California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

California National Guard Help Card Current: 5 Aug 06

www.calguard.ca.gov 1-916-854-3000

Combat Stress Control Program	CombatStressControl@ca.ngb.army.mil		www.calguard.ca.gov/csc
Employer Support of the Guard and Reserve (ESGR)	(916)-854-3106 local contact	Jerrold.Jurin1@us.army.mil	9800 Goethe Box37 Sacramento, CA 95827-3563
Operation Ready Families Program	(800) 449-9662 (916) 361-4956	http://www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
California National Guard - Chaplain	24 hour pager: 888-939-1754 (leave number)	http://www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
CA NG Staff Judge Advocate	916-854-3505	http://www.calguard.ca.gov/SJA	9800 Goethe Road Box 14
Air Force Pay- Contact unit first	888-332-7411	**web:** http://www.dfas.mil/money/milpay/ **email:** CCL-AIRFORCE@DFAS.MIL.	
Army Pay – Contact unit first	877-276-4729	**web:** http://www.dfas.mil/money/milpay/ **email:** arng-milpay@arng-fsc.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	

Air Force OneSource	800-707-5784	Army OneSource	800-464-8107
Military OneSource	800-342-9647	From overseas:	800-3429-6477
Website: www.militaryonesource.com			
TRIWEST (our Regional call center for services)	888-874-9378	triwest.com	TRICARE Claims P.O. Box 77028 Madison, WI 93707
Defense Enrollment Eligibility Recording System (DEERS)	800-538-9552	http://tricare.osd.mil/ deers	DEERS Support 400 Gigling Road Seaside,CA 93955
California Vet Centers	State locator toll free: 1-866-496-8838		http://www.va.gov/ rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	http://www.va.gov/	Los Angeles, San Diego, Oakland Region addresses: 1-800-827-1000
State Benefits Advisor (veterans liaison)	916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.army.mil	