

Chapter 2



Resources and Referral

Child Development Center/Child Development Homes/ Youth Centers

- **Drop-In Childcare** <https://www.navylifsw.com/sandiego/families/cyp/cdc>
- **Childcare Aware of America** – fee assistance programs to pay for childcare
<http://usa.childcareaware.org>
- **Sittercity** – <https://www.sittercity.com>
- **MILITARYCHILDCARE.COM**: Conduct a customized search for the care you need, submit a request for care at any time and from any location.



- **GIVE PARENTS A BREAK Program** is designed to give family members a short break from parenting. Up to 16 hours of free childcare monthly <http://navylifsw.com/sandiego/families/cyp/parentinformation/>
Advanced registration required and based on availability.
- | | |
|--|---|
| <ul style="list-style-type: none"> ○ 1st Wednesday of the month - 6:30-9:30 pm
Murphy Canyon Child Development Center
3295 Santo Road
858-268-2221 ○ 2nd Thursday of the month - 6:30-8:30 pm
Naval Amphibious Base Child Development Center
NAB, Bldg. 503
619-437-5807 ○ 2nd Saturday of the month - 9 am-1 pm
Naval Air Station North Island Child Development Center
NASNI, Bldg. 605
619-545-0259 | <ul style="list-style-type: none"> ○ 3rd Friday of the month - 6:30-10:30 pm
Patrick Wade Child Development Center
Liberty Station, Point Loma
2843 Hornet Way
619-222-3400 ○ 4th Monday of the month - 6:30-8:30 pm
Miramar Child Development Center Complex
MCAS Miramar, Bldg. 2740
858-577-4144 ○ Every Saturday - 8:30-11 am, except Holidays
Naval Medical Center Children's Waiting Room
NMCSO, Bldg. 2
619-532-6665 |
|--|---|



CHILDREN, YOUTH AND TEEN

<http://navylifesw.com/sandiego/fitness/youthsports/Flag> - Check updated yearly calendar for exact dates

Baseball (T-Ball) (3 -Pitch)

Ages: 5-7, 8-10

Registration: June- July

Season: July-September, August- September

Registration fee: \$50 includes jersey, participation, trophy, and photos

Game site: MCYC

Registration Fee: \$50 fee includes jersey, participation, trophy, and photos
Game Sites: MCYC & MCRD

Basketball (throughout the year)

Ages: 6-15

Registration: January - December

Season: February - April, August - September

Registration Fee: \$50 fee includes jersey, participation, and trophy

Tennis (One-On-One, Family)

Ages: 5 to adult

Registration: January-December (ongoing)

Registration fee: \$15/hr., \$30 6-week session

Game site: MCYC Saturdays 1030-1200

Junior Golf - Saturdays 0900-1100

Ages: 6-13

\$20/week (lunch included)

Call to register (619)556-7502

Cheer

Ages: 5-13 (must cheer in like age group)

Registration: September -October

Season: October -December

Registration Fee: \$50 includes complete uniform, participation, trophy, and photos

Game Sites: MCYC & MCRD

Bowling - Saturdays 0930

Ages: 2-8

Call for more information: (619)556-7488

Call to register (858)268-2244

Football (Flag)

Ages: 5-7, 8-10, 11-13

Registration: September - October

Season: October-December

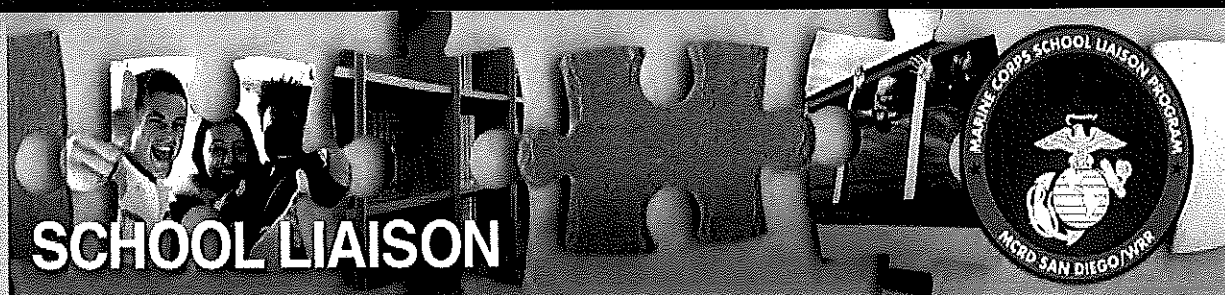
Soccer (Indoor)

Ages: 6-8, 9-11, 12-14, 15-17

Registration: March-April

Season: April - June

Game site: MCYC



Bldg. 6E Hours: 0800-1630

Phone: (619)524-8032/8104

- Serving MCRD San Diego / Western Recruiting Region
- Help communicate with teachers, principals or other school personnel
- Help parents in making their child's educational transition a smooth coming and leaving San Diego
- Help empower parents with information, giving them a choice in their child's educational future, in turn, making them their child's best advocate
- Help make referrals to appropriate DOE, military or civilian agencies

Services Provided

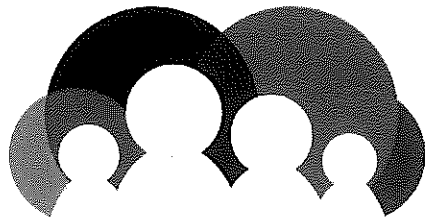
- | | |
|--|--|
| •Information on local schools and boundaries | •Graduation requirements |
| •Assistance with school choice | •Schools & community outreach |
| •Home schooling regulations | •Understanding the special education process |
| •Home school lending library and network | •Agency referrals |
| •Inbound/outbound transfers | •College readiness |

Online Homework Help

Tutor.com™ is a free, live, online tutoring service available in English and Spanish 24 hours a day. To use the service simply log on, select your grade and subject, and connect to a live tutor. Educational support is available for Kindergarten – 12th Grade, College Intro, and Adults

United Through Reading

Stay connected while separated! You can record yourself reading a book to your child.



community counseling program

begin the conversation here.

The Community Counseling Program (CCP) is available to provide you with short-term counseling focused on prevention and intervention to promote the well-being of Marines, Sailors and their families. We offer individual, couple, family, child and group counseling services. We will make referrals to classes and to other services and programs the military or outside community has to offer.

We can help you address issues related to:

- Marital/Relationship Issues
- Anxiety
- Anger Management
- Parenting
- Stress
- Depression
- Conflict Resolution
- Grief and Loss
- Coping Skills
- Deployment Stress
- Communication Difficulties
- Work Related Issues
- Balancing Work and Home Life
- Problem Solving Skills
- Decision Making Skills
- Adjustment Difficulties
- Child Behavioral Concerns

Mon – Fri: 0730-1630 by appointment or walk-in. Flexible appointment times available **Appointments (619) 524-0465**



www.usmc-mccs.org/services/support/dstress-line

➤ Marine-to-Marine counseling available

The DSTRESS Line provides professional, anonymous counseling for Marines, their families and loved ones when it is needed most.

DSTRESS Line

DSTRESS
WIN YOUR PERSONAL BATTLES

I JUST WANT TO CHAT

Live Chat **Social Media & Internet Misconduct**

The Marine Corps DSTRESS Line provides a 24 hours a day, 7 days a week, anonymous phone and [chat] and referral service using a 'Marine to Marine' approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture. DSTRESS Line's goal is to help callers improve total fitness and develop the necessary skills required to cope with



FAMILY ADVOCACY & VICTIM SERVICES

Bldg. 6E Family Advocacy Services (FAP) Hours: 0730-1630 Phone: (619)524-0465

Victim Advocacy Services Phone: (619) 524-0421/0265

Advocates are on call 24 hours a day at (619) 279-6113

NATIONAL DOMESTIC VIOLENCE HOTLINE NUMBER (800) 799-7233

24/7 Victim Advocates – Victims of Domestic Violence (619) 279-6113

24/7 Sexual Assault Prevention and Response (SAPR) (619) 846-6040

Prevention and Education Services: (619) 524-1200

BRIEFS

- Domestic Violence Prevention
- Stress Management
- Suicide Prevention
- Anger Management

CLASSES

- Anger Management
- Conflict Resolution
- Positive Parenting
- Married & Loving It
- Stress Management
- Leadership Training
- IDC/CCSM Training

GROUPS

- STOP (Men's Treatment Group)

Two types of reporting options:

1. **UNRESTRICTED REPORTING:** Victims of domestic abuse who want to pursue an official investigation of an incident should use current reporting channels, e.g., chain of command, Family Advocacy Program (FAP), or law enforcement. Upon notification of a reported domestic abuse incident, victim advocacy services and FAP clinical services will be offered to the victim.



FAMILY ADVOCACY & VICTIM SERVICES

2. RESTRICTED REPORTING: Restricted reporting allows an adult victim of domestic abuse to disclose the details of his or her abuse to specifically identified individuals and receive medical treatment and victim advocacy services without requiring that notice be provided to the victim's or alleged offender's commander or law enforcement.

Victims of domestic abuse who desire restricted reporting under this policy must report the abuse to one of the following specified individuals: a victim advocate, a victim advocate supervisor, or healthcare provider. Additionally, a victim's disclosure of his or her domestic abuse to persons other than those covered by this policy may result in an investigation of the allegations by law enforcement and clinical intervention from FAP.

DISCLAIMER – There are some exceptions to confidentiality regarding information disclosed in a restricted report. Ask a victim advocate or a FAP counselor about these exceptions.

