

Marine Corps Air Station Miramar



Resource Guide June 2025

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ALPHABETICAL PHONE NUMBER LISTING

2-1-1 San Diego	211
24/7 Domestic Violence Helpline	858-864-3408
9-8-8 Suicide Hotline	988
Active-Duty Recreation Center	858-307-6171
American Red Cross	877-272-7337, 858-309-1200
Armed Services YMCA - San Diego	858-751-5755 ext. 101
Auto Skills Center – MCAS Miramar	858-307-1215
Balboa Park – San Diego Visitor Center	619-239-0512 x8
Big Bear Recreation Facility	888-409-7829 (Reservations Desk)
Bob Hope Theater – MCAS Miramar	858-307-4142
Boys & Girls Club of America – Greater San Diego Area	856-866-0591
California Department of Motor Vehicles (DMV)	800-777-0133
Center for Community Solutions	888-272-5777
Chaplain Services – MCAS Miramar Chapel	858-307-1333
Childcare Aware of America	800-424-2246
Child Development Center (CDC) – MCAS Miramar	858-307-7891
Children’s Waiting Room (Naval Medical Center San Diego - NMCSD)	619-532-6665
Commissary – MCAS Miramar	619-321-6367
Communication Strategy & Operations (COMMSTRAT) – MCAS Miramar	858-307-6000
Community Counseling Center – MCAS Miramar	858-307-1129
DEERS	800-538-9552
Disabled American Veterans (DAV) – MCAS Miramar	858-689-9637
Distribution Management Office (DMO) – MCAS Miramar	858-307-1670, 858-307-1671
Deployment Readiness Coordinator (DRC / URC) – MCAS Miramar	Varies, see page 23
Education Center – MCAS Miramar	858-307-1801
Exceptional Family Member Program – MCAS Miramar	858-307-4668
Family Advocacy Program – MCAS Miramar	858-307-6585
Family Member Employment Assistance Program (FMEAP) – MCAS Miramar	858-307-6491
Fish Pond – MCAS Miramar	858-307-4150
Fleet & Family Support Centers – San Diego Metro Area	1-866-923-6478 (Centralized Scheduling)
FOCUS	310-794-2482
Housing Service Center – Liberty Military Housing	858-201-6538
ID Card Center (Joint Reception Center) – MCAS Miramar	858-307-1421
Information, Referral, and Relocation – MCAS Miramar	858-307-1428
Information, Tickets, and Tours – MCAS Miramar	858-307-4141
Inns of The Corps – Miramar	858-271-7111
Installation Personnel Administration Center (IPAC) – MCAS Miramar	858-307-4772
Legal Aid Society of San Diego	1-877-534-2524
Legal Assistance Office – MCAS Miramar	858-307-1656
Library – MCAS Miramar	858-307-1261
MCAS Miramar Memorial Golf Course	858-307-4155
Marine Corps Family Team Building (MCFTB) – MCAS Miramar	858-307-4918
Military and Family Life Counseling Program (MFLC) – MCAS Miramar	Varies, see page 39
Military OneSource	800-342-9647
Military Outreach Mission (MOM) – San Diego	619-461-4164
Mills Park – MCAS Miramar	858-307-4099
Miramar Branch - Medical Clinic (AD Appointments – 3D MAW only)	858-307-9945
Miramar Branch – Medical Clinic (Beneficiaries / non-3D MAW)	619-532-8225

National Domestic Violence Hotline	800-799-7233
Naval Medical Center San Diego (NMCSD) – Appointment Line	619-532-8225
Navy-Marine Corps Relief Society (NMCRS) – MCAS Miramar	858-307-1807
New Parent Support Program – MCAS Miramar	858-307-9812
Operation Homefront	210-659-7756, 877-264-3968 (CFA)
Party Adventure Recreation Central (PARC) – MCAS Miramar	858-307-4150
Personal Financial Management Program – MCAS Miramar	858-307-9802
Poison Control	800-222-1222
Rotary Camp Pendleton	760-415-9990
San Diego County Animal Services (Emergency Line)	619-236-2341
San Diego Metropolitan Transit System (MTS)	619-557-4555
San Diego Police Department (Non-Emergency)	619-531-2000, 858-484-3154
SAY San Diego (Social Advocates for Youth)	858-565-4148
School Liaison Program – MCAS Miramar	858-307-6633/8625
Semper Fit Programs – MCAS Miramar	858-307- 4128
Sexual Assault Prevention & Response (SAPR) – MCAS Miramar	858-864-3448
Sexual Assault - 24/7 Support Line – MCAS Miramar	858-864-2815
Single Marine Program (SMP) – MCAS Miramar	858-307-6283
Space Available Travel – MCAS Miramar	858-307-4283
Support The Enlisted Project (STEP)	858-695-6810
Substance Assessment Counseling Center (SACC) – MCAS Miramar	858-307-1129
Tragedy Assistance Program for Survivors (TAPS)	800-959-8277
Transition Readiness Program (TRP) – MCAS Miramar	858-307-6710
TRICARE Dental - United Concordia	844-653-4061 (CONUS), 4060 (OCONUS)
TRICARE Medical – TriWest Healthcare Alliance	888-874-9378
TRICARE Nurse Advise Line	800-874-2273, Option 1
United Through Reading	858-481-7323
USO – San Diego International Airport	619-296-3192
United States Postal Service (USPS) – MCAS Miramar Location	858-307-4578
VA Benefits Advisors – MCAS Miramar	571-461-8674 / 8701 / 8850
VA Office – MCAS Miramar	619-400-1515 ext. 1-1179
Vehicle Registration and Decals CA AUTO – MCX Main Store	858-537-0811
Veterinary Treatment Facility – MCAS Miramar	858-307-6552
Visitor and Registration Center – MCAS Miramar	858-307-1463
Volunteer Program – MCAS Miramar	858-307-4473
Women, Infants & Children (WIC) – San Diego	800-500-6411
Youth & Teen Center – MCAS Miramar	858-307-4136
Youth Sports – MCAS Miramar	858-307-6530

2-1-1 San Diego

CONTACT INFORMATION

Phone Number:	211
Local Web Address:	www.211sandiego.org
National Web Address:	www.211.org
Hours of Operation:	24 Hours a Day, 365 Days a Year

BRIEF DESCRIPTION

- ❖ 2-1-1 San Diego is a resource and information hub that connects people with community, health and disaster services through a free, 24/7 stigma-free confidential phone service and searchable online database. 2-1-1 serves the entire population of the San Diego County.
 - Every hour of every day, someone in the San Diego County searches for services, from substance abuse treatment to care for a child or aging parent, food, housing or financial assistance. With more than 6,000 health and human service programs, finding help can seem insurmountable. 2-1-1 can help.
 - By dialing 2-1-1, clients are linked to a live highly-trained Client Service Representative (CSR) who will navigate them through their situations by assessing their needs and then matching them to the best and closest resource in their community. Assistance is confidential and offered in more than 200 languages and dialects. 2-1-1's highly trained CSRs provide a wide range of immediate resources to local individuals and families.
- ❖ **Military & Veteran Services:** In San Diego, our military is a huge part of our history, sense of community and vibrant culture. 2-1-1 serves to provide information, referrals, navigation, and ongoing care coordination for active-duty military, veterans, and their immediate families. We are honored to answer the Courage to Call network, San Diego's peer-to-peer talk and chat line.
- ❖ **What Is Courage to Call?** Every day in San Diego County, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often the most difficult problem is not knowing where to turn when you need help.
 - Courage to Call is a free, confidential, helpline staffed by veterans and family members that provides peer advocacy to active-duty military personnel, veterans, reservists, guard members, and their families. Courage to call Peer Navigators are dedicated to helping you and your loved ones find the services and support you earned. They understand the rigors of military and military family life, constant deployments, transitioning to civilian life and navigating veterans' services.
 - All Courage to Call Peer Navigators have been in the military and understand the rigors of serving and military family life. They can help you navigate the resources & services available to our military community.

Direct services include:

- Veteran Peer and Family Support
- Access to military information & resources
- Short Term solution Focused Counseling
- Food Distribution Information

See more at: <http://211sandiego.org/military-veterans/>



9-8-8 Suicide Hotline

CONTACT INFORMATION

Phone Number:	988
Web Address:	www.988lifeline.org
Veterans and Active Duty:	OPTION 1
Hours of Operation:	24 Hours a Day, 365 Days a Year

BRIEF DESCRIPTION

- ❖ The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.
 - The 988 Suicide & Crisis Lifeline is a leader in suicide prevention and mental health crisis care. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention for all, including innovative public messaging, best practices in mental health, and groundbreaking partnerships.
 - The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) and Vibrant Emotional Health launched the Lifeline on January 1, 2005. Vibrant Emotional Health, the administrator of the grant, works with its partners, the National Association of State Mental Health Program Directors (NASMHPD), National Council for Behavioral Health, and others, to manage the project, along with Living Works, Inc., an internationally respected organization specializing in suicide intervention skills training.
 - The 988 Suicide & Crisis Lifeline is independently evaluated since its inception by an investigation team from Columbia University's Research Foundation for Mental Hygiene. The Lifeline receives ongoing consultation and guidance from national and international researchers and experts focused on suicide prevention and crisis response.

❖ **Veteran Crisis Line:** Dial 988 then Press 1.

Are you a Veteran in crisis or concerned about one? You're not alone – the Veterans Crisis Line is here for you.

- You don't have to be enrolled in VA benefits or health care to call.
- The Veterans Crisis line serves Veterans, service members, National Guard and Reserve members, and those who support them (family and friends).



Active-Duty Recreation Center (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6171
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/active-duty-recreation-center>
Address: 5305 Miramar Way
Bldg. 5305 (west side of the HUB)
San Diego, CA 92145
Hours of Operation: Open 7 days a week 11:00 AM – 7:30 PM

BRIEF DESCRIPTION

The Active-Duty Recreation Center (ADRC) is open 365 days a year!

