



# Puerto Rico Air National Guard Airman & Family Readiness Program

PRANG COVID-19  
Support

## A KEY TO MISSION SUCCESS

What is your AFRPM?

Your Airman & Family Readiness Program Manager connects you and your families with the resources and information you need to be successful in your Military and Personal life, especially during times of crisis.

Areas of support and services:

- Information related to COVID-19
- Personal financial counseling, budgets
- Emergency assistance resources
- Services that support work/life issues
- Assist with Readiness, Resiliency, and personal preparedness
- AFPAAS Case Management
- DOD TAP Transition Assistance Program
- Employment/Unemployment Resources and referrals

### Mental Health Support

LTC Jenniffer Vargas 787-344-6073

jenniffer.vargassanchez.mil@mail.mil

### Sexual Assault Response

Coordinator Mr. Benjamin Valentin

787-402-6352

benjamin.valentin.4@us.af.mil

For a variety of support resources:

<https://www.militaryonesource.mil/>

**Mr. James Martinez**

**AFRPM**

**787-309-8679**

**787-253-7443**

James.martinezferrer@us.af.mil

**Airman & Family Readiness**

156.AW.FAMILY.PROGRAM@us.af.mil

**156th Wing**

200 Ave Antonio Tony Santana  
Muniz ANGB  
Carolina PR, 00979

[https://www.156aw.ang.af.mil/  
Home/156th-Wing-Resiliency-Center/](https://www.156aw.ang.af.mil/Home/156th-Wing-Resiliency-Center/)