- Family Violence includes Domestic Abuse and Child Maltreatment. The Department of Defense defines each as follows:

Domestic Abuse is a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty that is directed toward a

- Current or former spouse
- Abuser shares a child in common
- Current or former intimate partner with whom the abuser shares or has shared a common home residence

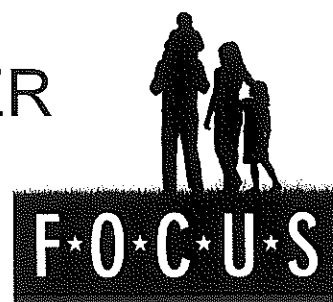
Child Maltreatment (abuse or neglect) is the physical or sexual abuse, emotional maltreatment, or neglect

- A child by a parent, guardian, foster parent, or by a caregiver
- Sibling, other family member, or other person shall be deemed to be child maltreatment only when the individual is providing care under express or implied agreement with the parent, guardian, or foster parent.

FAMILIES OVERCOMING UNDER STRESS

<http://focusproject.org/>

Hours: Tues 0900-1200; Thu 1300-1600 Phone: (619) 556-6077



One child must be 6 years of age in the family.

Goals

- Helping families and couples identify and build upon their existing strengths and positive coping strategies
- Increasing parents and children's understanding of how different family members might react to wartime stress
- Helping active duty personnel and family members communicate and better understand how each were affected by deployment
- Working with spouses to better support one another in dealing with the stressors that can arise from long separations
- Assisting couples to work more effectively as a team in parenting their children before, during, and after deployment
- Increasing parents skills in dealing more effectively with some of the emotional and behavioral reactions that children have when experiencing stress





Military Family Life Counselors, Bldg. 5, but will meet everywhere!*

*Except your vehicle or home

Non-documented counseling services. 7 days a week.

MCRD MFLCs: (858) 414-4493 or (619) 405-8370



MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss



Outpatient treatment may include education/skill training, therapy groups, and 12 step support meetings.

Residential treatment may be necessary depending on the severity of the illness.

Military One Source

www.militaryonesource.mil

Phone: (800) 342-9647

- Confidential Help - Counseling Services
- Family and Relationships - CACO
- Financial and Legal
- Health and Wellness - Health Coach
- Education and Employment - **Apply here for My CAA**
- On and Off Base Living
- Deployment and Transition

The screenshot shows the Military OneSource website. At the top, there's a navigation bar with links like 'LIVE CHAT', 'LOGIN', 'CONTACT US', and 'SHOPPING CART'. The main header features the 'Military OneSource' logo and the tagline 'Call. Click. Connect. 800-342-9647'. Below this is a search bar and a 'VISIT BETA' button. The main content area is divided into several sections. On the left, there's a 'Welcome to Military OneSource' message. In the center, there are four featured articles: '1-2-3 Play with Me!', 'Is Your Tax Return Ready to Go?', 'Tips for Starting at a New School', and 'Beta: Fresh Content in a Polished Design'. At the bottom, there's a 'Don't Wait Until the Last Minute to Prepare Your Tax Return' section with a countdown timer showing 3 weeks, 0 days, 7 hours, 21 minutes, and 17 seconds. The website is displayed in a browser window with a Windows taskbar at the bottom.

Military OneSource
Call. Click. Connect.
800-342-9647

Search for:

[VISIT BETA](#)

Confidential Help | **Family & Relationships** | **Financial & Legal** | **Health & Wellness** | **Education & Employment** | **On & Off Base Living** | **Deployment & Transition**

Welcome to Military OneSource
Your search stops here – click around for answers to the military life questions you didn't even know to ask. Military OneSource is your central hub and go-to place for the military community.
Get to know your benefits and prepare for the big stuff – deployments, reintegration, moves, parenthood, retirement and more. Browse by topic or search for that strangely specific question you want to know the answers to. No matter where military life takes you, with Military OneSource you'll always be in the loop.

1-2-3 Play with Me!
Play is critical for development and learning, and makes for happier and healthier children. Join a webinar about the power of play and recommended practices on March 9 at 11 a.m. EST
[Sign up](#)

Is Your Tax Return Ready to Go?
Tax Day is around the corner. Are you ready? You can take advantage of iD/Tax to get free tax prep software or to connect with a iD/Tax consultant. Don't delay!
[Call today](#)

Tips for Starting at a New School
Being a military kid means learning how to anticipate and adapt to many changes. Use switching schools. Military OneSource offers strategies for kids to make that adjustment easier.
[Take me there](#)

Beta: Fresh Content in a Polished Design
Get ready to experience the new and improved Military OneSource – a sleek design, enhanced search function and fresh content. The newly published articles on family life.
[Poke around](#)

Don't Wait Until the Last Minute to Prepare Your Tax Return
Don't stress yourself out by waiting until the last minute to file your tax return. Call 800-342-9647 to speak with a iD/Tax consultant to help your return into shape. Ask about free software (iD/Tax).
3 WEEKS 0 DAYS 7 HOURS 21 MINS 17 SECS
[Poke around](#)



SUBSTANCE ABUSE COUNSELING CENTER

Bldg 14, Hours: Mon-Fri 0730-1600

Phone: (619) 524-1912/1836

The Substance Abuse Counseling Center provides education, outreach services, and counseling for personnel aboard the Marine Corps Recruit Depot, San Diego.

Eligible personnel are active duty and/or their families, retirees, and their families, and Civilian government employees.

Confidential setting and referrals made upon request.

Services available:

- Initial screening and interview.
- Each person is provided with an assessment, diagnosis if warranted, and a treatment plan.
- Outpatient treatment may include education/skill training, therapy groups, and a 12-step support meetings
- Drug prevention services are provided

Drug prevention workshop:

PRIME 4 Life is a course put into effect USMC wide to take the place of IMPACT, and is taught in a 16-hour format. It is designed to challenge common beliefs and attitudes that directly contribute to high-risk alcohol and drug use. The program goals are to reduce the risk for health problems and impairment problems. PRIME For Life is prevention of any type of alcohol or drug problem. This includes prevention of health problems such as alcoholism, or impairment problems such as car crashes or fights.

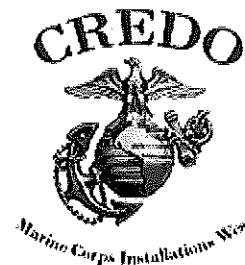
- Prime 4 Life class/SACO course dates for Calendar Year (CY) 2017 listed on website

Chaplains Religious Enrichment Development Operation (CREDO)

Navy and Camp Pendleton

Phone: (619)556-2826 or Phone: (760) 725-4954

CREDO offers three-day retreats for Marriage Enrichment, Family Wellness, Personal & Spiritual Growth, and Team Building.



Navigation: Home | About | Leadership | News | Media | Links | Careers | Navy PEO

CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION (CREDO)

Home | Community | Links to a Chapter 707 | CREDO | Information

CREDO Mission: To strengthen spiritual well being and individual resilience through workshops and retreats for Department of the Navy service members, civilian, and families.

Since 1971, CREDO has offered inspirational workshops, seminars and retreats specifically designed to inspire hope and strengthen spiritual well being and support the lives of service members and families.

Check out the map for more information on your nearest CREDO site to request information on upcoming retreats.

CREDO Locations: ALASKA CREDO, CALIFORNIA CREDO, CREDO Colorado, CREDO Camp Pendleton, CREDO Hawaii CREDO, CREDO MARIQUETS, CREDO MICHIGAN, CREDO MONTANA, CREDO NEW HAMPSHIRE, CREDO NEW JERSEY, CREDO NEW MEXICO, CREDO NEW YORK, CREDO NORTH CAROLINA, CREDO NORTH DAKOTA, CREDO OHIO, CREDO OKLAHOMA, CREDO OREGON, CREDO PENNSYLVANIA, CREDO RHODE ISLAND, CREDO SOUTH CAROLINA, CREDO SOUTH DAKOTA, CREDO TENNESSEE, CREDO TEXAS, CREDO UTAH, CREDO VERMONT, CREDO VIRGINIA, CREDO WASHINGTON, CREDO WEST VIRGINIA, CREDO WISCONSIN, CREDO WYOMING.

Marine Corps Community Services Camp Pendleton

CREDO MCI-West

CREDO MCI-West March 2017

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Public View to End Date: Public View

*Click each event for details. Retreat locations subject to change.

Overview

CREDO is a United Navy Chaplains sponsored relationship enrichment program established in 1973 to help improve job performance and enhance quality of life. CREDO MCI-West partners with MCI-FB to provide various services and training events to help service members and their families.

CREDO MCI-West provides high quality retreats promoting professional, personal, relational and spiritual growth. Participants consistently report a more positive outlook on life after attending a CREDO retreat.

CREDO MCI-West Office

Bldg 1544 - View Map
Marine Corps
Phone: (760) 725-4954
Fax: (760) 725-4951

Downloads

CREDO Applications
MCI-W CREDO Application V1
MCI-W CREDO Application V2

View and Download CREDO Applications
View and Download CREDO Applications
View and Download CREDO Applications
View and Download CREDO Applications
View and Download CREDO Applications
View and Download CREDO Applications



MCRD Library & Resource Center

Bldg. 7 Hours: Mon-Wed 0730-1900; Thu-Sat 0730-1600 **Phone:** (619)524-1849

Books, movies, internet, Wi-Fi, Fax, Copier, Printer, Marine Corps Reading List

Children's Preschool Story Time Wed 1000

Children's Reading Room

Digital Magazines (ZINIO) – over 200 magazines. Free sign up at the information desk.