Located next to Domino's, the ADRC is the ultimate hangout spot for active duty enlisted service members stationed at or visiting MCAS Miramar. As the home of the Single Marine Program (see page 56), we provide a welcoming space to relax, connect, and have fun—every day of the year!

❖ What We Offer:

- Games & Entertainment
 - Billiards, ping pong, foosball, and air hockey
 - Arcade & gaming consoles (PS5, Xbox Series X, Nintendo Switch, GameCube, Nintendo 64 & more!)
 - Movie Room – 132" screen, surround sound, leather recliners, and a library of 800+ movies
 - Lounge Areas – 75" & 48" TVs with DirectTV
- Tech & Connectivity
 - WiFi & computer stations with CAC readers
- Full Kitchen Access (Daily from 1100-1930)
 - Fully equipped for cooking your favorite meals
- Outdoor Recreation
 - Sand volleyball & basketball courts
 - Patio with a grill & fire pit
 - Reservations Recommended

Stop by, unwind, and make the most of your time at MCAS Miramar!

American Red Cross

CONTACT INFORMATION

Local Phone Number: 858-309-1200
Website: <https://www.redcross.org/>
Address: San Diego Region HQ
3950 Calle Fortunada
San Diego, CA 92123
Emergency Phone Number: 877-272-7337
Hours of Operation: 24 Hours a Day, 365 Days a Year

BRIEF DESCRIPTION

The American Red Cross is a volunteer-led, non-governmental humanitarian agency that provides relief to victims of disasters and help people prevent, prepare for, and respond to emergencies. In addition to domestic disaster relief, the American Red Cross provides communication services and offers comfort to military members and their families. Complete listing of services for military and veteran families can be found at: <https://www.redcross.org/about-us/our-work/military-families.html>

❖ Emergency Communications: **Emergency communications can be submitted by calling 877-272-7337**

- The American Red Cross links members of the U.S. Armed Forces with their families during crisis such as critical accident, illness, birth, or death in a service member's immediate family. 24 hours a day, 365 days a year, the Red

Cross is equipped to quickly verify the situation and relay an emergency message or leave request if necessary to the proper military authorities. Note that the service member's Commanding Officer ultimately makes the decision of whether an emergency leave request is granted. When contacting the Red Cross to send a message to a Service Member, please have the following information which will speed the process of sending your message:

- Service Member's Full Name and Rank.
- Branch of Service.
- Social Security Number or Date of Birth.
- Military Address.
- Information about the deployed unit and home base (if deployed).
- Information about the emergency: Name & Contact for the immediate family member experiencing emergency, nature of the emergency, where emergency can be verified (hospital, doctors office, funeral home).

- ❖ Financial Assistance: The Red Cross works with the military aid societies (Army Emergency Relief, Navy Marine Corps Relief Society, Air Force Aid Society and the Coast Guard Mutual Assistance). This partnership helps to provide financial assistance for emergency travel, burial of a loved one, emergency food and shelter, etc. The aid societies determine the financial assistance package that will be offered – a grant or a loan. The Red cross is the mechanism to expedite access to these financial resources.

➤ **You can request financial assistance by calling 877-272-7337 or online at www.redcross.org/get-help/military-families/financial-assistance**

You are eligible to receive emergency financial assistance if you are:

- An active-duty service member
- A member of activated National Guard or Reserve unit
- An immediate family member of a service member in the above two categories
- A military retiree or spouse/widow(er) of a retiree

- ❖ Deployment Services: Whether your family is facing its first deployment or the next of many, the American Red Cross has developed workshops, information and support services to help you with the practical and emotional challenges. The American Red Cross offers online courses in the following topics:

- Coping with Deployments Course
- Pre-Deployment Preparedness Tool for Family Members
- Reconnection Workshops
- Mind-Body workshops
- Post-Deployment Support Resources



- ❖ Information Referral: The American Red Cross offers confidential services to all members of the military, veterans, and their families by connecting them with local, state and national resources through our network of chapters in communities across the United States and offices on military installations worldwide.

➤ Military families rely on the Red Cross to help them identify their needs and connect them to the most appropriate Red Cross and community resources. **This Red Cross service ranges from responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of local military members, veterans and their families.**

- ❖ Volunteering: The vital work of the American Red Cross is made possible by people like you who contribute their unique backgrounds, talents and skill levels. Our needs change based on current events, adding flexibility to get you involved in an area that inspires you! Below is a sample of volunteer opportunities; a complete list can be found at:

www.redcross.org/volunteer/volunteer-opportunities

- Help during a crisis.
- Take a leadership role.
- Provide office and warehouse support.
- Disaster Volunteers.
- Opportunities for Nurses and Nursing Students.
- Opportunities for Young People.

Armed Services YMCA (San Diego)

CONTACT INFORMATION

Phone Number: 858-751-5755 ext. 101
Website: <https://sandiego.asymca.org/>
Address: 3293 Santo Road
San Diego, CA 92124
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM
Saturday & Sunday – Closed

BRIEF DESCRIPTION

The San Diego Armed Services YMCA is a non-profit organization that provides free or low-cost programs and services for military children, spouses, and the family unit to help ease the unique challenges of military life.

- ❖ **Food Distributions:** The ASYMCA San Diego provides FREE food distributions to active-duty military families stationed in the San Diego area who need food assistance. Registration is required. Please have your military ID ready at pick-up. Neighborhood Food Distribution takes place twice monthly:
 - 2nd Thursday at Bayview Hills (1898 Sky Harbor Rd. San Diego, CA 92139)
 - 4th Thursday at our Murphy Canyon location (3293 Santo Rd. San Diego, CA 92124)More information can be found here: <https://sandiego.asymca.org/services/food-assistance/>
- ❖ **Operation Ride Home:** Open to active duty E1-E5 personnel, both single and married, who might not otherwise financially be able to travel home. Subsidized plane tickets and prepaid debit cards for road travel are provided. More information can be found here: <https://sandiego.asymca.org/services/operationridehome/>
- ❖ **Child and Youth Programs:**
 - **After School Care:** The After School Achievement Academy at the ASYMCA San Diego offers school age care in a safe, supportive, and reliable learning-focused environment. The program is thoughtfully designed to nurture both cognitive development and social-emotional growth.
 - **Summer Youth Equestrian Summer Camp:** Love horses? Join the newly developed specialty equestrian experience day program. Activities include horseback riding, feeding and grooming, archery, gardening hiking and MORE!
 - **Summer Camp Hero:** A summer camp filled with fun, adventure, creativity and memories to last a lifetime. For more information on both camps, please visit: <https://sandiego.asymca.org/services/day-camps/>
 - **Operation Little Learners:** Is a family bonding program supporting early childhood social and cognitive development through positive interactions between parents and children using songs and stories. There is no cost to participate in this program for moms and children ages 18 months to 5 years. For dates and times, visit: <https://sandiego.asymca.org/services/operation-little-learners/>
- ❖ **Horse of the Sun Ranch:** A program of the Armed Services YMCA San Diego that provides an array of equestrian and respite activities. The program primarily focused on healing the spirits of military families and at-risk youth. Programs at Horse of The Sun Ranch Include:
 - Equestrian Day Camp
 - Horseback Riding Program
 - Family Ranch Day
 - Home School/Charter School Program
 - VolunteeringMore information can be found at: <https://sandiego.asymca.org/services/hsranch/>

❖ **Wounded, Injured and Ill Services:**

- **Warrior Care Initiative:** We work closely with Naval Medical Center San Diego to help Wounded Warriors heal. Support services provided include emergency financial assistance, clothing, MEDEVAC backpack, personal hygiene items, lodging and transportation, emotional support and more.
- **Urgent Needs:** Temporary emergency support is available to assist patients with additional expenses that often result from sudden illness or injury. Support services include food vouchers, transportation assistance, childcare financial assistance, family supplies and toiletries.
- **Patient Support:** Being in the hospital isn't typically the best experience, the ASYMCA strives to make the patient's stay as comfortable as possible by providing books and magazines, handcrafted quilts, blankets, etc.
- **Littlest Warriors:** Specialized services are provided to military families with children to allow other military families to meet who face similar challenges and to learn from one another about school, medical and community resources.
- **Recreation Services:** Our team of volunteers are on the hospital wards at Naval Medical Centers San Diego providing support from gaming systems movies to therapy dogs and outdoor recreation therapy.

More information can be found here: <https://sandiego.asymca.org/services/wii-services/>



Auto Skills Center (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-1215
Website:	https://miramar.usmc-mccs.org/recreation-fitness/recreation/auto-skills-center
Address:	6673 Miramar Ct. Bldg. 6673 San Diego, CA 92145
Hours of Operation:	Mon, Tue & Holidays: Closed Wed – Fri: 12:00 NOON – 8:00 PM Sat – Sun: 9:00 AM – 5:00 PM

BRIEF DESCRIPTION

Whether you're looking to repair, restore or soup up your auto, the Auto Skills Center offers everything you could possibly need. The Shop allows access to their extensive collection of tools as well as more advanced machinery, which includes battery chargers, a brake center, steam cleaners, DVD Information System, engine analyzer, and electronic testing equipment. Knowledgeable ASE certified mechanics are available for advice and assistance. The shop stops accepting customers 1 ½ hour prior to closing. All work being performed must stop 30mins before closing for cleanup and tool return.

Balboa Park – San Diego

CONTACT INFORMATION

	Visitors Center Contact:
Phone Number:	619-239-0512 x8
Website:	www.balboapark.org
Address:	1549 El Prado San Diego, California, 92101
Hours of Operation:	Daily 9:30 AM – 4:30 PM, Closed on Holidays Balboa Park Grounds: 24/7, 365 days a year (Museum Hours Vary)

BRIEF DESCRIPTION

Welcome to Balboa Park: the nation's largest urban cultural park. Home to 15 major museums, renowned performing arts venues, beautiful gardens and the San Diego Zoo, the Park has an ever-changing calendar of museum exhibitions, plays, musicals, concerts, and classes—all in the beautiful and timeless setting of this must-see San Diego attraction.

