

**Welcome Aboard Camp Pendleton**

**HMM-268  
Information and Referral  
Resource Guide**



**“Mission First, People Always”**



## Message from the Commanding Officer of HMM-268

The “Red Dragon family” consists of more than just our Marines and Sailors. Every member of this squadron comes to us with an extended family that often includes fathers, mothers, spouses, and children of their own. While our Nation regularly heaps praise on the man or woman in uniform, often the unsung heroes are those that apprehensively allow their loved one to step into harm’s way. I am keenly aware of, and eternally grateful for, the sacrifices you make with very little public fanfare.

Our mission in Medium Helicopter Squadron 268 (HMM-268) is to provide Aviation Combat Support to the Marine Air Ground Task Force (MAGTF) in both peacetime and in combat, against a wide array of potential enemies, from land or from the sea. This daunting task requires a level of commitment that often keeps your Marine or Sailor late into the night or away from home for days on end. He or she cannot perform to the level we need, to do what our Nation has asked of us, without your active support.

Our deployment schedule is, and will likely remain, in flux over the next few years as we prepare to transition to a new type of aircraft, the MV-22 Osprey. Even so, our Commandant has asked us to “be most ready when the Nation is least ready.” As such, I ask your patience as we prepare against the unexpected. Sometimes that will result in high operational tempos. We will actively seek out opportunities to connect with and communicate with families. We will afford your Marine time for the leave they earn and encourage them to take it whenever our schedule permits. We will keep you informed and welcome you to be as involved as you would like to be. We have many ways you can contribute if you choose to do so. I believe you will find active involvement with the Red Dragons rewarding if your schedule permits, but it will never be held against you or your Marine if you choose to simply support from a distance. Either way, we will seek to push information, to your comfort level, about upcoming events and resources available to you, your Marine, and your family.

My Family Readiness Officer, April Walker, is here to assist you throughout your tour with HMM-268. Her sole purpose is to be my trusted agent on family support matters. She has a wealth of knowledge to help you and your families find the information and resources you need to help yourselves. I look forward to getting to know you better.

Semper Fidelis,

*Brian R. Peterson*

Lieutenant Colonel Brian R. Peterson  
Commanding Officer, HMM-268



## **Welcome Aboard Message from the HMM – 268 Sergeant Major**

Welcome to Marine Corps Air Station Camp Pendleton, CA, home of Marine Aircraft Group 39, and Marine Medium Helicopter Squadron 268 Red Dragon Family. We hope you find your assignment challenging and rewarding. Our years of dedication, hard work, and reputation have made us a key part of Marine Aircraft Group 39, and 3D Marine Aircraft Wing.

In my 22 plus years of active duty service I truly believe our Family Readiness Officer (FRO) and spouses play a vital role towards taking care of our families and Marines. Without your support true success would not exist for us as Marines. Our FRO is a key contributor towards uniting our families and supporting our command's mission.

I ask that you please take a few moments to read the welcome aboard package and ask questions. I highly recommend you contact your sponsor at the earliest opportunity to discuss your transfer to MCAS Camp Pendleton, CA and raise any concerns you and your family might have prior to your transfer. I encourage you to use the welcome aboard package to its fullest extent and know we are here to support and welcome you and your family to the Red Dragon Team.

The Marines, Sailors, and Civilian Employees look forward to you and your family joining our team in supporting us during mission accomplishment and taking care of our fellow Marines and Sailors.

Lastly, it is vital that you contact this command for advice and guidance on making your transition to MCAS Camp Pendleton a well planned, safe, and joyous permanent change of station for you and your family. We truly look forward to meeting and serving with you.

**A. Cruz Jr.**



April Walker  
HMM 268  
FAMILY READINESS OFFICER

On behalf of the Commanding Officer, I would like to take this opportunity to welcome you to the HMM-268 Red Dragon family. My name is April Walker and I am your Family Readiness Officer (FRO) for the Red Dragons. I am here to assist you and your family with information, resources and referrals. I am a Marine Corps spouse; mother and I grew up as a military child. My family and I relocated from MCAS Cherry Point in June 2011, where I was the MALS-14 Family Readiness Officer from August 2008 to May 2011. Due to my spouse receiving orders to report to I MEF here we are aboard Camp Pendleton. We are so excited to be stationed on the west coast once again. As the FRO, I am here to support the Marines, Sailors, and their families.

The Marine Corps defines "family" as any unit the Marine is born into, sworn into, or married into. This change has allowed us to incorporate all family members. So whether you are an active duty member, parent, spouse, child, significant other or an extended family member, please accept my sincere welcome to the Red Dragon family. My goal is to provide you and your family with resources and information about the wonderful programs available on Marine Corps Base Camp Pendleton or in the local area. I am here for the ENTIRE Red Dragon family. We leave no one behind!

Marines have a motto, it is "Semper Fidelis", meaning always faithful. We as Marine Corps family members have a motto, we are "Semper Gumby", meaning always flexible. The Marine Corps lifestyle isn't the easiest however it can be the most prestigious. You are now a part of the HMM-268 Red Dragon family. We take care of our own. As your FRO, I can assist you with the rigors of this Marine Corps lifestyle. Through information and referral, I can assist you with any family readiness matters. I am also your one stop shop for resources. We must take advantage of all the opportunities out there for our military members and their families.

I am dedicated to providing you with the support you need to successfully balance the challenges of a military lifestyle. Family readiness directly affects the fundamental purpose of the Marine Corps by building commitment and raising morale, thereby increasing unit readiness. Spouses, parents and all family members play an important role in the lives of our Marines and your contribution to the squadron is vital. I'm here to help everyone be proactive and ready at all times. There are various volunteer opportunities throughout the year and everyone is encouraged to participate; this benefits the entire unit. Such activities include Meet the Command, Family Days, Spouse Socials ect.. What an awesome way to earn hours for service volunteer awards or a resume builder. Please stop by to talk to me about volunteering. I will be happy to share these wonderful opportunities that are there for you!

The eMarine link below will have photos, newsletters, command messages, and many resources for both married and single Marines, parents, and kids. Family readiness equals mission readiness. I believe my experiences within the Marine Corps and Navy will make me an asset to the Red Dragon family as your Family Readiness Officer. Please come by my office for a cup of coffee and to chat. As a southern woman, I believe the world's problems can be solved with a cup of coffee/tea and a friend. My office is always open and I will always have my phone on. Stop by or call anytime.

Once again, welcome to the Red Dragon family!

April Walker  
Office: (760) 763-1007  
Cell: (858) 603-6541  
[april.walker@usmc.mil](mailto:april.walker@usmc.mil)



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## **SECTION 1: USEFUL PHONE NUMBERS**

CAMP PENDLETON BASE INFORMATION HOTLINE	(760) 725-9045
EMERGENCY SERVICES	
Base Police	(760) 725-3888
Emergency	911
NAVAL HOSPITAL EMERGENCY	(760) 725-3258
NAVAL HOSPITAL APPOINTMENT	(760) 725-4357
TRICARE office at Naval Hospital Camp Pendleton	(888) TRIWEST
TRICARE DENTAL PROGRAM – United Concordia	(800) 866-8499
AMERICAN RED CROSS	(877) 272-7337
CAR REPAIR	
Base Auto Hobby Shop	(760) 725-5963
CHILD CARE	
Emergency Child Care (provided by Children, Youth & Teen Program)	(760) 725-3888
National Association of Child Care, Resources & Referral Agency	(800) 424-2246
Fisher Center (Daytime hours only)	(760) 725-0845
COUNSELING	
Base Chaplain	(760) 725-4700
Counseling Services	(760) 725-9051
Naval Hospital Mental Health	(760) 725-7555
Suicide Prevention Hot Line	(800) 273-TALK
Military One Source	(800) 342-9647
EXCEPTIONAL FAMILY MEMBER (EFMP)	(760) 725-5363
MEDIA REQUESTS	
Public Affairs Office (PAO)	(760) 725-5011
I.D. / LOST I.D. CARD	
DEERS / Pass & I.D.	(760) 725-2442
DEERS Verification	(800) 334-4162
FINANCIAL/ SUPPLEMENTAL FOOD RESOURCES	
Community Resource Center (Encinitas, CA)	(760) 753-8300
Food Stamps (North County)	(760) 754-5757
Friends of San Onofre Marines	(949) 369-9929
Military Outreach Ministries (food/no money)	(760) 908-7043
Navy Marine Corps Relief Society	
Mainside	(760) 725-5337
San Onofre	(760) 725-7497
Women, Infants & Children (WIC)	(800) 500-6411
TRANSPORTATION (LOCAL)	
Armed Services YMCA	(760) 385-4921
Taxi Service	
• Del Mar Taxi	(760) 632-8888
• Coastal Cab	(760) 722-7472
• Yellow Cab	(760) 722-4214
Bus Services: Breeze Route Info	(800) 266-6883
Train Services: Coaster	(800) 262-7837



## **SECTION 1: CAMP PENDLETON DIRECTORY**

Bowling Pro Shop	(760) 725-5945
Commissary	(760) 430-1701
Cottages & Campsites	
• San Onofre	(760) 725-SURF
• Del Mar	(760) 725-2134
Game Warden	(760) 725-3360
Golf Course (Marine Memorial)	(760) 725-4704
Hobby/Crafts Shop	(760) 725-4880
ITT – Ticket Office	
• Mainside	(760) 725-5864
• Del Mar	(760) 725-2218
Latitudes Travel	(760) 763-3183

