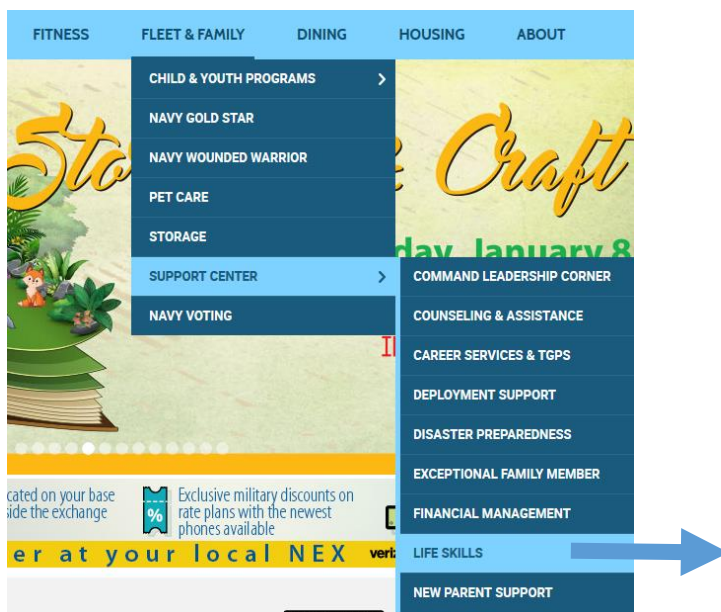


Accessing Programs & Workshops Booklet Online

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.



Details

Address
Bldgs. 259, 263, 271, 3544
3005 Corbina Alley
Naval Base San Diego
San Diego, CA 92136-5518
[Get Directions](#)

Phone
[619-556-7404](tel:619-556-7404)

Hours
Mon-Fri: 7:30 am-4:30 pm
Sat, Sun & Holidays: Closed

Downloads
[FFSC_Workshops_Oct-Dec_2019.pdf](#)
[Programs & Workshops_Jan-Mar.pdf](#)
[Kearny Mesa_January_Workshops.pdf](#)



To Make an Appointment
Call 866-923-6478



www.facebook.com/ffscsd

<http://sandiego.navylifsw.com/ffsc>

COUNSELING LOCATIONS

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
Counseling & Family Advocacy
3147 Eel Alley, Building 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



<http://sandiego.navylifsw.com/ffsc>



Counseling
Services

Individual, Child, Couple
and Family Counseling

Private and Confidential



<http://sandiego.navylifsw.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.



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?

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

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



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 89496
775-426-3333

NAVAL AIR STATION LEMOORE

966 Franklin Ave, Building 966
Lemoore, CA 93246
559-998-4042

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
805-982-5037
and
3rd St, Building 225
Point Mugu, CA 93042
805-989-8146

NAVAL SUPPORT ACTIVITY MONTEREY

1280 Leahy Rd, Monterey, CA 93940
831-656-3060

NAVAL BASE CORONADO

Buildings 318 & G Saufley Rd
San Diego, CA 92135
619-545-6071

NAVAL BASE POINT LOMA

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

NAVAL BASE SAN DIEGO

Buildings 259 & 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
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BAYVIEW HILLS BRANCH

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

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
619-987-9449

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.

SERVICES and PROGRAMS



2/18ks

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.



Meeting Your Needs. At Home. At Sea.

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, fairs 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
- Enrollment 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 and 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 RESPONSE (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



NAVY GOLD STAR PROGRAM

Support and commitment to families of service members who have died while on active duty:

- Serve as advocates for surviving family members providing information about benefits and resources
- Connect survivors with each other and the Navy by coordinating events throughout the year



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 RESOURCES



Centralized Scheduling: 866-923-6478
<http://sandiego.navylifefsw.com/ffsc>
www.facebook.com/FFSCSD

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

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/riso/riso_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.sdcca.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

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

WEBSITE: www.navicoresolutions.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
WEBSITE: <http://www.benefits.va.gov/GIBILL/EBENEFITS>
WEBSITE: www.ebenefits.va.gov

SAVING FOR COLLEGE

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

WEBSITE: <http://www.finra.org/investors/saving-college>

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/>

CHILDCARE & 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-assistance/respites/>

SAN DIEGO COUNTY CENTRALIZED ELIGIBILITY LIST

Childcare subsidies.