Balboa Park grounds are open 24 hours a day, the Visitors Center is open 9:30 a.m.-4:30 p.m. daily, and museum hours vary.

- ❖ Admissions Information: Most of the cultural attractions in Balboa Park are independently managed non-profit organizations. The admission prices vary by institution. Admittance to the Park itself is free, as is the Botanical Building and most of the gardens.
- ❖ Residents Free Tuesday: As a public service, Park organizations offer free admission on a rotating basis on the first four Tuesdays of the month to San Diego City & County residents, active military & their families. For more information, please visit: <https://balboapark.org/resident-free-days/>
- ❖ Military Appreciation Pass (MAP): This program is open to all active-duty military and their dependents, that have an interest in exploring arts, science, and cultural museums at Balboa Park. The active-duty service member's government issued email address is required for verification and processing. The MAP Pass provides complimentary general admission for one year to sixteen cultural institutions in Balboa Park and is good for up to two adults and up to four children (ages 3-17). For more information, please visit: <https://explorer.balboapark.org/community/military-appreciation-pass-application/>
- ❖ Volunteer Opportunities: The Visitors Center is looking for volunteers who have lived in San Diego for several years and love Balboa Park. Must be able to volunteer during the center's operating hours. For more information, please visit: <https://balboapark.org/attractions-experiences/balboa-park-visitors-center/>



Big Bear Recreation Facility

CONTACT INFORMATION

Phone Number: 888-409-7829 (Reservations) or via email at miramar.reservations@usmc-mccs.org
Hours: 8:00 AM – 7:00 PM
Website: <https://miramar.usmc-mccs.org/lodging/big-bear-recreation-facility>
Address: 42499 Bristlecone Drive
Big Bear Lake, CA 92315

BRIEF DESCRIPTION

Discover a hidden retreat centered in the San Bernardino Mountains, a perfect getaway for a little rest and recreation. If you seek adventure and love the outdoors, Big Bear is the perfect place for you. During the winter enjoy skiing and snowboarding. After the snow melts, fishing, mountain biking, hiking, and water skiing are popular. The Big Bear Recreational Facility provides affordable facilities for camping and lodging for active duty, veterans, reservists, DoD employees and authorized family members.

- ❖ **Cabins:** The Big Bear Recreational Facility has eight regular cabins and two ADA compliant duplex cabins. Duraflame logs available for purchase at lodge. Fresh towels and linens are available daily upon request. Maximum occupancy for each cabin is six (adults, children, infants). Check in time for cabins is between 1500-1900.
- ❖ **RV & Campsites:** The RV and campsites are open year-round, weather permitting. There are five RV sites with hook ups and a dump station and five tent sites. The maximum total occupancy of an RV/campsite is eight people (adults, children, infants). Tent camping and campfires are permitted only in designated areas. There is a community fire pit on site and firewood and fire starter blocks can be purchased at the front desk of the Main Lodge.
- ❖ **Reservations:** Can be made up to 3 months in advance (includes current month). A valid credit card is required at the time of making a reservation. 30days prior to arrival, the card on file will be charged a deposit equal to one night's stay. For more information, please visit: <https://miramar.usmc-mccs.org/lodging/big-bear-recreation-facility>

Bob Hope Theater (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4142
Website: <https://miramar.usmc-mccs.org/dining-entertainment/movies/>
Address: 2242 Moore Ave.
Bldg. 2242
San Diego, CA 92145
Hours of Operation: Weekend (show times vary)

BRIEF DESCRIPTION

The Bob Hope Theater shows current films that are available out in town, for a reduced fee. The Bob Hope Theater can also be reserved for required training and mission support events.

The concession stand offers a full range of snacks and drinks including beer and wine. The snack bar closes 45 minutes after the start of the last show. Except for baby food and water, only food and drinks purchased in the theater may be consumed in the theater. Theater rentals may be made by authorized patrons for functions like plays, dance recitals, awards, ceremonies, etc.

- ❖ **AUTHORIZED PATRONS:** The Theater is open to all authorized patrons and their guests. An authorized patron is an active duty, reserve or retired military person, their authorized dependents and DOD employees.
- ❖ **OUTSIDE FOOD & BEVERAGE POLICY:** Outside food and beverages are not permitted; sales from the Snack Bar support the Movie Program.

Boys & Girls Club of America – Greater San Diego Area

CONTACT INFORMATION

Phone Number:	858- 866-0591 (Main Admin Office)
Website:	https://www.sdyouth.org
Address:	Locations Vary – for up-to-date locations, visit: https://www.sdyouth.org/sign-up/#locations
Hours of Operation:	Check with local Club for additional information

BRIEF DESCRIPTION

The mission of the Boys & Girls Clubs of Greater San Diego is to inspire and enable youth to develop into productive, healthy, caring and responsible citizens, and make healthy lifestyle choices. For 75 years, the Boys & Girls Clubs of Greater San Diego has been a non-profit organization serving children and youth between the ages of 5 and 17, especially reaching out to kids in need of a safe place to go after school. Through after school programs and day camps during school holidays and the summer, the Boys and Girls Clubs' purpose is to serve more than 25,000 youth and their families in the greater San Diego region.

- ❖ **After School Programs:** Regular attendance in our after-school program, which incorporates high-yield learning activities and targeted programs, leads to successful youth and teens. The Club serves children of all races, colors, religions and genders. The Club is committed to providing the best possible experience for all participants.
- ❖ **Seasonal Day Camps:** When school is out, we are here to serve you. Summer, Thanksgiving Break, Winter Break and Spring Break Day camps are offered. Most sites also offer single day camp days on other random days when the schools are closed. Check with your local branch for upcoming Day Camp dates, prices and activities.
 - Our seasonal day camps are a complete experience, as we offer activities such as arts & crafts, movies, computers, field trips and recreational activities. This is the ideal way to get your kids away from the TV and game systems and treat them to fresh air, awesome outdoor activities and the opportunity to make new friends and memorable experiences that will last a lifetime.
 - SPRING BREAK CAMPS - March & April.
 - SUMMER CAMPS - June - August
 - THANKSGIVING BREAK CAMPS – November
 - WINTER HOLIDAY CAMPS – December
- ❖ **Child Development Program:** A licensed program for children of low-income families. Our staff are trained and/or certified as specialists in child development. All families must meet eligibility and need requirements prior to and throughout enrollment. Since our program is licensed, we meet the rigid requirements of the Department of Social Services/Title 22 – Community Care Licensing and the California State Department of Education/Title 5 – Child Development Division. We offer a nutritious and healthy food program that is sponsored through the California Child and Adult Food Program. More information can be found here: <https://www.sdyouth.org/program/child-development-program/>
- ❖ **Transportation:** Each day, the Clubs safely transports over 1,100 members to one of our locations in a Club vehicle or through one of our supervised walking programs. We offer fee-based transportation from a variety of schools.



California Department of Motor Vehicles – DMV

CONTACT INFORMATION

Phone Number: 800-777-0133 (Customer Service)
TTY: 800-368-4327
Website: www.dmv.ca.gov
Hours of Operation: Visit website for additional information

BRIEF DESCRIPTION

One of the most commonly asked questions by military family members is, *“Do I need a California driver’s license?”*

- ❖ The California Department of Motor Vehicles (DMV) has determined that a California driver’s license is not required of a military dependent as long as the following criteria are met:
 - The family member’s home state driver’s license remains valid
 - The dependent is age 18 or older
 - The dependent does not establish permanent residence in California
- ❖ The DMV maintains that lawful family members are entitled to the same non-resident status as their active-duty parent, spouse, or legal guardian. For more information visit www.dmv.ca.gov
- ❖ REAL ID Driver’s License:
 - **Beginning May 2025**, your driver’s license or identification (ID) card must be REAL ID compliant if you use it to:
 - Board an airplane for domestic flights.
 - Enter military bases.
 - Enter most federal facilities.

Please visit <https://www.dmv.ca.gov/portal/driver-licenses-identification-cards/real-id/> to learn more about applying for a REAL ID.
- ❖ Drivers in the Military:
 - Obtaining or renewing your driver’s license or vehicle registration if you are in the military can sometimes be a challenge due to your location. DMV.org has gathered information to help you, wherever you may be stationed. Visit, <https://www.dmv.org/military-drivers/> for information on how renew or re-register your vehicles.



Center for Community Solutions

CONTACT INFORMATION

Local Phone Number: 858-272-5777
Crisis Hotline: 888-385-4657 (24/7 Crisis Hotline)
Website: www.ccssd.org
Address: 4508 Mission Bay Dr.
San Diego, CA 92109
Hours of Operation: 24-Hour Toll Free Crisis Line

BRIEF DESCRIPTION

Center for Community Solutions (CCS) is a San Diego based nonprofit organization dedicated to ending relationship and sexual violence. Since 1969, CCS has been providing trauma-informed, wrap-around services to empower survivors as they heal and recover from trauma. CCS' free services include a 24/7 confidential crisis hotline, four domestic violence shelters, counseling, legal services, safety planning, prevention education and more.

