



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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Family Readiness Office (760)763-2739

Mr. Bell's Work Cell (760)464-9103

Mrs. Torres' Work Cell (760)846-4141

Stay Updated!

Keep up to date with unit events and other very important information. Please register for the units eMarine site:

www.emarine.org

I MEF Headquarters Group (if you are with I MHG or I MEF CE)

or

I Marine Expeditionary Force-FWD (if you are with I MEF FWD)

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)	760-385-5149
Chaplain	763-2786
Child Abuse Hotline	800-344-6000
Child Care Referral	725-9723
Child Development Centers	
Browne	725-2817
Corteau	725-5113
DeLuz	725-9907
Fisher Center	763-0845
San Luis Rey	763-6913
San Onofre	725-7311
Stuart Mesa	725-9954
Counseling Services	725-9051
Credit Union (Navy Federal)	888-842-6328
Credit Union (Pacific)	760-430-7511
DEERS Enrollment	725-2442
Deployment Readiness	763-1337
Game Warden	725-3360
Hospital Information	725-1288
Household Effects	725-8177
Joint Education Center	725-6660
Joint Reception Center	725-2442
Marine Corps Family Team Building	725-9052
Military Police	725-3888
Military OneSource	800-342-9647
Pass and ID (Main Gate)	725-2768
Poison Control	800-876-4766
TriWest	888-874-9378
On Call Nurse	800-611-2883
WIC	800-500-6411