



# Ombudsman Newsletter

Naval Medical Center San Diego

April 2011

## APRIL—Month of the Military Child

April is the Month of the Military Child. This month long observance recognizes the sacrifices and celebrates the youngest family members that serve.

### MCCS programs at MCRD San Diego presents Month of the Military Child Events

April 4, 2011  
10 a.m.— 12 p.m.  
**Tell Me A Story**

Parents and children are welcome to listen to a story and connect through literature.

April 5, 2011  
1—4 p.m.  
**Who Moved My Cheese for Kids!**  
Interactive workshop providing skills to enable children to better handle the changing environment of the military.

April 6, 2011  
9 a.m.— 1 p.m.  
**In the Midst for Kids “Safari Field Guide”**

Get ready for a Safari adventure! Just like a Safari tour, military children sometimes need a guide to get them through military challenges. MCCS programs join together to create an interactive workshop focusing on feelings, being unique, making good choices, drug and alcohol awareness, being a kid, and the importance of their roles in family and community.

April 8, 2011  
9 a.m.— 3 p.m.  
**L.I.N.K.S. for Teens**  
Enabling teens to meet other military teens and learn about

topics such as community involvement, moving, separation, anti-bullying, and cyber safety. Light refreshments will be served.

April 12, 2011  
9:30 a.m.— 12 p.m.  
**Activity Morning**  
Bring your 0-5 year old to Activity Morning for crafts, stories, and play! An opportunity for parents and children to socialize.

April 12, 2011  
9:30 a.m.— 12 p.m.  
**L.I.N.K.S. for kids (6-12 yrs.)**

For additional information, contact Tracy Genica at 619-524-8030 or [genicat@usmc-mccs.org](mailto:genicat@usmc-mccs.org)



### Inside this Issue:

Resource Spotlight—School Liaison Program

Tax Preparation Resources

News You Can Use

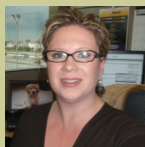
Fleet and Family April Workshop Schedule

Resource Guide

Navigating the Navy Lifestyle—COMPASS

### NMCS Command Ombudsman

Kimberly Harris  
(619) 921-1168  
[kimberly.harris@med.navy.mil](mailto:kimberly.harris@med.navy.mil)  
[NMCS\\_ombudsman1@yahoo.com](mailto:NMCS_ombudsman1@yahoo.com)



NMCS Website:  
<http://www.med.navy.mil/sites/nmcsd/Pages/default.aspx>

## A Note From Your Ombudsman

The Ombudsman program is a Command operated program intended to improve communication between the Command and a Sailor’s family members. The program was introduced to the U.S. Navy on 14 September 1970 by the Chief of Naval Operations, Admiral Elmo Zumwalt. Admiral Zumwalt adapted this program from a 19th century Scandinavian custom originally established by the King to give ordinary private citizens an avenue to express their grievances to high government officials. The primary focus of the Navy Family Ombudsman program is to provide information and referral services to the families.

### What is an Ombudsman?

Selected by the commanding officer (CO), your Navy Family ombudsman is a spouse of a command member who voluntarily serves as the official liaison between the command and its families. The ombudsman is a vital resource to assist the command in discharging the CO’s responsibili-

ties for the morale and welfare of the command’s families.

The ombudsman is the link between the command and the Navy family. This is especially true in deploying commands, where the ombudsman is the primary point of contact between the families at home and the command during deployment. As a spouse, it is important to get acquainted with your local ombudsman. The ombudsman is not a counselor or a social worker, but can show you a direct route to getting the assistance you need to find solutions and resources.

### Interested in Volunteering as Ombudsman?

The Command is currently looking to add to the Ombudsman Team. If you are interested in becoming part of the NMCS Command Ombudsman team, please email Kimberly Harris for further information.

