



OMBUDSMAN NEWS

25 APRIL 2024

RESOURCE SPOTLIGHT

FLEET AND FAMILY SUPPORT CENTER PROGRAMS AND WORKSHOPS

MWR COMMUNITY RECREATION

OMBUDSMAN TRAINING SCHEDULE

RESOURCE DIRECTORY



REGISTER NOW OMBUDSMAN BASIC TRAINING

Ombudsman Basic Training for our May session is now open. Commands onboarding a new ombudsman, or ombudsman who need to recertify are welcome to register. Newly appointed ombudsman should make every effort to complete this training within 6 weeks of appointment. If you are unable to complete the training within the timeframe, please contact the Ombudsman Coordinator.

When: 14-16 MAY (T-Th)

Time: 0800-1630

Where: NBSD FFSC (In Person)

To register, email: sdffcumbudsman@us.navy.mil



SHARE WITH YOUR FAMILIES!



2024 VOLUNTEEN SUMMER PROGRAM

The Naval Medical Center San Diego (NMCS D) Volunteer Program and Diversity/STEM Committee is inviting high school students to be part of the NMCS D VolunTEEN Summer Program. This program is free and open to students ages 14-17. Please see the attached program application.

Program Dates: June 13- July 12

Applications are due by May 17, 2024

Submit applications to: Mr. Thomas Twigg

Email: thomas.e.twigg.civ@health.mil

Phone: 619-532-6418

MILITARY ONESOURCE

Close out Month of the Military Child by visiting [Military OneSource](#)! Check out valuable information, resources, and giveaways to finish celebrating our Milkids!



REGISTER NOW COMPASS

Naval Services FamilyLine is conducting an in-person COMPASS class for San Diego Navy Spouses. Topics that will be covered include Navy History & Traditions, Financial Readiness, Benefits & Resources, and much more!

When: April 30 - May 2

Time: 9:00 AM - 1:00 PM PST

Where: Orleck Heights Community Room

Register at compassandiego@nsfamilyline.org

Registration closes on Monday, April 29, 2024.



REGISTER NOW BAY BRIDGE RUN/WALK

Grab your running shoes or walking shoes! The Navy's 37th Bay Bridge Run/Walk is on Sunday, May 19th at 8:00 AM. Registration is open!

To register visit: navybaybridgerun.com

May 2024

CALL 866-923-6478 TO REGISTER TODAY!

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

(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

Detailed workshop glossary with all workshop descriptions available in back of packet!

WED

1

FINDING FEDERAL EMPLOYMENT
0900-1100, NBSD
COMMAND EFMP POC TRAINING
0900-1100, (V)
GAMBLING
1000-1100, NBSD
WELCOME TO SAN DIEGO
1000-1200, KMB
MBMF MODULE 5: PROBLEM SOLVING
1000-1200, NBSD
RESUME WRITING
1300-1500, NBPL
KIDS CRAFT
1300-1400, BVH

THUR

2

BOOTS-2-BUSINESS, MAY 2-3,
0730-1630, KMB
NAVIGATING CHILDCARE OPTIONS
0900-1030, BVH
MBMF MODULE 5: PROBLEM SOLVING
0900-1100, VSM
BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS
1000-1200, NBSD
TODDLER THURSDAY
1000-1100, KMB
NAVIGATING CHILDCARE OPTIONS
1000-1200, GVB
MONEY & THE MOVE
1300-1400, GVB

FRI

3

ACTIVE DUTY PREGNANCY RESOURCES
0900-1200, NBSD
SAILORS & FAMILIES ON THE MOVE
1000-1130, NBPL

MON

6

COMMAND FINANCIAL SPECIALIST (CFS) INITIAL TRAINING, MAY 6-10,
0800-1600, NBSD
COMMAND SPONSOR COORDINATOR TRAINING
0900-1030, (V)
SPOUSE EMPLOYMENT, EMPOWERMENT, & DEVELOPMENT
1300-1500, KMB

