



# OMBUDSMAN

# WEEKLY NEWS

23 MARCH 2023

## HIGHLIGHTS

### FLEET AND FAMILY SUPPORT CENTER INFORMATION

### MWR INFORMATION

### OMBUDSMAN TRAINING SCHEDULE

### RESOURCE DIRECTORY

## HIGHLIGHTS



### UPCOMING OMBUDSMAN BASIC TRAINING

We are currently accepting registrations for our next in-person Ombudsman Basic Training class:

**April 11-13 (Tuesday-Thursday)**

**0800-1630 | FFSC NBSD**

If you have a new Ombudsman joining your team or if you are moving on and a new Ombudsman will be coming in, please ensure they sign up for training. Registration forms can be downloaded through the [Ombudsman Resource page](#) or by emailing [sdffscombudsman@us.navy.mil](mailto:sdffscombudsman@us.navy.mil). Please submit registration forms by **March 31st**.



### UPDATED OMBUDSMAN WORKSHEET

The Ombudsman Registry worksheet has been updated for both active duty and reserve commands. Please use the revised ombudsman worksheet moving forward. You can download the updated worksheet on the [Ombudsman Registry](#) homepage.



### FFSC CLASSES

Did you know that you can download the full class guide on the Fleet and Family Support Center landing page? The class schedule is available for April – June 2023. Visit the [Fleet & Family Support Centers](#) page and navigate to the downloads section to access the schedule.



### SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM (SAPR) EVENTS

#### Command Sand Castle Building Competition

Are you a master at sand? Do you like competition? Compete with five friends/co-workers, or sand artist to create a sand masterpiece that best represents the theme of SAAPM. Basic sandcastle equipment will be provided.

Date: 12 APR 2023

Building is from 1100-1400

To sign up email Cedreka Baggett at [cedreka.l.baggett.naf@us.navy.mil](mailto:cedreka.l.baggett.naf@us.navy.mil)

#### SAPR 5K

Do you run "real fast"? Are you trying to see if you can meet PRT requirements? Were you looking for a way to get more steps in? If you answered yes to any of these questions, then this SAPR event is for you!

Date: 28 APR 2023

Registration starts at 0800

Captain's Speech and VA Awards: 0900

Run starts at 0930



# OMBUDSMAN WEEKLY NEWS

FLEET & FAMILY SUPPORT CENTER INFORMATION

## FFSC BRANCH LOCATIONS & CONTACT INFORMATION

### Naval Base San Diego

Buildings 259, 263, & 271  
3005 Corbina Alley, Suite 1  
San Diego, CA 92136-5190  
619-556-7404

### Naval Base Coronado

Building 318, Sauflay Road  
San Diego, CA 92135-7138  
619-545-6071

### Naval Base Point Loma

Building 211 & 212  
140 Sylvester Road  
San Diego, CA 92106-3521  
619-553-7505

### Bayview Hills Branch (BVH)

1967 Sky Harbor Road  
San Diego, CA 92139  
619-267-1720

### Gateway Village Branch (GVB)

3207 Rosecrans Place  
San Diego, CA 92110  
619-222-5548

### Kearny Mesa Branch (KMB)

3950 Calle Fortunada  
San Diego, CA 92123  
619-987-9449

### Village at Serra Mesa Branch (VSM)

3141 Afton Road  
San Diego, CA 92123  
858-505-1369

### Family Readiness Express (FRE)

FRE Mobile Services  
*Look for us in your  
neighborhoods near you!*

## UPCOMING FFSC PROGRAMS & WORKSHOPS

March 24 - March 31

For more information on all FFSC Programs & Workshops, visit [Navy Life SW Naval Base San Diego FFSC Classes](#)

### Friday, 24-MAR

- Active Duty Pregnancy Resources 0900-1200 | NBSD (IP)
- Home Buying Workshop 1300-1500 | KMB (IP)