❖ Services:

- 24/7 Crisis Hotline:
 - Center for Community Solutions operates the only 24-hour toll free County-wide crisis line for crisis intervention, information and referrals related to domestic violence, sexual assault, and stalking in San Diego. Services are free and confidential.
- Legal Services:
 - CCS' legal program provides quality legal services to hundreds of survivors of relationship and sexual violence and stalking. Services are free and confidential for eligible individuals.
- Intimate Partner Violence Support:
 - Intimate Partner Violence (IPV), also known as Domestic Violence (DV), is best understood as a pattern of abusive behaviors including physical, sexual, and emotional attacks where one relationship partner gains power and control over another. Survivors of IPV/DV often find themselves involved in confusing legal proceedings and complicated social service systems. As California-certified Domestic Violence Counselors, Advocates help survivors navigate these systems, and make informed decisions, while providing a supportive and non-judgmental presence. CCS Advocates help connect survivors with the information, resources, and referrals they need to further their own goals. Services are free and confidential for eligible individuals.
- Counseling Services:
 - Offers individual and group therapy to survivors of intimate partner violence and/or sexual assault. CCS therapists are trained in trauma-informed techniques focusing on short-term interventions to address the immediate effects of these traumatic events. Child therapy available.
- Sexual Assault Victim Advocates:
 - Help survivors navigate these complicated systems to make informed decisions. Sexual Assault Victim Advocates provide information, support, and referrals to other resources. All services are free and confidential.
- Emergency & Long-Term Shelter Services:
 - Project Safehouse and Hidden Valley House (safe, confidential locations). No-cost 30-day emergency shelter program for domestic violence victims and their children. Safety planning to include all members of the family. Provides food, clothing, and linkage to CCS legal along with counseling services. Long-term shelter available for up to 18 months for victims of domestic violence and their children.

Chaplin Services – MCAS Miramar Chapel

CONTACT INFORMATION

Phone Number: 858-307-1333
Website: <https://www.miramar.marines.mil/Departments/Chapel/>
Address: MCAS Miramar Bldg. 5632
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

Marine Corps Air Station Miramar Chaplain's Department seeks to be a force multiplier for all Maritime contingencies, whether forward deployed or domestic by making spiritually, ethical and morally fit Marines, Sailors and family members. The Chaplain's department accomplishes this by promoting and providing for the free exercise of religion for all active duty and dependents while supporting all in their professional military pursuit of the Navy Core Values of Honor, Courage, and Commitment.

❖ **Chaplain Corps Programs:**

- Religious Services (Protestant Worship Service, Sundays – 1030)
- Chaplain's Religious Enrichment Development Operation (CREDO)
- Prevention Relationship Enhancement Program (PREP)
- Pastoral Care / Counseling Services.

❖ **3D MAW HQ:**

- 858-307-7368 (Office)
- 858-864-4368 (24/7 Emergency Line)

❖ **MAG-11:**

- 858-307-4443 (Office)
- 858-864-4368 (24/7 Emergency Line)

❖ **MAG-16:**

- 858-864-4368 (24/7 Emergency Line)

❖ **MACG-38:**

- 858-864-4368 (24/7 Emergency Line)



❖ **Chaplain's Religious Enrichment Development Operation (CREDO):**

- CREDO offers three-day retreats dealing with Marriage Enrichment, Family Wellness, Personal & Spiritual Growth, and Team Building. CREDO also offers a unique Care for Caregivers retreat which can be tailored to various helping oriented groups such as Family Readiness Officers and Family Readiness Volunteers. These retreats are held off Base at remote sites such as Palomar Conference Center in the Palomar Mountains and St Anthony's Retreat in Sequoia National Forest.

❖ **Prevention and Relationship Enhancement Program (PREP):**

- PREP is a program dedicated to improving marriages by providing valuable education that gives partners the knowledge they need to develop and maintain a healthy and loving relationship.
- Couples learn communication skills that give them the ability to tell each other what they need in a manner that brings partners together, rather than pushing them apart. The techniques used in PREP are based on extensive research and have proven effective across the world. This program can be utilized before and during marriage.

Note: Please do not bring children to meetings - Civilian attire is required.

Childcare Aware of America

CONTACT INFORMATION

Phone Number: 800-424-2246 - Military Fee Assistance Program Information & Questions
Website: <https://www.childcareaware.org/fee-assistancerespice/>
Hours of Operation: Monday - Friday – 8:00 AM – 7:00 PM EST

BRIEF DESCRIPTION

Child Care Aware of America is proud to partner with the United States Military and Department of Defense to serve and support their families through the Fee Assistance and Respite Child Care Programs. To date they have served more than 10 million families and have created a network of more than 10,000 licensed childcare providers.

For more information about the program, please contact the National Child Care Information and Referral Center:

- Email: militaryinfo@childcareaware.org
- Phone: 800-424-2246

Child Development Centers - CDC (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-7891
Website: <https://sandiego.navylifew.com/programs/9f26a200-8a02-4d9d-b250-fa006e287bd3>
www.militarychildcare.com
Address: Bldg. 2728
9372 Gonsalves Way San Diego, CA 92145
Hours of Operation: Monday – Friday 6:00 AM – 6:00 PM
Closed Saturday and Sunday and all federal holidays

BRIEF DESCRIPTION

- ❖ Infant/Toddler Room:
 - The Infant/Toddler Room is open to infant through 2 years old. Our caring and knowledgeable professionals plan developmentally-appropriate curriculum that is responsive to the unique needs, abilities and interests of your child(ren). All programs offered are designed to enrich your child's social, cognitive, emotional, physical, and intellectual growth and development. Our staff works in partnership with parents to meet each individual child's needs in a safe, healthy, and nurturing environment. We are committed to support mission readiness through providing warm and consistent care for your military child.
- ❖ Preschool:
 - Preschool is offered to children ages 3-5 years old. Children must be fully potty-trained. Our teachers plan and implement curriculum to support the learning and development of each child. We group the children based on Kindergarten eligibility to ensure that they are prepared, both academically and socially, to transition to elementary school. Our preschool program is accredited by the National Association for the Education of Young Children (NAEYC). NAEYC is a nationally recognized mark of high quality early childhood programs.
- ❖ Enrollment:
 - Access to childcare directly affects mission readiness, morale, and retention of defense personnel worldwide. For this reason, the Department of Defense is committed to connecting military and DOD-affiliated families to quality, affordable childcare programs. For more information on childcare, please visit: www.militarychildcare.com



Children's Waiting Room (Naval Medical Center San Diego - NMCS D)

CONTACT INFORMATION

Phone Number: 619-532-6665
Website: <https://sandiego.navylifew.com/programs/9910fba9-b895-448d-bff4-bf466fd51a63>
Address: Naval Medical Center San Diego (NMCS D)
34800 Bob Wilson Dr.
Bldg. 2, 1st floor.
San Diego, CA 91234
Hours of Operation: Monday – Friday 7:00 AM – 5:00 PM

BRIEF DESCRIPTION

The Children's waiting room is an hourly fee drop-in center for dependent children of parents attending appointments at the Naval Medical Center San Diego. All caregivers go through extensive child development and first aid training. Care is offered for children 6 weeks to 12 years of age. Space availability is on a first-come, first served basis.

❖ Restrictions:

- Online reservations accepted up to 30 days in advance (reservations made by calling phone number)
- Proof of medical appointment is required
- Priority exists for Wounded Warrior medical appointments
- Care is available for a maximum of 5hrs a day
- Hourly care is \$5 per hour (or any part thereof), per child

Commissary (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 619-321-6367
Website: <https://corp.commissaries.com/shopping/store-locations/miramar-mcas>
Address: Bldg. 2661 (2661 Moore Ave. San Diego, CA 92145)
Hours of Operation: Sunday – Friday 8:00 AM – 7:00 PM
Saturday 7:00 AM – 8:00 PM

BRIEF DESCRIPTION

❖ Click2Go Delivery / Pick-up:

- You can get your savings delivered right to your doorstep with convenience of the Commissary Click2go Delivery. Prefer to pick up on your way home? Save time and let your commissary team do your shopping for you! Please visit <https://shop.commissaries.com/> for more information.
- Click2Go Hours of Operation: 8:00 AM – 6:00 PM Daily, 3 hour window for orders to be completed and same day pick order must be placed from 6:00 AM – 3:00 PM

❖ Plastic Bags / Paper Bags:

- To support the agencies sustainability efforts and plans to meet state/federal laws, effective 30 June 2024 MCAS Miramar Commissary will no longer offer plastic/paper bags to commissary patrons. The commissary will offer an alternative reusable bags to commissary patrons at check-out, in addition to all other reusable bags for purchase throughout the store.



Communication Strategy and Operations – COMMSTRAT (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6000
9175 Boyington Rd.
Bldg. 9175
San Diego, CA 92145

Website: <https://www.miramar.marines.mil/MiramarCommStrat/>

BRIEF DESCRIPTION

The primary mission of the MCAS Miramar Office of Communication is to tell the stories of MCAS Miramar's Marines, Sailors and civilians to San Diego's citizenry and to audiences across the nation of the world. The Media Relations section of the Office of Communication tells our story by providing critical access and escort to civilian media. Whether facilitating interviews, scheduling and executing photo shoots, issuing press releases or responding to media queries, Media Relations strives to provide maximum disclosure of accurate information regarding MCAS Miramar personnel and activities with minimum delay. Please send all requests for support or queries to mirmarmedia@usmc.mil.

- ❖ For 3rd MAW Band requests, visit: <https://www.music.marines.mil/Bands/3rd-Marine-Aircraft-Wing-Band-California/>
- ❖ For Color Guard requests, email form DD2536 to: miramarcomrel@usmc.mil
- ❖ For fly over requests, visit: <https://www.marines.mil/Community-Relations/>

Community Counseling Center (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1129

Website: <https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/community-counseling>

Address: 2274 Elrod Ave.
Bldg. 2274-T
San Diego, CA 92145

Office Hours: Monday – Friday 7:30 AM – 4:00 PM

Walk-In Screening Hours: Monday – Friday 8:00 AM – 2:00 PM

Military Life Consultants: Monday – Friday 7:30 AM – 8:00 PM
Weekends Closed.