WEBSITE: <https://www.childcaresandiego.com/>

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
WEBSITE: <http://www.ymca.org/crs/programs/resource-and-referral/child-care-referrals.html>

CALIFORNIA DEPARTMENT OF CHILD SUPPORT SERVICES

North San Diego County (Myra Magana): 760-740-5624
Central San Diego County (Erik Dececchi): 858-650-6617
South San Diego County (Gisela Licea): 619-731-3591

EMAIL: HereToHelp@sdcounty.ca.gov
WEBSITE: www.childsup.ca.gov



RESOURCES FOR FOREIGN BORN FAMILIES



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

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.

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

NOW OPEN

FLEET AND FAMILY SUPPORT CENTER KEARNY MESA BRANCH

SAN DIEGO'S NEWEST ONE STOP FOR RESOURCES & NAVY LIFE INFO

VISIT US TODAY!

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

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



ACTIVE DUTY • SPOUSES • RETIREES





KEY RESOURCES



Centralized Scheduling: 866-923-6478
<https://sandiego.navylifesw.com/ffsc>
facebook.com/FFSCSD

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

FOOD, CLOTHING, HOUSEHOLD ITEMS, AND MORE!

FLEET & FAMILY SUPPORT CENTER (FFSC)

FFSC has information on Relocation, Deployment, Career Services, Counseling, Personal Financial Management, Information and Referral and more. Call 866-923-6478 to book an appointment with an FFSC Consultant. Visit www.navylifesw.com/sandiego/families/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

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

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 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

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 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

SAN DIEGO FOOD BANK

Call 866-350-3663 or visit 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

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

Call 619-461-4164 or visit 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.stepsocal.org for more information.

TRICARE

Call 844-866-WEST or 844-866-9378 or visit 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/

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

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

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>

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

MILITARY KIDS CONNECT (DEPLOYMENT SUPPORT WEBSITE)

Provides a website specifically designed to enhance the resilience of military children of all ages throughout the deployment cycle. It is a place for kids to connect online in a secure and private virtual environment. Visit <http://militarykidsconnect.dcoe.mil/> for more information

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

TUTOR.COM

Tutor.com offers one-on-one learning solutions for students and professionals. All of their services are live, on demand and online. Tutor.com provides homework help, tutoring, peer coaching, professional development, training and career help. Visit www.tutor.com/military

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.

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 (NMCS D) 619-532-7150
- Active Duty Pregnancy Resource Workshop at FFSC, 866-923-6478
- Breastfeeding Basics Class at NMCS D 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.nmc rs.org
- Child & Youth Programs: Military Childcare Options, www.militarychildcare.com
- Infant/Child CPR at NMCS D, 619-532-6912
- Labor & Delivery Tour of NMCS D 619-532-7082
- Military OneSource: Resources & More www.militaryonesource.com
- Mom's Survival Training at NMCS D 619-532-6896
- Sibling Class at NMCS D: Preparing Children for a New Sibling, 619-532-6896
- Women, Infants & Children (WIC) 800-500-6411
- YMCA Childcare Resource Service 800-481-2151

Locations

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



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

(NPSHVP)



Naval Base San Diego
3147 Eel Alley, Bldg. 271
San Diego, CA 92136
619-556-8809

Home Visitation Program



(NPSHVP)

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.

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

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

*Loving, Nurturing &
Happy Parents!*



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.



