



OMBUDSMAN NEWS

4 APRIL 2024

RESOURCE SPOTLIGHT

FLEET AND FAMILY SUPPORT CENTER PROGRAMS AND WORKSHOPS

MWR COMMUNITY RECREATION

OMBUDSMAN TRAINING SCHEDULE

RESOURCE DIRECTORY



FAMILY FUN DAY!

Fleet and Family New Parent Support Program invites you to Family Fun Day! Hang out with family and friends. Don't forget to bring your blankets, chairs, snacks, and refreshments. There will be crafts, sensory play, obstacle course, and much more!

When: 12-APR-24

Time: 1:00 PM - 4:00 PM

Where: 1565 Ridgewood Dr. San Diego, CA 92139
(Across from Bayview Hills Housing Office)

Share

MONTH OF THE MILITARY CHILD



MILITARY CHILD CERTIFICATE OF APPRECIATION

Recognize your military kids for their sacrifice, strength, resilience as they navigate the challenges of military life. Certificates of Appreciation are available at any of our Metro San Diego Fleet and Family Support Centers.



CELEBRATING OUR MILITARY TEENS

Special shout out to the military-teens who are graduating high school this year! Congratulations seniors who received their admission decisions or have decided to pursue other adventures beyond higher education. Don't forget Fleet and Family's Family Employment Readiness Program is here to support our military teens!



USO CREATIVE SHOWCASE

Hey military kids! Share your paintings, drawings, sketches, essays, and poems with USO. Express what makes YOUR military life unique. Submit your entries at USO.org/MilKids



BLOOM: EMPOWERING THE MILITARY TEEN

BLOOM is a leading organization dedicated to elevating the authentic voices of military teens. They empower, inspire, and connect their peers through content creation, advocacy, and community. To learn more, visit [BLOOM](https://BLOOM.org)

April 2024

(V)-Virtual; (H)-Hybrid

NBSD-Naval Base San Diego
NBPL-Naval Base Point Loma
NBC-Naval Base Coronado
KMB-Kearny Mesa Branch
GVB-Gateway Village Branch
BVH-Bayview Hills Branch
VSM-Village at Serra Mesa

CALL 866-923-6478 TO REGISTER TODAY!

(PLEASE NOTE SOME CLASSES REQUIRE SPECIFIC REGISTRATION- SEE GLOSSARY)