### Monday, 27-MAR

- Winning Interview Techniques 0900-1000 | KMB (IP)
- Family Care Plan Coordinator 0900-1030 | NBSD (IP)
- Command Sponsor Training 0900-1030 | (V)

### Tuesday, 28-MAR

- Navigating Childcare Options 1000-1200 | GVB (IP)
- Toddler Tuesday 1000-1100 | KMB (IP)
- Family Care Plan Coordinator 1330-1500 | (V)

### Wednesday, 29-MAR

- Winning Interview Techniques 0900-1030 NBSD (IP)
- MBMF Module 6 1000- 1200 | NBSD (IP)
- Money and the Move 1000-1100 | GVB (IP)
- Family Care Plan Coordinator 1200-1400 | KMB (IP)

### Thursday, 30-MAR

- Boots-2-Business Mar 30- 31 0730-1630 | KMB (IP)
- Effective Parenting Mar 30-31 0900-1600 | NBSD (IP)
- Electronic Media and the Developing Mind 1100- 1200 | KMB (IP)
- Toddler Thursday 1000- 1100 | KMB (IP) M
- BMF Module 3 0900- 1100 | BVH (IP)

### Friday, 31-MAR

- Stress Management 1300- 1430 | KMB (IP)



# OMBUDSMAN WEEKLY NEWS

MWR COMMUNITY RECREATION INFORMATION



## METRO SAN DIEGO MWR COMMUNITY RECREATION LOCATIONS

### Naval Base San Diego

Brinser St., Building 45 Pier 2  
Waterfront Community  
Recreation Center  
NBSD  
San Diego, CA 92136  
619-556-9597

### Naval Base Coronado

Building 337  
Naval Base Coronado  
Community Recreation  
Coronado, CA 92155  
619-520-8179

### Naval Base Point Loma

Community Recreation  
Naval Base Point Loma  
San Diego, CA 92106  
619-553-9138

### NAVMED San Diego

Building 26, Floor 1B  
Balboa Community  
Recreation Center  
NMCSD  
San Diego, CA 92134  
619-532-5143

## MWR COMMUNITY RECREATION HIGHLIGHTS

For more information on Navy Life SW Community Recreation free and low cost events and activities, please visit  
<https://navylifesw.com/events>

### NAVAL BASE SAN DIEGO

For registration details visit [Community Recreation NBSD](#)

**Spring Fling** | 01-APR-23 | 9:00 AM - 1:00 PM | FREE | NBSD Admiral Prout Field

**Spring Fling Volunteer** | 31-MAR-23 | 8:30 AM - 1:00 PM | To register visit Community Recreation NBSD  
| 01-APR-23 | 7:00 AM - 3:00 PM | Admiral Prout Field

**Story Time Craft & Play** | 05-APR-23 | 10:00 AM | FREE | SAY San Diego Resource Center 3487 Santo Rd.

### NAVAL BASE CORONADO

For registration details visit [Community Recreation NBC](#)

**Trip to Volunteer at WonderCon** | 24-MAR-23 - 26-MAR-23 | Free | Anaheim Convention Center

**House Number Planter** | 29-MAR-23 | 5:00 PM | \$15 | NAB Community Center

**Easter Flower Arrangement** | 06-APR-23 | 5:30 PM | \$20 | NAB Community Center

### NAVAL BASE POINT LOMA

For registration details visit [Community Recreation NBPL](#)

**Spanish Landing Bike Ride** | 25-MAR-23 | 9:45 AM - 11:45 AM | \$8 | Spanish Landing Parking Lot

### NAVMED CENTER SAN DIEGO

For registration details visit [Community Recreation NMCSD](#)

**Line Dancing at NMCSD** | 25-MAR-23 | 10:00 AM - 12:00 PM | Free | Call 619-532-5143 to sign up



# OMBUDSMAN WEEKLY NEWS

## OMBUDSMAN TRAINING SCHEDULE

### UPCOMING TRAINING

#### In-Person Ombudsman Basic Training

APRIL 11-13, TUESDAY-THURSDAY  
0800-1630 | NBSD (IP)