BRIEF DESCRIPTION

The Community Counseling Center (CCC) utilizes a holistic approach to support individuals, children, couples, and families. Clinicians provide solutions designed to meet the individual's specific needs in the following areas:

- Relationship Concerns
- Work Stressors
- Life Stressors
- Trauma
- EAS/PCS and Challenges Related to Transition
- Grief and Loss
- Sadness
- Worry
- Deployment Cycle Stressors and Reintegration
- Adjustment
- Crisis Intervention
- Sleep Hygiene
- Parent-Child Communication

- ❖ **Dail 988 – Suicide & Crisis Lifeline:** A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. 24 hours a day, 7 days a week in the United States.
- ❖ **Marine Intercept Program:** An evidence-informed suicide prevention program through which licensed counselors provide follow up contact, care coordination, and suicide risk assessment to Marines who have attempted suicide or have suicidal ideations. For more information, **contact: 858-307-1129**

- ❖ **Military and Family Lifestyle Counselor (MFLC):** MFLCs provide short-term, non-medical problem-solving counseling services. These counseling services help Service Members, and their families cope with normal reactions to varied stresses of military life, enhancing their lives and boosting military readiness. Services are confidential; however, MFLCs are mandated reporters of child abuse, domestic violence and duty to warn.
 - Installation: (619) 272-1729 or (619) 394-8928
 - H&HS: (251) 229-4745
 - MWHS-3: (619) 458-7419
 - MACG-38: (619) 346-8221
 - MAG-11: (619) 458-7421 (Flight Line) or (619) 346-8473
 - MAG-16: (619) 346-8907 or (858) 880-8062 (Flight Line)
 - CDC: (619) 694-7299



Defense Enrollment Eligibility Reporting System – DEERS

CONTACT INFORMATION

Phone Number:	800-538-9552 858-307-1421 (MCAS Miramar ID Center)
Website:	https://milconnect.dmdc.osd.mil/milconnect/public/faq/DEERS-About_DEERS
Address:	2258 Mitscher Way Bldg. 2258 (Also referred to as JRC Bldg) San Diego, CA 92145
Hours of Operation:	Monday – Friday 7:30 AM – 4:00 PM (closed federal holidays)

BRIEF DESCRIPTION

DEERS is a computerized database of military sponsors, families and others worldwide who are entitled under the law to TRICARE benefits. DEERS registration is required for TRICARE eligibility. To enroll family members or make changes you must go to the Identification Center in building 2258.

- ❖ Active-duty and retired Service Members are automatically registered in DEERS, but they must take action to register their family members and ensure they're correctly entered in the database.
- ❖ Once registered in DEERS it is important to keep your DEERS records updated when personal eligibility information changes. This includes changes in military career status; addresses; and family status (marriage, divorce, birth, and adoption) etc.
- ❖ Mistakes in the DEERS database can cause problems with TRICARE claims, so it is critical to maintain your DEERS information.
- ❖ Retail network pharmacies check TRICARE eligibility through DEERS. Prescriptions will be filled only for beneficiaries who are listed as eligible in DEERS.
- ❖ Each family member's eligibility record must be updated separately when changes occur.
- ❖ Registering Your Child in DEERS: Parents and legal guardians must register their newborn or newly adopted child in DEERS as soon as possible after birth or legal adoption.

Disabled American Veterans - DAV (MCAS Miramar)

CONTACT INFORMATION

Phone Number: (858) 689-9637
Website: <https://www.dav.org/get-help-now/transition-services/>
Address: 5305 Miramar Way
Bldg. 5305 – Inside the HUB Career Resource Center
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:30 AM – 3:30 PM

BRIEF DESCRIPTION

The DAV is dedicated to a single purpose: fulfilling the promise made to the men and women who served. The DAV does this by ensuring that veterans and their families can access the full range of earned benefits available to them.

What the DAV Can Do for You:

- ❖ Review your service treatment records to identify conditions that may warrant disability compensation by the VA.
- ❖ Explaining the claim process, assisting in completing forms and presenting all claims information for you to the VA.
- ❖ Representing your claims during their adjudicative and possible appeals processes.

Examples that May Warrant Compensation:

- ❖ Hearing loss, Erectile dysfunction or infertility, Gastroesophageal reflux disease, Irritable bowel syndrome, Ulcers, Anxiety and depression, Sleep apnea, Migraines and headaches, Arthritis, Fractures, Dermatitis or eczema, etc.

Other Areas Service Connection May Make a Difference:

- ❖ Federal employment preference.
- ❖ Vocational rehabilitation and education benefits.
- ❖ VA home loan guarantees.
- ❖ Healthcare at the VA.
- ❖ VA life insurance.
- ❖ Property tax exemptions.
- ❖ Educational tuition waivers.
- ❖ State local benefits.
- ❖ Death benefits for your family

Distribution Management Office – DMO (MCAS Miramar)

CONTACT INFORMATION

Phone Number: Varies, see below
Website: <http://www.miramar.marines.mil/Departments/Distribution-Management-Office>
Address: 2258 Mitscher Way
Bldg. 2258 – Inside Joint Reception Center (JRC)
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

Provides Distribution Management support by executing quality and responsive transportation support in the forms of packing and crating, freight shipping and receiving, personal property services and passenger travel services to the air station supporting establishment and the tenant units.

POINTS OF CONTACT:

- ❖ Personal Property Office:
 - (858) 307-1670
 - (858) 307-1671
- ❖ Passenger Travel Office/ Official Passport
 - (858) 307-1298
 - (858) 307-1303
- ❖ Freight Operations
 - Shipping: (858) 307-1399/1400
 - Receiving: (858) 307-1403
- ❖ Preservation, Packaging, Packing, and Marking
 - (858) 307-1241

Deployment Readiness Coordinator – DRC / URC

CONTACT INFORMATION

Phone Number: See Below
Hours of Operation: Monday – Friday 7:30 a.m. – 4:30 p.m.

BRIEF DESCRIPTION

Unit, Personal, and Family Readiness Programs are facilitated by each individual unit's Readiness Coordinator (RC). The RC is the key person at the unit to provide information and resources to both service personnel and their families. If you are not already connected to your unit's RC, please reach out so we may connect you with the Deployment Readiness Coordinator (DRC) or Uniformed Readiness Coordinator (URC) for family member's unit.

Family Readiness Programs at the unit level provide support in the following areas:

- ❖ Communications from Command/Unit
- ❖ Readiness and Deployment Support
- ❖ Information & Referral Support
- ❖ Volunteer Management

Looking to reach your D/URC? Reach out to one of these contacts to get connected:

- ❖ MCAS Miramar Information & Referral Specialist: 858-307-1428
- ❖ MCAS Marine Corps Family Team Building: 858-307-4918

❖ **MAG-11:**

<https://www.3rdmaw.marines.mil/Units/MAG-11/>

- (760) 815-2532 – DRC Cell / (858) 307-8225 – DRC Office
- (858) 837-9098 – DRC Cell / (858) 307-6418 – DRC Office
- (858) 864-3325 – DRC Cell / (858) 307-8561 – DRC Office
- (858) 307-1778 - Duty Officer

❖ **MAG-16:**

<https://www.3rdmaw.marines.mil/Units/MAG-16/>

- (858) 307-6502 – DRC
- (760) 429-3371 – DRC (HMH-361 and HMH-462)
- (858) 307-1779 – Duty Officer

❖ **MACG-38:**

<https://www.3rdmaw.marines.mil/Units/MACG-38/>

- (858) 307-7375 – DRC Office
- (858) 204-9083 – DRC Cell
- (858) 307-9605 – Duty Officer Office
- (858) 644-9696 – Duty Officer Cell

❖ **MWHS-3:**

<https://www.3rdmaw.marines.mil/Units/MWHS-3/>

- (858) 307-1746 – URC Office
- (858) 307-1901 – Duty Officer

❖ **H&HS:**

<https://www.miramar.marines.mil/Commands/Headquarters-Headquarters-Squadron/>

- (858) 307-1723 – URC Office
- (858) 307-4321 – AURC Office
- (858) 864-3434 – CDO Duty Desk

Education Center (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1801
Email: sbmiramarmccs.edu@usmc.mil
Website: <https://miramar.usmc-mccs.org/marine-family-support/education/education-center>
Address: 5305 Miramar Way
Bldg. 5305 "The HUB"
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:30 AM – 4:30 PM
Weekends and Holidays – Closed

BRIEF DESCRIPTION

The Education Center is your recommended first stop to begin your academic goals. The Education Center is available to help you pick the best school or training program that fits your needs. You will receive unbiased professional advice to help all eligible patrons fulfill their education goals.

- ❖ Tuition Assistance Brief
 - Every Wednesday at 1130 at Bldg. 5305. Registration not required.
- ❖ FAFSA Workshop
 - 1st and 3rd Tuesday of every Month at 1130 at Bldg. 5305. Registration not required.
 - W2's from the last two years is required. If you are/were married your spouse or ex-spouse's income information from the last two years will be needed.
 - Username and password must be created prior to attending the workshop.
- ❖ CLEP, DSST & Pearson Vue Testing
 - Testing is offered through National University. For additional information or questions, please contact National University Testing Office via email at: testingservices@nu.edu
- ❖ Joint Services Transcript (JST):
 - The JST is now the official transcript tool for Army, Marine Corps, Navy and Coast Guard personnel that validates and documents the recommended college credits for professional military education, training courses and occupational experiences of service members and veterans.
- ❖ United Services Military Apprenticeship Program (USMAP):
 - USMAP is a formal military training program that provides service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized "Certificate of Completion" upon completion of a Trade.
 - To see if you qualify or for more information, please visit: <https://usmap.osd.mil/>
- ❖ Leadership Scholar Program (LSP):
 - Leadership Scholar Program (LSP) is a partnership between highly selective universities/colleges and the U.S. Marine Corps to assist qualified and honorable discharging Marines to continue their education. To find out if you qualify and which schools participate in LSP, contact the Education Center.
- ❖ Marine Corps Credentialing Opportunities On-Line (COOL):
 - COOL helps Marines find information on certifications and licenses related to their Military Occupational Specialties (MOS). More information about Marine Corps COOL can be found at: <https://www.cool.osd.mil/usmc/index.html>

Exceptional Family Member Program (MCAS Miramar)

CONTACT INFORMATION

Phone number:	858-307-4668
Email:	smbmiramarmcas.efmp@usmc.mil
Website:	https://miramar.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program
Address:	2525 Bauer Rd. Bldg. 2525 San Diego, CA 92145
Hours of Operation:	Monday – Friday 8:00 AM – 4:00 PM Appointments Recommended

BRIEF DESCRIPTION

The Exceptional Family Member Program (EFMP) is designed to support military families with special medical and/or educational needs and ensures availability of care during transitions to improve families' quality of life. EFMP is comprised of 3 components: Eligibility Identification & Enrollment, Assignment Coordination and Family Support.