Easy Readers Online: <http://www.tumblebooklibrary.com/Home.aspx>
http://www.tumbletalkingbooks.com/auto_login.asp?u=navy&p=login

Foreign Languages

<https://library.transparent.com/marines/game/ng/#/login>

Free! Sign up at the Library. Over 90 languages. 21 ESL courses.
Learn languages 24/7 on your home computer.



Maker Space Tues 1700

Story Time and Craft Wed 1100

Study Guides for Exams

ASVAB, CLEP, Law Enforcement, Nursing College Tests Preps: SAT, ACT, GMAT, CLEP, AP subject study guides, Teacher Certification Practice Test, Police Officer Exam Study Guide, DSST Exam

Navy MWR Digital Library – Ebooks, Audiobooks, and Scholarly articles (Ebsco)

<https://mwrdigitallibrary.navy.mil/digital>



LIFELONG LEARNING CENTER

Bldg 111 Hours: Mon-Fri 0730-1600

Phone: (619) 524-8158/8280

- **Education Services**

Processing Tuition Assistance (TA), printing Joint Services Transcripts (JST), test of Adult Basic Education (TABE), academic advisement

- **Schools on Base**

National University – Chermaine Harrell, Associate Regional Dean, 619-563-7481

San Diego Community College – Steve Thorn, Advisor, 619-295-9974

Columbia College – Diana Schriefer, Director, 866-594-2330

- **Financial Aid**

FAFSA – FREE application for federal and state grants, work-study, loans
<http://www.fafsa.ed.gov/>

CLEP/DANTES tests schedule an appointment to take the exam at MCAS Miramar

Defense Language Proficiency (DLPT) and Defense Language Aptitude Battery (DLAB) Tests are given to military personnel only and are scheduled by appointment.

Phone: (619) 524-6123

Marine Deployed Education Program Navy College program for Afloat College Education – Contact NPACE Coordinator/Education Services Officer

Military Academic Skills Program/Navy Academic Skills Program General education courses in order to switch an MOS (offered at MCAS Miramar and Camp Pendleton. Two week in seat class from 0730-1600. Marines must have a command approval/TAD order to attend the class.

Military Testing Section Information

Bldg. 622



EXCEPTIONAL FAMILY MEMBER PROGRAM

Phone: (619)524-8031

Bldg 6E Hours: Mon-Fri 0730-1600

Program Manager, 619-524-6078

Family Case Workers, 619-524-8030/8116/8086

Training Education and Outreach Specialist, 619-524-0916

Who qualifies for EFMP?

An Exceptional Family Member (EFM) can be a spouse, child, stepchild, adopted child, foster child or dependent parent who meets the following criteria:

- Possesses a physical, intellectual or emotional disability and requires special medical and/or educational services
- Enrolled in DEERS & MCTFS
- Resides with the sponsor (exceptions include geographical bachelors and family members receiving inpatient care or living in an educational setting)

How do I enroll?

- Ensure your family member is enrolled in DEERS & MCTFS.
 - Contact the EFMP office for assistance and information.
 - Complete the DD Forms and return to the EFMP office for processing.
- Forms available at: <http://www.mccsmcrd.com/exceptional-family-member-program/>

Disenrollment

Disenrollment from EFMP can occur when the EFM no longer requires special medical, mental health, early intervention/educational services, or EFM no longer resides with sponsor due to divorce, loss of custody, or death. Contact the EFMP office for assistance with disenrollment.



PERSONAL FINANCIAL MANAGEMENT

Bldg. 14 Hours: Mon-Fri 0730-1600, evening appointments available

Phone: (619) 524-1204

Fax: (619) 524-8374

- Improve your level of Financial Fitness through personalized budgeting, goal setting, savings, investing, use of credit and debt, planning for major purchases, preparing for major financial challenges, risk coverage, tax planning, and retirement planning

Financial Brown Bag Lunch Seminars

Registration is required. Food served.

Seminars are free and open to active, reserve, retired, civil service, NAF, and contract personnel and their family members.

Topics Covered

- Becoming a successful investor
- Building a savings program
- Investment basics – stocks, bonds, mutual funds
- Raising a money smart child
- Rental property ownership as an investment
- Tax efficient investing for retirement
- Understanding credit reports and scores
- How to buy a home
- How to be a winner buying your next car or truck
- How to develop a roadmap to financial success
- How to establish a budget
- How to reduce your taxes and increase your refunds

Registration and Individual Appointments

Mike McIsaac, Personal Financial Management Specialist

michael.mcisaac@usmc.mil

**Legal Services/JAG
Bldg. 12**

Phone: (619) 524-8643; **Legal Assistance Main Number:** (619) 524-4111

www.mcrdsd.marines.mil/units/tenant-units/legal-assistance-office
Active duty and retired service members and their dependents welcome

Legal Assistance Office Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Walk-ins	-	0800 – 1000	-	0800 – 1000	Closed	Closed
Notary Services	0730 – 1130	1000 – 1130	0730 – 1130	1000 – 1130	Closed	Closed
	1300 – 1600	1300 – 1600	1300 – 1600	1300 – 1600		
Powers of Attorney	0730 – 1130	1000 – 1130	0730 – 1130	1000 – 1130	Closed	Closed
	1300 – 1600	1300 – 1600	1300 – 1600	1300 – 1600		
Wills*	By Appointment	By Appointment	By Appointment	By Appointment	Closed	Closed

* To obtain a Will, you must complete and submit a Will worksheet at least two weeks prior to your appointment

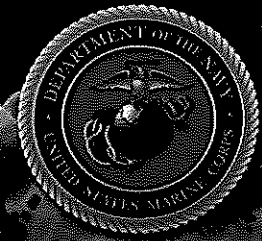
Tax Assistance / VITA Office Hours (open annually from 31 Jan – 15 April)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Walk-ins	0800 - 1800	0800 - 1800	0800 - 1800	0800 - 1800	0800 – 1300	Closed

Services

- Consumer Law
- Estate Planning
- Family Law – Child and spousal support, divorce, paternity, guardianship, adoption, name change
- Immigration
- Landlord-Tenant
- Mediation
- Military Rights and Benefits
- Notary Services
- Powers of Attorney

FAMILY READINESS



Bldg. 5E, Second Deck

Phone: (619)718-3765

Hours: Mon-Fri 0830-1730, Except Thu 1230-1630

Classes for family readiness and deployment support.

Command Team

Available upon request for members of the Command Team

Family Readiness Assistant, Command Team Advisor

Training available monthly. Sessions rotate between days, evenings, and weekends to accommodate all schedules.

Family Readiness Officer

Available upon request.

Passport to Volunteers

Available upon request. Tracking volunteer hours on the Presidential Service Award site, position descriptions.

PII/OPSEC Training

Training available monthly. Sessions rotate between days, evenings, and weekends to accommodate all schedules.

Volunteer Management

Available upon request.

Readiness Deployment Support

Available upon request. Pre-Deployment Brief (Marines, Spouses, Extended Family, Children), Kids and Deployment, Self-Care Workshop, Mid-Deployment Success, Return and Reunion for spouses, significant others, parents, extended family, kids, and Reintegration, Single Marine Couples.

Resources Guest speakers will be brought in for briefs, questions and answers



LIFE SKILLS

Bldg. 5E, Second Deck

Phone: (619)718-3766

Hours: Mon – Fri 0730-1630, Except Thu 1230-1630

Life Skills offers prevention classes and workshops to encourage personal growth and strengthen the military family for continual readiness.

Relationship Series

4 Lenses

5 Love Languages

7 Habits of Highly Effective Military Families)

Building Lasting Relationships

Developing Health Blended Families

How to Avoid Falling in Love with a Jerk/Jerkette

Managing Millennials

PREP (Prevention and Relationship Enrichment Program) for spouses and significant others

Communication Series

Conflict Management

Interpersonal Communication

Social Networking Safety

Wellness Series

Adult & Dependent Care (by request)

Basic Anger/Stress Management

Emergency Preparedness

Family Care Plan

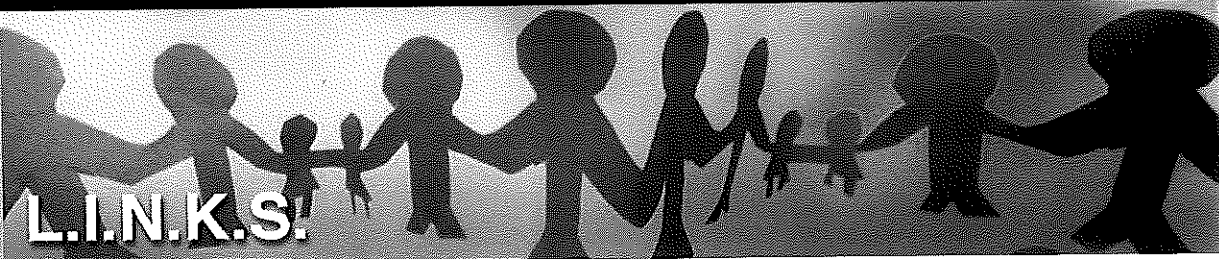
Impact Series

5 Choices to Extraordinary
Productivity

Character Counts for Kids

The Change Element

Safe and Sound at Home



Bldg. 5E, Second Deck

Phone: (619) 718-3764

Hours: Mon – Fri 0730-1630, Except Thu 1230-1630

The Lifestyles, Insights, Networking, Knowledge, and Skills (L.I.N.K.S.) program offers an orientation to the Marine Corps lifestyle, helping family members adapt to the unique challenges military life often presents.

The program works through a partnership of volunteer spouses, Marine Corps Career Retention Specialists and Chaplains. The discussion group leaders are experienced military spouses who facilitate the learning process by using a mentoring style of presentation. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on Marine Corps culture, and available resources to enable them to help themselves.

