



I MEF FWD/I MHG Family Readiness

Your Family Readiness Staff:

FRO Mr. Wayne Bell,
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 DEPUTY FRO Mrs. Marcela Torres
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 FRO Clerk, LCpl Cardona, Ashley
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Family Readiness Office (760)763-2739

Mr. Bell's Work Cell (760)464-9103
 Mrs. Torres' Work Cell (760)846-4154

Stay Updated!

Keep up to date with unit events and other very important information:
<http://www.i-mef.usmc.mil/external/mefhqtrsgrp/family/family.jsp>

Emergency Information

Red Cross:

(760) 725 3304
 Provides disaster relief and emergency family messages

Navy Marine Corps Relief:

(760) 725 5337
 Offers emergency financial assistance, budgeting classes

Naval Hospital Camp Pendleton:

(760) 725-HELP (4357)
 Health Services Access Line

Military OneSource:

1-800-342-9647
 Offers a variety of services

Helpful Telephone Numbers:

Base Information Operator	725-4111
Base Housing	725-5995
Base Legal	725-6172
Car rental (Enterprise)	725-6997
Chaplain	725-6960
Child Abuse Hotline	800-344-6000
Child Care Referral	725-9723
Child Development Centers	
Browne	725-2817
Corteau	725-5665
Fisher Center	763-0845
San Luis Rey	725-6907
San Onofre	725-7311
Stuart Mesa	725-9954
Counseling Support Services	725-3400
Counseling Services	725-9051
Credit Union (Navy Federal)	888-868-8123
Credit Union (Pacific)	725-4491
DEERS Enrollment	725-2442
Deployment Readiness	763-1337
Family Readiness Information Line	866-676-0662
Game Warden	725-3360
Hospital Information	725-1288
Household Effects	725-3094
Joint Education Center	725-6414
Joint Reception Center	725-6662
Marine Corps Family Team Building	763-7887
Military Police	725-3888
Military OneSource	800-342-9647
Pass and ID (Main Gate)	725-2768
Poison Control	800-876-4766
Social Security	800-722-1213
TriWest	800-874-9378
Nurse	800-611-2883
WIC	433-3814