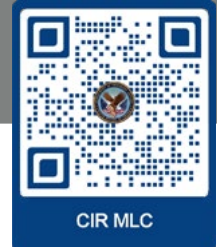




Community Integration Resources

MILITARY LIFE CYCLE



CIR MLC

ONLINE RESOURCE GUIDE

The Transition Assistance Program (TAP) provides training, information and services to help Service members and their families transition to civilian life. The Military Life Cycle (MLC) modules help Service members, Veterans and their families take full advantage of VA benefits and services. The Community Integration Resources module's purpose is to ensure Service members—at any point in the military life cycle—understand how to integrate into their community and locate resources available to support them. This Online Resource Guide provides you with the web links to important resources related to the course.

VA TAP ONLINE COURSES

The VA TAP Course Catalog is a comprehensive resource that includes information about all VA TAP course offerings, direct links to on-demand web-based trainings and downloadable resource materials.

To access these courses, navigate to the [VA TAP Course Catalog](#) (or scan the QR code at the top of this page) and select from the list of courses available in the VA TAP Curriculum.



The screenshot shows the VA website interface. At the top, there are navigation links: "VA Benefits and Health Care", "About VA", "Find a VA Location", and "My VA". Below this is a breadcrumb trail: "VA » Veterans Benefits Administration » Outreach, Transition and Economic Development » VA TAP Course Catalog". The main heading is "Outreach, Transition and Economic Development". A sidebar on the left lists navigation options: "Outreach, Transition and Economic Development", "Transition", and "VA TAP Course Catalog". The main content area features a card for the "Community Integration Resources" course, which includes a small image of a group of people and the text: "Explore how creating networks within your local community that can support your successful transition. VA can help you connect to these resources and your new Veteran community. (1 Module, 60 minutes)". A link "View Online Resource Guide" is provided below the card.

Links

KEY VA RESOURCES

The VA.gov website offers current resources, tools and contact information for all VA benefits and services that may be available to Service members, Veterans and their families, caregivers and survivors. Go to the VA home page to find additional information regarding VA benefits and services.

- [VA home page](#)
 - VA benefits hotline: 1-800-827-1000
 - Hearing impaired benefits hotline: 1-800-829-4833
 - [VA Regional Offices](#)
 - [Find VA Locations](#)
- [COVID-19 Information](#)
 - [Frequently Asked Questions \(FAQs\)](#)

STATE RESOURCES

- [State Veterans Affairs Offices](#)
 - [National Association of State Directors of Veterans Affairs \(NASDVA\)](#)
- [Veterans benefits 2020: Most Popular State Benefits](#)

FEDERAL RESOURCES

VA Resources

- [Department of Veterans Affairs \(VA\)](#)
 - [Service member portal](#)
 - [Family member portal](#)
 - [My HealthVet](#)
 - [VA mobile apps](#)
 - [Veterans Crisis Line](#)
 - [Chat](#)
 - Phone: 1-800-273-8255
 - Text: 838255
- [National Resource Directory \(NRD\)](#)

DOD Resources

- [Military One Source](#)
 - [CG Support Program](#)
- [COOL \(Credentialing Opportunities Online\)—Military Services](#)
 - [Army](#)
 - [Navy](#)
 - [Air Force](#)
 - [Marine Corp](#)
 - [Coast Guard](#)

Links

DOL Resources

- [Veterans' Employment and Training Service](#)
- [Military Spouse Interstate License Recognition Options](#)
- [CareerOneStop](#)
- U.S. Office of Personnel Management (OPM)
 - [Feds Hire Vets](#)

RESOURCE VETTING

- [Charity Navigator](#)
- [Guide Star](#)