



# OMBUDSMAN NEWS

8 FEBRUARY 2024

## RESOURCE SPOTLIGHT

### FLEET AND FAMILY SUPPORT CENTER INFORMATION

### MWR INFORMATION

### OMBUDSMAN TRAINING SCHEDULE

### RESOURCE DIRECTORY

← Share

## PLEASE SHARE WITH FAMILIES

### CONUS COLA LIVING PATTERN SURVEY

This Living Pattern Survey is used to measure shopping patterns of Uniformed Service members stationed in the continental United States (CONUS). Data collected will assist in the determination of Overseas and CONUS Cost of Living Allowances (COLA). Participation is voluntary, but strongly encouraged to ensure aggregate data accurately represents the shopping patterns of Service members in CONUS. Survey is available until March 31, 2024.

Visit: **CONUS COLA LIVING PATTERN SURVEY**  
<https://www.travel.dod.mil/Allowances/CONUS-Cost-of-Living-Allowance/Living-Pattern-Survey/>



## OMBUDSMAN INFORMATION

Ombudsmen and command support teams, please verify ombudsman contact information is correct and up to date in the Ombudsman Registry. Accurate ombudsman contact information is vital to the effectiveness of the Navy Family Ombudsman Program. A roster review of ombudsman contact information will be conducted through February and March. Your prompt response is greatly appreciated.



**Recertification Reminder.** Ombudsmen certified in 2021 should plan to recertify this year. Please check the ombudsman training schedule for available Ombudsman Basic Training sessions.

### MILITARY ONESOURCE MILTAX PROGRAM

Warmer weather means it's tax season again! Military OneSource offers a free MilTax software. It's easy-to-use tax preparation and e-filing software designed for the military community. Get access to trained tax consultants or find in-person support with the Volunteer Income Tax Assistance program. Members must log in to their Military OneSource account to access the MilTax software.

For more information contact Military OneSource 800-342-9647

Visit: [MilitaryOneSource.mil](https://www.militaryonesource.mil)

<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>



# OMBUDSMAN NEWS

FLEET & FAMILY SUPPORT CENTER INFORMATION



## FFSC BRANCH LOCATIONS & CONTACT INFORMATION

### Naval Base San Diego

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

### Naval Base Coronado

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

### Naval Base Point Loma

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

### Bayview Hills Branch (BVH)

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

### Gateway Village Branch (GVB)

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

### Kearny Mesa Branch (KMB)

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

### Village at Serra Mesa Branch (VSM)

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

### Family Readiness Express (FRE)

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



## UPCOMING FFSC PROGRAMS & WORKSHOPS

February 9 - February 16

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

### Friday, 09-FEB

- ACTIVE-DUTY PREGNANCY RESOURCES 0900-1200, NBC
- MBMF MODULE THREE 1000-1130, NBPL

### Monday, 12-FEB

- WINNING INTERVIEW TECHNIQUES 1400-1530, KMB
- OMBUDSMAN BASIC TRAINING FEB 12-15, 1600-2100, NBSD (HYBRID)

### Tuesday, 13-FEB

- COMMAND FINANCIAL SPECIALIST REFRESHER TRAINING 0800-1600, NBSD
- DEPLOYMENT SUPPORT 0900-1100, VSM
- COMMAND SPONSOR COORDINATOR TRAINING 0900-1030, NBSD
- PCSING WITH KIDS 0900-1100, BVH
- TODDLER TUESDAY 1000-1100, KMB
- LIFE AFTER THE UNIFORM: THE RESILIENT SPOUSE 1300-1530, GVB
- SURVIVOR BENEFIT PLAN 1400-1500, VSM

### Wednesday, 14-FEB

- JOB SEARCH STRATEGIES 0900-1030, NBSD
- MBMF MODULE ONE 0900-1100, NBC MBMF MODULE SIX 1000-1200, NBSD
- RESUME WRITING 1300-1500, NBPL
- KIDS CRAFT 1300-1400, BVH
- JOB SEARCH STRATEGIES 1330-1530, NBSD

### Thursday, 15-FEB

- BOOTS-2-BUSSINESS 15 FEB 15-16, 0730-1630, KMB
- RESPONSIBLE ANGER MANAGEMENT FEB 15-16, 0900-1600, NBSD
- NAVY SPOUSE 101 0900-1100, BVH
- TODDLER THURSDAY 1000-1100, KMB
- MBMF MODULE ONE 1000-1200, GVB
- MBMF MODULE SIX 1330-1530, VSM