Classes offered:

- L.I.N.K.S. for Marines
- L.I.N.K.S. for Spouses and Significant Others
- L.I.N.K.S. for Parents and Extended Family Members
- L.I.N.K.S. for Teens (13-17 years of age)
- L.I.N.K.S. for Kids (6-12 years of age)



**Family Member
Employment
Assistance Program**
MCRD San Diego

Assisting military spouses and dependents of all branches of the military

Bldg. 14 Hours; Mon – Fri 0730-1600

Phone: (619)524-8640

FMEAP EMPLOYMENT SPECIALIST ASSIST with:

- Career Advising & Coaching
- Education, Entrepreneurial & Training Resources
- Individual Career Assessment & Planning
- Interviewing Skills
- Job Search Strategies
- MilSpouse Career Connections
- Resume Assistance
- Salary Negotiations
- Volunteer & Skills Development

CAREER RESOURCE MANAGEMENT CENTER

The Career Resource Management Center (CRMC) provides information and assistance to help military service members, their family members, retirees, and DoD civilian employees with their job search.

S.T.A.R.S.

MILITARY TRANSITION: THE SPOUSE EDITION SPOUSE TRANSITION AND READINESS SEMINAR Stay informed about your family's benefits, entitlements, health care insurance and VA benefits. Receive tips and resources to assist you in making plans for your future and prepare for life beyond the military!

My CAA My Career Advancement Account Scholarship Program is a workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification, or associate degree in a portable career field and occupation.



NEW PARENT SUPPORT PROGRAM

Bldg. 6E Hours: Mon – Fri 0730–1630

Phone: (619) 524-8033/0805

The New Parent Support Program at MCRD San Diego is an intensive prevention and outreach program that offers in-home visits, parenting education classes, information and referrals for active duty personnel and family members who are expecting a child, or have children under the age of 6.

Home Visits

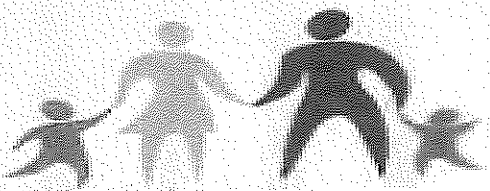
For military families with children under the age of 5. Home visit topics include:

- Age appropriate discipline
- Age appropriate play
- Deployment issues
- Developmental Testing (1 month to 5 years of age)
- Effective communication
- Newborn care
- Nutrition
- Sibling rivalry
- Stress management
- Sudden Infant Death Syndrome
- Toilet training

MCRD Baby Boot Camp For expectant active duty personnel and their spouses. Baby Boot Camp covers everything a parent needs to know to take care of their newborn. Classes held on the last Wednesday of every other month from 0830-1600. Please call for dates, registration, and class location.

Happiest Baby on the Block Class Learn how to soothe your infant and help your baby sleep longer using Dr. Harvey Karp's proven method.

Infant Massage A five-week individual program will teach you how to massage your infant, up to 12 months of age.



FAMILY CARE BEHAVIORAL SPECIALIST PROGRAM

Behavioral Specialist

Bldg. 5E, Second Deck, Hours: Mon-Fri 0730-1600

Phone: (619) 718-3767

Services:

- Observation & recommendations for challenging classrooms or individuals
- Functional Behavioral Assessment (FBA)
- Assistance with implementation of behavioral interventions
- Behavioral Intervention Plans (BIP) assistance
- Parent forum for Q&A
- Inclusion Action Team support
- Training Support (see list of presentations below)

Training:

- Positive Guidance (for teachers and childcare providers)
- Things to know about Positive Parenting
- Stop Bullying
- Plan a Morning Routine
- Challenging Behaviors & How to Deal With Them
- Special Needs Behavioral Overview



Bldg. 5W, Hours: Mon-Fri 0730-1600

Phone: (619) 524-8913

Unhealthy lifestyles are the major cause of illness and death in our country, an enormous burden to society, and can create a negative impact on our military's readiness. The program helps to recognize and prevent chronic illness, and providing avenues to change unhealthy behaviors.

9 Elements of health promotion (Semper Fit)

1. Physical Fitness
2. Alcohol & Substance Abuse Awareness
3. Suicide Prevention
4. Tobacco Use Prevention & Cessation
5. Stress Management
6. Nutrition
7. Sexual Health
8. Injury Prevention
9. Hypertension & Cholesterol



SEXUAL ASSAULT PREVENTION & RESPONSE

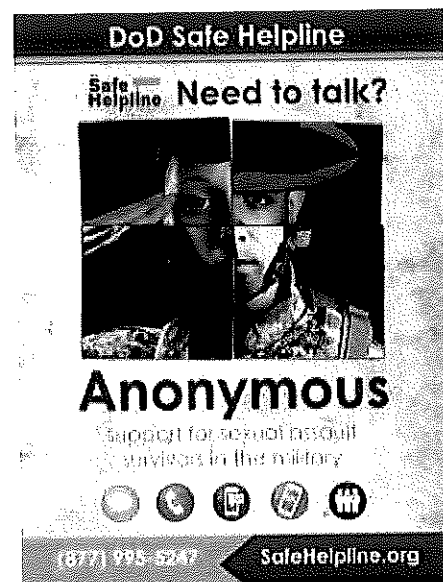
The DoD Safe Helpline provides 24/7 support to service members worldwide, who have been affected by sexual assault.

Emergency: DIAL 9-1-1 (California local law enforcement, ambulance, fire department assistance)

(619) 846-6040 (Local 24/7 victim advocate support for victims of sexual assault)

If you think, you have been sexually assaulted:

- Go to a safe location away from the attacker. Contact a Sexual Assault Response Coordinator (SARC), Uniformed Victim Advocate (UVA), Victim Advocate (VA), or Military One Source for Restricted/Unrestricted reporting.
- IF YOU ARE LOCATED ANYWHERE IN THE STATE OF CALIFORNIA, PLEASE BE SURE TO SPEAK TO A UNIFORMED VICTIM ADVOCATE OR VICTIM ADVOCATE FOR A RESTRICTED REPORT BEFORE YOU CONTACT MEDICAL OR LAW ENFORCEMENT. CALIFORNIA IS A MANDATED REPORTING STATE OF SEXUAL ASSAULT FOR LAW ENFORCEMENT PERSONNEL AND HEALTH CARE PRACTITIONERS TO INCLUDE MILITARY TREATMENT FACILITIES.
- Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease.
- Ask the healthcare provider to conduct a sexual assault forensic examination (SAFE) to preserve forensic evidence.
- If you suspect you have been drugged, request that a urine sample be collected.
- Preserve all evidence of the assault. Do not bathe, wash your hands or brush your teeth. Do not clean or straighten up the crime scene.



A black and white photograph showing several Marines in combat gear, including helmets and camouflage uniforms, in a field setting. They are looking down, possibly at a fallen comrade or a piece of equipment.

SUICIDE PREVENTION

Bldg. 6E Hours: Mon-Fri 0730-1630

Phone: (619)524-1200

- Never Leave A Marine Behind On The Battlefield Or At Home
Suicide Does Not Discriminate. Everyone Is At Risk.

Suicide is the third leading cause of death in the Marine Corps. The Marine Corps views suicide prevention as the responsibility of the entire Marine Corps community and it is the duty of Marines, family members, and friends to encourage those who are troubled to seek help.

What are the warning signs?

- Talking about dying
- Preparing to die (giving away belongings, saying goodbye to family and friends)
- Looking for ways to die
- Increase use of alcohol and other substance abuse
- Change in personality or emotions, behaviors, sleep patterns, or eating habits
- Low self-esteem
- No hope for the future

TAKE ACTION if you see these warning signs

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

- Call for yourself or someone you care about
- Free and confidential
- A network of more than 140 crisis centers nationwide
- Available 24/7

1-800-273-TALK <http://suicidepreventionlifeline.org/>

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org



INFORMATION AND REFERRAL

Bldg. 14 Hours: Mon-Fri 0730-1600

Phone: (619) 524-5732

Connecting Service Members, Families, and Retirees with the right information.

- Answering questions about military and civilian programs and services, your I&R Research and find other resources for you.
- Telephone calls and walk in visitors are always welcome
- Pick up fact sheets, flyers, and other printed material.

Your Information and Referral Specialist has the following information:

- Child Care
- TRICARE medical and dental
- American Red Cross, USO, Armed Services YMCA
- Military housing
- Navy Marine Corps Relief Society
- Education and Employment
- Human Resource Services
- Food resources (WIC, SHARE, MOM)
- Family and life issues
- Events, classes, and programs on base and in the community



RELOCATION ASSISTANCE SERVICES

Bldg. 14 Hours: Mon-Fri 0730-1600

Phone: (619) 524-5298/5732

Commanding General's Welcome Aboard

Held monthly, the Depot Welcome Aboard is an important mandatory attendance event for all newly reporting MCRD military personnel. Family members are welcome.

PCS Reminder

Once you have orders to MCRD San Diego in hand, pay a visit to your Transportation Management Office (TMO) as soon as possible. Peak moving seasons, school rotations, or other specialty unit moves may affect your ability to schedule the dates you want.

Lending Locker

A limited selection of items are available for check-out, and are intended to assist those just arriving for duty in San Diego, or those preparing to depart on their next PCS. Items: dish-packs, toasters, coffee-makers, blenders, mixers, food processors, pots, pans, plates, silverware, car-seats, light-weight strollers, and light-duty playpens, irons and ironing boards available for two-week check-out.