### **MAINSIDE**

Country Store	725-3585 ext 126
Electricity	725-6233 ext 187
GNC	(760) 385-5056
Semper Spirit Gifts & Apparel	725-6233 ext 199
Star Cuts	(760) 725-5938
Sports Center	725-6233 ext 191
Mainside Automotive Service Center	(760) 725-5828
Mulligan's Golf Course Restaurant	(760) 725-5331

### **Pacific Plaza (20 Area, Next to Commissary)**

Appliance Center	(760) 763-1750
Beverages, Etc.	(760) 763-1698
Garden Center	(760) 763-1753
Gas Station	(760) 763-3840
Hallmark	(760) 763-1748
Paws Pet Store, Pet Supplies	(760) 763-4586
Star Cuts	(760) 763-1747
Pendleton Florist	(760) 725-6395

### **OTHER NUMBERS**

Scout Newspaper	(760) 725-9376
South Mesa Club	(760) 725-2231
Stables & Rodeo Grounds	(760) 725-5094
Theater	(760) 725-9217
Thrift Store	(760) 725-1800
Youth Sports	(760) 725-4188
The Zone-Movie Rental	
• Mainside	(760) 725-4784
• Pacific Plaza	(760) 725-2049

## **SECTION 1: USEFUL WEBSITE LINKS**

Headquarters United States Marine Corps [www.usmc.mil](http://www.usmc.mil)  
Marine Forces Reserve [www.marforres.usmc.mil](http://www.marforres.usmc.mil)  
Navy Web Site [www.navy.mil](http://www.navy.mil)  
Military Times [www.militarycity.com](http://www.militarycity.com)  
Department of Defense website for official Military community  
and Family Policy program information [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)  
Marine Corps Community Services [www.usmc-mccs.org](http://www.usmc-mccs.org)

### **Camp Pendleton Web Sites**

MCCS – Camp Pendleton Website [www.mccscp.org](http://www.mccscp.org)  
Official Camp Pendleton Website [www.pendleton.usmc.mil](http://www.pendleton.usmc.mil)  
Naval Hospital Camp Pendleton [www.cpen.med.navy.mil](http://www.cpen.med.navy.mil)

### **For Marines, Spouses & Families**

Military One Source [www.militaryonesource.com](http://www.militaryonesource.com)  
Marine Spouses Web Site [www.marinewives.com](http://www.marinewives.com)  
For Military Families [www.4militaryfamilies.com](http://www.4militaryfamilies.com)  
Military Website [www.cinchouse.com](http://www.cinchouse.com)  
Officers Wives Club [www.camppendletonowc.org](http://www.camppendletonowc.org)  
For parents of Marines [www.marineparents.com](http://www.marineparents.com)

### **MEU Web Sites**

11th MEU Home Page  
13th MEU Home Page  
15th MEU Home Page  
31st MEU Home Page

### **Other Helpful Websites**

Commissary Information [www.commissaries.com](http://www.commissaries.com)  
History & Military References [www.tun-tavern.com](http://www.tun-tavern.com)  
Offers Support & Resource Information [www.thefew.com](http://www.thefew.com)

## **SECTION 1: CAMP PENDLETON RESOURCES**

### LOCATIONS FOR SPECIAL EVENTS

<u>FACILITY NAME</u>	<u>TELEPHONE NUMBER</u>
Abby Reinke Center @ Wire Mountain, Bldg. 201019	(760) 763-0649
Air Station Tower Classroom, Bldg. 2399	(760) 725-4219
Air Station Classroom, Bldg. 23156	(760) 725-8386
Base Theater, Bldg. 1330	(760) 725-9076
Bowling Alley or Bldg. 1482	(760) 725-6109
Del Mar Beach & Reservation's Line	(760) 725-2134
Fisher Center, Bldg. 16102	(760) 725-0845
Flight Line Training Room, Bldg. 23166	(760) 725-8386
Joint Reception Center (JRC), Bldg. 1331	(760) 725-6662
Lake O'Neill	(760) 725-5611
Religious Development Center, Bldg. 1344	(760) 725-4700
San Onofre Beach & Ball Field	(760) 725-7935 / 725-7629
San Onofre Community Center	(760) 725-4310
Side Winder Club, Bldg 326(for a fee)	(760) 731-3442
SOI Training Facility	(760) 725-7127
South Mesa Chapel Multi-Purpose Room,	(760) 725-2929
South Mesa Club (20 Area)	(760) 725-2231 / 725-2294
Stuart Mesa Community Center, Bldg. 31003	(760) 725-9717 / 725-9719
Wire Mountain Youth Center	(760) 725-2102

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **DEERS/PASS & ID INFORMATION**

Main Gate – Bldg/Trailer 20255  
General Information/Appointments: Mon-Fri 0730-1530  
(760) 725-2768/2013/2633/2865/2768

Joint Reception Center – Bldg. 130132  
(760) 725-2442 Monday-Friday 0730-1530  
DEERS Verification: 1-800-538-9552 or [www.tricare.osd.mil/deers](http://www.tricare.osd.mil/deers)  
Hours: Monday – Friday 0730-1530

DEERS enrollment (Defense Eligibility Enrollment Reporting System) for Marine Corps Base, Camp Pendleton uses an appointment system. The Office is the primary issuing facility for ID Cards for Active Duty Members, Reserve and National Guard Members, retired, former spouses who are not remarried and certain other eligible family members.

#### **Services:**

- Enroll/disenrollment or update sponsor and dependent's DEERS files.
- Temporary issuance of ID cards: Dependents may get a temporary ID card good for 60 days if DEERS database indicates that the sponsor is eligible. DD 1172 paperwork will then need to be forwarded to sponsor for signature.
- Enrollment in DEERS: Enrollment can be done for a newborn child while sponsor is afloat, stationed overseas or otherwise on official deployment or TAD.

#### **Needed for appointments:**

- Driver's license or picture ID.
- DD Form 4 (Enlistment Contract) for Active Duty members and CHIT signed by personnel officer.
- If sponsor is not present, Pass & ID will assist with completion of form DD 1172.

Marriage certificate, divorce decree, adoption decree, legal name change papers, Social Security number change, birth certificate as appropriate.

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **TRICARE**

1-888-TRIWEST (1-888-874-9378)

TRIWEST Service Center:

Naval Hospital Camp Pendleton

6th floor, Room 6041 (760) 725-1262

Hours: 0700 – 1700 (M-F)

Also located at Joint Reception Center – walk in only

[www.triwest.com](http://www.triwest.com)

#### **Tricare Prime**

- Provider locator: 1-888-TRIWEST or [www.tricare.com](http://www.tricare.com)
- Cost: No deductibles, no enrollment fees, no co-pays
- Service: Access to Military Treatment Facilities or TRICARE network providers
- Advantage: Portability- when you PCS or go TDY, TRICARE Prime moves with you

#### **Tricare Extra**

- Provider locator: 1-888-TRIWEST OR [www.tricare.mil](http://www.tricare.mil)
- Cost: \$150/individual or \$300/family for E-5 and above; \$50/100 E-5 and below. Deductible 15% negotiated fee
- Service: Care proved by physicians not in Tricare network but still authorized provider
- Advantage: Claim paperwork submitted by provider

#### **Tricare Standard**

- Provider locator: 1-888-TRIWEST OR [www.triwest.com](http://www.triwest.com)
- Cost: \$150/individual or \$300/family for E-5 and above; \$50/100 E-5 and below. Deductible 20% negotiated fee
- Service: Greatest flexibility to choose provider and medical facility
- Advantage: Freedom to choose any Tricare authorized provider, so you have the largest choice of doctors

#### **Eligibility Requirements**

- Active duty family member
- Military retiree
- Military retiree family member
- Surviving eligible family member of deceased active duty or retired service member
- Ward, pre-adoptive child or former spouse of an active duty or retired service member
- Enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) 800-334-4162.

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **TRICARE DENTAL – UNITED CONCORDIA**

CONUS Customer Service  
Telephone Inquires: (800) 866-8499  
24 hours/day Monday – Friday

OCONUS Customer Service  
Telephone Inquires: (800) 418-0466  
[www.tricare dental program.com](http://www.tricare dental program.com)

The Tricare Dental Program offers all enrolled members comprehensive dental coverage:

- Diagnostic & preventative services
- Basic restorative services
- Endodontics
- Periodontics
- Oral surgery
- Orthodontics

#### **Eligibility:**

- Family members of active duty service members, including spouses and unmarried children (including stepchildren, adopted children and wards) under 21.
- Full-time student – A family member over age 21 may be eligible for benefits through the end of the month in which he or she turns 23 if they are:
- Enrolled full-time at an accredited college or university
- More than 50% dependent on the sponsor for financial support
- If the student terminates his/her education prior to turning 23, eligibility ends at the end of the month in which education terminates.

#### **Pendleton Family Dental**

For advance appointments please call or email.  
Telephone: (866) 980-8989  
Email: [support@pendletonfamilydental.com](mailto:support@pendletonfamilydental.com)

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **MEDICAL– NAVAL HOSPITAL & PHARMACY INFORMATION**

#### **DIRECTIONS TO NAVAL HOSPITAL – CAMP PENDLETON**

##### **From San Diego and areas south of Camp Pendleton:**

Take Interstate 5 north to the Camp Pendleton exit. After passing through the main gate of the Base, stay on Vandegrift Blvd. for approximately 10 miles until you get to the intersection of Santa Margarita. Turn left on Santa Margarita and follow the road approximately 1.5 miles until you see the hospital.

