



Oregon Association Chiefs of Police

# THE FAMILY DISPATCH

www.policechief.org | 503-315-3411



## RESOURCES

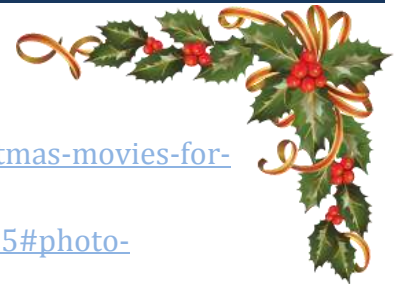
### Family Friendly Christmas Activities

#### Best Christmas Movies for Families

<http://www.timeout.com/new-york-kids/things-to-do/the-20-best-christmas-movies-for-kids>

<http://www.popsugar.com/moms/Best-Christmas-Movies-Kids-20953325#photo-20953325>

<http://www.parenting.com/gallery/christmas-movies-kids>



#### Family Christmas Activities

<http://www.familyeducation.com/fun/christmas-activities-traditions/12-days-fun-cheap-christmas-activities-families>

<http://www.imom.com/christmas-activities-for-families/#.WEYEsdUrJhE>

<http://www.parenting.com/gallery/best-christmas-books-kids?page=2>



## WEBSITES & ORGANIZATIONS

### Oregon State Police Officers' Association

<http://www.ospoa.com/>

*What it is:* Organization created to support and protect the interests of public safety professionals in the State of Oregon.

### Oregon Peace Officers Association

<http://www.opoa.info/>

*What it is:* Organization dedicated to providing affordable training for law enforcement professionals throughout the State of Oregon.

### Oregon Law Enforcement Memorial Trust Fund

<https://www.oregon.gov/DPSST/MF/pages/policememtrustfund.aspx>

*What it is:* Nonprofit organization that manages donations to honor fallen Oregon officers. The organization sponsors events and programs alike.

# RESOURCES

## WEBSITES & ORGANIZATIONS

### **Humanizing the Badge**

<https://www.humanizingthebadge.com/pages/about-us>  
<https://www.facebook.com/humanizethebadge>

*What it is:* International support group for law enforcement officers and their families. Their website and Facebook page offer opportunities to get involved with one's community both locally and regionally.

### **National Alliance for Law Enforcement Support**

<http://www.nalestough.org>

*What it is:* Online resource meant to connect law enforcement wives across the United States. The website offers ways to get involved and ask questions via an online forum. Formerly "Wives behind the Badge."

### **National Police Wives Association**

<http://nationalpolicewivesassociation.org/>

*What it is:* Organization and website offering comfort, advice, and companionship to police wives across the United States. The site contains a closed forum feature; you must be a registered member to access the online conversations, creating a virtual safe space.

### **Behind the Badge**

<http://www.behindthebadgefoundation.org/>

*What it is:* Although this website focuses on Washington law enforcement, it offers a great collection of online resources.

### **Wives on Duty Ministries**

<http://www.wivesonduty.com/>  
<https://www.facebook.com/Wives-On-Duty-Ministries-316815105129571/>

*What it is:* A nonprofit, Christian ministry designed for wives of first responders.

### **PoliceOne**

<http://www.policeone.com/>

*What it is:* A great resource for loved ones who simply want to stay current with news surrounding the greater law enforcement community. To find family-related articles, search the site for "peer support."

### **Officer.com**

<http://www.officer.com>

*What it is:* Similar to the above entry, use this website to stay current with law enforcement news.



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# RESOURCES

## Blogs

### **The Police Wife Life**

*Author: Melissa Littles*

<http://www.thepolicewifelifeblog.com/>

*Read this for:* humorous, frank posts about motherhood, as well as wifehood

### **Suddenly Cop Wife**

*Author: Stella*

<http://suddenlycopwife.blogspot.com/>

*Read this for:* links to other articles and information about navigating the social and familial pressures of the law enforcement world

### **Happy Police Wife**

*Author: "The Wifey"*

<http://1happypolicewife.blogspot.com/>

*Read this for:* cheerful words of wisdom and faith-based articles

### **Files of a Police Wife**

*Author: "Ms. Officer Charger"*

<https://filesofapolicewife.wordpress.com/>

*Read this for:* family-based articles, self-betterment and health-related tips

### **How to Love Your Cop**

*Author: Victoria Newman*

<http://www.how2loveyourcop.com/>

*Read this for:* inspirational, faith-based advice and spunk

### **A Police Wife**

*Author: "Mrs. Fuzz"*

<http://apolicewife.blogspot.com/>

*Read this for:* multimedia posts, as well as information about products and discounts for officers and families



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# RESOURCES

## BOOKS & Magazines

### **I Love a Cop**

[Dr. Ellen Kirschman](#)

### **Emotional Survival for Law Enforcement**

[Dr. Kevin M. Gilmartin](#)

### **Bullets in the Washing Machine**

[Melissa Littles](#)

### **Dependence Day**

[Heidi Paulson](#)

### **Arresting Communication**

[Jim Glennon](#)

### **Because I'm Suitable - The Journey of a Wife on Duty**

[Chaplain Allison Uribe](#)

### **A CHiP on my Shoulder**

[Victoria Newman](#)

### **The Crazy Lives of Police Wives**

[Carolyn Whiting](#)

### **American Police Beat Magazine**

[APB Magazine](#)

### **Police Chief Magazine**

[International Association of Chiefs of Police](#)

### **LAW and ORDER Magazine**

[Hendon Publishing Company](#)

### **Protecting Your First Responder Marriage**

[Chuck Douglas](#)



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