JUNE 12-15, MONDAY - THURSDAY  
1600-2130 | NBSD (IP)

#### Advanced Training

APR 5 | 1000-1200 | VIRTUAL

APR 19 | 1800-2000 | NB SAN DIEGO (IP)

#### Regional Ombudsman Assemblies

MAY 17 | 1800-2000 | VIRTUAL



SAVE THE DATE, LINK TO FOLLOW

### OMBUDSMAN BASIC TRAINING

Ombudsman Basic Training (OBT) is the required training for all Navy Ombudsmen. It is a standardized multi-day training consisting of nine modules outlined in the Ombudsman Program Manual and OPNAVINST 1750.1G CH-2. OBT is offered in two formats – the traditional classroom version is referred to as OBT. The online version, eOBT, is a blend of five live webinars and four on-demand modules. Both options fulfill the training requirements outlined in the Navy Family Ombudsman Program instruction, OPNAVINST 1750.1G CH-2.

*\*\*Every effort should be made to complete this training within 6 weeks of appointment. If you are unable, please contact your Ombudsman Coordinator for assistance in determining the best way forward.\*\**

If you have a new Ombudsman joining your team or if you are moving on and a new Ombudsman will be coming in, please ensure they sign up for training. Additionally, ombudsmen are required to go through training to be recertified every 3 years.



### ONLINE OMBUDSMAN BASIC TRAINING (EOBT)

The online version, eOBT, is a blend of five live webinars and four on-demand modules.

**Enroll for eOBT via the Ombudsman Program Training Directory on the LMS at**

**<https://learning.zeiders.refineddata.com>**

*Instructions:*

1. Create an account and log in
2. Click the calendar icon
3. Navigate to the correct month/day
4. Click eOBT Module 1: Orientation and Program Overview
5. Pop-up window will appear, click **Register Now**

**Please note that you must take module 1 BEFORE advancing to any of the other modules. Modules 1-8 must be completed before completing Module 9.** Please be sure that you are able to focus on the training. *\*\*For assistance in enrolling or creating an account on the LMS, contact the LMS Helpdesk at [learning@zeiders.com](mailto:learning@zeiders.com). \*\**

#### Online Ombudsman Basic Training (eOBT)

CNIC eOBT April 2023 | 1900 EDT

Module 1: Orientation and Program Overview Tuesday | 04-APR-23 | 1900-2100 EDT

Module 3: Ombudsman Registry & Code of Ethics | Wednesday | 05-APR-23 | 1900-2130 EDT

Module 6: Information and Referral | Thursday | 06-APR-23 | 1900-2130 EDT

Module 7: Crisis Calls and Disasters | Tuesday | 11-APR-23 | 1900-2130 EDT

Module 9: Course Review and Summary | Thursday | 13-APR-23 | 1900-2130 EDT



# OMBUDSMAN WEEKLY NEWS

## OMBUDSMAN TRAINING SCHEDULE



### OMBUDSMAN ADVANCED TRAINING

Each month, we will conduct the same training twice – one in person and one virtually. For credit, ombudsmen will only need to attend one of these trainings per month. Attendance is mandatory for all appointed Ombudsmen. This training provides current information about available resources and the opportunity to network with fellow Ombudsmen. **Registration is not required.**

#### Advanced Training Schedule

05-APR-23 | 1000 - 1200 | VIRTUAL

19-APR-23 | 1800 - 2000 | NB SAN DIEGO (IP)



### OMBUDSMAN HOT TOPIC

Ombudsman must take monthly advanced trainings called **Ombudsman Hot Topic (OHT)** webinars offered by Commander, Navy Installations Command (CNIC). Hot topics are recorded and can be accessed on the self-paced tab of the CNIC Learning Management System (LMS) at <https://learning.zeiders.refineddata.com>.