##### **From North of Camp Pendleton:**

Take Interstate 5 south to the Basilone Road exit. After passing through the San Onofre gate, follow Basilone Road until you reach the intersection of Vandegrift Blvd. This is approximately a 30 minute drive. Turn left on Vandegrift and continue until you reach the intersection of Santa Margarita. Turn left on Santa Margarita and travel approximately 1.5 miles until you see the hospital.

##### **From Fallbrook and points east of Camp Pendleton:**

YOU MUST HAVE DOD STICKERS AND A MILITARY ID CARD TO ENTER THE FALLBROOK GATE. From Interstate 15, take the Mission Road exit toward Fallbrook. Follow Mission Road for approximately 5 miles until you reach the intersection of Ammunition Road. Make a right on Ammunition Road and proceed through the Naval Weapon Station gate. Continue until you pass through the Camp Pendleton gate until you reach the intersection of Vandegrift Blvd. Make a right turn on Vandegrift Blvd and continue to the intersection of Santa Margarita. Make a right turn and follow the road approximately 1.5 miles until you see the hospital.

##### **From Oceanside and surrounding cities:**

Mission Road (Hwy 76) to Douglas Blvd., or El Camino Real, or College Blvd. Heading west on Mission Road, you would turn right on any of these roads. Heading east on Mission, turn left on any of these roads. Both El Camino Real and Douglas Blvd. will become Vandegrift Blvd. If on College, make a right turn on Vandegrift. Follow Vandegrift through the back gate into the Base and continue until you reach the intersection of Santa Margarita. Make a right turn and follow the road for approximately 1.5 miles until you see the hospital.

### **Important Numbers**

Patient Services Center: 760-725-HELP (4357)

#### **Options for this number**

- Appointment Line
- OBGYN - Make or Change Appointment
- L&D - Speak to Staff
- Medical Concerns
- Pharmacy Call-in Refill Requests
- Patient Locator
- Information

**Officer of the Day/Quarterdeck (Main Hospital Phone Number): 760-725-1288**

## PHARMACY INFORMATION

Naval Hospital Pharmacy: (760) 725-1440/41  
Pharmacy Refills (Toll Free): (866) 286-8249

### Pharmacy Hours

Monday – Friday	7:30-9:00
Saturday	8:00 – 3:00
Sunday and Federal Holidays	closed

Pharmacy wait times are posted at [www.cpen.med.navy.mil](http://www.cpen.med.navy.mil) and displays up to the minute CURRENT wait times. Refills must BE CALLED in by dialing above number or via internet at [www.cpen.med.navy.mil](http://www.cpen.med.navy.mil).

Prescription refills will be filled in the following time frame:

<u>Called in by:</u>	<u>Pick up after:</u>
Sunday	Wednesday
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Tuesday
Friday	Tuesday
Saturday	Wednesday

## BRANCH MEDICAL CLINICS

Branch Medical Clinics listed below provide medical and/or pharmacy services in different areas of Camp Pendleton.

### 13 AREA BRANCH MEDICAL CLINIC – PHARMACY REFILL FOR FAMILIES

Building Location: Camp Pendleton, 13 Area, Bldg 13129  
Phone Number: (760) 725-6682/6683

Services Provided:

- Pharmacy – *Refill site only*. Original prescription must be filled at Naval Hospital pharmacy first, all refills can then be requested at this clinic.

### 31 AREA BRANCH MEDICAL CLINIC

Located on Stuart Mesa Road near Stuart Mesa Housing  
Appointment line Family Members: (760) 725-7499/7352

Services Provided:

- Supports active duty, retired military and their family members
- Patients are seen on appointment basis only and appointment availability is based on acuity of the illness. This clinic does not have emergency services or after-hour care.

### 31 AREA BRANCH MEDICAL CLINIC – WOMEN’S HEALTH CLINIC

Location: Edson Range, 31 Area – Building Number 310514  
Women’s Health Ranch: Tuesdays and Thursdays 7:30 – 4:00.  
Appointment line Family Members: (760) 725-7499/7352

Services Provided:



- Annual exams, family planning, school physicals and immunizations.

#### **52 AREA BRANCH CLINIC – PHARMACY REFILL FOR FAMILIES**

Located at the north end of Camp Pendleton along Basilone Road

Phone: (760) 725-7200/7441/7956

Hours: Monday – Friday 7:30 – 4:00

#### Services Provided:

- 52 Branch Clinic pharmacy carries frequently used medications.
- The pharmacy provides pick-up for all refills phones into Naval Hospital Pharmacy refill line. This refill service is provided for all eligible beneficiaries at 760-725-1489. Most refills available in 2 business days.
- Pharmacy – *Refill site only*. Original prescription must be filled at Naval Hospital pharmacy first, as clinic does not have a licensed pharmacist, only a pharmacy technician.

#### **FAMILY MEDICINE – OCEANSIDE CLINIC**

2122 El Camino Real, Suite 100, Oceanside

Appointment Line: (760) 725-4326

Front Desk: (760) 754-0974

Hours: Monday – Friday 9:00 – 6:00  
Saturday 8:00 – 4:30

#### Services Provided:

- Primary medical care to enrolled active duty family members, retirees and retiree members. Obstetrical and emergency services not provided.

#### **Exceptional Family Member Program**

725-5363/SOI 763-0868

- An exceptional family member is one with physical, emotional, developmental or learning disability requiring special services.
- The program is a management tool used to monitor assignments for service members with an exceptional family member to preclude sending a service member and/or families on orders to a duty station where adequate treatment and care is not available for the family members.
- Services include: Identification and Enrollment, "Bridging the Gap" Support Group, Special Connections, Peer Mentoring Program, Parents Actively Linked for Support (PALS).

#### **NAVAL HOSPITAL COURSES**

##### **Diabetic Class**

**\*\*Series of 4 classes every month held on Tuesday. Introduction to diabetes, low and high blood sugar, avoiding complications\*\***

Class I: Overview of Diabetes Mellitus

Class II: Dietary Management--what to eat and when to eat it, sick day guidelines

Class III: Diabetic Medications--oral medications, insulin, monitoring your blood sugar

Class IV: Healthy Living for People with Diabetes--stress management, exercise and diabetes, taking care of yourself.

##### **Tobacco Avoidance Class**

Program Description: The Tobacco Avoidance is a comprehensive program based on the "Fresh Start" program. Each patient is involved in a 2 hour session program that discusses the physical, psychological and behavioral aspects of Nicotine Addiction.

Patient Support: For additional support all participants of the two hour class have the option of Nicotine Replacement Therapy.

Who Is Eligible: Active Duty Personnel, Family Members, Retirees and their Family Members, Federal Civil Servants.

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Base Housing**

Mainside Location - Building 1138  
(760) 725-5995  
DSN: 365-6246/6310  
Toll Free: 1-800-843-2182  
Hours: Monday - Friday 0730-1700

Del Mar District: (760) 430-0040/0461  
South Mesa II  
Wire Mtn III  
Del Mar  
Forster Hills  
Pacific View

Mountain District: (760) 430-8476  
Santa Margarita  
South Mesa I  
Wire Mtn I & II

Mesa District: (760) 385-5318  
O'Neill Heights  
Serra Mesa  
San Luis Rey

DeLuz: (760) 385-4835

San Onofre: (760) 725-7027

Stuart Mesa: (760) 430-0694

Lincoln Housing: [www.lincolnmilitary.com](http://www.lincolnmilitary.com)

### **Services:**

- On-Base Housing offered for all military families in various locations on Camp Pendleton.
- Off-Base Housing referral services and counseling for persons choosing to live off base or those on a waiting list.
- Special program with apartment landlord who will exchange the security deposit and last month's rent for an allotment paying the landlord directly. A minimum of one year required on the lease. Ask the Housing Office for details.

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Readiness & Community Support**

#### **Stuart Mesa Community Center**

Building 310001

Monday – Friday 1200 - 2100

Saturday 1000 – 1600 (Summer Hours: 1 May - 30 September)

Saturday Closed (Winter Hours: 1 Oct - 30 April)

Telephone: (760) 725-9717

#### **Abby Reinke Community Center (Wire Mountain Housing Area)**

Building 201019

Monday – Friday 1200 - 2100 pm

Saturday 1000 - 1600

Sunday Closed

Telephone: (760) 763-0649

#### **San Onofre Community Center**

Building 51919

Monday – Friday 1200 - 2100

Saturday and Sunday Closed

Telephone: (760) 725-4310

- Community Centers offer a variety of programs, which are tailored to the needs of the individual community.
- Marines/Sailors and their families come to the centers to find recreational, leisure and educational opportunities.
- Many classes taught are Family Team Building & Community Support classes, as well as those provided by other on-base agencies such as the Armed Services YMCA and Children, Youth and Teens Program.
- Children's programs include but are not limited to: dance classes, Tai Kwon Do, Our First Friends, Star Tennis Program and the Scouts.
- Examples of adult leisure programs are a variety of dance classes, decorative painting and craft classes. Computers with Internet access are also available for patron use.
- All community centers are available for a variety of functions such as birthday parties, wedding receptions, unit functions and retirement parties.

