

# April 2024

CALL 866-923-6478 TO REGISTER TODAY!

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

\*\*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

MON

15

COMMAND SPONSOR TRAINING  
0900-1030, (V)  
NAVIGATING  
CHILDCARE OPTIONS  
0900-1100, KMB  
OMBUDSMAN BASIC TRAINING,  
APR 15-18,  
1600-2100, (V)

TUES

16

RESUME WRITING  
0900-1100, VSM  
JOB SEARCH STRATEGIES  
0900-1100, BVH  
CONFLICT RESOLUTION  
0900-1000, NBC  
TODDLER TUESDAY  
1000-1100, KMB  
LIFE AFTER THE UNIFORM:  
THE RESILIENT SPOUSE  
1000-1200, GVB  
CREDIT MANAGEMENT  
1300-1400, NBC

WED

17

NAVY SPOUSE 101  
0900-1030, KMB  
RESUME WRITING  
0900-1030, NBSD  
MBMF MODULE 3:  
LIVING CORE VALUES  
1000-1200, NBSD  
INSIGHTS TO STARTING A  
HOME-BASED BUSINESS  
1200-1530, KMB  
FINDING FEDERAL  
EMPLOYMENT  
1300-1500, NBPL  
KIDS CRAFT  
1300-1400, BVH  
KIDS CRAFT  
1330-1430, VSM

THUR

18

BOOTS-2-BUSINESS,  
APR 18-19,  
0730-1630, KMB  
RESPONSIBLE ANGER  
MANAGEMENT  
APR 18-19,  
0900-1600, NBSD  
MBMF MODULE 3:  
LIVING CORE VALUES  
0900-1100, VSM  
CAR BUYING & LEASING  
STRATEGIES  
0900-1030, BVH  
TODDLER THURSDAY  
1000-1100, KMB  
SPOUSE EMPLOYMENT,  
EMPOWERMENT &  
DEVELOPMENT  
1300-1430, BVH  
KIDS CRAFT  
1330-1430, GVB

FRI

19

LIFE AFTER THE  
UNIFORM: THE  
RESILIENT SPOUSE  
1000-1130, NBPL  
HOME BUYING  
WORKSHOP  
1300-1500, NBPL

MON

22

RESUME WRITING  
1300-1500, KMB

TUES

23

LIFE AFTER THE UNIFORM:  
THE RESILIENT SPOUSE  
0900-1100, NBSD  
WELCOME TO  
SAN DIEGO  
0900-1100, VSM  
COMMAND FINANCIAL  
SPECIALIST CONTINUING  
EDUCATION  
0900-1030, NBSD  
WELCOME TO  
SAN DIEGO  
0900-1030, BVH  
COMMAND SPONSOR  
TRAINING  
0900-1000, NBC  
EFFECTIVE  
COMMUNICATION  
1000-1200, GVB  
TODDLER TUESDAY  
1000-1100, KMB

WED

24

SAILORS & FAMILIES  
ON THE MOVE  
0900-1100, NBSD  
WINNING INTERVIEW  
TECHNIQUES  
0900-1030, NBSD  
MBMF MODULE 4:  
FLEXIBILITY  
1000-1200, NBSD  
STRESS MANAGEMENT  
1300-1500, NBPL  
KIDS CRAFT  
1300-1400, BVH  
WINNING INTERVIEW  
TECHNIQUES  
1400-1530, KMB  
OMBUDSMAN  
ADVANCED TRAINING  
1800-2000, NBSD

THUR

25

BOOTS-2-BUSINESS,  
APR 25-26,  
0730-1630, KMB  
ACTIVE DUTY  
PREGNANCY RESOURCES  
0900-1100, BVH  
MBMF MODULE 4:  
FLEXIBILITY  
0900-1100, VSM  
FAMILY CARE PLAN  
COORDINATOR  
0900-1030, NBSD  
TODDLER THURSDAY  
1000-1100, KMB  
NAVY SPOUSE IN  
TRANSITION  
1000-1200, NBC  
PLANNING YOUR  
FINANCIAL FUTURE  
1000-1130, NBSD  
CONFLICT RESOLUTION  
1330-1530, GVB

FRI

26

RESUME WRITING  
1000-1130, NBPL  
THRIFT SAVINGS  
PLAN (TSP)/  
BLENDED RETIREMENT  
SYSTEM (BRS)  
1000-1100, VSM  
HOME BUYING  
WORKSHOP  
1300-1500, KMB

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MON

29

JOB SEARCH STRATEGIES  
1330-1530, KMB

TUES

30

COMMAND SPONSOR TRAINING  
0900-1030, NBSD  
STRESS MANAGEMENT  
0900-1030, BVH  
SAILORS & FAMILIES ON THE MOVE  
0900-1100, NBC  
NAVIGATING CHILDCARE OPTIONS  
0900-1100, VSM  
TODDLER TUESDAY  
1000-1100, KMB  
DEBT DESTROYER  
1300-1500, NBSD  
THRIFT SAVINGS PLAN (TSP)/BLENDED RETIREMENT SYSTEM (BRS)  
1300-1400, NBC  
SPOUSE EMPLOYMENT, EMPOWERMENT & DEVELOPMENT  
1330-1530, GVB

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

## NEW PARENT SUPPORT PRESENTS:

FAMILY FUN DAY  
APRIL 12, 2024  
1300-1600  
1565 RIDGEWOOD DR



NEW PARENT SUPPORT PROGRAM



# 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](#)

- Onigiri Making** | 18-APR-24
- Farm Day** | 20-APR-24
- Family Story Hour** | 20-APR-24
- Outdoor Movie Night & Workout** | 26-APR-24

### NAVAL BASE CORONADO

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

- Kid's Survival Skills** | 14-APR-24
- Spring Crescent Moon Wreath** | 18-APR-24
- Month of the Military Child Family Rave** | 19-APR-24
- Mother's Day Photoshoot Minis** | 19-APR-24

### NAVAL BASE POINT LOMA

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

- Self-Care Day** | 15-APR-24
- Cardboard Regatta** | 20-APR-24
- Chili Cookoff** | 25-APR-24
- Life Hacks: Barracks Cooking** | 27-APR-24

### NAVMED CENTER SAN DIEGO

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

- Dog Hike** | 14-APR-24
- Horseback Riding** | 14-APR-24
- Friendship Bracelets and Eras Movie** | 20-APR-24
- DIY Suncatchers** | 21-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 1750.1H. 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](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 Session
5. Pop-up window will appear, click **Register Now**
6. Click **Enroll Me**

**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).\*\**

#### CNIC Electronic Online Ombudsman Basic Training (eOBT)

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



# 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](http://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.navylifefsw.com](http://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](http://www.nmcrs.org)

### 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)

### COURAGE TO CALL

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

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