## Resource Spotlight—School Liaison Officer Program

### What can a School Liaison Officer Do For You?

School Liaison Officers are in place to serve as a central point of contact between military parents, school systems, Commanders and communities. Starting with Kindergarten Readiness up through Graduation your School Liaison Officer can offer resources and support with:

- Information on local schools and boundaries
- Assistance with school selection (charter, private, public, virtual)
- Communicate with teachers, principals and school personnel
- Home schooling regulations and support
- Inbound/outbound school transfer guidance and prep

- Interstate Compact information
- Graduation requirements
- Scholarship information
- Schools & community outreach
- Understanding the special education process
- Referrals to appropriate DOE, military and civilian agencies
- Identify resources that facilitate school success, school transitions and relationships
- College readiness
- Mobilize community resources
- Initiating school and community outreach and partnerships

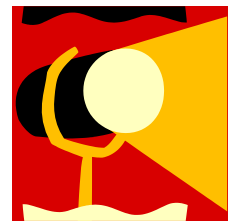
A top priority is to provide parents, students and educators timely and relevant information to enhance learning and promote academic suc-

cess and a positive education experience overall.

To access your local School Liaison for great educational resources to support your child's positive academic experience, contact a Regional School Liaison Officer:

USMC Anissa Stewart  
(760) 583-0683  
Anissa.Stewart@USMC.mil

USN Shannon Milder  
(619) 532-4251  
Shannon.Milder@Navy.mil



## Tax Preparation Resources

Due to the observance of the Emancipation Day holiday in the District of Columbia, government officials have pushed the nation's tax filing deadline from April 15 to April 18. Sailors and their families can receive free tax advice, tax preparation and related assistance on-site, online or by telephone from the following sources.

### Military OneSource Tax Filing Services

H&R Block at Home Basic®, through the Military OneSource website and telephonic tax consultations, provides free access to a customized version of the basic H&R Block at Home electronic tax-filing product. This customized product allows for free federal filing and state filing (up to three states). Provided by the Department of Defense, H&R Block At Home Basic is available to active-duty, National Guard, and Reserve service members and their families. Tax consultants are available seven days a week from 7:00 a.m.—11:00 p.m. Eastern Standard Time (EST). Contact Military OneSource Tax Hotline at 1-800-730-3802 or go to Military OneSource Tax Filing Services at [www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx](http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx).

### Volunteer Income Tax Assistance (VITA) Program

More than 100 Navy Volunteer Income Tax Assistance (VITA) Centers around the world are now open for business. On-site services are available to assist service members and their family members with free tax advice, tax preparation and return filing by IRS-trained volunteers. VITA services will remain available through April 18. Some overseas sites, as well as selected sites to assist those returning from a recent deployment, will remain open longer. To find a nearest VITA center, visit the Navy Jag Corps at <http://www.jag.navy.mil>.

### Internal Revenue Service (IRS)

For additional tax questions and/or combat zone information, call 1-800-829-1040 or go to [IRS.gov](http://IRS.gov) for tax information for military members.

Along with the filing extension, there are several new and existing tax laws military members and their spouses should keep in mind as the deadline draws near. Information on these laws can be found at <http://www.defense.gov/News/NewsArticle.aspx?ID=63252>.

## News You Can Use



### Exercise your right to vote!

No matter where you are in the world, you can still register to vote and vote absentee. The Federal Voting Assistance Program's website, [www.fvap.gov](http://www.fvap.gov), has easy to follow instructions and information on voting. For further questions, their phone number is 1-800-438-VOTE (8683). You can also contact NMCSA's Voting Assistance Representatives for help:

LT Melissa Bersamina  
Office: 619-545-0424  
Email: [melissa.bersamina@med.navy.mil](mailto:melissa.bersamina@med.navy.mil)

HMC Frederick Schucht  
Office: 619-524-4056  
Email: [frederick.schucht@med.navy.mil](mailto:frederick.schucht@med.navy.mil)