Identification & Enrollment:

❖ Eligible Exceptional Family Members Include:

- Dependent(s) of an active-duty service member
- Spouse, child, or parent
- Resides with the sponsor (51%)
- Requires medical specialty care *or*
- Chronic medical condition requiring more than annual visits with a primary care physician.
- Eligible for early intervention services (IFSP)
- Eligible for special education or related services (IEP)

❖ Required forms needed for registration:

- DD Form 2792 (all family members)
 - DD Form 2792-1 (children with an Individualized Family Services Plan or Individualized Education Program)
- Supplemental documentation needed as applicable (i.e., IFSP, IEP, etc.)
Completed forms can be submitted to the local EFMP office or Headquarters EFMP at hqmc.efmp@usmc.mil

Assignment Coordination:

When a family member's specific medical or educational needs are documented via the DD2792 and DD2792-1, HQMC EFMP Assignment specialist use the information to match documented needs to the capability of the proposed PCS location. While the military's mission guides these assignments, when MMOA/MMEA/RAM and EFMP work together, the goal is to find an assignment that supports mission, career progression and family member needs.

Family Support:

Exceptional Family Member Program professionals help families become their own best advocates by providing:

- Information and Referrals
- Helping families successfully transition before, during and after a PCS.
- Supporting families with non-clinical case management.
- Connecting families to important resources and services, such as the School Liaison Officer.

Family Advocacy Program (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6585
24/7 Domestic Violence Line: 858-864-3408
Website: <https://miramar.usmc-mccs.org/marine-family-support/military-family-life/family-advocacy-program>
Address: 2274 Elrod Ave.
Bldg. 2274
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

The Family Advocacy Program (FAP) is designed to assist military families who are experience family violence by providing education and training, intervention and counseling. The goals of FAP are to prevent child and intimate partner maltreatment, to provide safety to victims, and to provide treatment for the family.

❖ **New Parent Support Program:**

New Parent Support Program (NPSP) is a professional team of licensed social workers, counselors and registered nurses who provide educational and supportive services to military families. NPSP offers a variety of services to support the successful parenting of children from birth to age 5. Home visitation is a major component of the program as well as classes and resources. For more information about NPSP, please call 858-307-9812

❖ **Prevention & Education:**

The Prevention and Education program offers command training as well as a variety of classes available to Marines, Sailors, and their families.

Classes offered:

- Century Anger Management
- Warrior Maintenance: Stress Management
- Putting Kids First / Cooperative Parenting
- Couples Connection Workshop
- Positive Parenting ages 0-12 yrs
- Positive Parenting for Teens
- Relationship Red Flags / Within My Reach
- Domestic Abuse Awareness Workshop
- Fair Fighting

For more information about Prevention & Education trainings, call 858-307-6585



❖ What is Domestic Abuse?

- Domestic abuse is the use, attempted use, or threatened use of force or violence against an intimate partner. It is also a pattern of behavior that results in the emotional abuse, economic control, or interference with personal liberty that is directed towards an intimate partner. An intimate partner is a current or former spouse, a person with whom the abuser shares a child or common domicile, or a person who is in a romantic relationship with the abuser.
 - Examples of domestic abuse include, but are not limited to, taking your cell phone or keys, not allowing you to leave a location, controlling what you wear or who you speak to, limiting your access to money, name calling, pushing, hitting, sexual contact without your consent.
 - **24/7 Domestic Violence Line 858-864-3408**

➤ Reporting Options:

▪ **UNRESTRICTED REPORTING:**

- A person who has experienced domestic abuse who wants to pursue an official investigation of an incident should report to their chain of command, the Family Advocacy Program (FAP), or law enforcement. Following an unrestricted report this person has access to medical care, counseling, FAP advocacy, and other supportive services. All reports of child abuse are unrestricted reports.

▪ **RESTRICTED REPORTING:**

- Restricted reporting allows an adult who has experienced or is experiencing domestic abuse to disclose the details of their abuse and receive medical care, counseling, and FAP advocacy without command or law enforcement involvement. Those electing to make a restricted report must report the abuse to a FAP clinician, FAP advocate, and in some states a DoD healthcare provider. Reporting to anyone not listed may result in an unrestricted report. A restricted report can be unrestricted later by the person who elected it. An unrestricted report cannot be restricted later.



DOMESTIC ABUSE PREVENTION RESOURCES

24/7 Domestic Violence Line - 858-864-3408

Family Member Employment Assistance Program – FMEAP (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6491
Website: <https://miramar.usmc-mccs.org/marine-family-support/military-family-life/family-member-employment-assistance-program>
Address: 5305 Miramar Way
Bldg. 5305 – Bldg. 5305
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:00 AM – 4:30 PM

BRIEF DESCRIPTION

The Family Member Employment Assistance Program (FMEAP) supports military spouses and dependent family members with career readiness tools, resources, and services.

The FMEAP Specialist can assist military spouses and family members in the following areas:

- Career Advising & Coaching
- Education, Entrepreneurial & Training Resources
- Individual Career Assessment & Planning
- Interviewing Skills
- Job Search Strategies
- Resume Assistance
- Salary Negotiations
- Volunteer & Skills Development

❖ **Spouse Transition and Readiness Seminar (STARS):** an informational workshop is designed to provide support and resources for military spouses as they navigate various aspects of transition, particularly during periods of relocation or when their service member transitions out of the military. Contact the FMEAP office for workshop dates & availability.

Fish Pond (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4150 (Admin at PARC)
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/lakes-ponds-fishing>
Address: 2257 Elrod Ave.
PARC Admin - Bldg. 2257
San Diego, CA 92145
Hours of Operation: Monday - Friday 9:00 AM – 5:30 PM

BRIEF DESCRIPTION

The Miramar Fish Pond is about 250 meters long and 150 meters wide, and is about 30 feet deep near the dam. The Miramar Fish Pond has been stocked with three different types of fish.

❖ **Getting There:**

The Fish Pond is close and easy to get to! Take Pless Avenue south off Miramar Way (just west of the Brig). Turn right after the “narrow bridge,” ignore the first left turn, and go straight to the top of the hill; you’ll see the sign and entrance on your right. Park in the lot and walk down to the pond.

❖ **Fishing License:**

A fishing permit is available FREE at Party Adventure Recreation Center (PARC).

❖ **Fishing Rules:**

You must be at least 13 to fish alone. Fish only from designated areas. All fish must be taken on hook and line. Use of minnows, frogs, shiners or gamefish for bait is prohibited. Chum or attractant is not permitted. Catch and release only.

Fleet and Family Support Centers (San Diego Metro Area)

CONTACT INFORMATION

Phone Number: 1-866-923-6478 (centralized scheduling)
Website: <https://sandiego.navylifesw.com/programs/14b94e26-cff0-447d-8381-edca6572aa74>
Address: Varies (please see website for addresses)
Hours of Operation: Monday – Friday 7:30 a.m. – 4:30 p.m.

BRIEF DESCRIPTION

Fleet and Family Support Centers provides services such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the transition assistance programs.

Visit the FFSC website for more information about:

- ❖ Career Services.
- ❖ Command Leadership Corner.
- ❖ Counseling and Assistance.
- ❖ Deployment Support.
- ❖ Disaster Preparedness Family Programs.
- ❖ Exceptional Family Member Program.
- ❖ Financial Management.
- ❖ New Parent Home Visits.
- ❖ Relocation Support.
- ❖ Resource Referrals.
- ❖ Retiree Support.
- ❖ Sexual Assault Prevention and Response.
- ❖ Workshops & Events.



Families OverComing Under Stress – FOCUS

CONTACT INFORMATION

Phone Number: 310-794-2482
Website: <https://focusproject.org/>
Email Address: info@focusproject.org

BRIEF DESCRIPTION

FOCUS is a prevention service designed to strengthen couples and families in readiness for tomorrow. FOCUS provides personalized training for each family and its individual goals. The program teaches practical skills to help families and couples feel prepared to meet the challenges of military life such as PCS, stress, deployments, injury and other transitions. FOCUS builds strong connections with other military family providers to support a network of care for service members, their partners and families. FOCUS training is confidential, free and offers services at family-friendly hours. Families and couples can self-refer.

FOCUS sessions allow families and couples to build their own story about military life experiences over 6 to 8 sessions. This helps them to:

- ❖ Build on current strengths.
- ❖ Use problem-solving and goal-setting to empower the entire family.
- ❖ Clarify misunderstandings and respect individual points of view.
- ❖ Identify, manage and discuss emotions.
- ❖ Feel closer and more supported.

TeleFOCUS brings FOCUS Family Resilience Training to active duty couples and families all over the world. TeleFOCUS uses a secure video chat program. Families only need an internet-connected computer with a camera.

Housing Service Center – Liberty Military Housing

CONTACT INFORMATION

Phone: 858-201-6538
Website: <https://www.livelmh.com/installations/ca/san-diego/miramar-mcas/>
Address: Liberty Military Housing – MCAS Miramar
45418 Howe Rd
San Diego, CA 92145
Hours of Operation: Monday – Friday: 8:30 AM – 9:00 AM, 10:00 AM – 5:30 PM
Saturday: 9:00 AM – 1:00 PM
Sunday: Closed

BRIEF DESCRIPTION

The 10 Navy and Marine Corps installations located in San Diego County are served by a centralized housing program manager Commander Navy Region Southwest (COMNAVREGSW). Family Housing Programs at the following Navy and Marine Corps installations are managed by COMNAVREGSW.

