

Resources for DoD Civilians and Military Families

To Do List:

- ☐ Contact your financial institutions to see what programs they have in place.
- ☐ Contact your creditors to work with you on payment plans and agreements.
- ☐ Get all agreements in writing (emails, text, etc.)
- ☐ Write down the company's contact information and keep notes on whom you spoke with, date/time, etc.

Government Shutdown programs:

USAA

- Zero-interest loans up to \$6,000 for one missed paycheck.
- Must have direct deposit with USAA and meet eligibility requirements.
- Apply via USAA.com or the USAA app; funds released within two business days.
- Additional relief options for banking and insurance products are also available.
- Visit usaa.com/relief. Eligible members can begin applying for this relief on Oct. 8th

Other Financial Institutions

Navy Federal, PenFed, Marine Federal CU, and others offer paycheck protection programs with no fees and 0% interest.

Community Organizations in San Diego County

Support The Enlisted Project (STEP) <https://www.teamstepusa.org/>

Feeding San Diego (Military friendly): <https://feedingsandiego.org/our-programs/feeding-heroes/>

Here is a list of more resources. Please visit:

NRSW Fleet and Family Support Center page: <https://www.navylifesw.com/fleet-family/support-centers>

San Diego organizations prepare emergency aid for military families during government shutdown – Local News Sources

News 10: <https://www.10news.com/news/local-news/san-diego-organizations-prepare-emergency-aid-for-military-families-during-government-shutdown>

KPBS: <https://www.kpbs.org/news/military/2025/10/01/san-diego-nonprofits-come-together-to-help-the-military-community-during-government-shutdown>

