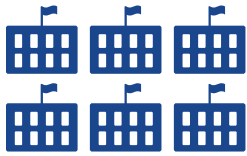


WHY IS MILITARY LIFE DIFFICULT?



THE AVERAGE MILITARY CHILD
CHANGES SCHOOLS

6-9 TIMES

#1

ACCORDING TO THE 2018 JOBS REPORT,
ACTIVE DUTY SERVICE MEMBER IS THE #1
MOST STRESSFUL JOB IN THE COUNTRY



Sources: The Professional Counselor Journal, Department of Veterans Affairs, Journal of Obstetrics & Gynecology, Forbes

HOW THE ASY SAN DIEGO STRENGTHENS MILITARY FAMILIES



7,056 Toys were collected for
distribution to military families
during the holidays at the annual
Operation Holiday Joy Event



578 Military spouses and their children
formed connections to other spouses and
children through artistic and educational
curriculum with the Operation Little Learners
program



2,117 Clinical Counseling sessions
helped service members and families face
issues of depression, anxiety, trauma,
grief, Traumatic Brain Injury and Post-
Traumatic Stress Disorder



405 Handmade photo quilts helped to
comfort children with a deployed parent



1,517 Families experiencing a financial
crisis found relief after receiving a food or
gas card or other assistance



9,318 Individuals received bags
of healthy food from the Neighborhood
Food Distribution



4,664 Family and friends of service
members were supported in welcoming home
their loved ones at Homecomings



446 Military children made new
friends with shared experiences in the
Camp Hero program



309 At-risk military kids received
leadership training and academic enrichment
through the after-school program, Operation
Hero



23,663 Wounded, injured, and
ill service members were aided in their
rehabilitation through recreation therapy
services