San Diego has entered a PPV (Private Public Venture) with Liberty Military Housing, a private property management company. Members who reside in a PPV unit are required to sign a six-month lease and pay - via allotment - the equivalent of the member's monthly BAH rate. Contact the San Diego Housing Service Center (HSC) or Liberty Military Housing to get the most current projection of housing availability and wait list information.

❖ Who May Apply For Family Housing?

- Navy, Marine Corps, Army, Air Force, United States Coast Guard and National Guard members are eligible. To apply for privatized family housing you will need to submit an application. Unaccompanied personnel may be eligible to apply for privatized housing however they are a lower priority than families. You must check into the Housing Services Center within 30 days of arrival to secure full local move benefits. Application may be made in person or submitted by mail, fax or email. Those not submitted in person must be confirmed within 30 days of reporting. Visit the Liberty Military Housing website for more information.

❖ In order to apply, you are required to have the following:

- DD Form 1746 (Application for Assignment to Housing).
- A copy of orders showing your detachment date.
- Certification of bona fide family members. Examples of acceptable forms of documentation are the Emergency Data application (Page 2), a Record of Emergency Data (RED), or Application for Uniformed Services Identification card (DEERS Enrollment).

❖ Additional Resources:

- For additional housing resources, please visit Naval Base San Diego Housing Service Center: <https://sandiego.navylifesw.com/programs/e86c31ab-42f1-426e-acf5-d6a5c42a25d6>

Identification Card Center – Joint Reception Center (JRC)

CONTACT INFORMATION

Phone Number: 858-307-1421
Website: <https://idco.dmdc.osd.mil/idco/> (Appointments website)
<https://www.miramar.marines.mil/Arriving/ID-Center/>
Address: 2258 Mitscher Way
Bldg. 2258
San Diego, CA 92145
Hours of Operation: Monday - Friday 7:30 AM – 4:00 PM
Appointments are Recommended

BRIEF DESCRIPTION

Military ID Cards are required for all family members ages 10 and over or when traveling overseas. ID Cards are issued at the Joint Reception Center (JRC), located at 2258 Mitscher Ave on the left-hand side of the road before exiting the North Gate. Appointment scheduling is available online and is recommended.

- ❖ Contact the ID Card Center prior to arriving to ensure you have the proper documents with you.

Information, Referral and Relocation Services (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1428
Email Address: smbmiramarmccs.iandr@usmc.mil
Website: <https://miramar.usmc-mccs.org/marine-family-support/information-referral-and-relocation>
Address: 5305 Miramar Way
Bldg. 5305 “The HUB”
San Diego, CA 92145
Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM

BRIEF DESCRIPTION

Information, Referral & Relocation (IRR) provides information on programs available to assist service members and families. IRR is an efficient way to find information or services that are right for you. In addition to answering questions about military and civilian programs and services, your IRR Specialist will also research information and find other resources for you.

Per MCOs, IRR provides the MANDATORY Relocation Workshops for Active-Duty Personnel:

- ❖ **Welcome Aboard Orientation (WAO) – Settling-In Services:**

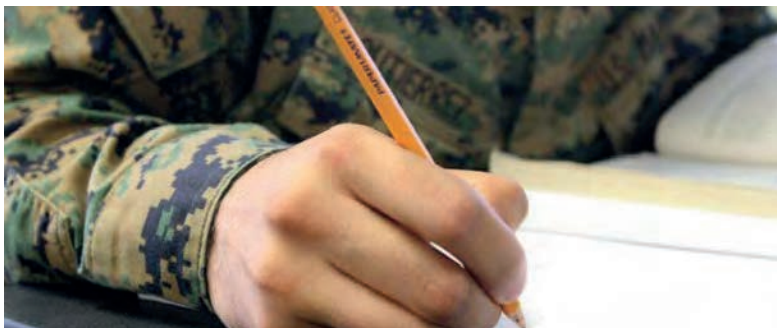
- This 2-day orientation will help you get acquainted with all the installation has to offer and the opportunities you can take advantage of while stationed at MCAS Miramar. Per MCO 1754.10B, WAO is mandatory for all E1-E6, WO1, and O1-O2 Service Members. Spouses and all other ranks are encouraged to attend.
- The provision of Settling-In Services focuses on available government living quarters, private housing, childcare, spouse employment assistance information, cultural adaptation, and community orientation.

- ❖ **PCS CONUS/OCONUS Workshop:**

- Whether PCSing from Coast-to-Coast or Overseas, the PCS CONUS/OCONUS Workshop will help you navigate the relocation process with ease.
- This workshop provides pre-departure and destination information, address financial concerns, travel entitlements, using the Distribution Management Office (DMO) for your household goods shipments and much more.
- This workshop is mandatory for all Service Members with PCS orders regardless of rank. Service Members are recommended to take this workshop within their 90-day PCS window. Spouses are welcome to attend.

❖ **Sponsorship Coordinator and Sponsorship Training:**

- The Sponsorship Coordinator Training is designed to assist newly appointed unit Sponsorship Coordinators with their roles and responsibilities by focusing on the proper administration, tools, and resources needed to run an effective program.
- The Sponsorship Training focuses on preparing Service Members to be effective in their role of sponsor as they prepare to help transferring Service Members to their unit. This training provides updated information on policies, role and responsibilities, and resources needed to be effective in your sponsorship role.
- Training can be completed online via MarineNet, or in person. Reach out to the IRR Specialist to set up in-person unit Sponsorship Training.



Information, Tickets, and Tours - ITT (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4141
Website: <https://miramar.usmc-mccs.org/dining-entertainment/information-tickets-and-tours>
Address until June 2025: 2524 Bauer Rd.
Bldg. 2524
San Diego, CA 92145

Address starting July 2025: 2257 Elrod Ave.
Bldg. 2257
San Diego, CA 92145
Hours of Operation: Monday - Friday 9:00 AM - 5:00 PM
Closed on weekends and holidays

BRIEF DESCRIPTION

The Information, Tickets, and Tours (ITT) Office provides discounted tickets to local tourist attractions and special events, as well as popular national theme parks. Purchase tickets to dinner shows, theme parks, sporting events and harbor cruises.

❖ American Forces Travel:

An MWR joint service initiative has resulted in the first official DoD online vacation travel site, American Forces Travel, with Priceline Partner Network® as the service provider. The site offers travel deals and benefits exclusively for Military members and authorized patrons! Log onto for more information: www.americanforcetravel.com

Inns of The Corps – Miramar

CONTACT INFORMATION

Phone Number: 858-271-7111
Website: <https://miramar.usmc-mccs.org/lodging/inns-of-the-corps-miramar>
<http://www.innsofthecorps.com/>
Address: 2515 Bauer Rd.
Bldg. 2515
San Diego, CA 92145
Hours of Operation: 24 Hours a day 365 Days a year

BRIEF DESCRIPTION

The Inns of the Corps - Miramar extends a warm welcome to you and your family & friends. Whether your travels are due to a permanent change of station move, temporary additional duty, or just getting away, you will find an inviting atmosphere, warm hospitality and quality accommodations at the Inns of the Corps - Miramar. Our location makes it incredibly convenient to access San Diego destinations, but set away enough to enjoy tranquil atmosphere conducive to rest and relaxation.

❖ How Far in Advance Can You Make Reservations?

- Anytime: If you are PCS with Family, Active Duty with TDY Orders, Medical In-Patients and Family of Seriously Ill.
- 60 Days in Advance: Active Duty on Leave, TAD, Rest & Relaxation, Widows/Widowers/Dependents of Active Duty Personnel, Single PCS, Foreign Military, Medical Out-Patients, Weekend Reservists.
- 30 Days in Advance: Retirees, Widows/Dependents of Retired Military Personnel, Retired Reservists, DOD and DON (on Orders), DOD and DON (not on Orders with Exchange Privileges), Public Health and Red Cross (on Orders)
- Official guests and visitors of the Command may stay at Miramar Inn but must be checked in by their sponsors.
- Family members and guests of military personnel may stay at Miramar Inn, but the military member must be present at check-in.

Installation Personnel Administration Center – IPAC

CONTACT INFORMATION

Phone Number: 858-307-4772
<https://www.miramar.marines.mil/Departments/IPAC/>
Address: 8380 Sparrow Rd.
Bldg. 8380
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:30 AM – 4:30 PM

BRIEF DESCRIPTION

Check-In/Inbound Branch:

- Hours of Operation: Monday-Friday 0730-1630
- Branch Clerks: (858) 307-8834/8838
- Branch OIC: (858) 307-4468
- Branch SNCOIC: (858) 307-4759

Check-Out/Outbound Branch (separations & Retirements):

- Email: miramaripacoub@usmc.mil
- Branch Clerks: (858) 307-4321
- Branch SNCOIC: (858) 307-8998
- Branch OIC: (858) 307-4489

BILLETING INFORMATION

- Personnel checking in to a command on MCAS Miramar that need barracks/billeting, report to:
 - Barracks Support Center: Building 5300, (858) 307-1027.

Legal Aid Society of San Diego

CONTACT INFORMATION

Phone Number: 1-877-534-2524
Website: www.lassd.org/
Address: Multiple Locations
Hours of Operation: Monday – Friday 9:00 AM – 5 :00 PM

BRIEF DESCRIPTION

Improving lives with FREE legal help! The Legal Aid Society of San Diego has provided effective legal assistance to San Diegans for over 100 years. The Legal Aid Society offers legal representation, information, and advice on a variety of subjects, and will help you find the resources you need.

