Accessing Programs & Workshops Booklet Online

Go to: https://sandiego.navylifesw.com/

Hover over “Fleet & Family”, go down to “Support Center” and click on “Life Skills”.

The PDF version will be available for download in the yellow “Details” box.
# COUNSELING LOCATIONS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address Details</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naval Base Coronado</td>
<td>Buildings 318 &amp; G Sauffley Road San Diego, CA 92135-7138</td>
<td>619-545-6071</td>
</tr>
<tr>
<td>Naval Base Point Loma</td>
<td>Buildings 211 &amp; 212 140 Sylvester Road San Diego, CA 92106-3521</td>
<td>619-553-7505</td>
</tr>
<tr>
<td>Naval Base San Diego</td>
<td>Buildings 259 &amp; 263 3005 Corbina Alley, Suite 1 San Diego CA, 92136-5190</td>
<td>619-556-7404</td>
</tr>
<tr>
<td>Naval Base San Diego</td>
<td>Counseling &amp; Family Advocacy 3147 Eel Alley, Building 271 San Diego, CA 92136</td>
<td>619-556-8809</td>
</tr>
<tr>
<td>Bayview Hills Branch</td>
<td>1967 Sky Harbor Road San Diego, CA 92139</td>
<td>619-267-1720</td>
</tr>
<tr>
<td>Gateway Village Branch</td>
<td>3207 Rosecrans Place San Diego, CA 92110</td>
<td>619-222-5548</td>
</tr>
<tr>
<td>Village at Serra Mesa Branch</td>
<td>3141 Afton Road San Diego, CA 92123</td>
<td>858-505-1369</td>
</tr>
</tbody>
</table>

## Counseling Services
- Individual, Child, Couple, and Family Counseling
- Private and Confidential

To Make an Appointment
Call 866-923-6478

Find us on: Facebook
www.facebook.com/ffscsd

Fleet and Family Support Center
http://sandiego.navylifesw.com/ffsc
Will Counseling Help?
The answer depends on your personal situation. Our customers often report feeling more equipped to deal with such issues as:

- Adjusting to military life
- Relationship challenges
- Divorce
- Blended family
- Infidelity
- Deployment reintegration
- New marriage and family
- Grief & Loss
- Communication and conflict resolution
- Parenting skills
- Anger management
- Other personal issues

Often, just knowing an experienced professional is listening to you can provide a great feeling of relief. That relief can lead to productive problem solving.

Why Child Counseling?
Just like adults, sometimes kids can benefit from counseling. Counseling can help kids develop problem-solving skills and also teach them the value of seeking help. Counselors can help children and families cope with stress and a variety of emotional and behavioral issues.

A professional counselor can help by being an objective party who can provide guidance, information about parenting topics, and a neutral person for your child to talk with.

Counseling becomes important when children no longer respond to the parents in an expected way or when the parents have just run out of ideas on how to guide their children through situations.

Signs Your Child May Need Counseling:
Parents are likely to be the first to recognize changes in their children’s behavior. Some of these behaviors might include:

- Changes in school performance, such as dropping grades, missed homework, and skipping school
- Excessive worry or anxiety
- Loss of interest in usual activities
- Change in sleeping habits or frequent nightmares
- Mood changes, including temper tantrums, depression, anger, and aggression
- Low self esteem
- Not following directions
- Increased conflicts with parents and siblings

Our counselors will:
- Listen to you
- Be honest
- Have your interests and welfare at heart
- Help you find a solution that best meets your needs

Why Child Counseling?

Myths About Counseling

MYTH 1: Seeking counseling is a sign of weakness.
FACT: There is nothing weak about a person who seeks counseling. In fact, it takes courage to explore sensitive feelings and painful experiences. Permitting someone to help you is actually a sign of personal strength.

MYTH 2: The counselor will tell you what to do and how to “fix” your problems.
FACT: Counseling is not a “quick fix” cure to your problems. The counselor will assist your exploration of relevant thoughts and feelings as you examine your opinions and choices.

MYTH 3: If I were a better parent my child would not need counseling.
FACT: Children like adults have times of stress in their lives. Counselors can provide a neutral place for children and families to talk.

Resources
- Fleet and Family Support Center
- Ombudsman
- Child and Youth Programs
- School Liaison Officer
- Exceptional Family Member Program
- FOCUS (Families Overcoming Under Stress)
- ASYMCA
- Navy Marine Corps Relief Society
- Church and youth programs

Counseling Services

http://sandiego.navylifesw.com/ffsc
EFMP FAMILY CONNECTION

Navy Region Southwest’s Exceptional Family Member Program, focuses on improving the quality of life for our families with an exceptional family member through support, resources and providing a social forum to network and share information.

Please check out the FFSC Facebook for this quarter’s topic! Visit www.facebook.com/ffscsd

FREE Childcare with RSVP. For additional information and to RSVP, email ffscsdefmp@navy.mil or call 619-553-7516

6-8 pm • Murphy Canyon Chapel
3200 Santo Road, San Diego, CA 92124

2020 SCHEDULE
January 28 • April 28 • July 21 • October 27
Navy Region Southwest Locations

NAVAL AIR FACILITY EL CENTRO
3rd St, Building 401, Rm 117, El Centro, CA 92243
760-339-2442

NAVAL AIR STATION FALLON
4755 Pasture Rd, Building 309, Fallon, NV 89406
775-426-3333

NAVAL AIR STATION LEMOORE
966 Franklin Ave, Building 966 Lemoore, CA 93245
559-998-4942

NAVAL AIR WEAPONS STATION CHINA LAKE
610 Blandy Ave, Building 02308 China Lake, CA 93555
760-939-4545

NAVAL BASE VENTURA COUNTY
1000 23rd Ave, Building 1169 Port Hueneme, CA 93043
855-982-5937
and
3rd St, Building 225 Point Magu, CA 93042
855-983-3146

NAVAL SUPPORT ACTIVITY MONTEREY
1230 Leathy Rd, Monterey, CA 93940
831-656-3060

NAVAL BASE CORONADO
Buildings 318 & G Saufley Rd San Diego, CA 92135
619-545-6671

NAVAL BASE POINT LOMA
Buildings 211 & 212, 140 Sylvester Rd San Diego, CA 92106
619-553-7505

NAVAL BASE SAN DIEGO
Buildings 258 & 263, 3005 Corbina Alley, Suite 1 San Diego, CA 92136
619-556-7404

NAVAL BASE SAN DIEGO
Counseling & Family Advocacy 3147 Eel Alley, Bldg. 271 San Diego, CA 92136
619-556-8809

BAYVIEW HILLS BRANCH
1967 Sky Harbor Rd, San Diego, CA 92139
619-587-1720

GATEWAY VILLAGE BRANCH
3207 Rosecrans Pl, San Diego, CA 92110
619-222-5548

THE VILLAGE AT SERRA MESA BRANCH
3141 Afton Rd, San Diego, CA 92123
858-505-1369

KEARNY MESA BRANCH
3950 Calle Fortunada San Diego, CA 92123
619-887-9448

Here for You!
How can we be of assistance to you?

Want to learn secrets of stress management and parenting? Want to enhance your communication skills?
Our counselors can help!

Don’t know where to go for resources or questions?
Information & Referral can assist.

Want to make your money work for you?
Learn how you can be a Million Dollar Sailor or family.
See our Financial Counselors.

Retiring or leaving the military and need to find a job? Are you a military family member searching for work?
A Work & Family Life Consultant can help you achieve your goals.

Fleet & Family Support provides Deployment Readiness programs, Return & Reunion briefings, Ombudsman training, GMTs and more.
Your Command Representative is your liaison to FFSC programs and services.