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

MON 15	TUES 16	WED 17	THUR 18	FRI 19
<p>COMMAND SPONSOR TRAINING <u>0900-1030, (V)</u></p> <p>NAVIGATING CHILDCARE OPTIONS <u>0900-1100, KMB</u></p> <p>OMBUDSMAN BASIC TRAINING, APR 15-18, <u>1600-2100, (V)</u></p>	<p>RESUME WRITING <u>0900-1100, VSM</u></p> <p>JOB SEARCH STRATEGIES <u>0900-1100, BVH</u></p> <p>CONFLICT RESOLUTION <u>0900-1000, NBC</u></p> <p>TODDLER TUESDAY <u>1000-1100, KMB</u></p> <p>LIFE AFTER THE UNIFORM: THE RESILIENT SPOUSE <u>1000-1200, GVB</u></p> <p>CREDIT MANAGEMENT <u>1300-1400, NBC</u></p>	<p>NAVY SPOUSE 101 <u>0900-1030, KMB</u></p> <p>RESUME WRITING <u>0900-1030, NBSD</u></p> <p>MBMF MODULE 3: LIVING CORE VALUES <u>1000-1200, NBSD</u></p> <p>INSIGHTS TO STARTING A HOME-BASED BUSINESS <u>1200-1530, KMB</u></p> <p>FINDING FEDERAL EMPLOYMENT <u>1300-1500, NBPL</u></p> <p>KIDS CRAFT <u>1300-1400, BVH</u></p> <p>KIDS CRAFT <u>1330-1430, VSM</u></p>	<p>BOOTS-2-BUSINESS, APR 18-19, <u>0730-1630, KMB</u></p> <p>RESPONSIBLE ANGER MANAGEMENT APR 18-19, <u>0900-1600, NBSD</u></p> <p>MBMF MODULE 3: LIVING CORE VALUES <u>0900-1100, VSM</u></p> <p>CAR BUYING & LEASING STRATEGIES <u>0900-1030, BVH</u></p> <p>TODDLER THURSDAY <u>1000-1100, KMB</u></p> <p>SPOUSE EMPLOYMENT, EMPOWERMENT & DEVELOPMENT <u>1300-1430, BVH</u></p> <p>KIDS CRAFT <u>1330-1430, GVB</u></p>	<p>LIFE AFTER THE UNIFORM: THE RESILIENT SPOUSE <u>1000-1130, NBPL</u></p> <p>HOME BUYING WORKSHOP <u>1300-1500, NBPL</u></p>
MON 22	TUES 23	WED 24	THUR 25	FRI 26
<p>RESUME WRITING <u>1300-1500, KMB</u></p>	<p>LIFE AFTER THE UNIFORM: THE RESILIENT SPOUSE <u>0900-1100, NBSD</u></p> <p>WELCOME TO SAN DIEGO <u>0900-1100, VSM</u></p> <p>COMMAND FINANCIAL SPECIALIST CONTINUING EDUCATION <u>0900-1030, NBSD</u></p> <p>WELCOME TO SAN DIEGO <u>0900-1030, BVH</u></p> <p>COMMAND SPONSOR TRAINING <u>0900-1000, NBC</u></p> <p>EFFECTIVE COMMUNICATION <u>1000-1200, GVB</u></p> <p>TODDLER TUESDAY <u>1000-1100, KMB</u></p>	<p>SAILORS & FAMILIES ON THE MOVE <u>0900-1100, NBSD</u></p> <p>WINNING INTERVIEW TECHNIQUES <u>0900-1030, NBSD</u></p> <p>MBMF MODULE 4: FLEXIBILITY <u>1000-1200, NBSD</u></p> <p>STRESS MANAGEMENT <u>1300-1500, NBPL</u></p> <p>KIDS CRAFT <u>1300-1400, BVH</u></p> <p>WINNING INTERVIEW TECHNIQUES <u>1400-1530, KMB</u></p> <p>OMBUDSMAN ADVANCED TRAINING <u>1800-2000, NBSD</u></p>	<p>BOOTS-2-BUSINESS, APR 25-26, <u>0730-1630, KMB</u></p> <p>ACTIVE DUTY PREGNANCY RESOURCES <u>0900-1100, BVH</u></p> <p>MBMF MODULE 4: FLEXIBILITY <u>0900-1100, VSM</u></p> <p>FAMILY CARE PLAN COORDINATOR <u>0900-1030, NBSD</u></p> <p>TODDLER THURSDAY <u>1000-1100, KMB</u></p> <p>NAVY SPOUSE IN TRANSITION <u>1000-1200, NBC</u></p> <p>PLANNING YOUR FINANCIAL FUTURE <u>1000-1130, NBSD</u></p> <p>CONFLICT RESOLUTION <u>1330-1530, GVB</u></p>	<p>RESUME WRITING <u>1000-1130, NBPL</u></p> <p>THRIFT SAVINGS PLAN (TSP)/ BLENDED RETIREMENT SYSTEM (BRS) <u>1000-1100, VSM</u></p> <p>HOME BUYING WORKSHOP <u>1300-1500, KMB</u></p>



OMBUDSMAN NEWS

MWR COMMUNITY RECREATION INFORMATION



METRO SAN DIEGO MWR COMMUNITY RECREATION LOCATIONS

Naval Base San Diego

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

Naval Base Coronado

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

Naval Base Point Loma

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

NAVMED San Diego

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

MWR COMMUNITY RECREATION HIGHLIGHTS

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

NAVAL BASE SAN DIEGO

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

- Mixology | 11-APR-24
- Onigiri Making | 18-APR-24
- Farm Day | 20-APR-24
- Family Story Hour | 20-APR-24

NAVAL BASE CORONADO

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

- SAPR Golf Tournament | 12-APR-24
- SAPR Paint Night and Desserts | 13-APR-24
- Kid's Survival Skills | 14-APR-24
- Spring Crescent Moon Wreath | 18-APR-24

NAVAL BASE POINT LOMA

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

- Learn to Bocce Ball | 11-APR-24
- The Gathering - A MTG Commander Community | 13-APR-24
- Self-Care Day | 15-APR-24
- Cardboard Regatta | 20-APR-24

NAVMED CENTER SAN DIEGO

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

- Trip to Birch Aquarium | 13-APR-24
- Dog Hike | 14-APR-24
- Horseback Riding | 14-APR-24
- Friendship Bracelets and Eras Movie | 20-APR-24