PCS-PREP – Smooth Move Workshop

The PCS-Prep Brief, conducted at Personal & Professional Development (Bldg. 14) – is an excellent opportunity to preview or review your preparations for a transfer. Representatives from the Distribution Management Office and Integrated Personnel Administration Center (IPAC) will be available to answer questions. .

Sponsorship Basics

In accordance with Marine Corps and Depot Order, the RAP office offers a Sponsor Orientation brief. Sponsor orientation/training is conducted on an individual basis at the Relocation Assistance Program office as needed.



Retired Services Office
Bldg. 14, Hours: 0900-1200

Phone: (619) 524-5301

Military retirees volunteering to assist Active and Retired Military Personnel and their immediate families with entitlements and benefits.

Assistance With:

- Reporting the Death of a Retired Member
- Retired Pay Problems and Address/Allotment Changes
- Retired Serviceman's Family Protection Plan (RSFPP)
- Survivor Benefit Plan (SBP)
- Claims for Unpaid Compensation
- Death benefits under the Civil Service Retirement System
- All types of Government Life Insurance (SGLI, VGLI, NSLI)

Referrals On:

- Veteran Affairs: Health Care Enrollment, Burial Benefits, Svc connected Disability Claims, etc.
- Tricare, Medicare
- Social Security
- Legal Issues: Wills, Trusts, Probate, Bankruptcy, Family Law, Legal Separation/Divorces
- U.S. Immigration & Naturalization Service
- Education Opportunities (GI Bill)
- Internal Revenue Service: Tax Preparation and Financial Management Issues
- Dependency Indemnity Compensation
- Government Life Insurance
- National Personnel Records: Military Records: Board of Correction of Naval Records
- Federal and Private Sector Employment Opportunities
- Retirees' Rights under Uniform Services Former Spouses Protection Act (PL97-252)
- DFAS (Defense Finance and Accounting Services)
- Dependency Indemnity Compensation (DIC)



Bldg. 5W, Second Deck, Hours: 0800-1630

Phone: (619)524-8240

The Single Marine Program (SMP) supports the overall quality of life for our Marines, Sailors and Coastguardsmen. The SMP encourages active-duty single service members to plan recreational, social, and other activities that offer them the opportunity to participate and contribute in their respective communities.

This program gives our single service members a feeling of ownership and assists them in identifying quality of life concerns to the Command.

The Single Marine Program hosts on and off base activities, barrack's bash, fundraisers and volunteer work within the community. Come give your input regarding quality of life issues that affect single service members aboard MCRD. Attend base-wide meetings held once a month.

RESTRICTIONS

Open to active-duty single service members and geo-bachelors only.





Athletics (CG Cup Sports)

Bldg. 5W, Second Deck, Hours: 0730-1600

Phone: (619) 524-6058/0548

The Semper Fit Athletic Department offers an opportunity for individuals to compete in a variety of athletic events to promote quality of life and combat readiness. Intramural Sports can help you in your athletic endeavors. For athletic check out all items can be obtained at Gear Issue, telephone (619) 524-6180.

THE FIELDS

Reservations for play at any of the field and courts can be done through the Athletic Department either by phone or by stopping by during regular business hours.

- 2 Softball Fields
- 3 Tennis Courts
- 5 Outdoor Basketball Courts
- 3 Sand Volleyball Courts
- 6 Horseshoe Pits
- 1 Soccer Field / Football Field
- 5 Racquetball Courts
- 1 Indoor Basketball Court
- 2 Wallyball Courts
- 1 Running Track
- 1 Squash Court
- 1 Indoor Volleyball Court
- Putting/Pitch/Drive Range
- Golf Simulator

JOIN IN THE FUN RUNS

- St. Patrick's Day – 3 mile fun run / walk
- Turkey Trot – 3 mile fun run / walk



Fitness Center

Phone: (619) 524-4427

Group Exercise

- MCRD Active Duty have priority seating between 1115 –1125 for Spin class Mondays & Wednesdays (second floor)
- No classes on Holidays and Holiday weekends

Microfit

- Free personalized fitness/lifestyle assessment
- A trainer will use the information on your body composition, strength, flexibility and aerobic fitness to design an individualized exercise program
- Profile includes results and printed out report of: weight, body fat, heart rate, blood pressure, flexibility, strength and cardio training

Fitness Center Massage Therapist

- \$45.00 One-Hour Swedish/Relaxation
- \$55.00 One-Hour Deep Tissue/Sports
- \$60.00 One and a Half Hour Swedish/Relaxation



Boathouse & Marina

Phone: (619)524-5269

Hours: Thu-Mon 0730-1700; Tue-Wed 0830-1700

The Boathouse & Marina provides equipment rentals, picnic areas available for reservations, Boston Whaler Boats, Catalina Sailboats, Ocean Kayaks, surfboards, wetsuits and much more for your entertainment on the water.

- 24-hour Marina security patrols
- Launch ramp
- Bait
- Ice
- Marina slip amenities include water and power
- Showers
- Workshop
- Meeting rooms and clubhouse
- Sand Volleyball court
- Tennis and basketball courts
- Horseshoe pits
- ADA Playground
- Picnic areas with BBQ's

Picnic spots available for reservation:

North Spot 300 people

- Pavilion
- Picnic tables
- BBQ
- Sand Volleyball Court

East Spot 300 people

- Pavilion
- Picnic tables
- BBQ
- Two Horseshoe Pits

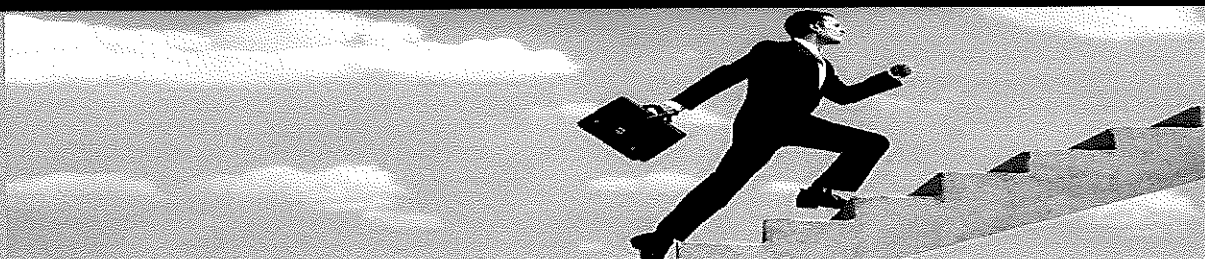
South Spot 300 people

- Pavilion
- Picnic tables
- Sand Volleyball Court
- Two Horseshoe Pits

West Spot 100 people

- Pavilion
- Picnic tables
- BBQ

Sailing and **motor boat** certification classes available.



Bldg. 14 Hours: Mon-Fri 0730-1600

Phone: (619)524-1283

Transition Readiness Seminar (TRS)

Transition assistance services prepare separating Marines and their families with the skills, tools, resources, and education necessary to make successful transition into the civilian workforce. TRS is also intended to improve individual quality of life, enhance personal and family readiness, and return solid citizens to the civilian community.

Boots to Business Track-Is small business ownership for you?

During this two-day intensive training workshop you will formulate an awareness of business basics which will enhance your future business planning efforts, the workshop is offered in collaboration with the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs.

Higher Education Track

Service members who are interested in attending the Higher Education Track will receive guidance to prepare for the college application process. The Higher Education Track addresses such topics as identifying one's educational goals, Education funding, Researching and comparing institutions

Career Technical Training Track (CTTT)

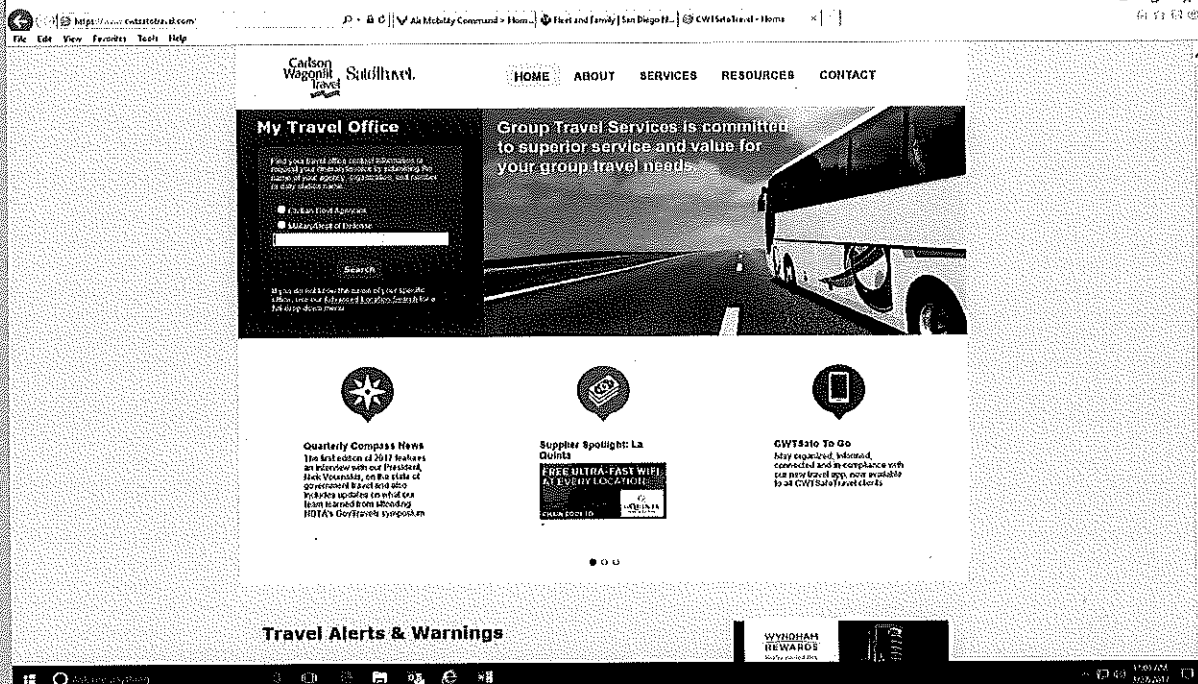
Still trying to hammer out the details for landing that perfect Vocational Career and not sure where to start? P&PD invites you to attend our two-day Career Technical Training Track workshop. This workshop is free and open to active military members, reservists, family members, military retirees, DoD Civilians, and any other authorized patron.