All Fleet & Family Support services are free and confidential.

ONE CALL SERVES ALL!
For clinical counseling, relocation assistance, résumé assistance and financial consultation appointments at any Navy Region Southwest FFSC call the Centralized Scheduling Center at the 24-hour toll free number 1-866-923-6478.

VOLUNTEERS WANTED!
Volunteering at FFSC provides an opportunity to network with other professionals while building valuable experience for your next paying job. You need only a yearning to learn, flexibility, and a desire to help Sailors, Marines and their families.

OPEN TO ALL:
• Military Spouses • Retirees
• Active Duty (in an off-duty status)

For more information, call the Volunteer Coordinator at 619-267-1720

VISION: To provide superior programs and services that enhance fleet and family readiness and resiliency in order to meet the unique challenges of military life.

MISSION: Empower individuals, families and units to strengthen their resiliency by providing optimized fleet and family programs and services at the right time and place.

SANDIEGO.NAVYLIFESW.COM/FFSC
Facebook.com/FFSCSD
FLEET & FAMILY SUPPORT CENTER

DEPLOYMENT SUPPORT
Resources and assistance during all cycles of the deployment process:
• Deployment readiness briefs, briefs and workshops
• Individual Augmentee family support
• Family Readiness Group (FRG) training
• Mid-deployment support
• Return and Reunion / Homecoming / Workshops
• Navy Family Accountability and Assessment System (NFAAS) support

INFORMATION AND REFERRAL / RELOCATION ASSISTANCE
Wide range of local community resources and assistance relocating to and from various duty stations:
• New spouse workshops
• Military and civilian community resources
• Family Care Plan support
• Active duty pregnancy resources workshop
• Worldwide relocation information
• Transferring workshops
• Sponsor Coordinator and Sponsor training
• Welcome Aboard packages

COMMAND AND OMBUDSMAN SUPPORT
Variety of training for command leadership and ombudsman:
• Command Representative program
• Ready Navy / Crisis Intervention / Disaster Preparedness
• Ombudsman training and support
• Customized command briefs on a wide range of topics
• Command Leadership Resource Training
• Leadership spouse training

LIFE SKILLS PROGRAMS
Variety of workshops and resources to help service members and families develop skills that will enhance interpersonal relations:
• Communication and conflict resolution classes
• Stress and anger management workshops
• Parenting workshops
• Suicide prevention briefs
• Operational Stress Control training

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
Assistance in connecting with key community resources:
• Networking opportunities with other families enrolled in program
• Program education for commands
• Personalized liaison assistance
• Enrolment guidance
• Referrals to resources

PERSONAL FINANCIAL MANAGEMENT
Wide range of resources to help military service members and families manage their money:
• Individual financial counseling
• Personal Financial Management workshops
• Home buying and car buying seminars
• Million Dollar Sailor / Spouse workshop
• Command Financial Specialist (CFS) Training

RETIRED ACTIVITIES OFFICE
Support for Retirees and their families:
• Resources, referrals and consultation
• Information on benefits, including the Survivor Benefit Plan

CAREER AND TRANSITION GOALS, PLANS, SUCCESS (TGPS) SERVICES
Resources for career planning:
• TGPS seminars and CAPSTONE events
• Instructional Tracks including:
  • Career Technical Training Track
  • Entrepreneurial Track
  • Accessing Higher Education Track

FAMILY MEMBER EMPLOYMENT
Resources for career planning:
• Individual career counseling and résumé assistance
• Federal and civilian job search strategies
• Employment resource center and job postings

SEXUAL ASSAULT PREVENTION AND RESPONS (SAPR)
Prevention education and support for victims of sexual assault:
• Response and support for victims of sexual assault
• Commander toolkit training
• Sexual assault prevention and response training
• Military and Community resources

COUNSELING SERVICES
Short-term, solution-focused counseling and resources for military life challenges:
• Individual, couple, family and child counseling
• Crisis counseling and support groups
• New Parent Support in-home visitation
• Deployed Resiliency Counselors
• Family Advocacy Program
• Domestic Abuse Victim Advocates
• Sailor Assistance & Intercept for Life (SAIL)

THE NAVY’S EMERGENCY PREPAREDNESS PROGRAM
Information, tools, and resources that empower the Navy family to more aptly prepare for, react, and recover when faced with any emergency — with or without advanced warning.
FINANCIAL INFORMATION & EDUCATION

FLEET & FAMILY SUPPORT CENTER (FFSC)
Personal Financial Managers are available for individualized financial counseling, and command GMT and other trainings, as well as offering regularly scheduled classes, all on a wide variety of financial topics.
PHONE: 866-923-6478 (Appointments)
WEBSITE: www.navylifesw.com/sandiego/fssc/ (current class schedule)
FACEBOOK: www.facebook.com/FFSCSD

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)
NMCRS provides financial counseling, thrift shops, and Budget for Baby workshops. Financial assistance is available in the form of interest-free loans and support to qualifying individuals. Offices are located aboard NBSD, NASNI, MCRD and MCAS Miramar.
NBSD: 619-767-6800
NBC: 619-545-4477
MCRD: 619-524-5734
MCAS: 858-577-1807
WEBSITE: www.nmcrs.org

MILITARY ONESOURCE
Military OneSource offers articles and information on a variety of financial and legal topics, and offers specialty consultations online or by phone with trained financial counselors.
PHONE: 800-342-9647 (24/7)
WEBSITE: www.militaryonesource.mil/fiancial-legal

SAN DIEGO FINANCIAL LITERACY CENTER (SDFLC)
SDFLC offers free financial literacy seminars, and Boost for Our Heroes, an education and financial grant program for active duty military members.
PHONE: 858-810-7007
WEBSITE: www.sdflc.org

FEDERAL TRADE COMMISSION
WEBSITE: www.consumer.ftc.gov
Identity Theft: www.identitytheft.gov

CONSUMER FINANCIAL PROTECTION BUREAU
WEBSITE: www.consumerfinance.gov

FINRA Investor Education Foundation
WEBSITE: www.saveandinvest.org/military

MILITARY SAVES
WEBSITE: www.militarysaves.org

THRIFT SAVINGS PLAN
PHONE: 877-968-3778
WEBSITE: www.tsp.gov

FREE ANNUAL CREDIT REPORTS
WEBSITE: www.annualcreditreport.com

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)
NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS) interest-free loans and support to qualifying individuals.
NBSD: 619-767-6800
NBC: 619-545-4477
MCRD: 619-524-5734
MCAS: 858-577-1807
WEBSITE: www.nmcrs.org

NAVY-MARINE CORPS RELIEF SOCIETY THRIFT SHOPS
NMCRS thrift shops offer great prices on clothing, uniforms, and household goods to help you stretch your budget. Three shops are available in the San Diego area: NBSD, NASNI, MCAS Miramar.

SUPPORT THE ENLISTED PROJECT (STEP)
Provides emergency financial grants and transition assistance to junior enlisted military and their families, and free financial workshops for all active duty, veterans and spouses.
PHONE: 858-695-6810
WEBSITE: www.stepsocal.org

UNITED SERVICE ORGANIZATION (USO)
USO provides ticket giveaways, holiday programs, a food bank, and FREE Tuesday night dinner at the downtown location. The USO airport location offers a lounge for travelers and validates parking for eligible guests.
PHONE: 866-350-3663 (enrollment)
WEBSITE: www.uso.org

PROJECT EVERGREEN
Project EverGreen provides free lawn and landscape services for deployed active duty service members and families through the GreenCare for Troops program.
PHONE: 877-758-4835
WEBSITE: www.projectevergreen.org/programs/gcft/

Additional Resources on Reverse
**FREE AND LOW-COST LEGAL SERVICES**

**REGION LEGAL SERVICE OFFICE**
Appointment-only attorney services include wills, divorce information, adoption information, Service Member's Civil Relief Act, general powers of attorney, and more. Notary and special powers of attorney are available on a walk-in basis.