### Stay In Touch With Your Medical Home Port Provider

Staying in touch with your provider just got easier with NMCSA Online (powered by Relay Health). You can now contact your provider *anytime, anywhere*, from any Internet connection. It's easy and secure. For your non-urgent needs, you may even save yourself an office visit. No more waiting on-hold for appointments or medication refills. No more talking to people other than your doctor about private matters. With NMCSA On-line, you can:

- Email your provider
- Schedule your next appointment
- Check your lab results
- Request a medication renewal for expired prescription or one with 0/3 refills
- Access health information to manage your health
- Create your own personal health record, especially useful for those managing a chronic condition

Look for more details on this exciting new resource in May's Ombudsman Newsletter or access the NMCSA website at <http://www.med.navy.mil/sites/nmcsa/Patients/Pages/MedicalHome.aspx>.



### ID Card Changes—Social Security Number Removal

The DoD is removing Social Security Numbers from ID Cards. To protect your privacy and personal identity information, your Social Security Number (SSN) is being replaced with a DoD ID Number on all ID cards.

ID Card Changes:

- As of June 2011, SSNs will no longer be printed on any new ID card.
- SSN removal will occur in three phases.
- Your new ID card will have a DoD ID Number in place of your SSN.
- Your DoD ID Number will be used as the Geneva Conventions serial number.
- If you are eligible for DoD benefits, there will also be a DoD Benefits Number printed on your new ID card.

Please note that your current ID card should not be replaced until your card is within 30 days of its expiration date. If your ID card has an INDEF expiration date, and you would like your SSN removed, contact your nearest RAPIDS ID card facility for an appointment. [Visit the RAPIDS Site Locator at www.dmdc.osd.mil/rsj/owa/home](http://www.dmdc.osd.mil/rsj/owa/home) to find a location near you.



### Operation Purple

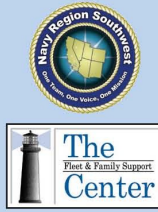
Each summer, the National Military Family Association Operation Purple Program offers summer camps to children of deployed service members. The goal of these camps is to impart the message that kids serve too. Each camp is joint, or "purple", (which includes all services) and is offered free of charge to all participants. The camps, which last from five to seven days, let military kids experience carefree fun while learning coping skills for deployment related stress. The Operation Purple program also includes leadership camps for teens, family retreats at national parks, and camps geared to address the needs of children and families of our Nation's wounded services members.

Information on the 2011 season will be available soon at <http://www.operationpurple.org>.

# Fleet & Family Workshops

Call our Centralized Scheduling Center number to register for any workshop: **1(866) 923-6478**

Find Us Online: <http://www.cnrc.navy.mil/CNRSW/FleetFamilyReadiness/Index.htm> - Find Us on Facebook - <http://www.facebook.com/FFCPSanDiego>



## APRIL 2011



### DEPLOYMENT SUPPORT

#### Deployment Readiness Workshop

Apr 8, Fri, 8:30 AM - 9:30 AM, FFSC FRE

#### Homecoming Workshop

Apr 26, Tue, 6:30 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

#### IA Deployment Readiness Workshop

Apr 22, Fri, 1:30 PM - 2:30 PM, FFSC FRE

#### Managing Deployment Workshop

Apr 5, Tue, 6:30 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

#### Mid Deployment Workshop

Apr 13, Wed, 1:30 PM - 2:30 PM, FFSC FRE

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

#### Exceptional Family Member Program (EFMP) Orientation

Apr 6, Wed, 5 PM - 6 PM, FFSC MCB  
 Apr 6, Wed, 1:30 PM - 2:30 PM, FFSC FRE  
 Apr 12, Tue, 9 AM - 10 AM, FFSC NBPL  
 Apr 18, Mon, 2 PM - 3 PM, FFSC BVH  
 Apr 19, Tue, 10 AM - 11 AM, FFSC VSM  
 Apr 20, Wed, 3 PM - 4 PM, FFSC FRE  
 Apr 25, Mon, 5 PM - 6 PM, FFSC NBSD

