



FINANCIAL RESOURCES



Centralized Scheduling: 866-923-6478
sandiego.navylifefsw.com/fleet-family/support-center/
www.facebook.com/FFSCSD



Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

FINANCIAL INFORMATION & EDUCATION

FLEET & FAMILY SUPPORT CENTER (FFSC)

Personal Financial Managers are available for individualized financial counseling, and command GMT and other trainings, as well as offering regularly scheduled classes, all on a wide variety of financial topics.

PHONE: 866-923-6478 (Appointments)

WEBSITE: sandiego.navylifefsw.com/fleet-family/support-center/

FACEBOOK: www.facebook.com/FFSCSD/

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

NMCRS provides financial counseling, thrift shops, and Budget for Baby workshops. Financial assistance is available in the form of interest-free loans and support to qualifying individuals.

Offices are located aboard NBSD, NASNI, MCRD and MCAS Miramar.

NBSD: 619-767-6800

NBC: 619-545-4477

MCRD: 619-524-5734

MCAS: 858-577-1807

WEBSITE: www.nmcrcs.org

MILITARY ONESOURCE

Military OneSource offers articles and information on a variety of financial and legal topics, and offers specialty consultations online or by phone with trained financial counselors.

PHONE: 800-342-9647 (24/7)

WEBSITE: www.militaryonesource.mil/financial-legal

SAN DIEGO FINANCIAL LITERACY CENTER (SDFLC)

SDFLC offers free financial literacy seminars, and Boost for Our Heroes, an education and financial grant program for active duty military members.

PHONE: 858-810-7007

WEBSITE: www.sdfhc.org

FEDERAL TRADE COMMISSION

WEBSITE: www.consumer.ftc.gov

Identity Theft: www.identitytheft.gov

CONSUMER FINANCIAL PROTECTION BUREAU

WEBSITE: www.consumerfinance.gov

FINRA Investor Education Foundation

WEBSITE: www.saveandinvest.org/military

U.S. SECURITIES AND EXCHANGE COMMISSION (SEC)

The SEC protects investors, promotes fairness in the securities markets, and shares information about companies and investment professionals to help investors make informed decisions and invest with confidence.

WEBSITE: www.sec.gov

FINANCIAL READINESS (FINRED)

Current and retired Military Service Members can get free Financial Counseling with FINRED. FINRED offers resources, education and support for every stage of financial readiness.

WEBSITE: finred.usalearning.gov

THRIFT SAVINGS PLAN

PHONE: 877-968-3778

WEBSITE: www.tsp.gov

ANNUAL CREDIT REPORTS

The only source for your free Credit Reports. Authorized by Federal Law.

WEBSITE: www.annualcreditreport.com

FINANCIAL ASSISTANCE, FOOD & CLOTHING

NAVY-MARINE CORPS RELIEF SOCIETY THRIFT SHOPS

NMCRS thrift shops offer great prices on clothing, uniforms, and household goods to help you stretch your budget. Three shops are available in the San Diego area: NBSD, NASNI Outlying Field (Imperial Beach) and MCAS Miramar.

SUPPORT THE ENLISTED PROJECT (STEP)

Provides emergency financial grants and transition assistance to junior enlisted military and their families, and free financial workshops for all

active duty, veterans and spouses.

PHONE: 858-695-6810

WEBSITE: www.teamstepusa.org

UNITED SERVICE ORGANIZATION (USO)

USO provides ticket giveaways, holiday programs, a food bank, and FREE Tuesday night dinner at the downtown location. The USO airport location offers a lounge for travelers and validates parking for eligible guests.

PHONE: Downtown: 619-235-6503

Airport: 619-296-3192

WEBSITE: <https://california.uso.org>

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

Free gently-used baby and childrens clothing and supplies, and food and bread distribution at various military housing communities throughout the San Diego area.

PHONE: 619-461-4164

WEBSITE: www.sandiegomom.org

WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM

WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income.

PHONE: 800-500-6411

WEBSITE: www.sandiegowic.org

SAN DIEGO FOOD BANK

PHONE: 866-350-3663

WEBSITE: www.sandiegofoodbank.org

CALFRESH PROGRAM/SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

PHONE: 877-847-3663 (enrollment)

WEBSITE: www.cdss.ca.gov

OPERATION HOMEFRONT

Qualified military families can access crisis and veteran housing assistance relief, regain resiliency and receive recurring family support, which works together to help them become stronger, more stable, and more secure.

TOLL FREE: 800-722-6098

LOCAL: 858-242-4995

CRITICAL TOLL FREE: 877-264-3968

CRITICAL LOCAL: 210-549-4600

WEBSITE: www.operationhomefront.org

DEPLOYMENT

DOGS ON DEPLOYMENT

Dogs on Deployment provides an online network for service members to search for volunteers who are willing to board their pets during their owner's service commitments, as well as grants for E6 and below service members with emergency veterinary needs.

PHONE: 619-800-3631

WEBSITE: www.dogsondeployment.org

PROJECT EVERGREEN

Project EverGreen provides free lawn and landscape services for deployed active duty service members and families through the GreenCare for Troops program.