PHONE: 619-556-2211 (Appointment hotline)
WEBSITE: www.jag.navy.mil/legal_services/rslo/rslo_southwest.htm

**MARINE CORPS RECRUIT DEPOT LEGAL ASSISTANCE OFFICE**
PHONE: 619-524-4111
TenantUnits/LegalAssistanceOffice.aspx

**MIRAMAR LEGAL SERVICE SUPPORT**
PHONE: 858-577-6260
WEBSITE: www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx

**SAN DIEGO LAWYER REFERRAL AND INFORMATION SERVICE & MODEST MEANS PROGRAM**
PHONE: 800-464-1529, 619-231-8585
WEBSITE: www.sdcba.org/index.cfm?pg=MainLRIS

**LEGAL AID SOCIETY OF SAN DIEGO**
PHONE: 877-534-2524
WEBSITE: www.lassd.org

**VOLUNTEER LAWYER PROGRAM**
PHONE: 619-235-5656
WEBSITE: www.sdvlp.org

**MILITARY ONESOURCE LEGAL REFERRALS**
PHONE: 800-342-9647
WEBSITE: www.militaryonesource.mil/financial-and-legal

**LEGAL AID SOCIETY OF SAN DIEGO**
PHONE: 877-534-2524
WEBSITE: www.lassd.org

**VOLUNTEER LAWYER PROGRAM**
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**MILITARY ONESOURCE LEGAL REFERRALS**
PHONE: 800-342-9647
WEBSITE: www.militaryonesource.mil/financial-and-legal

**NON-PROFIT CREDIT COUNSELING**

If you are in need of Credit & Debt counseling call the U.S. Department of Housing and Urban Development Interactive voice system at 800-569-4287 or search by zip code for a HUD-approved agency at www.consumerfinance.gov/mortgagehelp. Below is a partial list of HUD-approved agencies in the San Diego area:

**CLEARPOINT CREDIT COUNSELING SOLUTIONS**
PHONE: See Money Management
WEBSITE: www.clearpoint.org

**HOUSING OPPORTUNITIES COLLABORATIVE**
PHONE: 619-283-2200
WEBSITE: www.housingcollaborative.org

**MONEY MANAGEMENT INTERNATIONAL**
PHONE: 866-232-9080
WEBSITE: www.moneymanagement.org

**SAN DIEGO URBAN LEAGUE**
PHONE: 619-266-6247
WEBSITE: www.sdul.org

**HEALTHCARE**

**TRICARE**
PHONE: 844-866-9378
WEBSITE: www.tricare.mil

**HEALTH NET FEDERAL SERVICES**
PHONE: 866-606-8198
WEBSITE: www.hnfs.com

**TRICARE DENTAL**
PHONE: 844-653-4061
WEBSITE: www.tricare.mil/dental

**COLLEGE**

**NAVY COLLEGE**
The Navy College office offers information on the Tuition Assistance (TA) program, Navy COOL, GI Bill, financial assistance for spouses, testing, and information on scholarships available for active duty, dependents and veterans.

Naval Base San Diego, 3795 Norman Scott Rd., BLDG 3280, Room B103/104 (in the TSC Complex; dry side)
PHONE: 877-838-1659
WEBSITE: www.navycollege.navy.mil

**GI BILL**
PHONE: 888-442-4551

**SAVING FOR COLLEGE**
The FINRA website offers a free college savings calculator and information about various college savings plans, as well as additional information.

**MANAGE STUDENT LOANS**
The Consumer Financial Protection Bureau offers helpful information for future, current and former students including financial guides for students, comparing financial aid, and repaying student debt.

WEBSITE: http://www.consumerfinance.gov/paying-for-college/

**CHILDRE C & FAMILY RESOURCES**

**MILITARY CHILD CARE**
This secure Department of Defense website provides a single gateway for you to find comprehensive information on military-operated or military-approved child care programs worldwide.
WEBSITE: www.militarychildcare.com

**CHILD CARE AWARE OF AMERICA**
Childcare subsidies (Formerly NACCRRA.)
PHONE: 800-424-2246
WEBSITE: http://usa.childcareaware.org

**FEE ASSISTANCE & RESPITE**
WEBSITE: http://usa.childcareaware.org/fee-assistancerespite/

**SAN DIEGO COUNTY CENTRALIZED ELIGIBILITY LIST**
Childcare subsidies.
WEBSITE: www.childsup.ca.gov

**LICENSED CHILD CARE PROVIDERS IN SAN DIEGO**
Database of all licensed child care centers and family child care homes, nanny agencies and license-exempt school based programs in San Diego County.
PHONE: 800-481-2151, 619-521-3070

**CALIFORNIA DEPARTMENT OF CHILD SUPPORT SERVICES**
North San Diego County (Myra Magana):
PHONE: 760-740-5624
Central San Diego County (Erik Dececchi):
PHONE: 858-650-6617
South San Diego County (Gisela Licea):
PHONE: 619-731-3591
EMAIL: HereToHelp@sdcounty.ca.gov
WEBSITE: www.childsup.ca.gov

**ADDITIONAL RESOURCES ON REVERSE**
Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only. 

FFSC offers counseling and consultant service for military families. Services include Information and Referral, Career Services, Deployment, Relocation, and Counseling. Call 866-923-6478 for more information.

RESOURCES FOR FOREIGN BORN FAMILIES

NAVY REGION LEGAL
Region Legal offers appointment-only attorney services such as will, adoption and divorce. It also offers walk-in services for special powers of attorney and notary documents. 619-556-2211

CALIFORNIA DEPARTMENT OF MOTOR VEHICLES
California DMV offers foreign language assistance for the Class C written and audio driver's license exam, as well as interpreter services upon request. 800-777-0133

FEDERAL TRADE COMMISSION
The FTC offers resources and referrals for lawyers and accredited representatives for those seeking immigration assistance. www.ftc.gov/immigration

NAVAL MEDICAL CENTER SAN DIEGO
NMCSD offers a wide variety of foreign language interpreting services for beneficiaries. 619-532-6418

U.S. CITIZENSHIP AND IMMIGRATION SERVICES
USCIS offers immigration information and links to resources for members of the military and their families. 877-247-4645

SAN DIEGO CONTINUING EDUCATION
The SDCE provides free English as a Second Language (ESL) classes as well as Computer Labs, Transition to College, Vocational ESL, and Citizenship classes. www.sdce.edu

UNION OF PAN ASIAN COMMUNITIES
UPAC offers health and human services to Asian, Pacific Islander, Latino, Middle Eastern, East African and many other ethnic populations. 619-232-6454

HOUSE OF PACIFIC RELATIONS
House of Pacific Relations represents 33 countries, promoting multicultural goodwill and understanding through educational and cultural programs. www.sdhpr.org

MILITARY ONE SOURCE
Military One Source provides assistance with translation and interpreting services. www.militaryonesource.mil

211
211 connects clients with the best and closest resource in their community. Assistance is offered in more than 200 languages and dialects. www.211sandiego.org

JEWISH FAMILY SERVICES
Jewish Family Services offers citizenship, naturalization and employment assistance to all members of the community. 858-637-3030

CATHOLIC CHARITIES
Catholic Charities of San Diego offers assistance with travel documentation, notary services, translations, citizenship, and naturalization. www.ccdsd.org

ALLIANCE OF AFRICAN ASSISTANCE
The Alliance for African Assistance provides professional and low-cost immigration and naturalization services. 619-286-9052

SAN DIEGO CHINESE CENTER
The San Diego Chinese Center serves as a cultural bridge between the Chinese and non-Chinese communities. It provides social services to the community including translation, interpretation, immigration, naturalization, employment and forms assistance. www.sdchinesecenter.org

SAN DIEGO JAPANESE COMMUNITY CENTER
Japanese Center preserves, shares, and promotes the Japanese and Japanese American culture through providing social, educational and cultural programs to the San Diego community. 858-380-5899

BAYSIDE COMMUNITY CENTER
The Bayside Community Center offers notary and Spanish translation for a fee, as well as tutoring sessions for anyone who wants to learn how to speak, read and write in English. 858-278-0771

WORLD BEAT CULTURAL CENTER
The World Beat Cultural Center promotes, presents and preserves the African Diaspora and Indigenous cultures of the world through music, art, dance, education, sustainability and technology. 619-230-1190
N O W  O P E N

F L E E T  A N D  F A M I L Y  S U P P O R T  C E N T E R

K E A R N Y  M E S A  B R A N C H


V I S I T  U S  T O D A Y!

