

MCAS Miramar Event-Based Resource Matrix VERSION 20220502

Digital copies of the Event-Based Resource Matrix; the MCCS Resource Guide; Prevention Class List; and Collateral Duties, Training and Meetings are available by scanning the QR code and at this link: <http://www.mccsmiramar.com/marine-family-programs>.



Every unit has access to a civilian Deployment Readiness Coordinator (DRC) or a Uniformed Readiness Coordinator (URC) to assist navigating these resources and others in the community. Check unit phone rosters for direct contact numbers.

Each 3D MAW Group has an Embedded Behavioral Health Specialist to assist Commanders and Marines in accessing the appropriate resources.

Consult the Prevention Class list for a description of the Workshops and Classes or contact Information and Referral: 858-307-1428 or the Marine and Family Programs Director: 858-307-4098.

Life Event	Base Resources	Community Resources	Workshop/Classes
Marriage	Unit DRC/URC Group Embedded Behavioral Health Specialist ID Card Center/DEERs Enrollment 858-307-1421 Family Member Employment 858-307-6491 Military&Family Life Counseling Program (MFLC) Community Counseling Program 858-307-1129 Families Overcoming Under Stress (FOCUS) 858-307-1607 Chaplain 858-307-1333 Exceptional Family Member Program 858-307-4668 Personal Financial Management 858-307-9802	Militaryonesource.mil 800-342-9647 Liberty Military Housing 858-300-7493	L.I.N.K.S. for Spouses CREDO 5 Love Languages 4 Lenses P.S. Before You Say I Do Married and Loving It (BH/FAP) Within My Reach (BH/FAP) Warrior Maintenance - Stress Management for Marines and Families (BH/FAP) Anger Management (BH/FAP) Fair Fighting (BH/FAP) Financial Planning How to NOT Marry a Jerk/Jerkette PREP/Married for Life--Marriage Enrichment Retreat /Family Retreat
New Baby	Unit DRC/URC Group Embedded Behavioral Health Specialist ID Card Center/DEERs Enrollment; 858-307-1421 New Parent Support Program 858-307-9812 Militarychildcare.com (sign up for childcare) childcareaware.org (childcare subsidy) 800-424-2246 Community Counseling Program 858-307-1129 Marine Corps Exchange (gift card) 858-695-7288 Library (children's' programs) 858-307-6313 Military&Family Life Counseling Program (MFLC) Personal Financial Management 858-307-9802 Navy Marine Corps Relief Society 858-307-1807	American Red Cross (WIC) 858-309-1200 Operation Homefront 858-695-6810 Militaryonesource.mil 800-342-9647 USO 619-235-6503 San Diego Armed Services YMCA 858-751-5755 First 5 first5sandiego.com STEP www.stepsocal.org (Support The Enlisted Project) 858-695-6810 YMCA Childcare Referrals 800-481-2151	Say San Diego Warrior Maintenance - Stress Management for Marines and Families (BH/FAP) Financial Planning Library CYP EFMP (if applicable) Baby Boot Camp (NPSP) Infant Socialization Group (NPSP) Infant Massage (NPSP) Baby Sign Language (library) Parent and Me Swimming (Semper Fit) Budget for Baby (NMCRS)
Financial	Unit DRC/URC Personal Financial Management 858-307-9802 Group Embedded Behavioral Health Specialist Navy & Marine Corps Relief Society 858-307-1807 Command Financial Specialist Military&Family Life Counseling Program (MFLC) Volunteer Income Tax Assistance (VITA)	STEP 858-695-6810 San Diego 211 858-300-1300 Militaryonesource.mil 800-342-9647 USO 619-235-6503 San Diego Armed Services YMCA 858-751-5755 Courage to Call food program: courage2call.org/877-698-7838 Rotary Camp Pendleton (free furniture) 760-415-9990	7 Habits of Highly Effective People Financial Planning The 5 Money Personalities Financial Budget Workshop