### EMPLOYMENT & TRANSITION ASSISTANCE

#### Finding Federal Employment

Apr 4, Mon, 5 PM - 7 PM, FFSC NBSD  
 Apr 5, Tue, 9 AM - 11 AM, FFSC NBSD

Apr 12, Tue, 9 AM - 11 AM, FFSC NBPL  
 Apr 13, Wed, 9 AM - 11 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124  
 Apr 21, Thu, 9 AM - 11 AM, FFSC NBC  
 Apr 22, Fri, 9 AM - 10 AM, FFSC FRE

#### Introduction to Owning Your Own Business

Apr 11, Mon, 5 PM - 7 PM, FFSC NBSD  
 Apr 12, Tue, 9 AM - 11 AM, FFSC NBSD  
 Apr 21, Thu, 5 PM - 7 PM, FFSC NBC

#### Job Search Strategies

Apr 13, Wed, 2:30 PM - 3:30 PM, FFSC FRE

#### Resume Writing

Apr 7, Thu, 9 AM - 11 AM, FFSC NBC  
 Apr 7, Thu, 9 AM - 11 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124  
 Apr 8, Fri, 2 PM - 3 PM, FFSC FRE  
 Apr 13, Wed, 10 AM - 12 PM, FFSC VSM  
 Apr 18, Mon, 5 PM - 7 PM, FFSC NBSD  
 Apr 19, Tue, 9 AM - 11 AM, FFSC NBSD  
 Apr 19, Tue, 9 AM - 10 AM, FFSC FRE  
 Apr 27, Wed, 10 AM - 12 PM, FFSC VSM

#### Winning Interview Techniques

Apr 5, Tue, 9 AM - 11 AM, FFSC NBPL  
 Apr 7, Thu, 10 AM - 11 AM, FFSC FRE  
 Apr 14, Thu, 9 AM - 11 AM, FFSC NBC  
 Apr 20, Wed, 10 AM - 12 PM, FFSC VSM  
 Apr 25, Mon, 5 PM - 7 PM, FFSC NBSD  
 Apr 26, Tue, 9 AM - 11 AM, FFSC NBSD

### EDUCATION ASSISTANCE

#### Department of Veterans Affairs GI Bill 101

Apr 20, Wed, 5 PM - 6:30 PM, FFSC Murphy Canyon Branch

### Troops to Teachers Program Overview

Apr 11, Mon, 4 PM - 5 PM, FFSC NBSD

### INDIVIDUAL AUGMENTEE (IA) SUPPORT

#### Individual Augmentee (IA) Family Connection Meeting

Apr 12, Tue, 6 PM - 8 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

#### Individual Augmentee (IA) Family Homecoming Workshop

Apr 20, Wed, 9:30 AM - 11:30 AM, FFSC NBSD

#### Individual Augmentee (IA) Sailor & Family Deployment Readiness Brief

Apr 19, Tue, 6 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

#### Returned Individual Augmentee (IA) Workshop

Apr 21, Thu, 8 AM - 11:30 AM, FFSC NBSD

### PERSONAL FINANCIAL MANAGEMENT

#### Car Buying Strategies

Apr 21, Thu, 3 PM - 4:30 PM, FFSC NBPL  
 Apr 21, Thu, 3 PM - 4:30 PM, FFSC VSM  
 Apr 28, Thu, 3 PM - 4:30 PM, FFSC BVH

#### Consumer Awareness / Tax Tips

Apr 4, Mon, 10:30 AM - 11:30 AM, FFSC FRE  
 Apr 4, Mon, 1:30 PM - 2:30 PM, FFSC FRE  
 Apr 5, Tue, 3:30 PM - 4:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

### Your Metro San Diego Fleet & Family Support Center Locations:

**Naval Base San Diego (NBSD)**  
 Buildings 259, 261 & 263  
 3005 Corbina Alley, Suite 1  
 San Diego, CA 92136-5190  
 Hours:  
 Mon, 7:30 am-7 pm  
 Tue-Fri: 7:30 am-4:30 pm  
 619-556-7404