• Career Center
• Spouse & Family Programs
• Financial Workshops
• Parenting Programs... and more!

3950 Calle Fortunada, San Diego
Inside American Red Cross Building
www.navylifew.com/FFSC • 619-987-9449

A C T I V E  D U T Y  •  S P O U S E S  •  R E T I R E E S

VISIT US TODAY!
### FOOD, CLOTHING, HOUSEHOLD ITEMS, AND MORE!

**FLEET & FAMILY SUPPORT CENTER (FFSC)**

**NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)**
NMCRS provides financial counseling, thrift shops, Budget for Baby workshops and scholarships. Financial assistance available in the form of no interest loans to qualifying individuals. Call 619-767-6800 or visit [www.nmcrs.org](http://www.nmcrs.org)

**MILITARY ONESOURCE**
Military OneSource has helpful resources, products, articles and tips on numerous topics related to military life. Services are available 24 hours a day by telephone and online. Call 800-342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil)

211
The client’s needs are assessed and then they are connected to the appropriate resource in their community. Assistance is confidential and offered in more than 200 languages and dialects. Visit [www.211sandiego.org](http://www.211sandiego.org) or call 211 for more information.

**CHAPLAIN’S OFFICE**
Information on worship services at base chapels, spiritual workshops, religious services, resource referrals, counseling, and additional support from the caring Chaplain team. For more information call Navy 311 at 855-628-9311 or visit [www.navy311.navy.mil](http://www.navy311.navy.mil)

### UNITED SERVICE ORGANIZATION (USO)
USO provides ticket giveaways, holiday programs, community chest food programs, and FREE Tuesday night dinners. Call 619-235-6503 or visit [www.usosandiego.org](http://www.usosandiego.org) for more information.

**WOMEN, INFANTS & CHILDREN (WIC) PROGRAM**
WIC provides food vouchers, consulting, nutritional advice, and support to pregnant, new moms and children 5 and under. Eligibility is based on income. Call 800-500-6411 or visit [www.sandiegowic.org](http://www.sandiegowic.org)

**SAN DIEGO FOOD BANK**
Call 866-350-3663 or visit [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org) for information about food assistance.

**CALFRESH PROGRAM/ SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**
For enrollment and information about food assistance call 877-847-3663 or visit [getcalfresh.org](http://getcalfresh.org)

**SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)**
Call 619-461-4164 or visit [www.sandiegomom.org](http://www.sandiegomom.org) for weekly food and bread distribution schedule.

**SUPPORT THE ENLISTED PROJECT (STEP)**
Provides emergency financial grants and transition assistance to junior enlisted military and their families. Call 866-424-5210 or visit [www.stepsofac.org](http://www.stepsofac.org) for more information.

**TRICARE**
Call 844-866-WEST or 844-866-9378 or visit [www.tricare-west.com](http://www.tricare-west.com) for medical care concerns and enrollment questions.

### BE DEPLOYMENT READY ALL THE TIME!

**UNITED THROUGH READING**
This program helps ease the stress of separation for military families by having deployed parents read children’s books aloud via DVD for their child to watch at home. To learn more or participate visit [www.unitedthroughreading.org/](http://www.unitedthroughreading.org/)

**AMERICAN RED CROSS**
Call 24/7 for emergency messages, which can be sent for: death, serious illness or birth of a child. Call toll free: 877-272-7337 or visit [www.sdarc.org](http://www.sdarc.org)

**OPERATION HOMEFRONT**
Qualifying deployed military families can access financial assistance with car repairs, computers, moving costs, childcare costs and commissary vouchers when available. Certain restrictions apply. Call 855-282-0960 or visit [www.operationhomefront.net](http://www.operationhomefront.net)

**UNITED STATES POSTAL SERVICE (USPS) CARE PACKAGE PROGRAM**
Provides flat-rate postage when mailing packages to FPO or APO boxes. The USPS will send FREE packing materials to U.S. residents to use when mailing packages to deployed Service Members. To order call: 800-610-8734.

**SCHOOL LIAISONS PROGRAM**
School liaison officers network and partner with local schools to enhance the education experience for military children. To find a school liaison for your child visit [https://sandiego.navylifesw.com/fleet-family/fleet-family-child-youth-programs/school-liaison-officers](https://sandiego.navylifesw.com/fleet-family/fleet-family-child-youth-programs/school-liaison-officers)

### ARMED SERVICES YMCA (ASYMCA)
ASYMCA provides in-home social work visits, emergency food, volunteer opportunities, and other outreach. Operation Kid Comfort creates custom-made photo transfer quilts for children of deployed U.S. military Service Members. Call 858-751-5755 or visit [www.asymca.org](http://www.asymca.org)

**FAMILIES OVER COMING UNDER STRESS (FOCUS) PROJECT**
FOCUS provides resiliency training to military children and families by teaching practical skills to meet the challenges of deployment and reintegration. Call 619-556-6075 or visit [www.focusproject.org](http://www.focusproject.org)

**REGION LEGAL SERVICE OFFICE**
Appointment-only attorney services include wills, general powers of attorney, divorce information, adoption information, Service Member’s Civil Relief Act and more. Walk-in services include special powers of attorney and notary services. Appointment hotline 619-556-2211.

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**KEY RESOURCES**

Centralized Scheduling: 866-923-6478
[https://sandiego.navylifesw.com/ffsc](https://sandiego.navylifesw.com/ffsc)
facebook.com/FFSCSD

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.
LEADERSHIP RESOURCE TRAINING

San Diego has a wealth of resources available to Service members and their families. Learn how to utilize these local and national resources to empower the Sailors within your command.

Open to:
Command Coordinators
Petty Officers
Chief Petty Officer Selectees
Officers
Ombudsmen
Leadership Spouses

Resources include:
FFSC Services
Financial Assistance
Housing
Child Care Services
Medical Benefits
Legal Services

...And MUCH more!

For more information and to register, email FFSCSDLRT@navy.mil
Resources
Navy New Parent Support can provide additional information, as well as more resources for you and your family. Contact us today!