#### Ombudsman Hot Topic Schedule

- **Hot Topic: Sexual Assault Prevention and Response (SAPR)**

26-APR-23 | 1000-1100 (PDT)



### CNRSW OMBUDSMAN ASSEMBLY

Ombudsmen are expected to represent the command at local ombudsman assemblies. The local ombudsman assembly is an important component of the Ombudsman Program as it provides opportunities for sharing and exchanging information, resources, and best practices.

- **Navy Region Southwest (NRSW) Ombudsman Assembly (Webinar & Teleconference)**

17-MAY-23 | 1800-2000 | Link to follow

## OMBUDSMAN COMMUNITY CONNECTION



#### Navy Region Southwest Ombudsmen Facebook Group

Ombudsmen, don't forget to join our Facebook group! This group is for the ombudsmen of Navy Region Southwest to gather, network, share resources, and ask questions. If you're an active ombudsman please follow the link, answer the membership questions, and join the group today! <https://www.facebook.com/groups/cnrswombudsmen>



#### San Diego Ombudsman Website

For more program information, important links and helpful downloads, please visit our FFSC Ombudsman Landing Page.



# OMBUDSMAN WEEKLY NEWS

## RESOURCE DIRECTORY

### COURAGE TO CALL

**877-698-7838 OR DIAL 2-1-1 OPTION 4**

[www.courage2call.org](http://www.courage2call.org)

#### Free Food Distribution

**When:** 2nd & 4th Saturday of every month

**Who:** Open to all Military Active Duty, Veterans, Guard, Reservists, and their families

*Please email [couragetocall@turnbhs.org](mailto:couragetocall@turnbhs.org) for location information*

### NAVY MARINE CORP RELIEF SOCIETY

**619-767-6800**

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

#### Services

- Financial Assistance
- Visiting Nurse
- Budget for Baby Workshop
- Thrift Shops
- Scholarships

### SUPPORT THE ENLISTED PROJECT

**858-695-6810**

[www.teamstepusa.org](http://www.teamstepusa.org) | [info@teamstepusa.com](mailto:info@teamstepusa.com)

STEP's **Emergency Financial Assistance program (EFA)** focuses on ensuring you do not lose a basic need, while developing an individualized plan for your overall financial well-being now and for the future. EFA counseling is open to all active-duty service members, Veterans, reservists, and their families.

### SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOOM)

**619-461-5210**

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

#### Distribution Center

**Who:** Active Duty Junior Enlisted families (E5 and below)

**What:** Free clothing, diapers, house hold items

**Hours:** By appointment only call 619-461-4164

### LIBERTY MILITARY HOUSING (LMH)

#### Three-Step Resolution Process for Residents

**Step 1:** Identify the issue. Contact Liberty Military Housing at 888-578-4141

**Step 2:** Incomplete or not satisfied? Contact the Regional Management team at LMH by calling 858-874-8100

**Step 3:** Issue Unresolved? Contact your Government Family Housing Office at 619-556-8443.

### CHAPLINS OFFICE

**855-628-9311**

[www.navy311.navy.mil](http://www.navy311.navy.mil)

### MILITARY ONESOURCE

**800-342-9647**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

### USO SAN DIEGO

**619-235-6503**

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

### AMERICAN RED CROSS

**877-272-7337 | 858-309-1200**

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

### 211

**DIAL 2-1-1**

[www.211sandiego.org](http://www.211sandiego.org)

### ARMED SERVICES YMCA (ASYMCA)

**858-751-5755**

[www.asymca.org/sandiego](http://www.asymca.org/sandiego)

### FAMILIES OVER COMING STRESS (FOCUS) PROJECT

**619-556-6075** [www.focusproject.org](http://www.focusproject.org)

### SAN DIEGO FOOD BANK

**866-350-3663**

[sandiegofoodbank.org](http://sandiegofoodbank.org)

### WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM

**800-500-6411** [www.sandiegowic.org](http://www.sandiegowic.org)