



**HEART**

**HUNT EMBRACES: ACTIVITIES, RESOURCES & TRAINING**



**RESOURCE GUIDE**

# NATIONAL RESOURCES

## **A.A.**

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

**Visit [www.aa.org](http://www.aa.org) for a local A.A. resource near you.**

## **Addiction Support Group**

No matter where you live, there is a drug rehab center that can help you overcome your addiction. We can help you find treatment based on your location, budget, and specific needs and help you get started quickly.

**Visit [www.addictioncenter.com](http://www.addictioncenter.com) to find a rehab near you or speak to an expert at 855-706-9275.**

## **American Legion**

To support and advocate for veterans, active military and their families. To support the initiatives and programs of The American Legion. To foster patriotism and responsible citizenship. **Visit [www.legion.org](http://www.legion.org) for more information.**

## **MADD**

Mothers Against Drunk Driving is a nonprofit organization in the United States and Canada that seeks to stop drunk driving, support those affected by drunk driving, prevent underage drinking, and strive for stricter impaired driving policy, whether that impairment is caused by alcohol or any other drug. **Visit [www.madd.org](http://www.madd.org) for more information.**

## **Suicide Prevention Hotline**

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. **Visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or call 1-800-273-8255 for more information.**

## **USAA**

With roots grounded in the military, we bring its methods to your finances, and its values to our service through an exclusive suite of financial products, tools and advice. **Learn more at [www.usaa.com](http://www.usaa.com).**

# **NATIONAL RESOURCES (CONT.)**

## **Operation Homefront**

A national nonprofit whose mission is to build strong, stable, and secure military families so they can thrive in the communities they've worked so hard to protect. They offer programs such as: Critical Financial Assistance, Home on the Homefront, Operation Homefront Villages, Transitional Homes for Community Reintegration, Hearts of Valor, Military Child of the Year, Back to School Brigade, Star Spangled Baby Showers, Holiday Meals for Military, Holiday Toy Drive and Homefront Celebration. **Visit [www.operationhomefront.org](http://www.operationhomefront.org) for more information. Also call toll free at (800) 722-6098 or email [info@OperationHomefront.org](mailto:info@OperationHomefront.org).**

## **National Military Family Association**

NMFA is the voice of the military families. For 49 years we have proven that we stand behind service members, their spouses, and their children. Our Association is the "go to" source for Administration Officials, Members of Congress, and key decision makers when they want to understand the issues facing our families. They know we have "boots on the ground" with military families and understand better than anyone that "military families serve, too." Through the support and programs we provide, and our respected voice on Capital Hill and with the Departments of Defense and Veterans Affairs, our Association always looks out for the families who stand behind the uniform and for those who serve. **Visit [www.militaryfamily.org](http://www.militaryfamily.org) for more information. Also call toll free at 703-931-6632 or email [info@militaryfamily.org](mailto:info@militaryfamily.org).**

## **Military OneSource**

Offers help with all aspects of military life. The counseling is free and confidential. **Visit [www.militaryonesource.mil](http://www.militaryonesource.mil) or call 800-432-9647 for more information.**

## **Wounded Warrior**

Wounded Warrior Project is a charity and veterans service organization that offers a variety of programs, services and events for wounded veterans of the military actions. **Visit [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org) or call 888-997-2586 for more information.**

# MILITARY RESOURCES

## Deployed Spouses

### **Free Childcare for Deployed or Remote Airmen**

This program allows members to use 16 hours of childcare before, each month during, and post deployment or remote assignment free of charge. Located at 150 Palmetto Dr., Shaw AFB, SC 29152. **Visit Shaw Family Childcare Office at [www.thebestfss.com](http://www.thebestfss.com) or call 803-895-1212 for more information.**

### **Shaw Family Housing Deployed Spouse Program**

Voluntary program that assists spouses and families of military members residing in on base housing who have been deployed with certain tasks including but not limited to: backyard lawn maintenance, toy assembly, preventative home visits to determine if emergency situations are present. To participate, bring a copy of deployment orders to the Shaw Family Housing Office and enroll with your Resident Services Specialist. Located at 369 Rhodes Ave, Shaw AFB, SC 29152. **Visit Shaw Family Childcare Office at [www.shawfamilyhousing.com](http://www.shawfamilyhousing.com) or call 803-499-3074 for more information.**