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Information and Referral Services**

Marine & Family Services (M&FS)  
"One Call Can Do It All"  
Camp Pendleton, Building #13150  
(760) 725-3400 and/or (760) 725-6090  
Phone: 1-800-253-1624  
Monday-Friday, 0730-1630

Information and Referral Services will link you to available programs and services on base or throughout surrounding communities. The information provided is for single and married Marines and their families.

The MCCS, Marine & Family Services, I & R Specialist provides information and referral assistance for on and off Base resources to support individual Marines, Sailors and families. They provide research, resources, information and briefings on a wide variety of topics to include, but not limited to the following:

- Welcome Aboard Orientations, Wednesday: 0800-1000 at the Joint Reception Center (JRC)
- Spousal support information
- Assistance to Active Duty, Reservist, family members, retirees, widows, widowers
- Assistance to Marines, Sailors and family members during PCS moves and deployments
- Maps, guides, useful web sites, phone numbers and research

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Legal Assistance & Military Magistrate**

Building 22161

(760) 725-6172

Walk-ins: Tuesday & Thursday at 0700

Notary: Monday- Thursday 0800-1100 & 1300-1500

Appointments: Call FRIDAY mornings at 0730

Dissolution (Divorce) Class: Bldg. 22161, Thursdays 1300-1400

#### Services:

- Power of Attorney
- Adoptions
- Guardianships
- Wills
- Divorces
- Name Change
- Review of Contracts
- Creditor Problems
- Landlord/Tenant Disputes
- Notary Public
- Naturalization Class

#### Need for appointments:

- Valid military ID Card
- Any documents needed when applying for assistance: bills, letters, contracts, etc., pertaining to the problem
- For divorces: Worksheet from Dissolution Class

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Military One Source**

Online: [www.militaryonesource.com](http://www.militaryonesource.com)

United States: 1-800-342-9647

Overseas: 800-3429-6477

Or call collect: 484-530-5908

En español, llame al 877-888-0727

TTY/TTD: 866-607-6794

You can create your own user ID and password to order free audio CD's, tapes and booklets and have them sent to your home or office. The web site and phone number can be used 24 hours a day, 7 days a week and can assist you with the following information:

- Relocation
- Elder Care
- Legal Issues
- Financial Matters
- Education and Schooling
- Relationships
- Parenting and Child Care
- Health and Wellness
- Counseling Services
- Everyday issues
- Deployment or Re-deployment issues
- Counseling Services:
  - Face-to-Face counseling sessions available with licensed counselors. These sessions are available for Marines and their family. They are confidential and will not be reported to commanders. Confidentiality is not extended to issues of child abuse, spouse abuse, elder abuse, or threat of harm to self or others.
  - Telephone Consultation available for those unable to attend face-to-face counseling due to location or other circumstances. Call 800-342-9647 for more information or visit [militaryonesource.com](http://militaryonesource.com) and click counseling options link.
  - Military One Source Staff include multilingual and multicultural staff. All staff is supported by a simultaneous language translation service that allows you or your family members to speak in your preferred language to the consultants while the translator is on the line.

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Vehicle Registration**

JRC (Joint Reception Center)

Building 130132

Hours: Monday – Friday 0730 – 1600

California Department of Motor Vehicles

Hours: Thursdays only from 0830 – 1630

(760) 725-2106

[www.dmv.ca.gov](http://www.dmv.ca.gov)

#### Services:

- Base vehicle registration stickers
- Vehicle Registration for California

#### Vehicle Registration Requirements:

- Current vehicle registration information, current drivers license, insurance policy, current Military ID card or Sponsorship Letter
- If vehicle is not licensed in California it will require a smog inspection
- Smog is required every two years on vehicle's newer than 1973
- Diesel cars do not require smog testing

#### What to bring for Vehicle Registration, Driver's License and Military ID card:

- The Title or Current Registration Certificate
- Smog Certificate
- An application form available at the office or by mail.
- A visual inspection of the Vehicle ID number is also required.

#### Driver License:

- An application form (available by pick up or mail)
- A document to verify date of birth (Military ID card, US Birth Certificate, US Passport or a current valid INS document), and your Social Security number

#### Military ID:

- If Military service member cannot be present, spouses can obtain an ID card.
- You must have either Power of Attorney and/or 1172 signed by service member

## **SECTION 1: CAMP PENDLETON RESOURCES**

### **Base Library Service**

Lifelong Learning Branch

Patrick J. Carney Library

Mainside Bldg 1146

(760) 725-KNOW

South Mesa Branch

Bldg 200090

(760) 725-2032

Seaside Square Branch

Bldg 51093

(760) 725-7325

### **Mission**

The libraries aboard Camp Pendleton are dedicated to offering a wide variety of resources to enhance professional and personal learning.

### **Just For Kids**

- Special Children's Reading Areas with the latest children's stories
- Children's Story Time
- Children's After School Hour Reading Club

### **Bookmobile**

- A bookmobile brings library services to the outlying camps. Call the nearest library for a schedule and route.

### **Other Services Available**

- Commandant's Reading List
- Free Internet Access and E-mail Services
- Online Card Catalog
- Test Preparation Materials
- Photocopier and Computers
- Books on Audiotape
- Videos
- Equipment



## **SECTION 2: FAMILY SUPPORT PROGRAMS & RESOURCES**

### **New Parent Support Program**

(760) 725-3884

#### Courses Offered:

- Mom's Basic Training
- Dad's Baby Boot Camp – Provide parents and those with an infant an understanding of the infant's world and the basic skills necessary for loving care.
- Parenting Classes – Provide “hands on” information for parents to make informed, responsible decisions about their toddlers and young children.
- Home Visits – Help with your concerns as a parent or parent-to-be in the privacy of your home by a warm, caring professional.
- Our First Friends - Support Group for mothers with infants under 12 months.
- Play morning -Interactive play group for families with children 12 months - 5 years.
- Single Parent Support - on the 2nd and 4th Monday of every month from 5:00pm-6:00pm at the Abby Reinke Community Center to express the joys and frustrations unique to being a single parent in the military.

#### Navy Marine Corps Relief Society

##### Budget for Baby

(760) 725-5337 / 5338

The “Budget for Baby” class, offered to expectant parents, provides information about the costs associated with a newborn. “Baby's First Sea bag”, a layette worth approximately \$120, is given to Marine Corps and Navy expectant parents (all ranks) who attend the class.

### **Naval Hospital – Patient Education Courses**

- **First, Second & Third Trimester**  
The 1st, 2nd and 3rd trimesters of pregnancy discussed. Information regarding physical and emotional change, nutritional needs, and self care as well as fetal development. Military support services, as well as WIC and other community resources are introduced and offered for pregnant women. There is discussion regarding preparation for labor and recommendations for coping with labor pain are given.
- **Postpartum & Newborn Care**  
The Postpartum/Newborn Care: Maternal recovery from delivery and physical changes in the woman's body are discussed. Postpartum nutritional needs, contraceptive options, and brief infant feeding options are also included. The newborn portion covers newborn characteristics, cord care, feeding options, stool patterns, bathing and basic behavioral issues. The New Parent Support Group representative presents information on Shaken Baby Syndrome and invites parents to use the group as a resource.
- **Big Brother, Big Sister Sibling Prep**  
This class is designed to prepare children for the birth and homecoming of their new sibling. Children will recognize and explore feelings about their new sibling, possible fears about their mother's hospital stay, and proper behavior around their new sibling through the medium of children's play activities. Play activities include dress-up, sing songs, complete an art project and story time. This class is designed for children between the ages of 3 to 7.
- **Breastfeeding 101**  
Provides information on maternal infant interaction, appropriate positioning and latch techniques, and minor troubleshooting with the mother's early attempts at breastfeeding. Navy Relief also offers breastfeeding classes.



Who is eligible?

- Women who are pregnant, breastfeeding or recently had a baby, infants under 12 months old and children under 5 years old are eligible.
- The family must also meet the WIC income limits and get medical checkups.

What to bring to appointments: (Appointments are required)

- Current LES
- Medical form filled out by doctor
- Proof of address
- Food records of what you or your children eat.

Need a ride to your Appointment?

- Call ASYMCA to reserve transportation to your WIC appt. ASYMCA at 760-385-4921.

### **MAAC Project – Early Head Start**

(760) 471-4210

[www.maacproject.org](http://www.maacproject.org)

What is MAAC Project Early Head Start?

- MAAC Project Head Start and Early Head Start are a bilingual/multicultural, early childhood and family education program funded by the Federal Government.
- Services are provided in Camp Pendleton, Oceanside, Vista, San Marcos, Fallbrook and Rincon.
- Early Head is a developmental program for infants and toddlers, 0-3 years of age and their families.
- In partnership with Early Head Start staff, families will promote their child's development in all areas including cognitive, social emotional, motor development, speech and language.

Who is eligible for Early Head Start?

- Children who are low-income and children with disabilities between ages 0-3. Age and Federal Government income guidelines determine who qualifies.

What do you need to register?

- You must have your child's birth certificate and immunization record showing that the child is up to date of immunizations. Children with disabilities need to submit a recent copy of an ISFP or Diagnostic Report.
- Proof of income requirements are: 1040 Income Tax form with W2 attached and one month pay stubs for each parent showing year to date earnings.
- If military, you need a current LES.
- If TANF eligible, you need a current notice of action.
- If there is no 1040 form or year to date earnings on check stubs, we must collect 12 pay stubs for each parent.

What services are offered?

- Early Head Start services include Education, Health Services, Nutrition, Special Needs and Parent Involvement.