Vocational Rehabilitation Counseling

Jennifer Reichard, MS, CRC
Vocational Rehabilitation Counselor
Phone: (619) 524-0675
Email: jennifer.reichard@va.gov

Travel

- CWTsato Travel MCRD Call Center: Official (866)441-2987
Leisure (800)755-5670



- Military Air Travel Information – Air Mobility Command (AMC)

Centralized Scheduling: (866)923-6478

www.amc.af.mil

<http://www.amc.af.mil/Home/AMC-Travel-Site/>

- Flying Space Available (Space A) for Active Duty, Reserve, Retired, and their eligible family members after space required travelers are accommodated. The military does not guarantee transportation to the final destination or return travel.
- Eligibility and forms required.
- Space A seats: are normally identified as early as 3-4 hours and as late as 30 minutes prior to departure.

Community Services in San Diego



www.211sandiego.org

Phone : 211

Email: support@211sandiego.org

Hours: 24 Hours a Day, 365 Days a Year

- Courage to Call serves individuals who have served in any branch of the military, reserves, or national guard – regardless of their discharge status
- Peer-support specialists to help navigate the service system, assistance and referral. Also available to family members.



American Red Cross

www.redcross.org

Phone: (858)309-1200

Emergency Phone: (877)272-7337

Hours: 24 Hours a Day, 365 Days a Year

- Volunteers provide home comfort and critical services on bases and in military hospitals, veteran health care facilities around the world
- Emergencies (24/7) contact during deployment information needed: Service Member's Full Name, Branch of Service, Social Security Number, Military Address
- Emergency Financial Assistance: emergency travel of his or her family, burial of a loved one, food, temporary lodging, urgent medical needs, or the minimum amount to avoid eviction, utility shut off, etc.
- Counseling services, confidential, to military personnel and their families (active duty, National Guard, and Reserves)



www.asysd.org

Address: 3293 Santo Road, San Diego, CA 92124

Hours: Mon – Fri 0800-1630

Phone: (858)751-5755

- **Clinical Counseling:** Free and confidential! We work with service members and their dependents on a variety of issues impacting their lives including but not limited to marital conflict, parenting, adjustment to medical crisis or injury, grief/loss, adjustment to relocation or deployment, depression, anxiety, and post-traumatic stress.
- **Urgent Needs Support:** Our Urgent Needs Support services are geared towards helping active duty junior enlisted service members. If your family is experiencing a financial crisis and you need assistance for basic food items or gas for work, you may be eligible to access our Urgent Needs Emergency Food and Gas Program.
- **Operation Kid Comfort:** In order to maintain the bond between a deployed parent and the children a quilt can be made with photos of children with the deployed parent. The pictures are transferred onto materials and sewn into a quilt by volunteers.
- **Mom & Tots Program:** Family bonding program that supports early childhood development through positive interactions, songs, stories, arts, and crafts.
- **Operation Hero:** This afterschool enrichment program focuses on leadership development & skill building to empower the children of active duty service members.
- **Camp Hero:** Exciting day camp options that encourages kids to build new relationships and challenge themselves through small group activities and field trips
- **Spouse Craft & Conversation Groups:** A relaxing way to meet other military spouses while doing a craft. While the parents craft, their children interact with other children in a supervised area.
- **Neighborhood Exchange:** Monthly food distribution program for income qualified active duty junior enlisted service members and families
- **Volunteer Program:** Volunteer opportunities at the Naval Medical Center, with the Military Volunteer Program, Social Work Department, or Family and Youth Enrichment
- **Wounded, Injured and ill Services:** Services to adults & children who are hospitalized and/or receiving active outpatient care at Naval Medical Center



BOYS AND GIRLS CLUB OF GREATER SAN DIEGO

www.sdyouth.org

Phone: (858)866-0591

Hours: Check with local Club

- **Ages of 5 – 18:** Safe place to go after school
- **After school programs and day camps** during school holidays and the summer
- **Youth sports leagues**
- If qualify, can receive a free military voucher membership



Big Brothers Big Sisters
of San Diego County

BIG BROTHER BIG SISTER

www.sdbigs.org

Phone: (858)536-4900



- One-to-one mentoring program for military children
- Joins children with parents in the military to volunteer "Bigs" who are in the military, retired or civilian
- Site-Based program, Bigs and Littles typically meet once a week
- Operation Bigs Site-Based program runs at four elementary schools on Camp Pendleton and at sites in Coronado, Point Loma, and Tierrasanta
- Volunteers must be 18 or older and commit to 1 year

Father Joe's Villages

www.my.neighbor.org

Phone: (619)446-2100

- **Care for Homeless** individual and family
- **Daily meals** provided
- **Temporary housing**, works towards permanent housing solutions
- **Healthcare** clinic
- **Education** for teenage homeless

LINCOLN MILITARY HOUSING

Every Mission Begins at Home®

www.lincolnmilitary.com/installations/san-diego-naval-complex

San Diego Naval Housing www.navylifsw.com/sandiego/housing

Address: Naval Station San Diego 2625 LeHardy Street Bldg. # 3544
San Diego, CA 92136

Hours: Mon-Fri 0800-1700

Phone: (619)556-7667

- Active duty military personnel stationed in the San Diego metropolitan area accompanied by bona fide family members are eligible to apply for Military Family Housing (MFH).
- In order to apply, you are required to have the following:
 - DD Form 1746 (Application for Assignment to Housing)
 - A copy of orders showing your detachment date
 - Certification of bona fide family members
- Examples of acceptable forms of documentation are the Emergency Data application, a Record of Emergency Data (RED), or Application for Uniformed Services Identification card (DEERS Enrollment).

Homes.mil <https://www.homes.mil/homes/DispatchServlet/HomesEntry>

- Create an account and search for home near your installation.



www.mca-marines.org

Phone: (888)237-7683

- Active duty, Reserve, Retired and Marine veterans are all eligible for membership in the MCA&F
- Leatherneck Magazine, Marine Corps Gazette
- **Programs:** Library, Mentorship, Excellence Awards, Writing Awards, PME, Professional Reading Program, Wounded Marine Support



www.mhsinc.org/family-forces

Phone: (858)636-3604

Address: 9465 Farnham Street, San Diego, CA 92123

Hours: Mon – Fri 0800-1630

- Provide mental health, drug and alcohol related rehabilitation services
- **Family Forces** provides individual, family, group and couples counseling services to military children and families. Services are billed through the client's Tricare/Triwest insurance and individual benefits are explained to the families at the time of referral.
- Family Forces can also serve active duty members as part of their EAP option that is available through Military One Source. Our Family Forces staff will gladly assist families in obtaining the necessary authorization through the EAP program.
- **Courage to Call (858) 277-7907** is a confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists and guard members, and families



Military Homefront

www.homefrontsandiego.org

Phone: (760)392-1551

Hours: Variable

- Help military families with car repairs, provide vehicle, furniture, computers
- Emergency food distribution, bills
- All services are available to **lower enlisted families**, deployed or not

SAN DIEGO



Military Outreach Ministries

www.sandiegomom.org

Director of Operations: (619) 843-8964 Email: barbara@sandiegomom.org

Distribution Supervisor: (619) 917-6577 Email: kathleen@sandiegomom.org

Office Administrator: (619) 461-4164 Email: office@sandiegomom.org

- Provide distribution of food, small household goods, children's supplies and hosting holiday events, baby showers and family events, children's (under age 12) clothing, infant diapers, baby food, toys
- Distribution Center is open on Tuesdays only from 11AM to 1PM. The address is 4426 Harbison Ave., La Mesa, Ca. 91942. Serving Active Duty Junior Enlisted families E5 and below.
- Free monthly food and bread ministries to E-5 and below the first 30 minutes, E-6 and above after
- Donate extra brown bags for future food ministries
- Locations for food and bread drive: Silver Strand Housing: Recreation Center: First Wednesday at 1400-1500; Bayview Housing: FF&S GARAGE: First Wednesday at 1400-1500; Pt. Loma Westminster Presbyterian Church: on Talbot: 2nd Wednesday at 1400-1500; Lofgren Terrace: Community Center: 2nd Wednesday at 1400-1500; Terrace View Villa: by pool: 3rd Wednesday at 1400-1500; Village at Serra Mesa Housing: 3227 Murray Ridge Rd: Last Wednesday at 1400-1500.; Gateway: 2656 Mendonca: Thursdays at 1200; Murphy Canyon: 10270 Bordelon St: Friday at 1230



**NATIONAL
MILITARY FAMILY
ASSOCIATION**

Together we're stronger



S.D.M.F.C.
SAN DIEGO MILITARY
FAMILY COLLABORATIVE

<https://www.sdmilitaryfamily.org/resource-connection/national-military-family-association>

Phone: (858) 496-0044

Email: info@sdmilitaryfamily.org

- Spouse scholarships
- Summer camps for children (Operation Purple)
- Retreats for families of wounded, injured, or ill



<https://www.med.navy.mil/sites/nmcscd>

Phone: (619) 532-8225 Appointment; (619) 532-8400 RX Refills; (619) 532-6418 Patient Relations

(619) 532-6416 (TDD/TTY); (619) 532-6400 Quarterdeck; (800) 453-0491 TRICARE Prime after hour's number

Address: Naval Medical Center 34800 Bob Wilson Drive San Diego, CA 92134

Hours: Emergency Room 24 hours a day, 365 days a year

Visiting Hours Daily 9:00 a.m. – 9:00 p.m.

