



OneOp

Readiness. Knowledge. Network.

Rooted in Transition: Building Military Family Resilience Through Nature

Webinar Resources

Slide 7:

Why Do Military Families Move So Much? <https://asymca.org/blog/why-do-military-families-move-so-much/>

Hicks Greets Blue Star Families, Veterans, Civilians in Welcome Week.

<https://www.defense.gov/News/News-Stories/Article/Article/2790466/hicks-greets-blue-star-families-veterans-civilians-in-welcome-week/>

Slide 10:

How Can We Support Our Military Families? <https://defensecommunities.org/wp-content/uploads/2024/04/How-We-Can-Support-Our-Military-Families-ADC-Publications-April-2024.pdf>

Slide 11:

Finding Our Way to True Belonging <https://ideas.ted.com/finding-our-way-to-true-belonging>

Slide 22:

Unity in Diversity: Fostering Inclusive Communities for Military Families

https://bluestarfam.org/wp-content/uploads/2024/09/BSF_CFI_Results_Release_Report_Sep24.pdf

How Moves Put Military Families of Color at Risk <https://www.military.com/daily-news/2024/08/21/how-moves-put-military-families-of-color-risk.html>

Nature Gap: Why Outdoor Spaces Lack Diversity and Inclusion

<https://cnr.ncsu.edu/news/2020/12/outdoor-diversity-inclusion/>

Slide 25:

The Role of Time Place in Attachment https://www.nrs.fs.usda.gov/pubs/gtr/gtr_nrs-p-14/7-smaldone-p-14.pdf

Slide 26:

3 Ways Getting Outside Into Nature Helps Improve Your Health

<https://health.ucdavis.edu/blog/cultivating-health/3-ways-getting-outside-into-nature-helps-improve-your-health/2023/05>

5 Tips for Walking Your Way to Better Health

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-for-walking-your-way-to-better-health>

Outdoor RX Coalition <https://www.outdoorrxcalition.org/resources#research>

Slide 30:

Outdoor Explorers Nature Bingo <https://bluestarfam.org/outdoor-explorers-family-activities-bingo/>

Sesame Street for Military Families

<https://sesamestreetformilitaryfamilies.org/topic/relocation/?ytid=8nzJaSgCL9Q>

Additional

America the Beautiful Military Pass Programs <https://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm>

Interagency Access Pass Program

<https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm>

American Forces Travel <https://www.americanforcestravel.com/>

MWR Outdoor Recreation Programs <https://www.militaryonesource.mil/benefits/mwr-programs/>

Blue Star Families <https://bluestarfam.org>

Military Wild <https://www.militarywild.com/>

Team Red White and Blue <https://teamrwb.org/>

Team River Runner <https://www.teamriverrunner.org/>

Sierra Club Military Outdoors <https://www.sierraclub.org/>

Outdoor Afro <https://outdoorafro.org/>

Latino Outdoors <https://latinooutdoors.org/>

Outdoor Asian <https://www.outdoorasian.com/>

Accessible Outdoor Adventures <https://drivingtoindependence.com/barrier-free-adventures-outdoor-activities-for-people-with-disabilities/>

LGBTQ+ Outdoor Organizations <https://exploreorigin.com/blog/6-lgbtq-outdoor-organizations-helping-make-the-outdoors-inclusive/>

Military OneSource MilLife Learning:

[Operating in an Inclusive Culture](#)

OneOp:

[Reconnecting with Nature: Health and Well-Being for Military Communities](#)

[Walk, Run, Dance, Play: Tips to Get Your Community Moving](#)