



OMBUDSMAN NEWS

23 MAY 2024

RESOURCE SPOTLIGHT

FLEET AND FAMILY SUPPORT CENTER PROGRAMS AND WORKSHOPS

MWR COMMUNITY RECREATION

OMBUDSMAN TRAINING SCHEDULE

RESOURCE DIRECTORY

[Share](#)



CNRSW CAREER FAIR

Are you interested in exploring a civilian career with Commander Navy Region Southwest? CNRSW will be hosting a career fair! Check out the attached flyer for details.

When: Thursday, May 30

Time: 11:00 AM - 2:00 PM

Location: 3950 Calle Fortunada | San Diego, CA 92123

To register call 619-556-9866

Email: William.Lewis@4S-llc.com



HOME RUN DEAL!

Whether you're a hard-core fan or looking for a fun day out, now is the time to watch the home team play! Stop by our Tickets and Travel Offices on Naval Base San Diego, Naval Base Coronado, and Naval Medical Center San Diego for tickets at a discounted price!



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.**

When: Wednesday, June 5, 2024

Time: 1800

Location: VIRTUAL - MS Teams

Link information sent via calendar invite a week prior to training.

When: Thursday, June 20

Time: 1800

Location: IN PERSON - FFSC NBSD



COMPASS CLASS

Naval Services Familyline is hosting another session of COMPASS. Topics covered include Navy History & Traditions, Financial Readiness, Benefits & Resources, Moving with the Military, Deployment, and Healthy Communication.

When: June 11-13, 2024

Time: 5:00 PM - 8:00 PM PST

Location: HYBRID, Day 1 & 2 Zoom, Day 3 In Person

To register visit www.nsfamilyline.org/our-programs/compass



NMCRS VIRTUAL BIRTHING CLASS

Navy-Marine Corps Relief Society offers virtual birthing classes. To register please call 619-204-8876 or email: luz.florencio@nmcrs.org

JUNE & JULY SCHEDULE

- June 5 | 10:00 AM
- June 20 | 6:00 PM
- July 10 | 10:00 AM
- July 25 | 6:00 PM

(V)-Virtual; (H)-Hybrid

June 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

3

COMMAND FINANCIAL SPECIALIST (CFS) INITIAL TRAINING, JUNE 3-7, 0800-1600, NBSD
COMMAND SPONSOR COORDINATOR TRAINING 0900-1030, (V)
WINNING INTERVIEW TECHNIQUES 0900-1030, KMB
BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS 1000-1200, NBSD

TUES

4

NAVY SPOUSE 101 0900-1100, NBSD
ORGANIZE YOUR LIFE! 0900-1030, BVH
NAVY SPOUSE 101 0900-1100, VSM
CAR BUYING & LEASING STRATEGIES 0900-1030, NBC
MBMF MODULE 5: PROBLEM SOLVING 1000-1200, GVB
TODDLER TUESDAY 1000-1100, KMB

WED

5

EFFECTIVE PARENTING WORKSHOP, JUNE 5-7, 0900-1600, NBSD
JOB SEARCH STRATEGIES 0900-1100, KMB
COMMAND EFMP POC TRAINING 0900-1100, NBPL
FINDING FEDERAL EMPLOYMENT 0900-1100, NBSD
MBMF MODULE 4: FLEXIBILITY 1000-1200, NBSD
RESUME WRITING 1300-1500, NBPL
KIDS CRAFT 1300-1400, BVH
OMBUDSMAN ADVANCED TRAINING 1800-2000, (V)

THUR

6

BOOTS-2-BUSINESS, JUNE 6-7, 0730-1630, KMB
MBMF MODULE 1: STRESS RESILIENCE 0900-1100, VSM
WELCOME TO SAN DIEGO 0900-1000, NBC
RESUME WRITING 0900-1100, BVH
MBMF MODULE 6: CONNECTION 1000-1200, GVB
TODDLER THURSDAY 1000-1100, KMB
NAVIGATING CHILDCARE OPTIONS 1330-1530, GVB

FRI

7

MBMF MODULE 1: STRESS RESILIENCE 1000-1130, NBPL

MON

10

WELCOME TO SAN DIEGO 1300-1500, KMB
OMBUDSMAN BASIC TRAINING, JUNE 10-13, 1600-2100, (H)

TUES

11

EFFECTIVE COMMUNICATION 0900-1100, VSM
FAMILY CARE PLAN COORDINATOR 0900-1000, NBC
SAILORS & FAMILIES ON THE MOVE 0900-1100, BVH
FAMILY READINESS GROUP BASIC TRAINING 0900-1600, NBSD
COMMAND SPONSOR COORDINATOR TRAINING 0900-1030, NBSD
TODDLER TUESDAY 1000-1100, KMB
MBMF MODULE 6: CONNECTION 1000-1200, GVB
CREDIT MANAGEMENT 1400-1500, VSM

WED

12

JOB SEARCH STRATEGIES 0900-1030, NBSD
SPOUSE EMPLOYMENT, EMPOWERMENT & DEVELOPMENT 0900-1100, KMB
FINANCIAL PLANNING FOR YOUR RETIREMENT PLAN 1000-1100, NBSD
KIDS CRAFT 1300-1400, BVH
CONFLICT RESOLUTION 1300-1500, NBPL

THUR

13

BOOTS-2-BUSINESS, JUNE 13-14, 0730-1630, KMB
MILLION DOLLAR SAILOR/SPOUSE WORKSHOP, JUNE 13-14, 0800-1600, NBC
MBMF MODULE 2: MINDFULNESS & MEDITATION 0900-1100, VSM
RESPONSIBLE ANGER MANAGEMENT, JUNE 13-14, 0900-1600, NBSD
JOB SEARCH STRATEGIES 0900-1100, KMB
TODDLER THURSDAY 1000-1100, KMB
JOB SEARCH STRATEGIES 1330-1530, GVB

FRI

14

MBMF MODULE 2: MINDFULNESS & MEDITATION RESILIENCE 1000-1130, NBPL

(V)-Virtual; (H)-Hybrid

June 2024

NBSD-Naval Base San Diego
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VSM-Village at Serra Mesa

CALL 866-923-6478 TO REGISTER TODAY!