## **CHILDREN'S PROGRAM**

MOM'S Club

(760) 763-7394

[info@momcp.com](mailto:info@momcp.com)

- Military Outreach Ministry (MOM) offer MOM's Club programs as an opportunity for active duty military, military spouses and their children to come together in a social atmosphere.

Programs offered:

- Kidz Club – for children 0-5 years of age that meet weekly in a fun, friendly and safe environment.
- Mommy 2B – is a program for active duty military moms to be. This program encourage active duty expectant mothers to eat healthy, work out gently and prepare for motherhood and returning to full duty.

\*\*Register on the website to receive emails about free diaper distributions\*\*

**Armed Services YMCA**

Main Office: Bldg 16144  
(760)385-4921

- Mommy & Me preschool class for children from 18 months to 5 years old. Classes meet two to times a week. The classes emphasize developing socialization skills.
- Operation Hero: After school Mentoring program to school age children.
- Camp Flashhh: Supports families in the EFMP program.
- Operation Appreciation: On Armed Forces Day, service members and their families can enjoy a day of free food, entertainment, and activities.

**Just For Kids**

Base Library Service  
(760) 725-KNOW

- Special Children’s Reading Areas with the latest children’s stories
- Children’s Story Time
- Children’s After School Hour Reading Club

**Children, Youth & Teen Program (CYTP)**

CYTP Headquarters -- Bldg. 13150	(760) 725-6308
CYTP Resource and Referral -- Bldg. 13150	(760) 725-9723
School Age Child Care -- Bldg. 201017	(760) 725-2102
In-Home Child Care -- Bldg. 13150	(760) 725-7631
Child Development Centers	
• Browne – Bldg. 202860	(760) 725-2817
• Courteau – Bldg. 15061	(760) 725-5113
• San Luis Rey – Bldg. 17082	(760) 725-6577
• San Onofre – Bldg 51080	(760) 725-7311
• Stuart Mesa - Bldg 310006	(760) 725-9954

Services:

- Full-time child care
- Hourly child care (absentee/space available basis)
- Before and after school care (5-7 year olds)
- Full-time school age summer program
- Volunteers and Parent Advisory Group
- Child enrichment program
- USDA Child Care Food Program
- Free referral service for infant, preschool and extended school care
- Camp Pendleton Child Development Centers
- Camp Pendleton Licensed Family Child Care Homes
- Agencies providing in-home service

- Special Needs Child Care Providers
- Resource and referral for Overnight and Weekend care
- 3 Youth centers: Wire Mountain, De Luz and San Onofre.

Childcare is available for special events- Marine Corps Balls, Pre-Deployment Briefs, Return & Reunion Briefs. Call Child Care Resource & Referral Services for reservations.

Eligibility: Children of active duty and retired military, reservists on active duty and DoD civilian employees.

### **Emergency Child Care**

- Emergency in-home childcare facilities 725-3888.
- Please note that not all emergency childcare services are free of charge.
- Emergency childcare is for 23 hours 59 min until a legal guardian or family member can pick up the children.

### **Kids-N-Deployment**

Readiness & Deployment Support (RDS)  
(760) 763-1337

Programs offered:

- Kids-N-Deployment
- Kids in the Midst
- Kids-N-Reunion
- LINKS for Kids

### **SCHOOL LIAISON**

School Liaison Office

<http://www.pendleton.usmc.mil/services/SchoolLiaison.asp>

Rose Ingersoll (760) 763-7385

[Rose.Ingersoll@usmc.mil](mailto:Rose.Ingersoll@usmc.mil)

Maria Swanson (760) 725-7386

[Maria.Swanson@usmc.mil](mailto:Maria.Swanson@usmc.mil)

The mission of the School Liaison Officer aboard Camp Pendleton is to coordinate education support services to maximize opportunities for academic success for transitioning military children/youth. The School Liaison (SL) fosters and promotes quality education for military children by working directly with the command, families, school districts, and local communities, and by providing referral services to family support agencies aboard MCB Camp Pendleton and in the local community.

Goals:

- Identify best practices to foster academic success and a smooth transition of Marine school-age children for Camp Pendleton's military families.
- Promote parent and community involvement in youth education.
- Develop and coordinate school and community partnership initiatives.
- Provide Camp Pendleton's parents the tools to overcome obstacles to academic success that children, encounter as a result of the military lifestyle.
- Educate local school districts and communities about the needs of military school-age children and the military lifestyle.

## AREA SCHOOL DISTRICTS

Bonsall Union School District	<a href="http://bonsall.schoolwires.com">bonsall.schoolwires.com</a>
Capistrano Unified School District	<a href="http://capousd.org">capousd.org</a>
Carlsbad Unified School District	<a href="http://carlsbadusd.k12.ca.us">carlsbadusd.k12.ca.us</a>
Escondido Union School District	<a href="http://escusd.k12.ca.us">escusd.k12.ca.us</a>
Fallbrook Union Elementary School District	<a href="http://fuesd.k12.ca.us">fuesd.k12.ca.us</a>
Fallbrook Union High School District	<a href="http://fallbrookhs.org">fallbrookhs.org</a>
Oceanside Unified School District	<a href="http://oside.k12.ca.us">oside.k12.ca.us</a>
San Marcos Union School District	<a href="http://smusd.org">smusd.org</a>
Temecula Valley Unified School District	<a href="http://tvusd.k12.ca.us">tvusd.k12.ca.us</a>
Valley Center Pauma Unified School District	<a href="http://vcpusd.k12.ca.us">vcpusd.k12.ca.us</a>
Vista Unified School District	<a href="http://vusd.k12.ca.us">vusd.k12.ca.us</a>
San Diego County Office of Education	<a href="http://sdcoe.k12.ca.us">sdcoe.k12.ca.us</a>

California High School Graduation Requirements  
minimum requirements for high school graduation  
high school courses required for university admission

[cde.ca.gov](http://cde.ca.gov)  
[cde.ca.gov](http://cde.ca.gov)

## RESOURCES FOR SPECIAL EDUCATION

North Coastal Consortium for Special Education	(760) 761-5110 <a href="http://nccse.org/mission">nccse.org/mission</a>
The Exceptional Family Member Program	(760) 725-5363 <a href="http://usmc-mccs.org/efmp">usmc-mccs.org/efmp</a>

## **SECTION 3: FINANCIAL ASSISTANCE / FOOD SOURCES**

### **FINANCIAL ASSISTANCE & EDUCATION**

#### **Navy Marine Corps Relief Society**

(760) 725-5337 / 5338

[www.nmcrcs.org](http://www.nmcrcs.org)

- The Navy-Marine Corps Relief Society provides assistance to active duty and retired Sailors and Marines.
- Assistance is usually given in the form of interest free loans for basic living expenses, emergency travel, medical and dental expenses and auto repair.
- The Society also offers non-financial support such as information on pay allowances, budget counseling and referrals to community services.
- Visiting nurses are available to assist with health education, new parent questions and prescription delivery.
- The "Budget for Baby" class, offered to expectant parents, provides information about the costs associated with a newborn. "Baby's First Sea bag", a layette worth approximately \$120, is given to Marine Corps and Navy expectant parents (all ranks) who attend the class.

What to bring to appointments:

- ID Card/ Current LES
- Any documents pertaining to the problems
- Call at 0800 for same day appointment/ Walk-ins for EMERGENCY LEAVE ONLY
- Knowledge of monthly expenses

#### **Military One Source**

United States: 1-800-342-9647

Overseas: 800-3429-6477

[www.militaryonesource.com](http://www.militaryonesource.com)

Military One Source will offer financial advice and planning. They offer consultations and a free CD with a three part method for getting control of your money.

#### **Personal Financial Management Program**

[www-usmc.mccs.org/finance](http://www-usmc.mccs.org/finance)

Free of charge financial planning services to the military and their family members.

Services and Workshops:

- Financial Planning
- Money Management
- Investment Planning
- Retirement and Estate Planning

### **FOOD SOURCES**

#### **Military Outreach Ministry (MOM'S)**

[www.momcp.org](http://www.momcp.org)

Camp Pendleton: (760)763-7394

Hours of Operation: Wednesday & Saturday – 10:00-1400

Military Outreach Ministry is a non-profit organization that offers young military families with food distributions, furniture, infant, and household items. The program offers a warehouse open to active military and a Mobile Food Pantry program.

### MOM Warehouse

The warehouse is located in Building 2624 behind the green museum building at the intersection of Vandegrift and Rattlesnake Canyon.

### MOM Mobile Food Pantry Program: ***E-5 and Below Priority***

- Delivers food to all enlisted housing areas and some commands across the vast area of Camp Pendleton. To register for this program, visit [www.momcp.org](http://www.momcp.org) and go to the food distribution link.

### MOM Food Distribution San Onofre

- Foundation for Hope  
1<sup>st</sup> Saturday of every month – Begins at 9:30 A.M. (arrive early)
- Brother Bennos  
4<sup>th</sup> Tuesday of every month – Begins at 10:00 A.M. (arrive early)

Both distributions take place at the community center parking area.

- South Mesa Chapel Fellowship Hall  
Jewish Family Services Hand Up Youth Program  
One Sunday each month – food & household items distributed 1:00-2:30

Check website [www.momcp.org/food\\_distributions](http://www.momcp.org/food_distributions) for distribution dates.