Life Event	Base Resources	Community Resources	Workshop/Classes
Divorce	Unit DRC/URC Group Embedded Behavioral Health Specialist ID Card Center/DEERs Enrollment; 858-307-1421 Family Member Employment Assistance Program 858-307-6491 Military&Family Life Counseling Program (MFLC) Community Counseling Program 858-307-1129 Station Legal 858-307-6260 Chaplain 858-307-1333 Personal Financial Management 858-307-9802 Families Overcoming Under Stress (FOCUS) 858-307-1607	Militaryonesource.mil 800-342-9647 Kid's Turn 858-521-0027	7 Habits of Highly Effective People 4 Lenses 5 Choices of Extraordinary Productivity Warrior Maintenance - Stress Management for Marines and Families (BH/FAP) Fair Fighting (BH/FAP) Anger Management (BH/FAP) Cooperative Parenting - Putting Kids First (BH/FAP) Parents Night Out Divorce Brief on Wednesdays @ Legal Conflict Management
PCS Orders	Unit DRC/URC Group Embedded Behavioral Health Specialist IPAC 858-307-4321 DMO 858-307-1670(PPO)/1298(PTO) Exceptional Family Member Program 858-307-4668 School Liaison Program 858-307-8625 Information and Referral 858-307-1428 Personal Financial Management 858-307-9802 Family Member Employment 858-307-6491 Single Marine Program 858-307-6283 Families Overcoming Under Stress (FOCUS) 858-307-1607 Behavioral Health 858-307-6585/1129 Command Sponsor 858-307-4233 Child and Youth Program 858-307-4136	Militaryonesource.mil 800-342-9647 USO 619-235-6503 Armed Services YMCA 858-751-5755 Tricare triwest.com 844-866-9378 Liberty Military Housing 858-300-7493 Militarychildcare.com (childcare at next duty station) Installations.militaryonesource.mil (resources and phone numbers for your next duty station) inTransition (mental health transition) 800-424-7877	Resilient Series (Anger, Stress & Conflict Management) PCS Workshop Financial Planning Welcome Aboard Brief L.I.N.K.S. for Spouses/Marines
Retirement/EAS	Unit DRC/URC Group Embedded Behavioral Health Specialist Transition Readiness Program 858-307-8965 Dept. of Veterans Affairs 858-689-2141 VA Solid Start 800-827-1611 VA Benefits Advisors 858-689-2141 Disabled American Veterans 858-689-9637 Information and Referral/Retired Activities Office 858-307-1428 Family Member Employment 858-307-6491 Career Resource Center 858-307-6710/4829 Voluntary Education Center 858-307-1801 Personal Financial Management 858-307-9802 Families Overcoming Under Stress (FOCUS) 858-307-1607 Exceptional Family Member Program 858-307-4668 Military&Family Life Counseling Program (MFLC) SkillBridge Installation Representative 858-307-4829 *Airstreams SkillBridge Program *F45 SkillBridge Program *Miramar Marketing Dept. SkillBridge Program	Militaryonesource.mil 800-342-9647 Department of Labor Employment Navigators 858-229-0743 Marine For Life 866-645-8762 Veterans Village of San Diego 619-497-0142 Tricare 619-645-0155 (outpatient clinic) Military Transition Spouse Edition (Say San Diego) 858-715-6884 inTransition (mental health transition) 800-424-7877	Career Fairs Transition Readiness Seminar Boots to Business Seminar MyEducation Track Career and Credential Exploration (C2E) Track Department of Labor (DOLEW) Track Marine Corps Certification Opportunities Online 5 Choices of Extraordinary Productivity 4 Lenses Resilient Series (Anger, Stress & Conflict Management) Extended DISC Spouse Transition and Readiness Seminar (STARS) GI Bill Financial Aid Workshop Resume 101 10 Steps to a Federal Job The Change Element 7 Habits of Highly Effective People SkillBridge Info Brief