**Naval Base Coronado (NBC)**  
 Building 318  
 Saufley Road  
 San Diego, CA 92135-7138  
 Hours:  
 Mon-Fri: 7:30 am-4:30 pm  
 619-545-6071

**Naval Base Point Loma (NBPL)**  
 Buildings 211 & 212  
 140 Sylvester Road  
 San Diego, CA 92106-3521  
 Hours:  
 Mon-Fri: 7:30 am-4:30 pm  
 619-553-8306

**Murphy Canyon Branch (MCB)**  
 4867 T Santo Road  
 San Diego, CA 92124  
 Hours:  
 Mon-Fri: 7:30 am-4:30 pm  
 858-277-4259

**Bayview Hills Branch (BVH)**  
 1967 Sky Harbor Road  
 San Diego, CA 92139  
 619-556-1275  
 Hours:  
 Mon-Fri: 7:30 am-4:30 pm  
 619-556-1275

**The Village at Serra Mesa Branch (VSM)**  
 3141 Afton Road  
 San Diego, CA 92123  
 619-556-1277  
 Hours:  
 Mon-Fri: 7:30 am-4:30 pm  
 619-556-1277



Our mobile FFSC, the Family Readiness Express (FRE), will be in Prospect View housing in April!  
 FFSC FRE's address: 8700 Redwood Drive, Santee CA 92071. Hours: Mon-Fri: 7:30AM-4:30PM. 858-431-6382.

Child care is available for classes held at the Murphy Canyon Chapel. Please call to arrange at least one week in advance: (619) 556-0031.

# Fleet & Family Workshops

## April 2011

### Credit Management: Using Credit Wisely

Apr 18, Mon, 10:30 AM - 11:30 AM, FFSC FRE  
Apr 18, Mon, 1:30 PM - 2:30 PM, FFSC FRE  
Apr 28, Thu, 2 PM - 3:30 PM, FFSC NBC

### Developing Your Spending Plan

Apr 11, Mon, 10:30 AM - 11:30 AM, FFSC FRE  
Apr 11, Mon, 1:30 PM - 2:30 PM, FFSC FRE  
Apr 20, Wed, 3 PM - 4:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124  
Apr 27, Wed, 2 PM - 3:30 PM, FFSC NBSD

### Home Buying

Apr 21, Thu, 1 PM - 4 PM, FFSC NBC

### Military Pay Issues

Apr 26, Tue, 9:30 AM - 10:30 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

### Million Dollar Sailor/Spouse Workshop

Apr 5 - 6, Tue - Wed, 8 AM - 4 PM, FFSC NBPL

### Planning for Your Retirement

Apr 19, Tue, 2 PM - 3 PM, FFSC NBSD

### Saving and Investing

Apr 25, Mon, 10:30 AM - 11:30 AM, FFSC FRE  
Apr 25, Mon, 1:30 PM - 2:30 PM, FFSC FRE  
Apr 26, Tue, 2 PM - 3:30 PM, FFSC NBPL

### Survivor Benefits Plan (SBP)

Apr 7, Thu, 3 PM - 4 PM, FFSC VSM  
Apr 14, Thu, 3 PM - 4 PM, FFSC BVH

### Thrift Savings Plan (TSP)

Apr 12, Tue, 3:30 PM - 4:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

## RELOCATION ASSISTANCE

### Transferring within CONUS:

#### More Resources & Less Stress for Your Next PCS!

Apr 6, Wed, 9 AM - 10:30 AM, FFSC VSM  
Apr 14, Thu, 1:30 PM - 2:30 PM, FFSC FRE  
Apr 19, Tue, 1 PM - 2:30 PM, FFSC NBSD  
Apr 28, Thu, 9 AM - 10:30 AM, FFSC NBPL

