



OMBUDSMAN NEWS

09 MARCH 2024

RESOURCE SPOTLIGHT

FLEET AND FAMILY SUPPORT CENTER INFORMATION

MWR INFORMATION

OMBUDSMAN TRAINING SCHEDULE

RESOURCE DIRECTORY



KEEP FAMILIES INFORMED



CONUS COLA LIVING PATTERN SURVEY

Few more weeks to complete the DoD 2024 CONUS Living Pattern Survey! Sailors or spouses assigned in NRSW for three months or more are eligible to complete the survey. The survey is available until **March 31, 2024.**

Visit: [CONUS COLA LIVING PATTERN SURVEY](#)



FEDERAL BUREAU OF INVESTIGATION (FBI) INFORMATION SESSION

The Phoenix division of the Federal Bureau of Investigation will be hosting an information session to talk about the available careers.

When: Tuesday, March 26, 2024

Time: 1100 – 1400

Location: Naval Base San Diego (NBSD)

FFSC Bldg. 263 Classroom 3

Call to register at 619-556-9874



MILITARY FAMILY HOUSING TOWN HALL MEETING

Navy Leadership wants to hear from residents residing in privatized housing. This is an opportunity for leadership to hear and understand issues impacting residents. Ombudsmen, please share the attached flyer with your families.

When: Thursday, March 21, 2024

Time: 6:00 PM

Where: River Place Community Center
8811 Bushy Hill Dr. Santee 92071



VIRTUAL FFSC JOB FAIR

Commander, Navy Region Southwest invites veterans, transitioning service members, and military spouses to the Virtual FFSC Job Fair. Hiring official from national and local military-friendly organizations will hold virtual job booths to answer questions and accept resumes.

When: Wednesday, March 20, 2024

Time: 11:00 AM – 6:20 PM EST

Register at www.mynavyfamily.com



MINDFULNESS COACH APP

Feeling the stress of the day-to-day grind? Not sure how to manage your stress? Check out the Mindfulness Coach app! A resource featured in the six-module course, Mind-Body Mental Fitness. Developed by the US Department of Veterans Affairs to help veterans, service members, and others to practice mindfulness.

Download today! [Mindfulness Coach](#)



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

March 8 - March 15

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

Friday, 08-MAR

- STRESS MANAGEMENT 1000-1130, NBPL
- KIDS CRAFT 1430-1530, GVB

Monday, 11-MAR

- NAVIGATING CHILDCARE OPTIONS 1300-1500, KMB

Tuesday, 12-MAR

- OMBUDSMAN BASIC TRAINING MARCH 12-14, 0800-1600, NBSD
- WINNING INTERVIEW TECHNIQUES 0900-1100, BVH
- COMMAND SPONSOR COORDINATOR TRAINING 0900-1030, NBSD
- NAVY SPOUSE 101 0900-1100, VSM
- TODDLER TUESDAY 1000-1100, KMB
- SAVING AND INVESTING 101 1100-1200, NBC
- STRESS MANAGEMENT 1330-1530, GVB

Wednesday, 13-MAR

- JOB SEARCH STRATEGIES 0900-1030, NBSD
- RESUME WRITING 0900-1100, BVH
- THRIFT SAVINGS PLAN/BLENDED RETIREMENT SYSTEM 1000-1100, NBSD
- TIME MANAGEMENT 1000-1130, NBC
- MIND, BODY, MENTAL FITNESS MODULE FOUR 1000-1200
- KIDS CRAFT 1300-1400, BVH
- NAVY SPOUSE 101 1400-1530, KMB

Thursday, 14-MAR

- JOB SEARCH STRATEGIES 0900-1100, BVH
- HOW TO WORK A JOB FAIR 0900-1000, NBC
- RESPONSIBLE ANGER MANAGEMENT, MARCH 14-15, 0900-1600, NBSD
- TODDLER THURSDAY 1000-1100, KMB
- MIND, BODY, MENTAL FITNESS MODULE FIVE 1000-1200, GVB
- CONSUMER AWARENESS- DON'T GET RIPPED OFF! 1000-1130, VSM
- NAVY SPOUSE IN TRANSITION 1330-1530, VSM

Friday, 15-MAR

- DEPLOYMENT SUPPORT 1000-1130, NBPL
- CAPSTONE EVENT 1300-1500, NBPL



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](#)

Kids Craft & Cooking | 09-MAR-24 | 11:00 AM | \$16 | Waterfront Recreation Center Bldg. 45

Advanced Screening: Arthur the King | 09-MAR-24 | 6:00 AM | Free | NBSD Base Theater Bldg. 71

Family & Friends Mural Making | 13-MAR-24 | 10:00 AM - 12:00 PM | \$90/group (Max 5 people)

Family Discovery Walk | 16-MAR-24 | 10:00 AM | Free | 1 Father Junipero Serra Trail

NAVAL BASE CORONADO

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

Breakers Beach | 09-MAR-24 | 10:00 AM | \$15

Kid's Survival Skills | 09-MAR-24 | 10:00 AM | \$20 per child | NAB Community Recreation Center

Leprechaun Trap and Hunt | 14-MAR-24 | 6:30 PM | \$7 | NAB Community Recreation Center

NAVAL BASE POINT LOMA

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

The Gathering - A MTG Commander Community | 09-MAR-24 | 12:00 PM - 3:00 PM | Free | Subase Bldg. 546

Full Steam Ahead! An Early Literacy Program for Young Learners | 10-MAR-24 | 10:00 AM - 11:00 AM | Free

PI Day | 14-MAR-24 | 11:00 AM - 1:00 PM | Free | Subase Bldg. 546

NAVMED CENTER SAN DIEGO

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

Doll Tea Party | 09-MAR-24 | 1:00 PM | \$15

Breaker's Beach Bonfire | 16-MAR-24 | 7:00 PM | \$15



OMBUDSMAN NEWS

OMBUDSMAN TRAINING SCHEDULE

UPCOMING TRAINING

Metro San Diego Ombudsman Basic Training

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

15-18 APRIL (M-TH) | 1600-2100 | VIRTUAL

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 | April 1600 PST

Module 1: Orientation and Program Overview Tuesday | 02-APR-24 | 1600-1800 PST

Module 3: Ombudsman Registry & Code of Ethics | Wednesday | 03-APR-24 | 1600-1830 PST

Module 6: Information and Referral | Thursday | 04-APR-24 | 1600-1830 PST

Module 7: Crisis Calls and Disasters | Tuesday | 09-APR-24 | 1600-1830 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

- 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: Child and Youth Education Services (CYES) - School Liaison Program (SLO)**
27-MAR-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

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 for location information

NAVY MARINE CORP RELIEF SOCIETY

619-767-6800

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 | 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

FFSC RESOURCE FLYERS

sandiego.navylifesw.com