## Recently Returned

### **Free Childcare for Deployed or Remote Airmen**

This program allows members to use 16 hours of childcare before, each month during, and post deployment or remote assignment free of charge. Located at 150 Palmetto Dr., Shaw AFB, SC 29152. **Visit Shaw Family Childcare Office at [www.thebestfss.com](http://www.thebestfss.com) or call 803-895-1212 for more information.**

## Family Crisis/Support

### **Family Advocacy**

Provides programs supporting healthy marriages and parenting. Located at 420 Polifka Dr., Bldg 1042, 1st floor, Shaw AFB, SC 29152. **Visit [www.airforcemedicine.af.mil/MTF/Shaw/](http://www.airforcemedicine.af.mil/MTF/Shaw/) or call 803-895-6201 for more information.**

### **20th Force Support Squadron**

Provides for the physical, cultural and social needs and general well-being of military members and their families. The location is 504 Shaw Dr., Shaw AFB, SC 29152. **Visit [www.thebestfss.com](http://www.thebestfss.com) or call 803-895-4897 for more information.**

# **MILITARY RESOURCES** (CONT.)

## **Medical/Dental**

### **20th Medical Group - Dental**

Offers a wide range of preventative and restorative dental services for active duty personnel. Located at 449 Meadowlark Bldg 1046 Shaw AFB, SC 29152. **Visit [www.airforcemedicine.af.mil/MTF/Shaw/](http://www.airforcemedicine.af.mil/MTF/Shaw/) or call 803-895-6988 for more information.**

### **20th Medical Group**

On base medical clinic providing primary care. Located at 420 Polifka Dr., Bldg 1042, 1st floor, Shaw AFB, SC 29152. **Visit [www.airforcemedicine.af.mil/MTF/Shaw/](http://www.airforcemedicine.af.mil/MTF/Shaw/) or call 803-895-2273 for more information.**

# LOCAL BASE RESOURCES

## Hospital

### **Prisma Health Tuomey Hospital**

Phone: 803-774-9000

129 N. Washington St., Sumter, SC 29150

[www.palmettohealth.org](http://www.palmettohealth.org)

## Elementary School

### **Oakland Primary (Grades PK-1)**

Phone: 803-499-3366

5415 Oakland Dr., Sumter, SC 29154

<http://ops.sumterschools.net/>

### **Shaw Heights (Grades 2-3)**

Phone: 803-666-2335

5121 Frierson Rd, Shaw AFB, SC 29152

<http://shes.sumterschools.net>

### **High Hills (Grades 4-5)**

Phone: 803-499-3327

4971 Frierson Rd, Shaw AFB, SC 29152

<http://hhes.sumterschools.net>

## Middle School

### **Ebenezer (Grades 6-8)**

Phone: 803-469-8571

3440 Ebenezer Rd., Sumter, SC 29153

<http://ems.sumterschools.net>

### **Hillcrest (Grades 6-9)**

Phone: 803-499-3341

4355 Peach Orchard Rd., Dalzell, SC 29040

<http://hms.sumterschools.net>

## High School

### **Crestwood (Grades 9-12)**

Phone: 803-469-6200

2000 Oswego Rd., Sumter, SC 29153

<http://chs.sumterschools.net>

# **LOCAL BASE RESOURCES (CONT.)**

## **Taxi Service**

### **Sumter Taxi Service**

Phone: 803-773-9615

10 S Sumter St., Sumter, SC 29150

### **Southside Service Cab**

Phone: 803-775-4131

8 S Sumter St., Sumter, SC 29150

## **Restaurants**

Red Lobster

Pizza Hut

Simply Southern Bistro

Willie Sue's

Palmetto Oyster House

J O'Grady's

McDonald's

Hamptons

Queen's Caribbean Cuisine

Sidebar on Main

Burger King

Zaxby's

Sonic

Wendy's

Logan's

Outback

Chili's

Baker's Sweets

Kobe' Japanese Steakhouse  
& Sushi Bar

Ruby Tuesday

Yucatan Mexican  
Restaurant

Mariachi's

Chick-Fil-A

Golden Chick

Popeyes

McAlisters

Subway

Substation II

Palmetto Subs

Cookout

Bojangles

KFC

Little Caesars

Marco's Pizza

Mr. Teriyaki

Jin Jin Chinese Restaurant

Hibachi Grill

Osaka Japanese Restaurant

Mon Café Japan

Checkers

Golden Corral

Taco Bell

