# AIR FORCE FAMILIES FOREVER



Air Force
Families Forever
is a
long-term aftercare
program established
to provide dedicated
support for all Air
Force families who
have lost an
Airman.

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity; the price you pay for love. The only cure for grief is to grieve." Earl Goleman

> United States Air Force Airman & Family Readiness

> > Phone numbers
> > Commercial: 501-987-2667
> > DSN: 731-2667

Airman & Family Readiness Center 940 Arnold Drive Little Rock AFB, AR 72099

### United States Air Force

## AIR FORCE FAMILIES FOREVER

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"Ensuring that the families of our fallen are never forgotten."

501-987-2667

### AIR FORCE FAMILIES FOREVER

Located in Airman & Family Readiness Centers throughout the Air Force, Air Force Families Forever (AFFF) program staff are available to support family members who have lost an Airman. AFFF consultants assist



with a variety of matters that family members often find difficult to navigate throughout their grief journey.

The AFFF mission is to provide resources, support and information to help family members adapt to life without their loved one.

Air Force Families Forever takes a proactive approach in supporting families throughout the force, no matter where they are, with the level of support and assistance directly tied to the specific needs of the families they serve.

#### How AFFF can help...

- Referrals for private & group counseling
  - Bereavement
  - Family
  - Child
- Sources for support in the local community
- National support networks
- AF Family Support Network and newsletters
- Books and literature to help with coping & bereavement
- Resources for pastoral care
- Referrals for help with Veteran's benefits & questions about entitlements





Little Rock Air Force Base
Airman & Family
Readiness Center

Air Force Families Forever Community Readiness Consultant: Katherine Milligan

**Phone Numbers**:

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