- ABC’s of Having a Military Baby at Naval Medical Center San Diego (NMCSD)
  619-532-7150
- Active Duty Pregnancy Resource Workshop at FFSC, 866-923-6478
- Breastfeeding Basics Class at NMCSD
  619-532-5261
- Breastfeeding WarmLine: Telephone Hotline for Questions & Concerns
  619-532-5261
- Boot Camp for New Dads: Training for Dads-to-Be, 619-532-6896
- Budgeting for Baby at Navy-Marine Corps Relief Society, www.nmcrs.org
- Child & Youth Programs: Military Childcare Options, www.militarychildcare.com
- Infant/Child CPR at NMCSD, 619-532-6912
- Labor & Delivery Tour of NMCSD
  619-532-7082
- Military OneSource: Resources & More
  www.militaryonesource.com
- Mom’s Survival Training at NMCSD
  619-532-6896
- Sibling Class at NMCSD: Preparing Children for a New Sibling, 619-532-6896
- Women, Infants & Children (WIC)
  800-500-6411
- YMCA Childcare Resource Service
  800-481-2151

Locations
www.navylifesw.com

NAVAL BASE CORONADO
Buildings 318 & G, Saufley Road
San Diego, CA 92135-7138
619-545-6071

NAVAL BASE POINT LOMA
Buildings 211 & 212, 140 Sylvester Road
San Diego, CA 92106-3521
619-553-7505

NAVAL BASE SAN DIEGO
Buildings 259 & 263, 3005 Corbina Alley, Suite 1
San Diego CA, 92136-5190
619-556-7404

NAVAL BASE SAN DIEGO
3147 Eel Alley, Bldg. 271
San Diego, CA 92136
619-556-8809

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

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

VILLAGE AT SERRA MESA BRANCH
3141 Afton Road
San Diego, CA 92123
858-505-1369

New Parent Support
Home Visitation Program
(NPSHVP)

www.navylifesw.com/sandiego/families/ffsc
www.facebook.com/FFSCSD

This does not express or imply endorsement of any company, product, or service by the Navy or any other part of the Federal Government.
New Parent Support

Home Visitation Program

New or Expectant Navy Parent?
Fleet and Family Support Center (FFSC)
New Parent Support Home Visitors offer support, referrals and education services for expectant and new parents.

You are eligible for this program if single or married active duty, or an eligible family member.

This program is for you if you can access services at a military medical treatment facility whether you are expecting your first child or your family includes a child under the age of four.

Through family-centered care, we can help you give your baby the best gift of all…

Loving, Nurturing & Happy Parents!

Services:
- Free and confidential assistance
- Individualized home visitations, consultation, and Nurturing Parent education
- Military and civilian resource referrals
- Special support to active duty moms-to-be on getting ready for maternity leave and parenthood while active duty

Nurturing Parent Program

What is taught in the Nurturing Program?
- Enhancing self-awareness
- Building empathy
- Exploring discipline alternatives
- Developing age appropriate expectations
- Promoting bonding and attachment

Who should use the Nurturing Program?
- Any family that wants to get along better, communicate more and feel closer to each other.
- The program works for all kinds of families: two-parents, single parent, foster, adoptive and blended families with children under the age of four.

What will you gain?
- Nurturing routines for meal times, bed times, chores, etc.
- Effective discipline techniques, such as redirection, choice and consequences, family rules and praise.
- Enjoy your family and have more fun together.

www.navylifesw.com/sandiego/families/ffsc
www.facebook.com/FFSCSD

(NPSHVP)
COMMUNITY REFERRALS

Alcoholics Anonymous ............... (619) 265-8762
American Red Cross (Programs) .... (858) 309-1200
Armed Services YMCA Outreach .... (858) 751-5755
Better Business Bureau ............... (858) 637-6199
CA Dept of Consumer Affairs ....... (800) 952-5210
CA Bar Lawyer Referral Services ... (619) 231-8585
Child Support Services (San Diego) (866) 901-3212
Consumer Credit Counselors ....... (800) 769-3571
McAlister Institute Sobering Services Center (619) 294-5760
Internal Revenue Service (IRS) .... (800) 829-1040
Legal Aid Society ....................... (877) 534-2524
Military One Source
www.militaryonesource.mil ............ (800) 342-9647
Military Outreach Ministries ........ (619) 461-4164
MWR Tickets (Naval Base San Diego) (619) 556-2174
Nar-Anon Family & Friend Group ... (800) 477-6291
Narcotics Anonymous ................. (619) 584-1010
Operation Homefront ................. (855) 282-0960
SD Community Colleges ............. (619) 388-6500
SD Youth Services ..................... (619) 221-8600
Substance Abuse Rehab (SARP Clinic) ....... (619) 553-0084
Support the Enlisted Project (STEP) (858) 695-6810
United Services Organization (USO) (619) 235-6503
VA Medical Center ..................... (858) 552-8585
Veterans Administration - Benefits ... (800) 827-1000
WIC/ American Red Cross ............ (800) 500-6411
YWCA & Becky’s House .............. (619) 239-0355

Community, Health, Disaster Services & Information
In Southern CA - call 2-1-1 or visit www.211SanDiego.org

FLEET & FAMILY SUPPORT, SAN DIEGO

Naval Base San Diego (NBSD) ........ (619) 556-7404
Naval Base Coronado (NBC) ........ (619) 545-6071
Naval Base Point Loma (NBPL) ...... (619) 553-7505
Bayview Hills (BVH) .................. (619) 267-1720
Gateway Village (GVB) .............. (619) 222-5548
Kearny Mesa ......................... (619) 987-9449
Village at Serra Mesa (VSM) .......... (858) 505-1369

MARINE Corps COMMUNITY SERVICES

Marine Corps Recruit Depot .......... (619) 524-5732
MCAS Miramar ......................... (858) 577-1279
Camp Pendleton ........................ (760) 725-3400

BASE INFORMATION

Naval Base San Diego ..................... (619) 556-1011
Naval Base Coronado .................... (619) 545-1011
Naval Base Point Loma ................. (619) 553-1011
MCAS Miramar .......................... (858) 577-1011

BASE DUTY OFFICERS

Naval Base San Diego ..................... (619) 247-8897
Naval Base Coronado .................... (619) 545-8123
Naval Base Point Loma ................. (858) 431-6482

http://sandiego.navylifesw.com/ffsc
CENTRALIZED SCHEDULING
APPOINTMENT CENTER
1 (866) 923-6478
SEPTEMBER 2019