Hours Vary by Clinic

Parking: <https://www.med.navy.mil/sites/nmcscd/pages/visitors/parking-information.aspx>

Driving directions:

<https://www.med.navy.mil/sites/nmcscd/pages/visitors/DriveDir-NMCSD.aspx>

Appointments:

<https://www.med.navy.mil/sites/nmcscd/pages/patients/appointments.aspx> **Clini**

c & Dental Locations

<https://www.med.navy.mil/sites/nmcscd/pages/patients/branch-and-dental-clinics.aspx>



**NAVY-MARINE CORPS
RELIEF SOCIETY**

www.nmcrrs.org

Bldg. 14

Phone: (619) 524-5734

Hours: 0900-1600 (Appointments recommended, walk-ins available)

- Financial assistance to active duty and retired Navy and Marine Corps members
- Interest-free loans, grants or combination of for emergency transportation, funerals, medical/dental bills (patient's share), food, rent, utilities, essential vehicle repairs
- Education loans for dependent children, spouses, and fleet inputs to commissioning programs
- Budget counseling and training, education and remedial counseling
- Health education and post combat support
- Coordination with civilian agencies; such as the Red Cross, VA and military offices (disbursing, chaplain, medical clinic, legal)
- Layettees, homemade blankets for new babies, budget for babies
- Emergency travel
- Disaster relief
- Thrift shops



**Serving America's
Military Families**

www.homefrontsandiego.org

Phone: (760) 392-1551

- Emergency food supply
- Emergency bill payment
- Household and baby furniture
- Vehicle repair



www.saysandiego.org

Phone: (858) 565-4148

Email: info@saysandiego.org

- Delinquency prevention and youth development
- Preschool, extended day, school based child counseling, adult counseling, free tax preparation
- San Diego Dads Corp – help to sustain a healthy marriage, promote responsible fatherhood, foster economic sustainability
- Alcohol and drug prevention program, Healthy Start Military Family Resource Center

TRICARE Dental Program

Administered by MetLife



www.ucci.com

Phone: (800) 332-0366 (PPO), (866) 357-3304 (DHMO)
(888) 789-8233 (UCVision)

Hours: 24 hours a day, 365 days a year

- Voluntary dental insurance program
- Covers a wide range of diagnostic, preventive and restorative services
- Enroll in Tricare Dental is not automatic once enrolled in DEERS. The Marine or sailor must enroll family members by completing and turning in paperwork as well as setting up an allotment to pay monthly charges



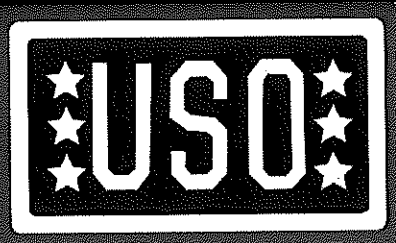
UnitedHealthcare®



www.uhcmilitarywest.com

Phone: (877) 988-WEST (877-988-9378)

- Assistance with general information, benefits, claims, eligibility, authorizations, and provider inquiries
- Customer Service is available Monday through Friday, 7:00 a.m. to 7:00 p.m., local time
- Provider locator services are available 24 hours a day, seven days a week on website
- Search for urgent care providers online
- Check the Defense Enrollment Eligibility Reporting System (DEERS) to check enrollment <https://www.dmdc.osd.mil/milconnect>



www.usosandiego.org

USO Norris Center (Downtown)

Address: 303 A Street, Suite 100 San Diego, CA 92101

Phone: (619) 235-6503

Hours: 11:00 a.m. – 9:00 p.m. / 365 days a year

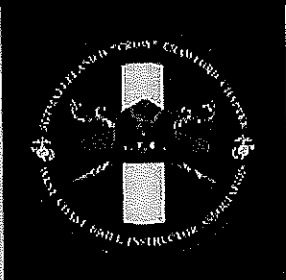
USO Neil Ash Airport Center

Address: 3705 North Harbor Drive, 1st Floor San Diego, California 92101
(Terminal #2)

Phone: (619) 296-3192

Hours: 6:00 a.m. – midnight / 365 days a year

- Open to active-duty, reserves
- Families of the fallen support
- Family counseling, support groups
- Family Day on the Bay
- Giving Tree
- Holiday concert
- Homemade neck pillows for travel
- Mobile food pantry
- Month of the Military Child: new toy and book
- Photo and gift from Santa Claus
- Positive parenting workshop
- Sesame Street character performance
- Spacious social hall for parties and meetings, available for use at no cost to the military
- Spouse/Partner Reset: 2 day seminar (limited childcare)
- Tuesday Night Dinner (downtown location)
- Thanksgiving feast
- Therapy Dog Team
- Thursday night dinners: returning from deployment
- Tickets (first come, first serve) to local sporting events, theater, and concerts
- Transition workshops and resource information in the community
- United Through Reading
- Welcome home bag of snacks and beverages



West Coast DI Association (only for DI families, membership fees)
<http://westcoastdi.org/index.html>

E-mail: hdykes@cox.net; spouseauxiliary@gmail.com

Our Mission

This organization is established for the fraternal, patriotic, historical and educational benefit of Marine Corps Drill Instructors. It is established as a National Member Association to strengthen comradeship, preserve and perpetuate the memory and history of our fallen comrades and to assist their widows and children.

- Help with bills, provide food
- Holiday Raffle Social



www.sandiegowic.org

Phone: (800)500-6411 or **Text:** (858)860-4608 (appointments, enrollment)

- Nutrition for pregnant mothers, new mothers, and children

Naval Base San Diego (32nd St.) / (dry side; uphill
from commissary)
3005 Corbina Alley, Bldg. 265
San Diego, CA 92136

Murphy Canyon Youth Center
4867 Santo Rd.
San Diego, CA

Camp Pendleton
Pass & ID Card Bldg., #130132
(Vandegrift & 14th St.)
Camp Pendleton, CA 92055

Camp Pendleton
San Onofre Transition
Readiness & Career Ctr.
Bldg. 51919
Camp Pendleton, CA 92055

Marine Corps Air Station
Miramar
Chapel - Bldg. 5632
45549 Bauer St.
Miramar, CA 92145

Marine Corps Recruit Depot
Library, Bldg. 7 West
3800 Chosin Ave.
San Diego, CA 92140



Auto Detailing, Carwash

www.sandiegoautosshine.com

Bldg. 604

Hours: Thurs 0900-1600

Phone: (858)552-9105



Barber Shop

Bldg. 10, across from Starbucks

Phone: (619) 725-6372

Hours: Mon – Fri 0730 – 1700; Sat 0800 – 1500; Sun 1000 – 1500

Base Museum

Bldg. 26

Phone: (619)524-6719

Hours: Mon-Sat 0830-1600, Family Day 0830-1630



THE BAY VIEW RESTAURANT

Hours: Mon – Fri 1100-1400

Family Day & Graduation Buffet Hours

Thursday

0600 – 0900 (Breakfast)

1100 – 1500 (Lunch)

Friday

0600 – 0900 (Breakfast)

1100 – 1400 (Lunch)

General Manager: (619) 725-6211; Catering Sales Manager: (619) 725-6265

Catering Coordinator: (619)-725-6388; Fax: 619-725-6427



Billeting (Temporary Lodging)

Bldg. 625

Phone: (619)524-4401 or **Email:** reservations@mcrdsd-billeting.org

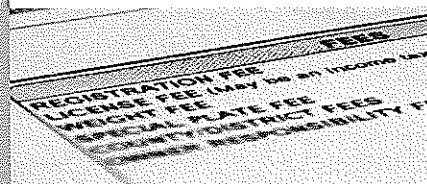
Hours: 24/7



Phone: (619)225-0848

Schedule to be picked up at gate 4.

10% off code: FGNX025



Bldg. 10 Ana's Car/Motorcycles/SUV/RV Registration Service

Phone: (619) 725-6361

Hours: 1000 – 1600

Chapel

Phone: (619) 524-8820/8821

Chow Hall (Duncan Hall Dining Facility)

Bldg. 620

Phone: (619) 524-6064

Hours: Mon-Fri 0600-0730, 1100-1300, 1630-1800

Weekends/Holidays 0800-1100, 1500-1700



MCAS Miramar Commissary

Bldg. 2661

Hours: Sun 1000-1800, Mon-Wed 1000-2000, Thu-Fri 1000-2100, Sat 0800-2000

Store offers fresh breads, rolls, deli, sandwiches to go, sushi, international foods, etc.

