

(V)-Virtual; (H)-Hybrid

May 2024

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!

****ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED****

MON

13

PCSING WITH KIDS
1400-1500, KMB

TUES

14

RENTING
0900-1000, NBC
COMMAND SPONSOR
COORDINATOR TRAINING
0900-1030, NBSD
WELCOME TO
SAN DIEGO
0900-1030, BVH
LIFE AFTER THE UNIFORM:
THE RESILIENT SPOUSE
0900-1100, VSM
MBMF MODULE 2:
MINDFULNESS &
MEDITATION
1000-1200, GVB
TODDLER TUESDAY
1000-1100, KMB

WED

15

FAP LEADERSHIP
ORIENTATION TRAINING
0830-1030, NBSD
MBMF MODULE 2:
MINDFULNESS &
MEDITATION
0900-1100, NBC
RESUME WRITING
0900-1030, NBSD
MBMF MODULE 1:
STRESS RESILIENCE
1000-1200, NBSD
ACTIVE DUTY
PREGNANCY RESOURCES
1300-1500, KMB
KIDS CRAFT
1300-1400, BVH
FINDING FEDERAL
EMPLOYMENT
1300-1500, NBPL
KIDS CRAFT
1330-1430, VSM

THUR

16

BOOTS-2-BUSINESS,
MAY 16-17,
0730-1630, KMB
LEADERSHIP RESOURCE
TRAINING
0800-1200, NBSD
JOB SEARCH STRATEGIES
0900-1100, NBC
RESPONSIBLE ANGER
MANAGEMENT,
MAY 16-17,
0900-1600, NBSD
PCSING WITH KIDS
0900-1100, BVH
CAR BUYING & LEASING
STRATEGIES
1000-1130, NBPL
TODDLER THURSDAY
1000-1100, KMB
KIDS CRAFT
1330-1430, GVB

FRI

17

ACTIVE DUTY
PREGNANCY RESOURCES
0900-1200, NBC
EFFECTIVE
COMMUNICATION
1000-1130, NBPL

MON

20

COMMAND SPONSOR
TRAINING
0900-1030, (V)
NAVIGATING
CHILDCARE OPTIONS
1300-1500, KMB

TUES

21

COMMAND FINANCIAL
SPECIALIST REFRESHER
TRAINING
0800-1600, NBSD
SAILORS & FAMILIES
ON THE MOVE
0900-1100, VSM
CONFLICT RESOLUTION
0900-1000, NBSD
NAVY SPOUSE IN
TRANSITION
0900-1030, NBSD
TODDLER TUESDAY
1000-1100, KMB
MBMF MODULE 3:
LIVING CORE VALUES
1000-1200, GVB

WED

22

MBMF MODULE 4:
FLEXIBILITY
0900-1100, NBC
WINNING INTERVIEW
TECHNIQUES
0900-1030, NBSD
NAVY SPOUSE 101
0900-1030, KMB
MBMF MODULE 2:
MINDFULNESS &
MEDITATION
1000-1200, NBSD
KIDS CRAFT
1300-1400, BVH
STRESS MANAGEMENT
1300-1500, NBPL

THUR

23

BOOTS-2-BUSINESS,
MAY 23-24,
0730-1630, KMB
ACTIVE DUTY
PREGNANCY RESOURCES
0900-1100, BVH
PCSING WITH KIDS
0900-1100, NBSD
TODDLER THURSDAY
1000-1100, KMB
HOME BUYING
WORKSHOP
1200-1400, NBC

FRI

24

NAVY SPOUSE IN
TRANSITION
1000-1130, NBPL

(V)-Virtual; (H)-Hybrid

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ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