TUES

7

COMMAND SPONSOR COORDINATOR TRAINING
0900-1000, NBC
ORGANIZE YOUR LIFE
0900-1030, BVH
CONFLICT RESOLUTION
0900-1100, VSM
TODDLER TUESDAY
1000-1100, KMB
MBMF MODULE 1: STRESS RESILIENCE
1000-1200, GVB
SAIL WORKSHOP FOR SUICIDE PREVENTION COORDINATORS
1300-1500, NBC

WED

8

JOB SEARCH STRATEGIES
0900-1030, NBSD
KIDS CRAFT
1300-1400, BVH
SAILORS & FAMILIES ON THE MOVE
1300-1500, KMB
CONFLICT RESOLUTION
1300-1500, NBPL
EFFECTIVE PARENTING WORKSHOP, MAY 8-10,
0900-1600, NBSD
MBMF MODULE 6: CONNECTION
1000-1200, NBSD

THUR

9

BOOTS-2-BUSINESS, MAY 9-10,
0730-1630, KMB
NAVY SPOUSE 101
0900-1100, BVH
MBMF MODULE 6: CONNECTION
0900-1100, VSM
TODDLER THURSDAY
1000-1100, KMB
DEPLOYMENT SUPPORT
1330-1530, GVB

FRI

10

ORGANIZE YOUR LIFE!
1000-1130, 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 Community Recreation at <https://navylifesw.com/events>

NAVAL BASE SAN DIEGO

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

- Story Time Craft & Play** | 01-MAY-24
- Brewhouse Book Club** | 01-MAY-24
- Horchata & Tortilla Making** | 02-MAY-24
- Star Gazing** | 03-MAY-24
- Sights and Sips** | 04-MAY-24
- Ho Chi Minh Trail Hike** | 05-MAY-24

NAVAL BASE CORONADO

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

- Mommy & Me Toy-rariums and Tea Party** | 02-MAY-24
- Family Sunset Yoga** | 03-MAY-24
- Sports Day** | 04-MAY-24
- Auto Skills General Maintenance Class** | 05-MAY-24

NAVAL BASE POINT LOMA

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

- Learn How to Make a Terrarium** | 30-APR-24
- Star Wars Trivia** | 02-MAY-24
- Costume Fun Run: Rise of the Forceful** | 04-MAY-24

NAVMED CENTER SAN DIEGO

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

- Military Appreciation Buttons** | 01-MAY-24
- Cinco de Mayo 5K** | 03-MAY-24
- Spring Festival** | 04-MAY-24



OMBUDSMAN NEWS

OMBUDSMAN TRAINING SCHEDULE

UPCOMING TRAINING

Metro San Diego Ombudsman Basic Training

14-16 MAY (T-TH) | 0800-1630 | FFSC NBSD

Advanced Training

JUN 5 | 1800-2000 | VIRTUAL

JUNE 20 | 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 1750.1H. 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 1750.1H.

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/or log in
2. Click the calendar icon
3. Navigate to the correct month/day
4. Click eOBT Session
5. Pop-up window will appear, click **Register Now**
6. Click **Enroll Me**

Please note that you must be present for Day 1 BEFORE advancing to any of the days. All training sessions are live webinars and must be taken in sequence. 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.****

CNIC Electronic Online Ombudsman Basic Training (eOBT)

Next session start date: 07-MAY-2024 | 6:00 AM PST

Day 1: Tuesday, 07-MAY-2024 | 6:00 AM (120 minutes)

Day 2: Thursday, 09-MAY-2024 | 6:00 AM (120 minutes)

Day 3: Tuesday, 14-MAY-2024 | 6:00 AM (150 minutes)

Day 4: Thursday, 16-MAY-2024 | 6:00 AM (90 minutes)



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

- 05-JUN-2024 | 1800-2000 | Virtual
- 20-JUN-2024 | 1800-2000 | FFSC NBSD (In Person)



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: Exceptional Family Member Program (EFMP)**
22-MAY-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.navylifefsw.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