### Transferring Overseas:

#### More Resources & Less Stress for Your Next PCS!

Apr 5, Tue, 9 AM - 10:30 AM, FFSC NBSD  
Apr 14, Thu, 9 AM - 10:30 AM, FFSC NBPL  
Apr 20, Wed, 1 PM - 2:30 PM, FFSC VSM  
Apr 26, Tue, 1 PM - 2:30 PM, FFSC NBC

### Fly for Free: Space A Travel

Apr 6, Wed, 4:30 PM - 5:30 PM, FFSC VSM  
Apr 21, Thu, 10 AM - 11 AM, FFSC FRE

## LIFE SKILLS EDUCATION

### Building Effective Anger Management Skills (BEAMS)

Apr 27, Wed, 2 PM - 4 PM, NMCSO, Bldg 26, 1st Floor, Wellness Center

### Building Self Esteem and Assertiveness

Apr 12, Tue, 1 PM - 3 PM, FFSC NBSD

### Dealing with Stress

Apr 6, Wed, 2 PM - 4 PM, NMCSO, Bldg 26, 1st Floor, Wellness Center

### Effective Communication in the Workplace

Apr 19, Tue, 2 PM - 4 PM, FFSC NBSD

### Responsible Anger Management

Apr 7 - 8, Thu - Fri, 9 AM - 4 PM, FFSC NBSD  
Apr 21 - 22, Thu - Fri, 9 AM - 4 PM, FFSC NBSD

## FAMILY LIFE EDUCATION & ENRICHMENT

### Active Duty Pregnancy Resources Workshop

Apr 6, Wed, 1 PM - 4 PM, FFSC NBSD  
Apr 13, Wed, 8:30 AM - 11:30 AM, FFSC NBC  
Apr 20, Wed, 8:30 AM - 11:30 AM, NBPL

### Basic Home Organization

Apr 5, Tue, 9 AM - 10 AM, FFSC FRE

### Couples Communication

Apr 27, Wed, 5 PM - 7 PM, FFSC MCB

### Dads and Discipline

Apr 28, Thu, 5 PM - 7 PM, FFSC MCB

### Developing Your Family Care Plan

Apr 19, Tue, 9 AM - 10 AM, FFSC NBC  
Apr 28, Thu, 9 AM - 10 AM, FFSC NBSD

### Effective Parenting Workshop (4 Sessions, every Tuesday)

Apr 5, 12, 19, 26, 9 AM - 4 PM, FFSC NBSD

### Healthy Kids and Nutrition

Apr 13, Wed, 2 PM - 3 PM, FFSC BVH  
Apr 27, Wed, 4:30 PM - 5:30 PM, FFSC VSM

### Helping Children Cope with Disaster

Apr 20, Wed, 2 PM - 3 PM, FFSC BVH

### How to Communicate with Your Teen

Apr 19, Tue, 5 PM - 6 PM, FFSC MCB

### International Spouse Tea Time

Apr 26, Tue, 10 AM - 11:30 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

### Making A Welcome Home Banner

Apr 14, Thu, 10 AM - 11 AM, FFSC FRE

### Parenting Tips

Apr 6, Wed, 2:30 PM - 4:30 PM, FFSC BVH  
Apr 13, Wed, 3:30 PM - 5:30 PM, FFSC VSM  
Apr 20, Wed, 10 AM - 12 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

### Spouse Readiness Workshop:

#### Resources for the Military Family

Apr 12, Tue, 5 PM - 7 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124  
Apr 27, Wed, 9:30 AM - 11:30 AM, FFSC BVH

### Kids' Play Time (Ages 1-5)

Apr 8, Fri, 10 AM - 11 AM, FFSC FRE  
Apr 12, Tue, 10 AM - 11:30 AM, First Baptist Lemon Grove, 2910 Main Street, Lemon Grove, CA 91941

### Preschool Blocks (Ages 3-5)

Apr 21, Thu, 10 AM - 11:30 AM, Murphy Canyon Youth Center Park, 4867 Santo Rd, SD CA 92124

### Toddler Time (Ages 1-3)

Apr 14, Thu, 10 AM - 11:30 AM, Murphy Canyon Youth Center Park, 4867 Santo Rd, SD CA 92124

### Notable Quote:

"Military life is tough, but misery is optional."