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 (GVV)	(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.navylifeww.com/ffsc>

**CENTRALIZED SCHEDULING
APPOINTMENT CENTER
1 (866) 923-6478**

SEPTEMBER 2019

**QUICK
ACCESS
DIRECTORY**

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

8/19A

HOTLINES

2-1-1 from cell/211 from land line(858) 300-1211
Access + (24-Hour Crisis Line)(800) 479-3339
Adult Abuse (Aging & Indep. Svcs)(800) 510-2020
American Red Cross (Emergency Message) (877) 272-7337
Child Abuse Hotline(858) 560-2191
Crime Victim-Witness Assistance(619) 531-4041
Domestic Violence Crisis Line (YWCA)(619) 234-3164
Youth & Family Services (YMCA) (858) 292-9622
Family Advocacy Program (Navy)(619) 556-8809
Fleet & Family Counseling(619) 556-8809
Fire-Ambulance-Police-Sheriff 911
Missing Children Hotline(800) 843-5678
NMCS Emergency Room(619) 532-8274
Poison Information Center(800) 876-4766
Sexual Assault 24 Hour Crisis Line (Navy) . .(877) 995-5247
Social Advocates for Youth (SAY)(858) 565-4148
Storefront (Home for Runaways)(619) 325-3527
Women's Resources (Oceanside)(760) 757-3500

MILITARY EXCHANGES

Imperial Beach(619) 424-2911
Marine Corps Recruit Depot(619) 297-2500
MCAS Miramar(858) 695-7288
Naval Base Coronado (NAB)(619) 522-7400
Naval Base Coronado (NASNI)(619) 522-7222
Naval Base San Diego(619) 544-2100
Naval Base Point Loma(619) 523-1214

MILITARY RESOURCES & ASSISTANCE

Military Childcare(855) 696-2934
CREDO NRSW(619) 532-1508
DEERS Enrollment Center (DMDC)(800) 538-9552
DFAS & Military Pay Center(888) 332-7411
Fleet & Family Counseling Services(619) 556-8809
Healthy Start MFRC(858) 496-0044
Housing(619) 556-8443
Miramar Youth Center(858) 577-4136
Region Legal Services Office (NBSD)(619) 556-2211
Naval Medical Center (Quarterdeck)(619) 532-6400
New Parent Support(619) 556-8809
New Parent Support (MCCS)(858) 577-9812
Personal Property (Household Goods)(855) 444-6683
Retired Activities Office(619) 556-8987
Retirement Pay Assistance(800) 321-1080
School Liaison Officer (SLO)(619) 532-1034
TRICARE Western Region(844) 866-9378
TRICARE Dental Program(844) 653-4061

NAVY-MARINE CORPS RELIEF SOCIETY

Naval Base San Diego(619) 767-6800
Naval Base Coronado(619) 545-4477
MCRD(619) 524-5734
MCAS(858) 577-1807

LODGING

Navy Lodge Reservations(800) 628-9466
Gateway Inns & Suites(877) 628-9233

ID CARD LAB

Naval Base Coronado (NASNI)(619) 545-5046
Naval Base Point Loma(619) 524-5721
Naval Base San Diego(619) 556-9248
Naval Medical Center San Diego(619) 532-6557

PERSONNEL SUPPORT DETACHMENTS (PSD)

Afloat(619) 556-0654
Naval Base Coronado (NASNI)(619) 545-7928
Naval Base San Diego(619) 556-1997

COMMISSARIES

Imperial Beach(619) 437-9478
MCAS Miramar(858) 577-4516
Naval Base San Diego(619) 556-8657
Naval Base Coronado (NASNI)(619) 545-6566

<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

NEED 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 CHILDCARE?

www.militarychildcare.com

LOOKING FOR SCHOOLS?

Visit www.greatschools.org for information or contact your School Liaison Officer (SLO) at <https://sandiego.navylifsw.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.

DEERS:

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.uccitdp.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.mynavyexchange.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.navylifsw.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.”