MON 27
**SORRY
WE'RE
CLOSED**


**MEMORIAL
Day**
REMEMBER & HONOR

TUES 28
EFFECTIVE COMMUNICATION
0900-1030, BVH
TIME MANAGEMNET
0900-1030, NBSD
COMMAND SPONSOR TRAINING
0900-1030, NBSD
ORGANIZE YOUR LIFE!
0900-1100, VSM
TODDLER TUESDAY
1000-1100, KMB
MBMF MODULE 4: FLEXIBILITY
1000-1200, GVB
SAVING AND INVESTING 101
1400-1500, VSM

WED 29
MBMF MODULE 5: PROBLEM SOLVING
0900-1100, NBC
RESUME WRITING
0900-1100, KMB
MBMF MODULE 3: LIVING CORE VALUES
1000-1200, NBSD
WINNING INTERVIEW TECHNIQUES
1300-1500, NBPL
KIDS CRAFT
1300-1400, BVH

THUR 30
EFFECTIVE COMMUNICATION
0900-1100, VSM
STRESS MANAGEMENT
0900-1030, BVH
FAMILY CARE PLAN COORDINATOR
0900-1030, NBSD
THRIFT SAVINGS PLAN (TSP)/BLENDED RETIREMENT SYSTEM(BRS)
1000-1100, (V)
RESUME WRITING
1000-1200, NBC
TODDLER THURSDAY
1000-1100, KMB
RESUME WRITING
1330-1530, GVB

FRI 31
CAPSTONE
0800-1130, KMB
COMMAND SPONSOR TRAINING
1000-1130, NBPL
DEBT DESTROYER
1200-1400, NBC

May is Military Spouse Appreciation!



NOT ALL WHO SERVE WEAR A UNIFORM.



MILITARYONESOURCE.MIL



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://navylifefsw.com/events>

NAVAL BASE SAN DIEGO

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

- Brewhouse Book Club** | 15-MAY-24
- Special Showing: Top Gun (1986)** | 16-MAY-24
- Canvas & Cabernet** | 16-MAY-24
- Dive-in Movie** | 17-MAY-24
- Enchanted Carnival** | 18-MAY-24
- Yoga & Acai** | 19-MAY-24

NAVAL BASE CORONADO

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

- Mother's Day Soccer Game** | 12-MAY-24
- Taco Tour** | 21-MAY-24
- Glow Paddle** | 31-MAY-24

NAVAL BASE POINT LOMA

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

- National Apple Pie Day** | 13-MAY-24
- Chili Cookoff** | 16-MAY-24
- Speed Race Night at K-1** | 17-MAY-24
- Beach Fest** | 18-MAY-24
- Wooden Model Painting** | 20-MAY-24

NAVMED CENTER SAN DIEGO

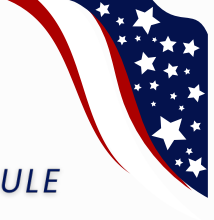
For registration details visit [Community Recreation NMCSO](#)

- Mother's Day Brunch** | 12-MAY-24
- Dive In Movie** | 17-MAY-24
- Trip to Knott's Berry Farm** | 18-MAY-24
- Goat Yoga** | 19-MAY-24



OMBUDSMAN NEWS

OMBUDSMAN TRAINING SCHEDULE



UPCOMING TRAINING

Metro San Diego Ombudsman Basic Training

10-13 JUN (MON-TH) | 1600-2030 | HYBRID
MON & THURS: IN PERSON | TUES & WED: VIRTUAL

Advanced Training

JUN 5 | 1800-2000 | VIRTUAL
JUNE 20 | 1800-2000 | FFSC NBSD

Regional Ombudsman Assemblies

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: 04-JUNE-2024 | 10:00 AM PST

Day 1: Tuesday, 04-JUNE-2024 | 10:00 AM (120 minutes)

Day 2: Thursday, 06-JUNE-2024 | 10:00 AM (120 minutes)

Day 3: Tuesday, 11-JUNE-2024 | 10:00 AM (150 minutes)

Day 4: Thursday, 13-JUNE-2024 | 10:00 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)**

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