Did You Know FFSC Offers:
Counseling Services
Deployment Support
Exceptional Family Member Support
Family Employment Readiness
Information & Referral
Life Skills Workshops
Ombudsman Support
Parenting & Family Workshops
Personal Financial Management
Relocation Assistance
Sexual Assault Prevention & Response
Family Advocacy & Prevention Education
Transition Assistance
<table>
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<tr>
<th>HOTLINES</th>
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<tbody>
<tr>
<td>2-1-1 from cell/211 from land line</td>
<td>(858) 300-1211</td>
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<tr>
<td>Access + (24-Hour Crisis Line)</td>
<td>(800) 479-3339</td>
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<tr>
<td>Adult Abuse (Aging &amp; Indep. Svcs)</td>
<td>(800) 510-2020</td>
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<tr>
<td>American Red Cross (Emergency Message)</td>
<td>(877) 272-7307</td>
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<tr>
<td>Child Abuse Hotline</td>
<td>(858) 560-2191</td>
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<tr>
<td>Crime Victim-Witness Assistance</td>
<td>(619) 531-4041</td>
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<tr>
<td>Domestic Violence Crisis Line (YWCA)</td>
<td>(619) 234-3164</td>
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<tr>
<td>Youth &amp; Family Services (YMCA)</td>
<td>(858) 292-9622</td>
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<tr>
<td>Family Advocacy Program (Navy)</td>
<td>(619) 556-8809</td>
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<tr>
<td>Fleet &amp; Family Counseling</td>
<td>(619) 556-8809</td>
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<tr>
<td>Fire-Ambulance-Police-Sheriff</td>
<td>911</td>
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<tr>
<td>Missing Children Hotline</td>
<td>(800) 843-5678</td>
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<tr>
<td>NMCSD Emergency Room</td>
<td>(619) 532-8274</td>
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<td>Poison Information Center</td>
<td>(800) 876-4766</td>
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<td>Sexual Assault 24 Hour Crisis Line (Navy)</td>
<td>(877) 995-5247</td>
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<tr>
<td>Social Advocates for Youth (SAY)</td>
<td>(858) 565-4148</td>
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<tr>
<td>Storefront (Home for Runaways)</td>
<td>(619) 325-3527</td>
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<tr>
<td>Women’s Resources (Oceanside)</td>
<td>(760) 757-3500</td>
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<th>MILITARY RESOURCES &amp; ASSISTANCE</th>
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<tr>
<td>Military Childcare</td>
<td>(855) 696-2934</td>
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<td>CREDO NRSW</td>
<td>(619) 532-1508</td>
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<td>DEERS Enrollment Center (DMDC)</td>
<td>(800) 538-9552</td>
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<tr>
<td>DFAS &amp; Military Pay Center</td>
<td>(888) 332-7411</td>
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<tr>
<td>Fleet &amp; Family Counselling Services</td>
<td>(619) 556-8809</td>
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<tr>
<td>Healthy Start MFRC</td>
<td>(858) 469-0044</td>
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<tr>
<td>Housing</td>
<td>(619) 556-8443</td>
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<tr>
<td>Miramar Youth Center</td>
<td>(858) 577-4136</td>
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<tr>
<td>Region Legal Services Office (NBSD)</td>
<td>(619) 556-2211</td>
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<tr>
<td>Naval Medical Center (Quarterdeck)</td>
<td>(619) 532-6400</td>
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<td>New Parent Support</td>
<td>(619) 556-8809</td>
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<td>New Parent Support (MCCS)</td>
<td>(858) 577-9812</td>
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<td>Personal Property (Household Goods)</td>
<td>(855) 444-6683</td>
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<td>Retired Activities Office</td>
<td>(619) 556-8987</td>
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<td>Retirement Pay Assistance</td>
<td>(800) 321-1080</td>
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<td>School Liaison Officer (SLO)</td>
<td>(619) 532-1034</td>
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<tr>
<td>TRICARE Western Region</td>
<td>(844) 866-9378</td>
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<tr>
<td>TRICARE Dental Program</td>
<td>(844) 653-4061</td>
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<tr>
<th>MILITARY EXCHANGES</th>
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<tr>
<td>Imperial Beach</td>
<td>(619) 424-2911</td>
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<tr>
<td>Marine Corps Recruit Depot</td>
<td>(619) 297-2500</td>
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<td>MCAS Miramar</td>
<td>(858) 695-7288</td>
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<td>Naval Base Coronado (NAB)</td>
<td>(619) 522-7400</td>
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<tr>
<td>Naval Base Coronado (NASNI)</td>
<td>(619) 522-7222</td>
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<tr>
<td>Naval Base San Diego</td>
<td>(619) 544-2100</td>
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<td>Naval Base Point Loma</td>
<td>(619) 523-1214</td>
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<tr>
<td>Naval Base San Diego</td>
<td>(619) 767-6800</td>
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<td>Naval Base Coronado</td>
<td>(619) 545-4477</td>
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<tr>
<td>MCRD</td>
<td>(619) 524-5734</td>
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<tr>
<td>MCAS</td>
<td>(858) 577-1807</td>
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<th>LODGING</th>
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<tr>
<td>Navy Lodge Reservations</td>
<td>(800) 628-9466</td>
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<tr>
<td>Gateway Inns &amp; Suites</td>
<td>(877) 628-9233</td>
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<th>ID CARD LAB</th>
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<tr>
<td>Naval Base Coronado (NASNI)</td>
<td>(619) 545-5046</td>
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<tr>
<td>Naval Base Point Loma</td>
<td>(619) 524-5721</td>
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<tr>
<td>Naval Base San Diego</td>
<td>(619) 556-9248</td>
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<td>Naval Medical Center San Diego</td>
<td>(619) 532-6557</td>
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<td>Afloat</td>
<td>(619) 556-0654</td>
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<tr>
<td>Naval Base Coronado (NASNI)</td>
<td>(619) 545-7928</td>
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<tr>
<td>Naval Base San Diego</td>
<td>(619) 556-1997</td>
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<tr>
<th>COMMISSARIES</th>
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<tr>
<td>Imperial Beach</td>
<td>(619) 437-9478</td>
</tr>
<tr>
<td>MCAS Miramar</td>
<td>(858) 577-4516</td>
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<tr>
<td>Naval Base San Diego</td>
<td>(619) 556-8657</td>
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<tr>
<td>Naval Base Coronado (NASNI)</td>
<td>(619) 545-6566</td>
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http://sandiego.navylifesw.com/ffsc
RELOCATING TO SAN DIEGO

Permanent Change of Station (PCS) moves are challenging. This “Hot Sheet” lists resources that can help!

New to San Diego?

FLEET & FAMILY SUPPORT CENTER (FFSC)
Your one stop shop! FFSC serves every member of the military and their families. Services include FREE Welcome Aboard Packages, referrals, workshops, career support, financial management, deployment support, EFMP support, volunteer options, counseling, and more. FFSC offers “Lending Lockers” at our three on-base locations with basic kitchen items for loan.

NEED TEMPORARY LODGING?
Navy Lodge: 800-NAVY-INN or 800-628-9466
Navy Gateway Inns & Suites, RV Parks and Campgrounds: 877-NAVY-BED or 877-628-9233
DOD Lodging (all branches)
www.dodlodging.net

NEW HOUSING INFORMATION?
Bring a copy of your Page 2 & Orders to the Housing Welcome Center, NBSD Bldg 3544 or call 619-556-8443. Complete your application online:
http://lincolnmilitary.com/installations/san-diego-naval-complex/

UNACCOMPANIED HOUSING: Please see below*
LINCOLN MILITARY HOUSING: 619-556-7667

NEED CHILD CARE?
www.militarychildcare.com

LOOKING FOR SCHOOLS?
Visit www.greatschools.org for information or contact your School Liaison Officer (SLO) at https://sandiego.navylifesw.com/fleet-family/fleet-family/child-youth-programs/school liaison-officers

MOVING ENTITLEMENTS:
For current allowances, visit www.defensetravel.dod.mil or call your nearest PSD. Hot Tip: Ask your command/PSD about DLA and TLE

PERSONAL PROPERTY:
Questions about storage or shipping household goods?
Call 855-HHG-MOVE (855-444-6683). You may also email: householdgoods@navy.mil. For more information, visit www.move.mil or www.navsup.navy.mil/public/navsup/home.

DEER:
Call 800-538-9552 or visit www.dmdc.osd.mil/milconnect

TRICARE:
1-844-866-WEST or 1-844-866-9378
www.tricare-west.com

UNITED CONCORDIA COMPANIES INC. (DENTAL):
1-844-653-4061 or www.uccltdp.com

NAVAL LEGAL SERVICES:
619-556-2211 or www.jag.navy.mil

HELPING RESOURCES:
211: 24/7 referrals to community resources in southern CA, including childcare! Call 2-1-1 from a land line, 858-300-1211 from a cell, or visit www.211sandiego.org

NAVY MARINE CORPS RELIEF SOCIETY (NMCRS):
Need to adjust your budget to accommodate a new cost-of-living or get a Quick Access Loan to cover immediate needs? Call 619-767-6800 to set up an appointment or visit www.nmcrs.org to find the location nearest you.

