw.asp](http://www.mcbbutler.usmc.mil/sja/AdminLaw.asp) - Legal Services for Marines & families
- [www.kadenaforcesupport.com/](http://www.kadenaforcesupport.com/) - Information on programs, facilities, and local USAF resources on island.
- [www.med.navy.mil/sites/nhoki](http://www.med.navy.mil/sites/nhoki) - U.S. Naval Hospital located on Camp Lester. Information regarding branch clinics, pharmacies and appointments.
- <http://americanredcrossokinawa.org/default.aspx> - Red Cross Okinawa Branch offer various training, disaster and emergency services
- [www.nmcrcs.org/](http://www.nmcrcs.org/) - Navy Marine Corps Relief Society provides financial emergency and education assistance
- [www.focusproject.org/](http://www.focusproject.org/) - Resiliency and communication training for military couples and families
- [www.pac.dodea.edu/](http://www.pac.dodea.edu/) - DoD Pacific school system webpage
- [www.tricare.mil/mybenefit/home/overview/SpecialPrograms/WICOverseas](http://www.tricare.mil/mybenefit/home/overview/SpecialPrograms/WICOverseas) - Women, Infant & Children Overseas Program
- <http://affiliates.uso.org/okinawa/> - USO services for families of service members.
- [www.kadenaforcesupport.com/vetweb/index.htm](http://www.kadenaforcesupport.com/vetweb/index.htm) - Okinawa Branch Veterinary Treatment Facility, includes listings of off-base veterinary services and PCS import requirements
- <http://weather.kadenaforcesupport.com/> - Local weather information including Typhoon warnings and sea conditions
- [www.japanupdate.com](http://www.japanupdate.com) – Local Okinawa news in English
- [www.okinawahai.com](http://www.okinawahai.com) – Blog by military spouses on local sites, restaurants and shopping
- [www.okinawayardsales.com](http://www.okinawayardsales.com) – Local classified listings for military personnel to buy/sell items or market services

## GENERAL

- [www.militaryonesource.com](http://www.militaryonesource.com) - Free products, information and assistance for many different situations that arise with military life.
- [www.militaryhomefront.org](http://www.militaryhomefront.org) –DOD website focusing on quality of life issues to include PCS, employment, deployment support and more
- [www.militaryfamily.org/](http://www.militaryfamily.org/) - National Military Family Association (NMFA) advocates military families on their rights, benefits and services, and educates on important issues relating to military families.
- [www.milspouse.com](http://www.milspouse.com) – Articles and resources from the magazine *Military Spouse*
- [www.tricare.mil/](http://www.tricare.mil/) - TRICARE main page

## DEPLOYMENT RELATED

- [www.mccsokinawa.com/mccs.asp?id=612](http://www.mccsokinawa.com/mccs.asp?id=612) -MCCS deployment support information
- [www.motomail.us](http://www.motomail.us) –Free service to have email transferred to paper mail for delivery to Marines in Afghanistan & Iraq
- [www.deploymentkids.com](http://www.deploymentkids.com) – Activities for children experiencing parent’s deployment
- [www.hugahero.com/](http://www.hugahero.com/) - Provide “Daddy Dolls” and other products to help children cope with deployment of a parent