### **Discounted Food**

*Available to all Families; No Income Limits*

### **Golden Share Foods**

- Save up to 50%.
- Monthly food distributions, including meat and produce.
- Veggie Packages start at \$17
- Basic Package with meat and vegetables is \$27
- Organic Package is \$30 per month.

Menus change each month. Distribution sites in San Clemente, Escondido, San Marcos, Miramar, Riverside, and on base. For ordering and pickup on base, contact RP1 Hernandez at South Mesa Chapel, Building 202863, at 760-725-2929.

Golden Share accepts EBT (Food Stamps). Golden Share often has end-of-the-month sales at its warehouse. Call the SHARE office for information: 619-590-1692.

### **Angel Food Ministries**

- Monthly Food Package Distribution.
- Menus change monthly and boxes range from \$14-35 which include Seafood Boxes, Fruit and Veggie Boxes, Assorted Meat Boxes, and an Allergen-Free Box processed to eliminate the top eight serious food allergens.
- Angel Food accepts Food Stamps.

Host Sites nationwide. Visit [www.angelfoodministries.com](http://www.angelfoodministries.com) for your nearest host site.



### **The Treasure Box**

- Each month, you are able to purchase a pre-assembled box of groceries retailing between \$75-\$100 for only \$30.00.
- The boxes are being distributed through Newsong Church in Oceanside. To order a box of food, please go to [www.newsongchurch.com](http://www.newsongchurch.com), from the left hand menu select "Homefront", and then "Treasure Box".
- To view the monthly menus please go to: <http://thetreasurebox.org/Menu.htm>

If you have further questions regarding the program, please contact the church on (760) 560-5000.

### **Western Eagle Foundation**

- Project Food Box - For \$25, you can pick up a box of food that contains rice, beans, pasta, macaroni and cheese, baking mix, fresh produce, milk, bread, cereal, canned foods and more. This box should feed a family of 4 for one week.

Pick up boxes every Wednesday from 4-6pm at the Oceanside Swap Meet parking lot, Foussat entrance. No limit on the amount of boxes. For more information, call 951-695-7206.

### **Emergency & Free Food Sources - Available to Families within Certain Income Limits**

#### **USDA Food Stamps (SNAP)**

[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp)

[www.hungeraction.net](http://www.hungeraction.net)

Golden State Advantage Cards (EBT) - (Electronic Version of Food Stamps) - [www.ebtproject.ca.gov](http://www.ebtproject.ca.gov)

#### **San Diego Food Bank**

[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

[www.wefeedsandiego.org](http://www.wefeedsandiego.org)

858-527-1419

866-350-3663 TOLL FREE

- Emergency Food Assistance Program (EFAP)
- FREE Monthly Food Distribution. Must go to a distribution site within your zip code – only one visit outside your zip code permitted. Distribution sites in Oceanside, Carlsbad, Vista, Fallbrook, and many other areas. Assistance with enrolling in Food Stamp program.
- Commodities Supplemental Food Program (CSFP)
- For pregnant women, children under 6, women up to 12 months post-partum, and breastfeeding mothers who reside in San Diego County. FREE Monthly food boxes provide infant formula, produce, cereal, canned foods, cheese, rice, pasta, and milk and fruit juice.

***\*\*Cannot be enrolled in WIC - must be enrolled in CSFP OR WIC, not both\*\****

#### **WIC (Women, Infants and Children)**

800-500-6411

[www.sdarc.org](http://www.sdarc.org)

- FREE nutrition program run by the American Red Cross for eligible pregnant women, infants, and children up to 5 years old.
- Provide special checks to buy nutritious foods such as milk, cheese, juice, cereal, eggs, dried beans, peanut butter, carrots, canned tuna, baby cereal, and baby formula. Nutrition and health education programs and referrals to health care and other kinds of help. WIC has 10 locations at local military bases and near military housing.

- Appointments are required. Bring current LES, medical form filled out by doctor, proof of address, and food records of what you and your children eat.
- ASYMCA can give you a ride to your WIC appointment. Call 760-385-4921.

### **We Connect**

[www.weconnect.net](http://www.weconnect.net)

Links to Food Resources, Coupons, and Money Savers.

### **Brother Bennos**

[www.brotherbenno.org](http://www.brotherbenno.org)

3260 Production Avenue  
Oceanside, CA 92058  
760-439-1244

- Free breakfasts and sack lunches daily.
- Free clothing and blankets.
- Thrift store sells low-cost clothing.
- Monthly food pack distribution to qualified individuals
- Monday through Friday mornings. VA assistance.

### **Interfaith Community Services**

[www.interfaithservices.org](http://www.interfaithservices.org)

Escondido  
550 West Washington Ave, Suite B  
Escondido, CA 92025  
760-489-6380

Oceanside  
2195 Oceanside Blvd.  
Oceanside, CA 92054  
760-721-2117

- Emergency Food Pantry – Free Groceries and Toiletries. May visit up to 4 times a year. Available at Oceanside and Escondido locations. Other grocery assistance available case-by-case.
- Free breakfast and sack lunch 5 days a week at Escondido location.
- Veteran’s Services for both young and old veterans – assistance transitioning into jobs with vocational training and job placement assistance.

### **Government Surplus**

Oceanside Center: 455 Country Club 3<sup>rd</sup> Wednesday, 8:00 A.M.  
For other sites, call INFO LINE 760-943-0997

- Free monthly food commodities distribution to qualified individuals.
- Distribution by zip code.

### **Community Resource Center and Bread Room**

650 2<sup>nd</sup> St.  
Encinitas, CA 92024  
760-753-8300

- Emergency food and diapers available.
- Bread Room open 7 days a week from 1100-1400.



## **SPOUSE EMPLOYMENT ASSISTANCE**

### **Family Member Employment Assistance Program**

(760) 725-4737

The Family Member Employment Assistance Program (FMEAP) office at Camp Pendleton has a full array of employment related services to offer the military spouse and dependants of service members.

Services for spouses include:

- Detailed information about education initiatives related to workplace development
- Information to research within military installation
- Referral to additional services with military installation
- Employment coaching including goal identification and evaluation
- Career assessment
- Job search assistance
- Educational resources and associated costs
- Career credentialing and licensing information
- Specialized training in specific careers through ROP

Consultant will assist spouse in the following areas:

- Teach to plan and manage career
- Discover employment option through career development assessment testing
- Identify and market knowledge, skill and abilities to potential employers
- Learn effective networking techniques to seek out job opportunities
- Learn to write a powerful resume
- Interview skills
- Salary negotiation

### **Volunteer & Skills Development Program**

(760) 725-3856

- Coordinator provides linkages to installation and community volunteer resources.
- All volunteers must register with the Volunteer Coordinator and turn in monthly hours.
- Annual Volunteer of the Year Ceremony held in April to recognize all of the volunteer's hard work.

## **PERSONAL GROWTH & ENRICHMENT**

### **Marine Corps Family Team Building - Programs**

Phone: (760) 725-9052/DSN 365-9052

Fax: (760) 763-1338

Bldg. 1795

#### **Mission**

The Marine Corps Family Team Building (MCFTB) mission is to enhance Marine Corps Family Readiness, to prepare our families so that they can successfully meet the challenges of the military lifestyle and to enhance mission readiness.

MCFTB programs provide educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. These programs are supported at all major installations by Marine Corps Community Services (MCCS) through a staffed MCFTB office.

## **L.I.N.K.S. – LIFESTYLE, INSIGHTS, NETWORKING, KNOWLEDGE & SKILLS**

(760) 725-9052

The L.I.N.K.S. course is a program within Marine Corps Family Team Building that enhances the readiness of Marines, both single and married, and their families by offering an orientation to the Marine Corps lifestyle. L.I.N.K.S. provides a positive environment for Marines and their families to learn to manage the demands of the Marine Corps lifestyle, and to work together as a team in balancing family needs while meeting Marine Corps expectations. Free childcare is provided for attendees.

## **LIFESKILLS / SPOUSES LEARNING SERIES (SLS)**

(760) 763-2570

LifeSkills Training provides connection to, or facilitation of, various work-shops in such areas as parenting, financial management, stress and anger management, and understanding personality differences. LifeSkills will also be coordinating and facilitation SLS, a three-tiered program providing Marine Corps spouses the opportunity to further their personal and professional growth through workshops and online educational courseware.

There are over 80 personal and professional growth courses available online which include and available at

[www.marinenet.usmc.mil](http://www.marinenet.usmc.mil).

The Mechanics of Effective Communication

Communication Skills for the Workplace

Communicate for Results

Communication Skills for Leadership

Communication Skills for Resolving Conflict

Crisp Composition

Teamwork and Emotional Intelligence

Listening for Comprehension

## **CREDO - Chaplains Religious Enrichment Development Operation**

This program has been very successful and offers retreats to help people grow toward increased functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness. The program offers free weekend retreats for couples. While CREDO is staffed by specially trained Navy Chaplains, its programs, retreats, and seminars are not necessarily religious in nature. Visit [www.chaplain.navy.mil](http://www.chaplain.navy.mil) for details and registration information.

## **PREP – Prevention & Relationship Enhancement Program**

This program provides couples with tools to enhance their communication and problem-solving skills. These tools are key for a lasting, healthy marriage. Contact (760) 725-4954 to register or for more information.