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

MON 17

FAP LEADERSHIP
ORIENTATION TRAINING
0830-1030, NBSD
SAILORS & FAMILIES
ON THE MOVE
0900-1100, KMB
COMMAND SPONSOR
TRAINING
0900-1030, (V)

TUES 18

EFFECTIVE
COMMUNICATION
0900-1000, NBSD
CONFLICT RESOLUTION
0900-1100, GVB
WINNING INTERVIEW
TECHNIQUES
0900-1100, BVH
CRYPTO
0900-1030, NBC
TODDLER TUESDAY
1000-1100, KMB
DEBT DESTROYER
1300-1500, NBPL

WED 19

**SORRY
WE'RE
CLOSED**

THUR 20

MBMF MODULE 3:
LIVING CORE VALUES
0900-1100, VSM
WELCOME TO
SAN DIEGO
0900-1100, NBSD
SPOUSE EMPLOYMENT,
EMPOWERMENT &
DEVELOPMENT
0900-1030, BVH
TODDLER THURSDAY
1000-1100, KMB
KIDS CRAFT
1330-1430, GVB
OMBUDSMAN
ADVANCED TRAINING
1800-2000, NBSD

FRI 21

CAPSTONE
0800-1130, KMB
MBMF MODULE 3:
LIVING CORE VALUES
1000-1130, NBPL



MON 24

PCSING WITH KIDS
1000-1100, KMB

TUES 25

FAMILY READINESS
GROUP ADVANCED
TRAINING
0900-1100, NBSD
RESUME WRITING
0900-1100, VSM
WELCOME TO
SAN DIEGO
0900-1030, BVH
COMMAND SPONSOR
TRAINING
0900-1030, NBSD
SAVING & INVESTING 101
0900-1000, NBC
NAVY SPOUSE 101
1000-1200, GVB
TODDLER TUESDAY
1000-1100, KMB

WED 26

WINNING INTERVIEW
TECHNIQUES
0900-1030, NBSD
ACTIVE DUTY
PREGNANCY RESOURCES
0900-1100, KMB
MBMF MODULE 5:
PROBLEM SOLVING
1000-1200, NBSD
YOUR FINANCIAL
CHECKUP AT PROMOTION
1000-1100, NBSD
STRESS MANAGEMENT
1300-1500, NBPL
KIDS CRAFT
1300-1400, BVH
KIDS CRAFT
1330-1430, VSM

THUR 27

BOOTS-2-BUSINESS,
JUNE 27-28,
0730-1630, KMB
MBMF MODULE 4:
FLEXIBILITY
0900-1100, VSM
EFFECTIVE
COMMUNICATION
0900-1000, NBC
FAMILY CARE PLAN
COORDINATOR
0900-1030, NBSD
NAVY SPOUSE 101
0900-1100, BVH
SAILORS & FAMILIES
ON THE MOVE
1000-1200, GVB
TODDLER THURSDAY
1000-1100, KMB
HOW TO SURVIVE THE
HOLIDAYS FINANCIALLY
1400-1500, GVB

FRI 28

WINNING INTERVIEW
TECHNIQUES
1000-1200, NBC
MBMF MODULE 4:
FLEXIBILITY
1000-1130, NBPL
HOME BUYING
WORKSHOP
1300-1500, KMB

(V)-Virtual; (H)-Hybrid

June 2024

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NBC-Naval Base Coronado
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BVH-Bayview Hills Branch
VSM-Village at Serra Mesa

med.navy.mil



TAKE CHARGE OF
YOUR HEALTH



med.navy.mil



STAY SAFE,
STAY HEALTHY

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



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](#)

Wonders of Science - Soda Bottle Blastoff | 02-JUN-24

Fire Station Visit | 02-JUN-24

Road Bike Ride | 03-JUN-24

Story Time Craft & Play | 05-JUN-24

Summer Door Sign | 06-JUN-24

NAVAL BASE CORONADO

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

Glow Paddle | 31-MAY-24

Surfing Lessons | 02-JUN-24

Summer Reading Program: Dino-Mite Book Fair | 02-JUN-24

Toddler Tuesday: Chalk Art | 04-JUN-24

Fishing with Dad | 06-JUN-24

NAVAL BASE POINT LOMA

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

Chocolate Candy Creations | 01-JUN-24

Magic the Gathering Meet Up | 08-JUN-24

Learn to Pickleball | 09-JUN-24

NAVMED CENTER SAN DIEGO

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

Palate and Platter | 25-MAY-24

Summer Basketball League | 28-MAY-24

Summer Softball League | 03-JUN-24

Summer San Volleyball | 04-JUN-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



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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: Family Advocacy Program (FAP)**
26-JUN-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>



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