MILITARY ONE SOURCE:
Free community and relocation information, 24 hours/day. Call 800-342-9647 or see articles at www.militaryonesource.mil

UTILITIES/CABLE:
Set up online at the NEX’s Military Moving Center, www.mynavexchange.com/moving.

DEPARTMENT OF MOTOR VEHICLES:
Phone: 800-777-0133
www.dmv.ca.gov/portal/dmv

PETS & TRAVEL
Hotels accepting pets: www.petswelcome.com

FAA PET TRAVEL REQUIREMENTS
https://www.faa.gov/travelers/fly_pets

MILITARY VETERINARY Office, MCAS Miramar: 858-577-6552

EXCEPTIONAL FAMILY MEMBER PROGRAM, SAN DIEGO:
619-556-7404.
https://sandiego.navylifesw.com/ffsc

FAMILY CARE PLAN:
Remember to update as applicable. Fleet & Family Support Center can help.

Transferring Resources

Military Installations (MI) Booklet
This is a tool for military families to research their new base! Although information may not be available for all locations, it is available for most major installations. Follow these steps to access the website and your new installation’s downloadable booklet.
- Open your browser and go to https://installations.militaryonesource.mil
- Type the name of your installation in the box or click on “View All Installations.” If you choose “View All Installations,” select the appropriate state or choose “OCONUS/Overseas” for all overseas locations.
- Once you have located your installation’s main page, scroll down to find “Installation Booklet” on the left-hand side of the screen.
- By clicking “Click to learn more.,” you will be able to create and download a customized booklet based on your needs.

Military Installations (MI) Plan My Move
This is a great tool to utilize as you count down to moving day! Follow these steps to create a customizable calendar specific to your moving needs.
- Open your browser and go to https://installations.militaryonesource.mil
- Click on “Plan My Move” in the top right-hand corner of the screen.
- Complete the requested information and click “Start Building My Custom Checklist.”

OMBUSDMAN
The Ombudsman is the official command liaison between the family members and the command. Your Ombudsman’s contact information may be listed in your orders, if not you can call your destination FFSC or go to www.Ombudsmanregistry.org to locate them. Be sure to ask your Ombudsman about childcare information, housing and other area resources.

Personal Property Office (PPO)
Phone: 855-HHG-MOVE (855-444-6683)
Email: householdgoods@navy.mil
Application: www.move.mil

Pacific Beacon-Privatized Unaccompanied Housing Naval Base San Diego
Phone: 888-437-1485

Unaccompanied Housing Information
https://sandiego.navylifesw.com/housing/unaccompanied-housing

Naval Amphibious Base Coronado
Phone: 619-437-3494
DSN: 577-3494

Naval Base Point Loma, Main Base
Phone: 619-553-7530
DSN: 553-7530

Naval Air Station North Island
Phone: 619-545-7545
DSN: 735-7545

Naval Base San Diego
Phone: 619-556-1077
DSN: 590-1077

Naval Base Point Loma, Harbor Drive Annex
Phone: 619-524-1597
DSN: 524-1597

Naval Medical Center San Diego
Bldg. 26
Phone: 619-532-6282
DSN: 526-6282
RESOURCES FOR PARENTS AND PARENTS-TO-BE!

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

Centralized Scheduling: 866-923-6478  
www.navylifesw.com/san diego/families/ffsc  
www.facebook.com/FFSCSD

FLEET & FAMILY SUPPORT CENTER (FFSC)
Visit FFSC for Effective Parenting, Developing Your Family Care Plan Workshop, Active Duty Pregnancy Resources, FFSC can also provide information on the Exceptional Family Member Program (EFMP), a mandatory program for families with exceptional needs. Call 866-923-6478 to book an appointment with an FFSC Consultant, or visit www.navylifesw.com/san diego/families/ffsc/

NEW PARENT SUPPORT PROGRAM
Expectant parents and parents of children from birth to three years of age who are eligible to receive treatment in military medical facilities are eligible, even if this is not your first baby. We provide: Information & referral, nurturing parenting education and home visiting services. Call 619-556-8809 for more information.

MILITARY CHILD CARE
MilitaryChildCare.com supports eligible families in requesting full day or part time day care in DoD Child Development Programs, including DoD Child Development Centers, School Age Care Programs, and Childcare/Child Development Homes. Visit www.militarychildcare.com for more information.

CHILD DEVELOPMENT CENTER (CDC) DROP IN CARE
For information regarding drop in childcare visit www.militarychildcare.com. For locations visit www.navylifesw.com/san diego/families/cyp/cdc.

NAVY CHILD & YOUTH PROGRAMS (CYP)
CYP operates eight housing area community centers and offer a wide variety of programs for children ages 3 to 17. For more information visit www.navylifesw.com/san diego/families/cyp/youthprograms.

MIRAMAR YOUTH CENTER
Call 858-577-4136 or visit www.mccsmiramar.com/cyp for information on the drop-in care services by reservation.

YMCA CHILDCARE RESOURCES
Call 800-461-2151 or visit www.crs.ymca.org for income-sensitive programs.

CHILDREN’S HOME SOCIETY
Call 619-293-3411 or visit www.chs-ca.org for referrals and programs, ages 0-13 years.

HEAD START
Call 888-873-5145, or visit www.neighborhoodhouse.org for more information on income-sensitive programs for ages 0-5 years.

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)
NMCRS provides a Budget for Baby workshop. Call 619-767-8800 or visit www.nmcrs.org for more information.

CHILDCARE SUBSIDIES
Reduced rates or subsidies available to those who qualify. Call 800-424-2246 or visit http://usa.childcareaware.org/ for more information.

ARMED SERVICES YMCA
Call 858-751-5755 or visit www.asymca.org for information on all family programs, including in-home social work visits, referrals, emergency food, seminars, support groups, and youth programs.

HEALTHY START MILITARY FAMILY RESOURCE CENTER
Call 858-496-0044 for information on a variety of programs including: Dads on Duty, playgroups, home visitation, and more.

NAVAL MEDICAL CENTER SAN DIEGO (NMCS)
Call 619-532-7636 to access nutrition support and 619-532-6896 for tons of classes, including Boot Camp for New Dads, Mom’s Survival Training, Preparing or New Siblings, and more.

TRICARE
844-466-WEST or 844-966-9378 or visit www.tricarewest.com for medical care concerns and to enroll your baby. Call 844-653-4061 or visit https://tricare.mil/CoveredServices/Dental/TDP to enroll in the Tricare dental program, not automatic with Tricare enrollment.

MEDI-CAL ACCESS PROGRAM
Call 800-433-2611 or visit http://mcap.dhcs.ca.gov for information for women separating from the military on low-cost healthcare coverage.

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION
Visit www.nhtsa.gov for information about vehicle safety features, car seats, and how to keep your kids safe in and around vehicles. Information about car seat and child restraint guidelines also available.

CONSUMER PRODUCT SAFETY COMMISSION
For information on recalls, safety guidelines and research regarding children’s products visit www.cppsc.gov.

WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM
WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income. Call 800-500-6411 or visit www.sandiegowic.org.
Separation, Divorce, Spouse & Child Support Resources

Centralized Scheduling: 866-923-6478
www.navylifesw.com/sandiego/families/ffsc
www.facebook.com/FFSCSD

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

MILITARY LEGAL SERVICES

Navy Region Legal Services Office (RLSO) 619-556-2211

Region Legal Services Office (RLSO) has a Divorce Seminar. No registration is necessary. For information, directions and schedule please call RLSO at 619-556-2211. For locations and more information in the San Diego area, please visit www.jag.navy.mil/legal_services/rlso/rlso_southwest.htm. If outside the San Diego area, visit to http://legalassistance.law.af.mil/content/locator.php to find the closest military law office. After attendance at the seminar, you may be able to meet with an individual RLSO attorney for additional information. RLSO attorneys do not represent clients in civilian court.