## **READINESS & DEPLOYMENT SUPPORT (RDS)**

(760) 763-1337

MCFTB Readiness and Deployment Support Training prepares Marines, Sailors and their families for the unique challenges of deployment and assists in maintaining a constant state of readiness, by offering educational briefs and workshops that provide tools for coping with deployments and reunions and that build family readiness. Programs include:

- Marine & Family Pre-Deployment Brief
- Single Marine Pre-Deployment Brief
- Kids in the Midst
- In the Midst for adults
- Kids-N-Reunion

**SECTION 5: RELOCATION & TRANSPORTATION INFORMATION**

RELOCATION ASSISTANCE PROGRAM (MANAGERS) AT INSTALLATION MCCS MARINE & FAMILY SERVICES

<p><b>MCLB Albany</b>                  Marine &amp; Family Services Br                  814 Radford Blvd Ste 20311                  Bldg 7200                  Albany GA 31704-0311                  (912) 439-5277, DSN 567</p>	<p><b>MCB Camp Lejuene</b>                  Marine Corps Community Services                  Personal Readiness and Community Support/RAP                  40 Brewster Blvd                  Camp Lejeune NC 28547-2519                  (910) 449-9704</p>
<p><b>MCAS Beaufort</b>                  Relocation Assistance                  Bldg 807 Room 2                  Beaufort SC 29904                  (843)228-7353, DSN 335-7353/6401</p>	<p><b>MCRD/WRR San Diego</b>                  Relocation Assistance                  4025 Tripoli Ave Bldg 14                  San Diego CA 92140-5023                  (619) 524-1158, DSN 524-5298</p>
<p><b>MCAGC Twenty-nine Palms</b>                  Relocation Assistance Program                  Bldg 1551                  Twenty-nine Palms CA 92278-8150                  (760) 830-6540, DSN 230</p>	<p><b>MC Support Activity, Kansas City</b>                  MCCS Marine and Family Services                  3721 E155th St                  Kansas City MO 64147                  (816) 843-3650, DSN 894</p>
<p><b>MCAS Cherry Point</b>                  Marine &amp; Family Services (Relocation)                  Bldg. 232 &amp; E. Street                  Cherry Point, NC 28533-0009                  (252) 466-5836, DSN 582-6683</p>	<p><b>MCB Camp Pendleton</b>                  Readiness &amp; Relocation                  Bldg 13150, PO Box 555020                  Camp Pendleton CA 92055                  (760) 725-9790</p>
<p><b>HQ Bn, Henderson Hall</b>                  MCNCR HQBN Henderson Hall                  Marine &amp; Family Services Bldg 1                  1555 Southgate Rd                  Arlington VA 22214                  (703) 614-7202, DSN 224</p>	<p><b>MCCDC Quantico</b>                  MCCS Personal Readiness and Community Support                  Relocation Assistance Program                  2034 Barnett Ave                  Quantico VA 22134                  (703) 784-4961, DSN 278</p>
<p><b>MCAS Iwakuni</b>                  MCCS Marine &amp; Family Services                  Info, Referral, &amp; Relo Office                  Bldg 411 Room 101                  PSC 561 Box 1863                  FPO AP 96310-0009                  011-816117-53-3311                  DSN 315-253-3311</p>	<p><b>MCAS New River</b>                  Marine and Family Services                  Attn RAP                  Bldg AS-90 Curtis Rd                  MCAS New River                  Jacksonville NC 28545                  (910) 449-5258, DSN 752</p>
<p><b>MCB Kaneohe Bay</b>                  MCBH Kaneohe Bay                  Marine and Family Services                  Relocation Assistance Program                  Bldg 216, C Street, Rm 59                  Kaneohe Bay HI 96863-3073                  (808) 257-7788, DSN 457</p>	<p><b>MCB Camp Butler</b>                  MCCS Marine &amp; Family Services Branch                  Personal Services Center                  MCB Camp S.D. Butler                  Unit 35023                  FPO AP 96373-5023                  011-81-611745-7810</p>

<p><b>MCRD/ERR Parris Island</b>  Relocation Office Bldg 911  Parris Island SC 29905  (843)228-2371, DSN 335</p>	<p><b>MCAS Yuma</b>  MCCS Marine &amp; Family Services  Bldg 598 Yuma AZ 85369-9132  (520) 269-2657, DSN 269</p>
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**RELOCATION ASSISTANCE SERVICES**

CAMP PENDLETON: (760) 725-3802/5704

Our Relocation Specialist taps a variety of resources to assist service members and families with relocation or transition.

Offered are:

- International Culture Group
- Loan Locker – (provides pots/pans for use) – 725-908-7043
- Plan Your Move Seminar
- Sponsorship Training
- TMO (Traffic Management Office) – 725-8164
- Youth Sponsorship

**HOUSEHOLD GOODS OVERDUE / LOST / DESTROYED**

Loan Locker (no furniture-just pots/pans)	(760) 725-3802
Military Outreach Ministries (furniture, clothing, etc)	(760) 908-7043
Traffic Management Office (TMO)	(760) 725-8164

**TEMPORARY LODGING**

**Temporary Lodging Facilities (TLF)**

Temporary Lodging Facilities offer short-term housing accommodations for military members, their families, and guests. The mission of the Temporary Lodging Facility is to provide quality accommodations at a reasonable price. This program operates with centralized policy development and guidance from Headquarters. Control of everyday operational functions is decentralized and handled by each MCCS activity. Purchasing decisions are made at each command, with few items centrally procured. View TLF Directory and find out more about staying in a TLF. Temporary government quarters are not available.

For more information, call (760) 725-5304/5194 and fax (760) 725-5609.

**Recreational Lodging**

Recreational Lodging is available at several Marine Corps Installations. Consisting of cabins, chalets, trailers, cabanas, beach houses and cottages, the recreational lodging program offers Marines and other authorized patrons the opportunity to relax and enjoy their vacation at a premier location, while enjoying significant savings. Lounging on the beaches of Hawaii, skiing through fresh powder at Big Bear Resort in California or watching the sun set over the Pacific Ocean from the porch of a storybook cottage are all possible for Marines and their families. Fishing for a trophy lunger, or biking through mountainous terrain are only two of the ways that a well deserved period of rest and relaxation can be enjoyed while taking advantage of the MCCS Recreational Lodging Program.

To find out more on prices and availability, contact the Recreational Lodging Reservations Office at MCB Camp Pendleton (760) 725-2134.

## **TRANSPORTATION PROGRAM**

### **Armed Services (YMCA)**

(760) 385-4921

Serviced by Armed Forces (YMCA), all Camp Pendleton families living in base housing, Bonsall, Fallbrook, Oceanside or Vista are eligible for this program. This service is offered Monday through Friday, 0800-1530. The shuttle will be for transportation to and from the:

- Naval Hospital
- Commissary
- WIC Appointments (on base)
- Military Outreach Ministries (MOMS)

### **Transportation (Local)**

#### Taxi Service

- Del Mar Taxi (760) 632-8888
- Coastal Cab (760) 722-7472
- Yellow Cab (760) 722-4214

#### Bus Services

- Breeze Route Info (800) 266-6883

#### Train Services

- Coaster (800) 262-7837



## **SECTION 6: CAMP PENDLETON RECREATIONAL ACTIVITIES**

### **Auto Skills Center**

Mainside  
Bldg. 13191  
(760) 725- 5963  
Parts Dept. (760) 725-5092 / 3942

Camp San Onofre  
Bldg. 520170  
(760) 763-0668 / 0669  
Parts Dept. (760) 763-0671 / 0672

- You don't have to be a mechanic to save big money on auto repairs!
- Let the Auto Hobby Shop's trained staff show you how!
- They offer state-of-the-art equipment; scanners for on-board computers and sensors, paint booths, vehicle lifts, hand tools and more
- Certified air conditioner and recharge service
- Drop off your used anti-freeze, motor oil, containers and filters

The Auto Hobby Shop can help with second opinions on needed auto repairs and may be able to help spouses of deployed personnel find more affordable repair options.

### **Base Hobby & Craft Shop**

Bldg 13113  
(760) 725-4880  
Tuesday thru Friday: 1300-2000  
Saturday: 0900-1700

#### Services:

- **NEW! LASER ENGRAVING - \$1.00 per minute**  
Engrave wood, ceramics, fabric, paper, glass, tiles, and more.  
Plaques and plates kept in stock; special orders also available.  
Graphic re-work available with speed  
Minimal set-up fees and NO rush charges
- **PAINT-YOUR-OWN CERAMICS STUDIO - \$6.00/studio fee, plus the cost of your piece**  
Choose a piece off our shelves to paint! We offer hundreds of ceramic pieces to choose from.  
Studio fee includes use of all studio paints, brushes, glazing, and firing.  
Affordable pieces range from \$.25 - \$10
- **POTTERY WHEELS - \$3.00/day**  
We offer the best in potter's wheels, both Brent and Shimpo brands: responsive, high-torque, powerful, and quiet - very quiet!  
All wheels are controlled with adjustable foot pedal.  
All materials available for sale on-site.
- **WOODWORKING - \$3.25/day**  
We offer all of the tools and power equipment to satisfy the beginning through expert woodworker.  
Experienced staff members are present to assist you with your project.  
Wood is available for purchase. Please call for current pricing and selection information (725-4880).