OMBUDSMAN

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.navylifsw.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: 526-1077

▶ 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!



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.

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/sandiego/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 Child Care/Child Development Homes. Visit www.militarychildcare.com for more information

CHILD DEVELOPMENT CENTER (CDC) DROP IN CARE

For information regarding drop in child care visit www.militarychildcare.com. For locations visit www.navylifesw.com/sandiego/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/sandiego/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 800-481-2151 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 619-767-6800 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

844-866-WEST or 844-866-9378 or visit www.tricare-west.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.cpsc.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.navylifsw.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/rloso/rloso_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.mcrdspd.marines.mil/Units/Tenant-Units/Legal-Assistance-Office/>
619-524-4111

Miramar Legal Service Support
www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx
858-577-6260

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
www.lasdsd.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 World Wide Locator helps locate individuals who are either in the Navy (Active Duty and Reserve) or who were in the Navy (Retired, Discharged or Separated). Service member's addresses are protected under the provisions of the Privacy Act and cannot be released. However, they are able to forward mail.

NAVY WORLD WIDE LOCATOR

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

MILITARY GARNISHMENT OPERATIONS

Visit Defense Finance and Accounting Services (DFAS) for information on how to file child or spousal support orders.
www.dfas.mil/dfas/garnishment.html
888-DFAS-411

CHILD SUPPORT SERVICES

www.childsup.ca.gov 866-901-3212

Military & Veteran Liaison San Diego County
heretohelp@sdcountry.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&_schema=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.

Fleet and Family Support Center, Information & Referral Department 619-556-7404

Armed Services YMCA
www.militaryymca.org 858-751-5755

Military Outreach Ministries
www.sandiegomom.org 619-461-4164

Military OneSource
www.militaryonesource.mil 800-342-9647

Navy-Marine Corps Relief Society
www.nmcrs.org
Naval Base, San Diego 619-767-6800
Naval Base, Coronado 619-545-4477
MCAS Miramar 858-577-1807

Marine Corps Community Services
www.usmc-mccs.org/services/
Marine Corps Recruit Depot
www.mccsmcrd.com/information-referral/
619-524-5732
MCAS Miramar
www.mccsmiramar.com/information-referral/
858-577-1428

211 (24 Hours/Day) www.211sandiego.org
211 (800-222-0997)

Catholic Charities
www.ccdsd.org 619-231-2828

Support the Enlisted Project
www.stepsocal.org 866-424-5210

DOMESTIC VIOLENCE

Fleet & 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



SPOUSE EMPLOYMENT, EMPOWERMENT, AND DEVELOPMENT RESOURCE LIST



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

Fleet&FamilySupportCenterdoesnotendorsethecontainedinformation,providedforinformationalpurposesonly.

EDUCATIONAL RESOURCES:

Military One Source: Military One Source offers military spouses resources on choosing a college and scholarship information. www.militaryonesource.mil

MyCAA: MyCAA is a 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>

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

National Military Family Association: NMFA partners with 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

GCF Global: 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 interactives—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>

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

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, FFSCSDJOBS@NAVY.MIL or follow the FFSC Facebook. 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>

Blue Star Families: Blue Star Careers provides a broad range of military spouse employment initiatives designed to support military family member throughout 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, Blue Star Careers' employment & education initiatives address and leverage the unique challenges of the military family lifestyle. <https://bluestarfam.org/for-mil-families/careers/>

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

MSCCN: Military Spouse Corporate Career Network is an organization that focuses on employment readiness training, job placement solutions, and no-cost services to all military spouses. It connects qualified and prepped military-affiliated applicants directly to corporate and small business hiring recruiters for direct job placements. www.msccn.org

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 "San Diego openings," meaning accepting applications for only a short amount of time. www.navylifesw.com/ffsc
Jobs are also on the NavyLifeSW app under "Jobs".

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

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 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

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

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. Gateway Village Branch front desk number 619-222-5548 for more information.

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