SAN DIEGO NAVAL STATION

Hours: 0730-2000 / 7 Days a week





Phone: (619) 344-0850

Online Ordering:

<https://www.dominos.com/en/pages/order/menu.jsp#/menu/category/all/>

Delivery/Carry Out Hours:

Sunday 1030-2100

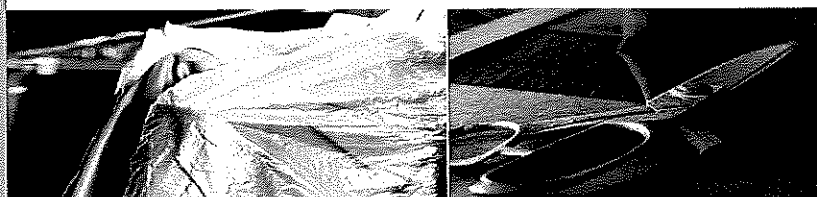
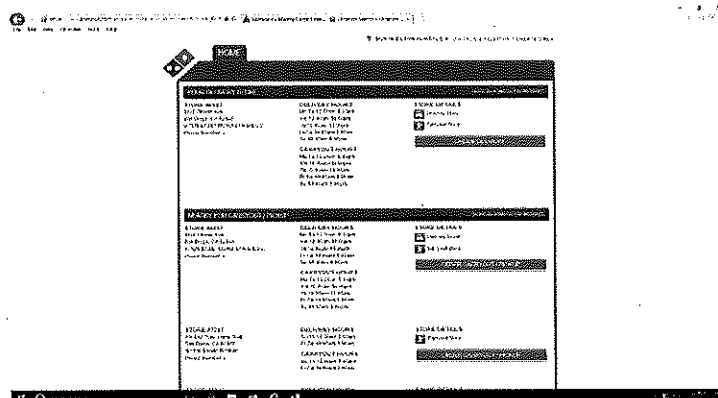
Monday-Tuesday 0900-2100

Wednesday 0900-2200

Thursday 0900-2300

Friday 0900-0100

Saturday 1000-0100



Dry Cleaner and Tailor Shop

Bldg. 10

Phone: (619) 296-2071

Hours: Monday – Friday: 0800 – 1700;

Saturday: 0900 – 1300; Sundays and
Holidays Closed



Florist (San Diego Florist)

Phone: (619) 358-9644

Email: sandiegofloraldesign@gmail.com

Website: sandiegofloraldesign.com

Promotional Code: MCRD 10% Discount

Hours: Mon-Fri 0900-1800; Sat 0900-2000, Sun 1000-1500

GNC
Live Well.

Bldg. 10, across from Starbucks

Phone: (619) 497-1710

Hours: Mon-Fri 0800-1800; Sat 0800-1700; Sun 1000-1700; Holidays closed



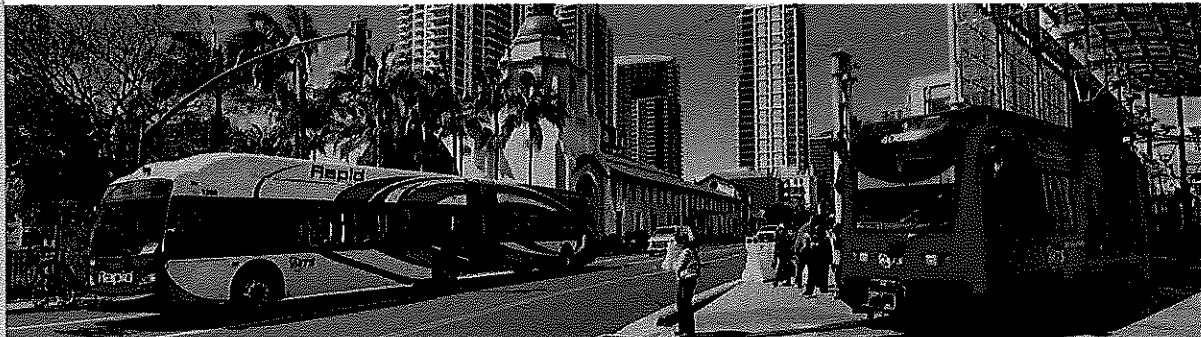
EXCHANGE

Marine Mart, Exchange, Flooring, Mini Mart, Gas

Phone: (619) 297-2500

Hours:

- **Marine Mart:** 0600-2100 Mon-Fri; 0800-2100 Sat & Sun
- **Exchange:** 0900-1900 Mon-Sat; 1000-1800 Sun;
- **Flooring:** Cole's (sample in exchange). Call Katie Barajas (619)316-9131 for questions and quote.
- **Mini Mart:** 0630-1730 Mon-Fri Closed weekends and holidays;
- **Gas:** Open 24 hours a day with credit/debit card use



Metropolitan Transit System (San Diego)

Phone: (619) 233-3004

Schedules: <https://www.sdmts.com/schedules-real-time>

Maps and Routes: <https://www.sdmts.com/schedules-real-time/maps-and-routes>

Fares and Passes: <https://www.sdmts.com/fares-passes>

Pass and ID

Identification Cards, Vehicle Registration, Traffic Court

Address: 4600 Belleau Avenue Bldg. 230 (building before gate 5 (Washington St.)

Hours: 0730 -1530

ID Cards Section (619) 524-8740 / 8741

- No appointment needed. First-come, first-served.
- All documentation presented at the DEERS/ID Card Center must be original or certified true copy.
- Bring two forms of Identification - one must be unexpired federal or state issued ID with photograph.
- Eligible family members must be accompanied by their Sponsor. If sponsor is not present a verified ID card application (DD Form 1172) signed by the sponsor or a valid power of attorney (POA) is required.
- Full time student over the age of 21 must have proof of full time enrollment from school registrar office (letter from school signed by the registrar clerk).
- Initial enrollment of a Spouse: Original or certified copy of Marriage Certificate, Birth Certificate, Driver License and Social Security Card.
- Child: Original or Certified copy of Birth Certificate or Hospital proof of birth letter from the medical facility and Social Security Card if available.

Lost or Stolen Common Access Card (CAC)

- In addition to the *two valid forms of Identification* a report from installation security/local police or a memorandum on a command letterhead signed by the CO, OIC, Department Head or Supervisor is required.

Vehicle Registration: (619) 524-4200

- Plan to drive vehicle on base, register your vehicle. Decals are no longer issued.

Traffic Court: (619) 524-8103 Fax (619) 524-8103

- Call between normal working hours to dispute traffic tickets and coordinate traffic court dates.



Bldg. 2

Hours: Mon-Fri 0830-1630

ATM located outside Starbucks

MCX
CORE BRANDS
CORP VALUE

mobile center

Bldg. 10

Phone: (619) 718-3784

Hours: Mon – Sat 0900-1700, Sun 1000-1700, Holidays 1000-1700



<http://www.boingo.com/broadband>

Customer Care 365/24/7 at (866) 726-4646 or visit

Internet for the Barracks

Connect to the Boingo Wireless Wi-Fi network to sign-up and enjoy instantly. No contracts, transfer your service from base to base, and enjoy lightning fast speeds!



www.pods.com/militaryexchange

Phone: (866) 667-5593

PODS deliver containers. When ready to have it moved, PODs will pick your goods up. They will move it across town, country, and into storage centers.



Recreation Center (lounge, arcade, theater, bowling alley, and Bull Dog Tavern)
Bldg. 590

Phone: (619) 524-4446

Hours: Mon-Tues 0900-2100, Wed-Thu 0900-2300, Fri 0900-0100, Sat 1000-0100,
Sun 1000-1700 (non-football season) 1000-2100 (football season),
Holidays, call for hours

<http://www.mccsmcrd.com/recreation-center>

Lounge available for parties. Call to make a reservation.



Starbucks

Phone: 619-725-6474

Hours: Mon-Sat 0600-1700, Sun 0900-1500

<https://www.starbucks.com/store-locator/store/6863/marine-corps-recruit-depot-3800-chosin-avenue-bldg-10-san-diego-ca-921405196->



Schedule pick up at gate 4 or 5.

Yellow Cab (619)444-444

Orange Cab (619)223-5555

Green Ride (619)200-2060



**Tickets
& Tours**
MCRD San Diego

Bldg. 16

Phone: (619)725-6343

Hours: Mon-Fri 0900-1700, Sat 0830-1600, Sat and Holidays closed



U.S. Postal Service

Bldg. 148

San Diego, CA 92140-9998

800-ASK-USPS (800-275-8777)

Phone: (619)524-4399

Fax: (619)260-1591

Hours: Mon-Fri 0830-1300, 1400-1600; Sat-Sun closed

PO Box Access Hours: 24 hours



Vehicle Storage

Phone: (619)524-5269

Call for an appointment.

Depot Phone Directory

911 Emergency Reporting (cell phone – routed off base – ask for MCRD Dispatch Center)
Non-emergency base landline 9-524-4202

G-1 Administration.....	(619)524-8735
G-3 Operations.....	524-8828
G-4 Logistics.....	524-8830
G-6 Communications.....	524-0018
Protocol.....	524-8707
Religious Ministries.....	524-8820
PAO/Chevron.....	524-8726
Staff Judge Advocate.....	524-4110
Equal Opportunity Advisor.....	524-8730
Depot Safety.....	524-8769
Depot Inspector.....	524-8797
Installation Voting Assistance Office.....	524-8738
Comptroller.....	524-8771
Depot Pool.....	524-5851
Medical (Staff Health).....	524-1565
Pharmacy.....	524-4057
SMIP.....	524-6248
Dental.....	524-4005
PMO (Desk Sergeant).....	524-4202
Volunteer Income Tax Assistance.....	524-6881
Recruiters School.....	524-6651
Drill Instructor School.....	524-4410
Recruit Training Regiment.....	524-8172/1993
Weapons and Field Training Bn.....	(760) 725-2734
8th Marine Corps District.....	(214) 733-3528
9th Marine Corps District.....	(816) 843-3956
12th Marine Corps District.....	(619) 988-0568
Pacific Tactical Law Enforcement Team (PACTACLET).....	(619) 524-8349