



SECO Caregiver Support

The Spouse Education and Career Opportunities program assists military spouse caregivers as they take on new roles that may require a career change or adjustment.

If you are responsible for providing care for a sick or injured spouse, a child with medical needs, an elderly parent or other family member, you may face unique challenges as you pursue your education and career goals.

Whatever your situation, the Spouse Education and Career Opportunities program offers comprehensive information, tools and resources to assist you in balancing your caregiving responsibilities with your career and education pursuits. Certified Career Counselors are only a phone call away to provide information and support on flexible education and career choices that may assist you as you add caregiving duties to your current schedule.

Resources

Key resources you may want to consider include the following:

- The **Military OneSource Spouse Career Center** provides free, comprehensive counseling services to all eligible military spouses through the career center. Staffed by certified Career Counselors, the career center can assist military spouses with career exploration, education, training and licensing, employment readiness and career connections. Call 800-342-9647 to speak with a certified Career Counselor.
- **My Career Advancement Account Scholarship**, a workforce development program, provides up to \$4,000 of tuition assistance to eligible military spouses and caregivers, who have successfully completed high school, to pursue a license, certification or associate degree in a portable career field and occupation. Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who have the ability to request tuition assistance while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and reserves in these same pay grades, are eligible for the scholarship.
- **Military Spouse Employment Partnership Career Portal** features a job search function that allows military spouses to search career opportunities exclusively with partnership companies and organizations. Spouses are able to search by job title, city, state or province, postal code and country. To assist with their introduction, spouses are encouraged to self-identify when applying with or contacting these employment partners. For additional



information, please visit the [Military Spouse Employment Partnership Career Portal](#) or contact the Military OneSource Spouse Career Center at 800-342-9647.



- The [Spouse Ambassador Network](#) is a group of organizations committed to assisting military spouses in achieving their education and career goals and providing networking connections to potential employers.

Mentoring

Caregiver spouses may also consider finding a mentor or mentors to provide career guidance, advice or support through one of the following mentoring groups:

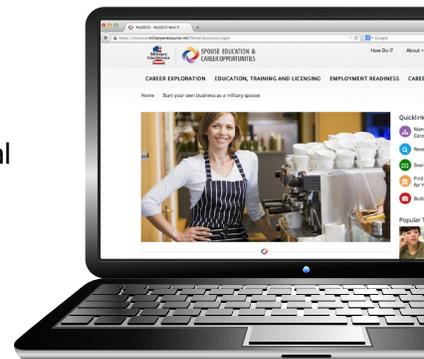
- [Military Spouse eMentor Program](#)
- [Military Spouse Foundation](#)
- [Blue Star Networks](#)
- [Blue Star Educators](#)
- [Blue Star Entrepreneurs](#)
- [Blue Star Health Care Professionals](#)



Information

[MySECO](#) contains information on a wide range of career and education topics and includes subjects that might be of special interest to caregivers such as the following:

- Stress management
- Time management
- Work-life balance
- Networking
- Finances and financial management
- Virtual employment
- Owning a business



Military Caregiver Personalized Experiences, Engagement and Resources, or PEER, Forums

The Department of Defense is committed to providing opportunities for caregivers to connect in ways they prefer. Military Caregiver PEER Forums offer pathways to empowerment and hope by providing a platform for caregivers to discuss challenges, find strength in each other and develop solutions together. The in-person forums are facilitated by Military and Family Life Counselors located on installations. To find a forum near you, check out the [Warrior Care Blog](#).

The Spouse Education and Career Opportunities program provides expert education and career guidance to military spouses worldwide. For more information, visit <https://myseco.militaryonesource.mil> or call to speak to a certified Career Counselor at 800-342-9647.