OMBUDSMAN NEWS

OMBUDSMAN TRAINING SCHEDULE

UPCOMING TRAINING

Metro San Diego Ombudsman Basic Training

15-18 APRIL (M-TH) | 1600-2100 | VIRTUAL
14-16 MAY (T-TH) | 0800-1600 | FFSC NBSD

Advanced Training

APRIL 11 | 1800-2000 | VIRTUAL
APRIL 24 | 1800-2000 | FFSC NBSD

Regional Ombudsman Assemblies

08 MAY 24 | 1800-2000 | VIRTUAL
LINK WILL BE SENT VIA CALENDAR INVITE

OMBUDSMAN BASIC TRAINING

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

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

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



ONLINE OMBUDSMAN BASIC TRAINING (EOBT)

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

Enroll for eOBT via the Ombudsman Program Training Directory on the LMS at mynavyfamily.com.

Instructions:

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

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

Online Ombudsman Basic Training (eOBT)

CNIC eOBT |

Module 1: Orientation and Program Overview Tuesday |

Module 3: Ombudsman Registry & Code of Ethics | Wednesday |

Module 6: Information and Referral | Thursday |

Module 7: Crisis Calls and Disasters | Tuesday |

Module 9: Course Review and Summary | *Must complete Modules 1-8 to be eligible to attend Module 9*



OMBUDSMAN NEWS

OMBUDSMAN TRAINING SCHEDULE



OMBUDSMAN ADVANCED TRAINING

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

Advanced Training Schedule

- 11-APR-24 | 1800-2000 | VIRTUAL
- 24-APR-24 | 1800-2000 | FFSC NBSD



OMBUDSMAN HOT TOPIC

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

Ombudsman Hot Topic Schedule

- **Hot Topic: Sexual Assault Prevention and Response (SAPR)**
17-APR-24 | 1000-1100



CNRSW OMBUDSMAN ASSEMBLY

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

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

08 MAY 24 | 1800-2000 | Save the date!

OMBUDSMAN COMMUNITY CONNECTION



Navy Region Southwest Ombudsmen Facebook Group

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

<https://www.facebook.com/groups/cnrswombudsmen>



Brown Bag Ombudsman Lunch

The purpose of the Brown Bag Ombudsman Lunch is to provide an opportunity for ombudsmen to connect in person, put a face to a name, share resources, and ask questions. Ombudsmen are encouraged to bring their lunches, kids, and take this time to connect. Every 4th Friday of the month from 11:30 AM - 12:30 PM, NBSD between buildings 259 - 263. Attendance is optional, registration not required.



San Diego Ombudsman Website

For more program information, important links and helpful downloads, please visit our FFSC Ombudsman Landing Page. Don't forget to bookmark the [Ombudsman Resource page!](#)



OMBUDSMAN NEWS

RESOURCE DIRECTORY

FFSC BRANCH LOCATIONS

sandiego.navylifesw.com

Naval Base San Diego

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

Naval Base Coronado

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

Naval Base Point Loma

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

Gateway Village

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

Village at Serra Mesa

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

Bayview Hills

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

Kearny Mesa

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

Scan to download
FFSC Resource Flyers!



NAVY MARINE CORP RELIEF SOCIETY

619-767-6800

www.nmcrs.org

SUPPORT THE ENLISTED PROJECT

858-695-6810

www.teamstepusa.org | info@teamstepusa.com

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

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

619-461-5210

www.sandiegomom.org

Distribution Center

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

What: Free clothing, diapers, house hold items

Hours: By appointment only call 619-461-4164

LIBERTY MILITARY HOUSING (LMH)

Three-Step Resolution Process for Residents

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

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

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

MILITARY ONESOURCE

800-342-9647

www.militaryonesource.mil

AMERICAN RED CROSS

877-272-7337 | 858-309-1200

www.redcross.org

USO SAN DIEGO

619-235-6503

www.uso.org

WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM

800-500-6411 www.sandiegowic.org

ARMED SERVICES YMCA (ASYMCA)

858-751-5755

www.asymca.org/sandiego

211

DIAL 2-1-1

www.211sandiego.org

SAY SAN DIEGO MILITARY FAMILY RESOURCES

858-810-8259 saysandiego.org

SAN DIEGO FOOD BANK

866-350-3663

sandiegofoodbank.org

COURAGE TO CALL

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

www.courage2call.org