PHONE: 888-611-2955

WEBSITE: projectevergreen.org



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FREE AND LOW-COST LEGAL SERVICES

REGION LEGAL SERVICE OFFICE

Appointment-only attorney services include wills, divorce information, adoption information, Service Member's Civil Relief Act, general powers of attorney, and more. Notary and special powers of attorney are available on a walk-in basis.

PHONE: 619-556-0049 (Appointment hotline)

WEBSITE: www.jag.navy.mil/legal_services/riso/riso_southwest.htm

MARINE CORPS RECRUIT DEPOT LEGAL ASSISTANCE OFFICE

PHONE: 858-307-1656

Website: www.mcrdsd.marines.mil/Permanent-Personnel-TAD/Resources/Legal-Assistance-Office/

MIRAMAR LEGAL SERVICE SUPPORT

PHONE: 858-307-1656

WEBSITE: www.miramar.marines.mil/Departments/Legal-Services/Legal-Assistance/

SAN DIEGO LAWYER REFERRAL AND INFORMATION SERVICE & MODEST MEANS PROGRAM

PHONE: 800-464-1529, 619-231-8585

WEBSITE: www.sdcbca.org/index.cfm?pg=MainLRIS

LEGAL AID SOCIETY OF SAN DIEGO

PHONE: 877-534-2524

WEBSITE: www.lasdsd.org

VOLUNTEER LAWYER PROGRAM

PHONE: 619-235-5656

WEBSITE: www.sdvlp.org

MORTGAGE HELP

If you're behind on your mortgage, or having a hard time making payments, we want to get you in touch with a HUD-approved housing counselor—they've been sponsored by the U.S. Department of Housing and Urban Development.

PHONE: 800-569-4287

WEBSITE: www.consumerfinance.gov/mortgagehelp/

HEALTHCARE

TRICARE

PHONE: 844-866-9378

WEBSITE: www.tricare-west.com

HEALTH NET FEDERAL SERVICES

PHONE: 855-722-2838

WEBSITE: www.hnfs.com

TRICARE DENTAL

PHONE: 844-653-4061

WEBSITE: <https://www.tricare.mil/TDP> or <https://www.uccitdp.com/>

COLLEGE

NAVY COLLEGE

The Navy College office offers information on the Tuition Assistance (TA) program, Navy COOL, GI Bill, financial assistance for spouses, testing, and information on scholarships available for active duty, dependents and veterans.

PHONE: 833-330-6622 (0700-1900) EST

WEBSITE: www.navycollege.navy.mil

VA/GI BILL

PHONE: 888-442-4551

WEBSITE: benefits.va.gov/gibill

EBENEFITS: www.ebenefits.va.gov

SAVING FOR COLLEGE

The FINRA website offers a free college savings calculator and information about various college savings plans, as well as additional information.

WEBSITE: www.finra.org/investors/investing/investment-accounts/college-savings-accounts

MANAGE STUDENT LOANS

The Consumer Financial Protection Bureau offers helpful information for future, current and former students including financial guides for students, comparing financial aid, and repaying student debt.

WEBSITE: <http://www.consumerfinance.gov/paying-for-college/>

CALVET

Benefits and Services for Veterans and their Families: Education, Employment, Healthcare, Home Loans, Housing, Advocacy, & VA Claims.

PHONE: 1-800-952-5626

WEBSITE: www.calvet.ca.gov

CHILDCARE & FAMILY RESOURCES

MILITARY CHILD CARE

This secure Department of Defense website provides a single gateway for you to find comprehensive information on military-operated or military-approved child care programs worldwide.

PHONE: 855-696-2934

WEBSITE: www.militarychildcare.com

CHILD CARE AWARE OF AMERICA

Works with a national network of 500+ child care resources, referral agencies, and other partners to ensure that all families have access to quality, affordable child care.

PHONE: 800-424-2246

WEBSITE: <http://usa.childcareaware.org>

FEE ASSISTANCE & RESPITE

WEBSITE: <http://usa.childcareaware.org/fee-assistance/respites/>

SAN DIEGO COUNTY CENTRALIZED ELIGIBILITY LIST

Childcare subsidies.

WEBSITE: <https://www.childcaresandiego.com/>

LICENSED CHILD CARE PROVIDERS IN SAN DIEGO

Database of all licensed child care centers and family child care homes, nanny agencies and license-exempt school based programs in San Diego County.

PHONE: 800-481-2151, 619-521-3070

WEBSITE: <http://www.ymca.org/crs/programs/resource-and-referral/child-care-referrals.html>

CALIFORNIA DEPARTMENT OF CHILD SUPPORT SERVICES

North San Diego County (Myra Magana):

760-740-5624

Central San Diego County (Erik Dececchi):

858-650-6617

South San Diego County (Gisela Licea):

619-731-3591

EMAIL: HereToHelp@sdcounty.ca.gov

WEBSITE: www.childsupport.ca.gov

DOMESTIC VIOLENCE FINANCIAL SUPPORT

MONEY MANAGEMENT INTERNATIONAL

Money Management International is a United States non-profit that provides consumers with free credit counseling and education. In about 25 percent of its consultations, it helps consumers develop a debt management or repayment plan.

PHONE: 866-889-9347

WEBSITE: www.moneymanagement.org