### Friday, 16-FEB

- MBMF MODULE FOUR 1000-1130, NBPL
- HOME BUYING WORKSHOP 1200-1400, NBC



# 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 <https://navylifesw.com/events>

### NAVAL BASE SAN DIEGO

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

**Movie Trivia Night** | 09-FEB-24 | 3:00 PM | Free | Waterfront Recreation Center Lobby, Bldg. 45

**Breakfast with Fairytales** | 10-FEB-24 | 9:30 AM - 11:30 AM | Adults \$24, Children (Ages 3-12) \$20 | Admiral Robinson Bowling Alley

**Valetine's Day Coloring Contest** | 12-16-FEB-24 | Free

**Ice Cream Science Social** | 13-FEB-24 | 6:00 PM | \$10 | NBSD Waterfront Recreation Center, Bldg. 45

### NAVAL BASE CORONADO

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

**Sweetheart's Dinner and Dance** | 10-FEB-24 | 5:00 PM | \$60 | World-Famous I-Bar

**Super Bowl-ing Party** | 11-FEB-24 | 2:30 PM | Free | Sea 'N Air Lanes Bowling Center

**Galantine's Floral Arrangement and Margaritas** | 13-FEB-24 | 6:00 PM | \$20 | NAB Community Rec Center

### NAVAL BASE POINT LOMA

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

**Cross Net** | 12-FEB-24 | 11:00 AM - 1:00 PM | Free | Harbor Drive Annex, Marina Bldg. 606

**Farmers Market Trip** | 17-FEB-24 | 9:00 AM - 1:00 PM | \$5

### NAVMED CENTER SAN DIEGO

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

**Care Package Tutorial** | 10-FEB-24 | 1:00 PM | \$20 | Community Recreation NMCSO

**Candy Gram Fun** | 14-FEB-24 | 1:00 PM - 3:00 PM | \$15 | Community Recreation NMCSO

**Art, Wine, and Dine** | 14-FEB-24 | 7:00 PM | \$25 | Community Recreation NMCSO



# OMBUDSMAN NEWS

## OMBUDSMAN TRAINING SCHEDULE

### UPCOMING TRAINING

#### Metro San Diego Ombudsman Basic Training

12-14 MARCH (T-TH) | 0800-1600

FFSC NBSD

#### Advanced Training

FEBRUARY 22 | 1800-2000 | NBSD FFC

#### 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](https://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](mailto:learning@zeiders.com).\*\**

#### Online Ombudsman Basic Training (eOBT)

CNIC eOBT | March 1000 PST

Module 1: Orientation and Program Overview Tuesday | 05-MAR-24 | 1000-1200 PST

Module 3: Ombudsman Registry & Code of Ethics | Wednesday | 06-MAR-24 | 1000-1230 PST

Module 6: Information and Referral | Thursday | 07-MAR-24 | 1000-1230 PST

Module 7: Crisis Calls and Disasters | Tuesday | 12-MAR-24 | 1000-1230 PST

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

- 22-FEB-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](https://mynavyfamily.com)

#### Ombudsman Hot Topic Schedule

- **Hot Topic: Problematic Sexual Behavior in Children and Youth (PSB-CY) Program Explained for Ombudsmen**  
21-FEB-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

### COURAGE TO CALL

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

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

#### Free Food Distribution

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

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

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

### NAVY MARINE CORP RELIEF SOCIETY

**619-767-6800**

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

#### Services

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

### SUPPORT THE ENLISTED PROJECT

**858-695-6810**

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

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

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

**619-461-5210**

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

#### Distribution Center

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

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

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

### LIBERTY MILITARY HOUSING (LMH)

#### Three-Step Resolution Process for Residents

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

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

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

### MILITARY ONESOURCE

**800-342-9647**

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

### AMERICAN RED CROSS

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

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

### USO SAN DIEGO

**619-235-6503**

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

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

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

### ARMED SERVICES YMCA (ASYMCA)

**858-751-5755**

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

### 211

**DIAL 2-1-1**

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

### SAY SAN DIEGO MILITARY FAMILY RESOURCES

**858-810-8259** [saysandiego.org](http://saysandiego.org)

### SAN DIEGO FOOD BANK

**866-350-3663**

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

### FFSC RESOURCE FLYERS

[sandiego.navylifefsw.com](http://sandiego.navylifefsw.com)