Marine Corps Recruit Depot Legal Assistance office
http://www.mcrdsd.marines.mil/Units/Tenant-Units/Legal-Assistance-Office/619-524-4111

Miramar Legal Service Support
www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx 619-577-6260

FREE & LOW COST LEGAL SERVICES

Lawyer Referral and Information Service & Modest Means Program
www.sdcba.org/index.cfm?pg=MainLRIS 619-231-8585

Legal Aid Society of San Diego
wwwласd.org 877-534-2524

Volunteer Lawyer Program
www.sdvlp.org 619-235-5656

Military One Source Legal Referrals
www.militaryonesource.mil/legal 800-342-9647

NAVY WORLD WIDE LOCATOR

Navy Personnel Command
PERS 1, 5720 Integrity Drive
Millington, TN 38055
www.public.navy.mil/bupers-npc/organization/npc/css/Pages/NavyLocatorService.aspx

NAVY WORLD WIDE LOCATOR

Military & Veteran Liaison San Diego County
heretohelp@sdcounty.ca.gov

CALIFORNIA COURTS SELF-HELP CENTER

www.courts.ca.gov (Select Self-Help on Top)

FAMILY COURTS

www.sdcourt.ca.gov/portal/page?_pageid=55.1524469&_dadportal&_schena=PORTAL#familycourtservices
Downtown: 1555 6th Avenue, San Diego 619-450-7888
Chula Vista: 500 3rd Avenue, Chula Vista 619-746-6097
East County: 250 East Main, El Cajon 619-456-4181
Vista: 325 South Melrose Drive, Vista 760-201-8300

COUNSELING SERVICES

Fleet & Family Support Center (Centralized Scheduling) 866-923-6478

Military OneSource
www.militaryonesource.mil/non-medical-counseling 800-342-9647

MILITARY & COMMUNITY RESOURCES

The below resources may include referrals for food, baby supplies, medical and more.

DOMESTIC VIOLENCE

Fleet and Family Support Center Domestic Violence Reporting 619-556-8809

Family Justice Center
www.sandiego.gov/sandiegofamilyjusticecenter 866-933-4673

Center for Community Solutions (CCS)
• Legal
www.ccssd.org 619-697-7477
• CCS 24 Hour Crisis Line
www.ccssd.org/get-help/hotline/888-385-4657
• CCS Project Safehouse
619-631-6442
# Educational Resources:

- **Military One Source:** Military One Source offers military spouses resources on choosing a college and scholarship information. [www.militaryonesource.mil](http://www.militaryonesource.mil)

- **MyCAA:** MyCAAlows workforce development program that provides up to $4000 of financial assistance to eligible military spouses who are pursuing a license, certification, or associate's degree in a portable career field. [https://mycaa.militaryonesource.mil](https://mycaa.militaryonesource.mil)

- **Veterans Administration:** Service members are permitted to sign over all or part of their Post 9/11 GI bill to their dependents. Those considering this option are advised to speak with a VA benefits advisor for full details. [https://www.benefits.va.gov/gibill/post911_transfer.asp](https://www.benefits.va.gov/gibill/post911_transfer.asp)

- **National Military Family Association:** NMFAppartnerswith select schools to offer a variety of additional scholarships that are uniquely designed for military spouses. They also have funds available for spouses seeking a license, certificate, training, continuing education credits, exams or fees. [www.militaryfamily.org](http://www.militaryfamily.org)

- **GCFGlobal:** GCF Learn Free helps people around the world learn the essential skills they need to live and work in the 21st century. From Microsoft Office and email to reading, math, and more. There are 125 tutorials, including more than 1,100 lessons, videos and interactive—completely free. If you are looking to brush up on a couple skills and make yourself more competitive, this is a valuable resource. [https://edugcfglobal.org](https://edugcfglobal.org)

- **The Best Schools:** The Best Schools offers in-depth rankings of degree programs, as well as of colleges and universities. Read articles on associate degree and certificates, bachelor degrees, master's degrees, and school rankings. [www.thebestschools.org](http://www.thebestschools.org)

# Employment Resources:

- **FFSC Career Center:** The Fleet and Family Support Center (FFSC) provides service members and their spouses with employment services, including resume assistance, job search, and interview techniques. The organization maintains updated job postings from around the world. To access these job postings visit the Career Center, join the FFSC job postings email tree, [FFSCDOJS@NAVY.MIL](mailto:FFSCDOJS@NAVY.MIL) or follow the FFSCFacebook. [www.facebook.com/FFscSanDiegoCareerCenter](http://www.facebook.com/FFscSanDiegoCareerCenter)

- **MSEP:** The Military Spouse Employment Program is a targeted recruitment and employment solution. It creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting. [https://msepjobs.militaryonesource.mil/msep](https://msepjobs.militaryonesource.mil/msep)

- **Blue Star Families:** Blue Star Careers provides a broad range of military spouse employment initiatives designed to support military family membersthrough various points on their career path. From building a resume and networking that finds a great job, to mentorship and professional development that grows a lasting career, BlueStarCareers' employment & education initiatives address and leverage the unique challenges of the military family lifestyle. [https://bluestarfam.org/for-military-families/careers/](https://bluestarfam.org/for-military-families/careers/)

- **MCCS:** Marine Corp Community Services serves Marine Corps Installations all over the world and are in need of dedicated customer service-oriented individuals willing to serve a great cause by providing support through mission, career, and life events. [www.usmc-mccs.org/careers](http://www.usmc-mccs.org/careers)

- **MSCN:** Military Spouse Corporate Career Network is an organization that focuses on employment readiness training, job placement solutions, and professional development to all military spouses. [www.mscn.org](http://www.mscn.org)

# Volunteer Resources:

- **FFSC Volunteer Program:** Volunteers are instrumental to the Fleet and Family Support Center's efforts to expand services, implement new programs, and assist military families. [www.navylifesw.com/ffsc](http://www.navylifesw.com/ffsc)

- **Navy Life SW:** Navy Life Southwest posts jobs in connection with Southern California naval bases. This site has positions listed “open continuous,” meaning always accepting applications; and also lists “SanDiegoopenings,” meaning accepting applications for only a short amount of time. [www.navylifesw.com/ffsc](http://www.navylifesw.com/ffsc)

- **Spouse Preference:** Spouses of active military personnel will be provided preferential consideration in NAF vacancies. These are filled through competitive means for positions at the NF-3 and below, or equivalent hourly rate position and all employment categories. To qualify, spouses must show proof of marriage prior to PCS move, and the sponsor's duty station and reporting date. [www.secnav.navy.mil/donhr/how-to-apply/military-spouses/pages/default.aspx](http://www.secnav.navy.mil/donhr/how-to-apply/military-spouses/pages/default.aspx)

- **San Diego Military Family Collaborative:** The San Diego Military Family Collaborative offers military families access to resources throughout San Diego County. One of the resources available to military families is the Job Board. [SDMFC](http://www.sdmilitaryfamily.org/job-board) collects job postings from military-friendly employers and posts them. You can access by signing up for the organization's email tree or by visiting the Job Board. [www.sdmilitaryfamily.org/job-board](http://www.sdmilitaryfamily.org/job-board)

- **VA/Vets.gov:** The Veterans Employment Center connects veterans and their family members with meaningful employment and career development opportunities. [www.va.gov/careers-employment](http://www.va.gov/careers-employment)

# Volunteer Match:

Volunteer Match: This organization believes that everyone should have a chance to make a difference. That is why they make it easy for good people and good causes to connect. [www.volunteermatch.org](http://www.volunteermatch.org)