

FLEET & FAMILY SUPPORT CENTERS

FLEET & FAMILY SUPPORT CENTER



San Diego Locations

NAVAL BASE CORONADO

Buildings 318 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
619-556-7404

Counseling & Family Advocacy

Building 271, 3147 Eel Alley
619-556-8809
San Diego CA, 92136

KEARNY MESA BRANCH

3950 Calle Fortundana
San Diego, CA 92123
619-987-0449

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

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



ONE CALL SERVES ALL!

not for emergencies*
1-866-923-6478

The Centralized Scheduling 24/7 line is live during normal working hours and quickly responds to messages left when lines are busy or the next business day for messages left non-working hours.

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.



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DEPLOYMENT SUPPORT

Resources and assistance during all cycles of the deployment process:

- Departure and Separation
- Deployment readiness briefs, fairs and workshops
- Individual Augmentee family support
- Family Readiness Group (FRG) training
- Mid-deployment support
- Return and Reunion / Homecoming / Workshops

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
- Sponsor Coordinator and Sponsor training

COMMAND AND OMBUDSMAN SUPPORT

Variety of training for command leadership and ombudsman:

- 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



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LIFE SKILLS PROGRAMS

Variety of workshops and resources to help service members and families develop skills that will enhance interpersonal relations

- Mind Body Mental Fitness Modules
- Communication and conflict resolution classes
- Stress and anger management workshops
- Parenting workshops
- Suicide prevention briefs
- Operational Stress Control training

INTEGRATED PRIMARY PREVENTION

- Deployed Resiliency Counselors (DRC's)
- Embedded Integrated Prevention Coordinators (EIPC's) - Sea Duty Commands
- Integrated Prevention Coordinators (IPC's) - Shore Duty Commands



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

TRANSITION ASSISTANCE PROGRAM (TAP)

Resources for career planning:

- TAP 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 resumé 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



EFMP Exceptional Family Member Program

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Assistance in connecting with key community resources:

- Networking opportunities with other families enrolled in program
- Program education for command
- Personalized liaison assistance
- Enrollment guidance
- Referrals to 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.