- Beth Wilson

# Resource Guide

American Red Cross (messages/family)	800-951-5600	Miramar youth Center (Drop-Ins)	858-577-4136
American Red Cross (Message/active duty)	877-272-7337	MWR Tickets (NBSD)	619-556-2180
American Red Cross (Programs)	858-309-1200	Naval Legal Services (NBSD)	619-556-2211
Armed Services YMCA Outreach	858-751-5755	Naval Medical Center (Quarterdeck)	619-532-6400
Child Abuse Hotline	858-560-2191	Navy College (NBSD)	619-556-4922
Child Care Resource & Referral (Enrollment)	619-556-8491	Navy Lodge (All)	800-628-9466
Commissary (NBSD)	619-556-8657	Navy-Marine Corp Relief Society (NBSD)	619-556-8283
Commissary (NBC )	619-545-6560	New Parent Support (NBSD)	619-556-8825
CREDO / Spiritual Fitness Guide	619-556-2826	Operation Homefront	866-424-5210
DEERS Enrollment Center (DMDC)	800-334-4162	Personal Property (Household Goods)	619-556-6683
DFAS & Military Pay Center	888-332-7411	PSD (NBSD)	619-556-2004
Family Advocacy Center	619-556-8809	TRIWEST	888-TRI-WEST
Fleet & Family Support Center (NBSD)	619-556-7404	TRICARE Dental Program	800-866-8499
Fleet & Family Support Center (NBC)	619-545-6071	United Services Organization (USO)	619-235-6503
Healthy Start MFC	858-496-0044	WIC	800-500-6411
Housing (Referrals & Assignments)	619-556-8443		
ID Card Lab (NBSD)	619-556-9249		
Medical (All TRICARE Appointments)	619-532-8225		
Medical (NMC-SD One-Stop)	877-262-6476		
Military One Source	800-342-9647		

## Community Health, Disaster Services & Information

24-hour access to community, health, disaster services information and referrals in Southern CA, Dial 2-1-1 from land line or 858-300-1211 from cell phone.

## Navigating the Navy Lifestyle

Whether your new to the Navy family or looking to learn more about the Navy lifestyle there are many great resources available to you.

**COMPASS** provides courses from experienced, trained volunteer souses that offer valuable insight and knowledge to help make your journey as a Navy spouse successful. COMPASS courses are free of charge and breakfast, lunch, and childcare are provided.

The COMPASS program offers you an opportunity to:

- Make new friends and enjoy being a part of the Navy family
- Learn about the Navy Lifestyle from spouse mentors
- Acquire the knowledge and develop the skills to successfully meet the challenges ahead
- Develop realistic expectations, adaptability and a positive attitude

### Chart Your Course With COMPASS **Navigating the Maze**

Benefits and Services—Learn about the resources and websites that can provide you assistance and information.

### **Anchors Aweigh**

Dealing with Deployment: Emotional Cycle, Separation and Reunion— Learn how to deal with deployments and how deployments can be a positive self-fulfilling event.

### **Local Insights**

Exploring your community—Learn about fun opportunities right in your local area, including fun things to do with children.

### **I\$ That All There I\$?**

Personal Finance—Learn good ways to look at financial matters and how to read an LES statement.

### **Changing Ports-Moving**

Be informed! Be prepared! Be flexible! Learn how to make moving

more efficient and about resources like a School Liaison Officer.

### **Getting Along**

Healthy communications with friends, your spouse and your children.

### **U.S. Navy**

History and Traditions.

Learn more about this program at [www.lifelines.navy.mil/Familyline](http://www.lifelines.navy.mil/Familyline) or visit the COMPASS website at [www.gocompass.org](http://www.gocompass.org).



### **Notable Quote:**

**“Children are the world’s most valuable resource and its best hope for the future.”**

**- John F. Kennedy**