- **COMPUTER LAB – FREE: (includes Internet access, and WiFi for your laptops)**
- **BIRTHDAY PARTIES AND GROUPS - Private room available at no extra cost**  
Celebrate your next birthday at the Arts & Crafts Hobby Shop! You'll gather in a large, private, redecorated Birthday Party room. Then, you and your guests select the ceramic piece of your choice and help yourself to all of the paints, brushes and supplies you need to finish your new masterpiece!  
All pieces are dipped in a clear glaze so they're food-safe. We do recommend hand-washing your pieces to help prevent chipping or cracking.  
\$10 per child, a Hobby Shop party is not only fun, it's affordable!  
Feel free to bring your own foods and drinks (refrigerator available)  
Also, be sure to bring your favorite CDs, as a CD player is available for you to use.  
We do fill up quickly, so reserve your special day today!  
\$50 deposit required 24-hour cancellation policy. Call for class schedule or look on [www.mccscp.com](http://www.mccscp.com)

### Lake O'Neill

Visit website for brochure: [www.mccscp.com/home/recreation/Indoor\\_Outdoor\\_Activities.aspx](http://www.mccscp.com/home/recreation/Indoor_Outdoor_Activities.aspx)  
Bldg. 26080: (760) 725-5611  
Phone reservations seven days a week -- 8 a.m. to 4 p.m.

The Lake O'Neill peninsula is available for large group activities like promotions, retirements and wedding receptions. This area has picnic cabanas, BBQ grills, a stage, electrical power and athletic facilities. The Lake O'Neill Campgrounds offer campsites with water, electricity, sewer hookups and tent camping.

Fishing is permitted year-round (the lake is stocked and bait is sold at both facility offices.)

- Miniature Golf
- Picnic Cabanas
- Playgrounds
- Athletic Facilities: Volleyball, Basketball, Softball and Horseshoes
- Paddle Boats, Row Boats, and a Pontoon Boat!

Watercraft Dock opens Fri-Sun at 10:00 a.m., April thru October.

### Marina

The Del Mar Marina offers slip rentals, basic ocean sailing classes, coastal piloting classes, Kayak & Sailboat rentals, fishing boat rentals, and sponsored cruises to Dana Point, Catalina Island, Mission Bay, San Diego and other destinations. Take to the seas at the Del Mar Marina. Download a current brochure at [www.mccscp.com](http://www.mccscp.com).

Services:

- Sailing Rentals
- Youth Summer Programs
- Sunset Cruises
- Charters
- Navigation Classes
- Sailboat Racing
- New Boats
- Sailing Lessons
- Kayak Rentals
- Power Boat Rentals

## Stables

Bldg. 1516  
(760) 725-5094 or 725-5085  
Hours: Wednesday - Sunday 8:00 – 2:30  
Monday and Tuesday Closed

Stable offers:

- Trail Rides
- Private Lessons
- Pony Parties

Download current brochure with pricing at [www.mccscp.com](http://www.mccscp.com).

## Pistol Range 33 Area

Phone: 725-4832  
Range: 102A Wilcox  
Hours: Saturday 10:30am-4pm  
\$4 Range Fee Pistols & Ammunition Available

## Skeet and Trap Ranges

Bldg. 25167  
Phone: 725-4832  
Hours: Wednesday, Thursday, and Friday 11am-6pm  
Saturday and Sunday 10am-5pm  
Monday, Tuesday, and Holiday's Closed

- 5 Stand Sporting Clay Range
- Domestic & International Targets
- Instruction Available
- Shotgun and safety equipment provided at no charge

## Paint Ball Park

Hours: Saturday & Sunday 8:30 – 4:30

The Paintball Park is located on Vandegrift Blvd. across the street from the Camp Pendleton Stables. Open for private groups of 15 or more players. Please make reservations at least one week in advance. You can bring your own paintball equipment or rent all the gear at the field. For more information call 951-323-9883 or visit website at [www.thepaintballpark.com](http://www.thepaintballpark.com).

## CAMP PENDLETON BEACHES

Beach Cottages

Del Mar: (760) 725-2134, 725-2313  
San Onofre: (760) 763-SURF or (760) 763-SAND  
[www.mccscp.com/home/recreation/Beaches Pools](http://www.mccscp.com/home/recreation/Beaches_Pools)

Del Mar Beach is located at the southern end of the base and San Onofre Beach is located on the northern end. Cottages and campsites with electrical hook ups are available to rent by sponsors and spouses only at both beaches. The cottages have 1-3 bedrooms, all have kitchens and TV's and many have fire rings. Each beach has a bathhouse and lifeguards are on duty year-round. Note: there are minimum day rental requirements in effect during certain times of the year.

## Scuba Classes

Visit website at <http://www.escubacenter.com>

A PADI 5-Star IDC Center the Scuba Center offers many different scuba classes throughout the year. PADI 5 Star Instructor Development Center and teach classes from basic Open Water through Instructor Development, including specialties, technical & refresher courses.

## Golf Course

Bldg. 18415

Pro Shop: (760) 725-4756 / 4704

Tee Times: (760) 725-4756

Head Golf Pro, Lessons & Tournaments: (760) 725-4390

[www.mccscp.com/home/recreation/Golf\\_Course.aspx](http://www.mccscp.com/home/recreation/Golf_Course.aspx)

- Driving Range
- Pro Shop – Summer Mon-Sun 6:30am-7pm, Winter 6:30am-4pm
- Par 3 Course
- Restaurant And Bar
- Banquet Rooms
- Snack Shack
- Jr. Golf Program
- Private & Group Instruction
- Men's and Ladies Club
- Lockers and cart storage

## Golf School for Beginners

Fall Class Dates: Saturday's and Sunday's

Spring Class Dates: Weekdays and Weekends

Cost: \$70.00, six classes

Times: TBA

These six classes will cover rules, etiquette, irons, full swing, putting and chipping. Clubs will be provided. A Great Game for a lifetime. Make-up classes will be available, if you miss a class. For more information please call (760) 725-4704

## Devil Dog Lanes Bowling, Billiards, and Arcade & More!

Bldg. 1339

Phone: (760) 725-5945

Hours: Sunday 2pm – 10pm Mon – Thu. 9am – 10pm / Fri – Sat. 9am – Midnight

The bowling entertainment complex is a 49,000 sq. foot climate controlled center with 40 superb, synthetic glow in the dark lanes, bumper lanes, an automatic scoring system, awesome sound systems and a variety of sound activated lights and lasers to enhance the programs offered during league and open play. You'll also find billiard tables, along with 60+ assorted electronic video games in our Arcade.

## Information Tickets & Tours (ITT)

Mainside- Bldg. 1339

Phone: (760) 725-5863/5805

Hours: Monday – Friday (9:00 - 5:30)      Saturday (9:00 - 4:00)      Sundays and Holidays (Closed)

ITT offices have discount tickets to most any tourist attraction you can imagine, special events and a Ticketmaster outlet for your convenience. Purchase tickets to area dinner shows, boat cruises, one-day outer island tours, whale-watch tours, concerts, sporting events and theme parks. Tickets to popular theme parks and professional sports are also available. Information, Tickets & Tours is your one-stop for all your destinations.

## **SECTION 7: RETAIL ON & OFF BASE**

### **CAMP PENDLETON**

Marine Corps Exchange Main Store: Bldg 1106  
Phone: (760) 725-6233  
Hours of Operation: Monday – Friday: 10:00 A.M. - 7:00 P.M.  
Saturday: 10:00 A.M. – 6:00 P.M.  
Sunday: 10:00 A.M. – 5:00 P.M.

Camp Pendleton offers many shopping opportunities for you and your family. Visit <http://www.mccscp.com> and click on the *Shopping* link for more information.

### **Commissary**

Marine Corps Camp Pendleton  
[www.commissaries.com](http://www.commissaries.com)  
Hours of Operation: Monday – Sunday: 9:00 A.M. – 8:00 P.M.

### **MALLS OFF BASE:**

Carlsbad Outlets - Carlsbad, CA. [www.premiumoutlets.com](http://www.premiumoutlets.com)

Forum Shops – Carlsbad, CA.  
<http://www.family-vacation-getaways-at-los-angeles-theme-parks.com/Forum-at-Carlsbad.html>.

Lake Elsinore Outlets – Lake Elsinore, CA. [www.lakeelsinoreoutlets.com](http://www.lakeelsinoreoutlets.com)

Temecula Promenade Mall – Temecula, CA. [www.promenadeintemecula.com](http://www.promenadeintemecula.com)

University Town Center (UTC)– La Jolla, CA. [www.westfield/utc.com](http://www.westfield/utc.com)

Fashion Valley – San Diego, CA. [www.simon.com](http://www.simon.com)

North County Mall – Escondido, CA. <http://westfield.com/northcounty/>

Mission Viejo Mall – Mission Viejo, CA. [www.simon.com](http://www.simon.com)

South Coast Plaza – Costa Mesa, CA. [www.southcoastplaza.com](http://www.southcoastplaza.com)

Fashion Island – Newport Beach, CA. [www.shopfashionisland.com](http://www.shopfashionisland.com)

## **SECTION 8: CAMP PENDLETON RELIGIOUS SERVICES**

### **Religious Development Center**

The Religious Development Center (RDC) is the center for current information about base religious activities. The RDC is located on Mainside, building 1344. Call 725-4700 for more information.

### **Religious Services**

The 12 chapels on Camp Pendleton serve the spiritual needs of military personnel and their families. These facilities represent major faith groups including Roman Catholic, Protestant, Orthodox, Church of Christ, Episcopal, Latter-day Saints, Muslim, Jewish and Gospel.

Religious education programs (Catholic and Protestant) are held regularly at the Marine Memorial Chapel, South Mesa Chapel, and San Onofre Chapel.