Life Event	Base Resources	Community Resources	Workshop/Classes
Child Development	Unit DRC/URC Group Embedded Behavioral Health Specialist Child and Youth Program 858-307-4136 Exceptional Family Member Program 858-307-4668 Library (children's programs) 858-307-1261 School Liaison Program 858-307-8625 Families Overcoming Under Stress (FOCUS) 858-307-1607 New Parent Support Program 858-307-9812 Military&Family Life Counseling Program (MFLC) Youth Sports 858-307-6530 CYP Summertime Free Lunch for Kids 858-307-4136	Militaryonesource.mil 800-342-9647 Healthy Start 858-496-0044 Militarychildcare.com (sign up for childcare) childcareaware.org (childcare subsidy) 800-424-2246 YMCA Childcare Referrals 800-481-2151	7 Habits of Highly Effective Teens 4 Lenses LINKS for Kids Warrior Maintenance - Stress Management for Marines and Families (BH/FAP) Teen dating violence awareness Cooperative Parenting - Putting Kids First (BH/FAP) Positive Parenting (Triple P 0-12 or Teens) CYP EFMP Special Needs Forum EFMP Adult Support Group Parent-Child Interactive Therapy
Deployment	Unit DRC/URC Group Embedded Behavioral Health Specialist Marine Corps Family Team Building 858-307-4918 Readiness and Deployment Support 858-307-6306 Community Counseling Program 858-307-1129 Vehicle Storage 858-307-1276 DMO 858-307-1670 Single Marine Program 858-307-6283 Families Overcoming Under Stress (FOCUS) 858-307-1607 Station Legal 858-307-6260 Military&Family Life Counseling Program (MFLC) Personal Financial Management 858-307-9802	Fleet & Family Services (Navy) 619-524-4700 American Red Cross 858-309-1200 Militaryonesource.mil 800-342-9647 USO 619-235-6503 Armed Services YMCA 858-751-5755	Resilient Series (Stress, Anger & Conflict Management) Readiness Series (Emergency Prep & Safe & Sound at Home) Separation Preparation Strong Couples Battle Binder Class Emergency Preparedness
Trauma/Domestic Violence/Death	Unit DRC/URC Group Embedded Behavioral Health Specialist Family Advocacy Program Victim Advocate 858-307-7285/8238 Family Advocacy Program 858-307-6585 Community Counseling Program 858-307-1129 Chaplain 858-307-1333 Navy Marine Corps Relief Society 858-307-1807 Sexual Assault Prevention and Response Victim Advocate: 858-307-1129 (duty hours) 858-864-2815 (24x7 Support Line) Military&Family Life Counseling Program (MFLC) Station Legal 858-307-6260 Information and Referral 858-307-1428 Substance Abuse Counseling Center 858-307-1129 Disabled American Veterans 858-689-9637	American Red Cross 858-309-1200 Veteran's Administration Fleet & Family Services 619-524-4700 Militaryonesource.mil 800-342-9647 Survivors of Suicide Loss soslsd.org 619-482-0297	Emergency Preparedness Resilient Series (Stress, Anger & Conflict Management) Behavioral Health Guided Discussions Warrior Maintenance - Stress Management for Marines and Families (BH/FAP) Community Counseling Program Domestic Violence Awareness (BH/FAP) Anger Management (BH/FAP) Seeking Safety Safe and Sound at Home: Personal Safety Edition CACO Workshop Girls on Guard Fair Fighting (BH/FAP)
Special Needs	Unit DRC/URC Group Embedded Behavioral Health Specialist Exceptional Family Member Program 858-307-4668 School Liaison Officer 858-307-8625 Station Legal 858-307-6260	Militaryonesource.mil 800-342-9647	Quarterly Family Needs Forum Customized EFMP Sessions

Life Event	Base Resources	Community Resources	Workshop/Classes
<p style="text-align: center;">Adult Education</p>	<p>Unit DRC/URC Group Embedded Behavioral Health Specialist Voluntary Education Program 858-307-1801 Station Library (resources, language training) 858-307-6313 Distance Learning Center 858-307-8743 Career Resource Center 858-307-6710 Dept. of Veterans' Affairs 858-689-2141 VA Benefits Advisors 858-689-2141</p>	<p>Militaryonesource.mil 800-342-9647 militarytutor.com 800-411-1970 https://ppr-miramar.libguides.com/EducationCenter/Home https://www.facebook.com/MCCSMiramarEducationCenter https://www.instagram.com/mccsmiramareducation/</p>	<p>Accessing Higher Education Boots To Business Career Exploration and Planning Track Marine Corps Certification Opportunities Online Tuition Assistance FAFSA Counseling GI Bill Counseling</p>
<p style="text-align: center;">Health/Wellness</p>	<p>Unit DRC/URC Group Embedded Behavioral Health Specialist Substance Abuse Counseling Center 858-307-1129 Semper Fit Health Promotion/Fitness (858) 307-7963 Military&Family Life Counseling Program (MFLC) Semper Fit Dietitian 858-307-7963 Youth Sports 858-307-6530 Single Marine Program 858-307-6283 The Great Escape 858-307-1921/6171 Behavioral Health Relaxation Room 858-307-1129 CYP Summertime Free Lunch for Kids 858-307-4136 MCAS Miramar Volunteer Program 858-307-1322 Chaplain's Volunteer Program 858-307-1333</p>	<p>Militaryonesource.mil 800-342-9647 Tricare 619-645-0155 (outpatient clinic) Healthy Start 858-496-0044 San Diego Food Bank https://sandiegofoodbank.org/ Feeding San Diego https://feedingsandiego.org/ Hand Up Food Pantry http://www.jfssd.org/site/PageServer?pagename=programs_food_assistance_food_pantry UCanQuit2 https://tricare.mil/ucanquit2 1-800-NO-BUTTS 1-800-662-8887 https://www.nobutts.org/ American Red Cross (WIC) 858-309-1200 Courage to Call (Food program) courage2call.org/877-698-7838 USO (meals) 619-235-6503 inTransition (mental health transition) 800-424-7877</p>	<p>Tobacco Cessation Classes Prime For Life 4.5 Anger Management (BH/FAP) Warrior Maintenance - Stress Management for Marines and Families (BH/FAP) Operation Tobacco-Free Marine Nutrition for Peak Performance Nutrition On-the-Go Nutrition on a Budget Supplements Classes BCP Briefs Unit Briefs Commissary Tours Cooking Classes Meal Prep Classes Microwave Cooking Classes Fitness Challenges Injury Prevention Classes Fun Runs / Group Exercise Classes Trainer-Led HITT Workout Classes</p>