Can provide FREE legal help with:

- Civil Appeals
- Conservatorships
- Consumer Protection and Bankruptcy
- Education Rights
- Eviction Defense
- Family Law
- Health Coverage (such as Medical) and Access to Care
- Housing Discrimination
- Immigration
- Landlord Tenant Issues, Eviction Defense, Foreclosure, and Public Housing
- Name or Gender Marker Changes
- Outpatient behavior health grievances / appeals
- Public Assistance (such as Food Relief)
- Restraining Orders
- SSI Benefits
- Taxpayer Rights and Education
- Unemployment Insurance Benefits

Legal Assistance Office (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1656
Email: miramarlegalassist@usmc.mil
Website: <https://www.miramar.marines.mil/Departments/Legal-Services/Legal-Assistance/>
Address: 6275 Bauer Rd.
Bldg. 6275
San Diego, CA 92145
Hours of Operation: Monday – Friday 8:00 AM – 11:00 AM & 1:00 PM – 4:00 PM
New Client/Walk-in: Tuesdays & Thursdays 8:00 AM – 11:00 AM

BRIEF DESCRIPTION

The Legal Assistance Office is tasked with providing free attorney and paralegal assistance to uniformed service members, their family members and dependents, retirees and other eligible clients regarding personal legal matters. "Family members" or "dependents" are those persons identified in the sponsor's service record and/or who possess a valid United States Uniformed Services Identification and Privilege Card. Legal Assistance attorneys are available to assist clients with adoptions, child support, consumer problems, contracts, debt and credit problems, immigration advice, wills, living wills, name changes, marital separation agreements, spousal support, and notarizations.

❖ Walk-In Hours:

- First time clients should come during Walk-In Hours: Tuesdays and Thursdays from 8:00 AM – 11:00 AM
 - First come first serve basis. Please arrive before 10:30 AM to allow time to complete an intake form and for staff to conduct a conflict check.
- Documents to bring: Military Identification Card, all documentation related to your case/legal issue, a list of relevant information and questions you wish to ask the attorney.

❖ **Citizenship & Immigration Hours:**

- Immigration Walk-ins & Citizenship Walk-ins are Tuesday and Thursday from 8:00 AM – 11:00 AM
 - There is no immigration brief requirement, new clients should come to walk-in hours.

❖ **Services Provided by Legal Assistance:**

- Consumer Law Issues (credit card debt, identity theft, etc.).
- Contract Disputes.
- Landlord/Tenant Disputes.
- Review of Contracts (e.g., to purchase a car).
- Non-Support Issues.
- Family Law Issues.
- Wills (Packet, Pick Up/Drop-off)
- SCRA
- Adoptions.
- Name Changes.

❖ **Services Not Provided by Legal Assistance:**

- Living Trusts.
- BCNR Petitions.
- Conservatorships.
- Traffic Violations.
- Criminal Matters.
- NJP Counseling.
- Fitness Report Rebuttals.
- DUI Counseling.
- Claims against the Government.

❖ **Dissolution (Divorce) Class:**

- The brief covers basic California law concerning the division of assets and debts of a married couple. The brief also discusses the law regarding childcare and parenting plan issues. Clients seeking legal assistance with their dissolution cases MUST attend the brief prior to coming to our walk-in hours.
- Our office is available to review the paperwork necessary to file for a divorce in California. The documents include the petition for divorce, petition for child custody and child support. It is highly recommended you utilize this service before you file for divorce.
- For further information regarding the Dissolution (Divorce) Class, please contact the Legal Assistance Office.

❖ **Wills:**

- The Legal Assistance office is currently only providing SIMPLE estate planning services. We are unable to create trusts. Wills packets, pick-up and drop offs can be done at any time during working hours.
- We will schedule an appointment for you to execute your will upon receipt of your completed will worksheet.
- Note: There is a two week turn around once the will worksheet package has been turned in.

❖ **Notary**

- We will execute a Power of Attorney or notarize other documents during regular business hours. To the maximum extent practical, try to come in outside of the walk-in hours.

❖ **Traveling Legal Briefs:**

- Preventive Law Briefs, Wills and Power of Attorney Briefs, and Pre-deployment Briefs should be scheduled two weeks in advance. Please contact us at 858-307-1656 or via email at miramarlegalassist@usmc.mil (include topic, Unit name, number of attendees, time, and place of the brief in your request).

❖ **Other Joint Legal Assistance Offices:**

- Marine Corps Base Camp Pendleton:
(22 Area) Building 22161
Camp Pendleton, CA 92055
Phone Number: 760-725-6558
- Region Legal Service Office (RLSO) Southwest
Mailing Address:
3395 Sturtevant St., Suite 9
San Diego, CA 92136
Phone Numbers:
Comm: (619) 556-0049
DSN: 526-0049

Library (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-1261
Website:	https://miramar.usmc-mccs.org/marine-family-support/libraries
Address:	MCAS Miramar - Bldg. 5305, The HUB, 5305 Miramar Way
Hours of Operation	Monday – Friday 7:00 AM - 5:00 PM Saturday, Sunday & Holidays – Closed

BRIEF DESCRIPTION

A vibrant learning, social infrastructure, MCAS Miramar Station Library supports both the quality of life and well-being of Marines and their families. Recently renovated with floor to ceiling glass study areas and a Makerspace Room, the Library is an innovative facility for collaboration, development, and experimentation.

❖ Library services:

- Collection: An unbiased collection of fiction and non-fiction books for juvenile through adult audience with after-hours book drop available at the front of the library
- Computers: An impressive bank of 15-public computers, 2-Marine Corps NMCI network computers, free WIFI, scanning, printing (daily 5-page limit), photocopying, faxing
- CMC: Access to physical and digital copies of the current Commandant's Professional Reading List
- Digital Databases: Over 140 databases and digital resources, including but not limited to: eBooks, audiobooks, digital magazines, foreign language learning resources, and full text research databases.
- Test Prep: A diverse collection of GED, SAT, GRE, GMAT, CLEP, ASVAB, and DSST test preparation resources both online and in physical formats.
- Quiet Spaces: Study rooms, reading nooks, a conference room, and a private nursing area

❖ The Children's Library:

- Classes:
 - Baby & Toddler Sign Language
 - Baby Massage
 - Sensory Play
 - Play Morning
 - Story Time
- Pre-school computers geared for children age 2-8yrs.
- Online databases and digital literary resources for Pre-K to 8th grade.
- Annual Summer Reading Program:
 - Emphasizes fun and rewards reading while helping school age children and teens retain academic skills such as reading, writing, and math during their break from school. This program is open to ALL AGES including pre-readers.

❖ The Makerspace Room:

- Strives to provide low to no cost resources and open access to tools and technology. The Makerspace facilitates weekly programming involving STEAM activities and 3D Printing.
- Items in the Makerspace Room include:
 - 3D Printers
 - Laser Etcher
 - Vinyl Cutter
 - Sewing Machine
 - Mini-heat press
 - Craft Materials
 - Virtual Reality
 - STEM/STEAM Games for all ages
 - Board Games
- To learn more or to schedule a consultation with the Makerspace Coordinator, please email: ombmiramarlibrary@usmc-mccs.org

MCAS Miramar Memorial Golf Course

CONTACT INFORMATION

Phone Number:	858-307-4155 (Main) 858-307-4155 (Tee Times) 858-307-1719 (Tournament Inquiries) 858-307-4156 (Lesson Inquiries)
Website:	https://miramar.usmc-mccs.org/recreation-fitness/recreation/mcas-miramar-memorial-golf-course
Address:	3750 Anderson Ave. Bldg. 3750 San Diego, CA 92145
Hours of Operation:	Pro Shop & Golf Course: Daily 6:00 AM – Sunset

BRIEF DESCRIPTION

Miramar Memorial Golf Course is situated in the heart of San Diego on Marine Corps Air Station, Miramar. It has hosted the prestigious Armed Forces Championship and boasts a regulation 18-hole golf course, expansive clubhouse, driving range practice facility, putting green, chipping green, and short game area. In addition, Miramar is known for having some of the best greens in San Diego County. Come experience all of it today.

❖ TEE TIMES:

- As of Tuesday, May 20, 2025, the tee time reservation policy at Miramar Memorial Golf Course will be as follows:
 - Active-Duty Military may reserve tee times online fourteen (14) days in advance starting at 0500 or call for tee times nine (9) full days in advance
 - Retired Military may reserve tee times online thirteen (13) days in advance starting at 0500 or call eight (8) days in advance beginning at 1200
 - DoD and Public may reserve tee times online twelve (12) days in advance starting at 0500 or call the golf shop seven (7) days in advance beginning at 1200
 - Guests may book up to two (2) foursomes in advance. Otherwise, tournament reservation procedures apply and must go through tournament administrator
 - 100 percent I.D. check is in place. All patrons must show applicable I.D. to receive applicable rates and times
 - Active Duty will have priority on all standby lists

❖ PRACTICE FACILITY:

- Miramar Memorial Golf Course features an expansive practice facility featuring a large turfgrass tee driving range, an 8,000 sq. ft. putting green and an additional chipping green and additional dedicated chipping green. The facility also features two short game areas for shots 60 yards and in.

❖ MIRAMAR ACTIVE-DUTY GOLF PROGRAM:

Attention Active-Duty Marines & Sailors stationed at MCAS Miramar There are three golf programs created just for you.

1. **Quality of Life Golf:** Every Tuesday of the year, two hours after twilight starts, you may play for free. That's right, \$0.00 greens fee!
2. **Dollar Day:** Every third Wednesday of the month all year long, golf any time of the day for just a \$1.00 greens fee. That's right, \$1.00 greens fee!

❖ FITTINGS:

- Active Duty (MIRAMAR ONLY) Club Fitting is available by appointment using fitting carts of Callaway, Mizuno, Ping, TaylorMade, and Titleist for irons, woods, hybrids, and putters. Contact the Director of Instruction at 858.307.4156 to schedule your club fitting appointment. DOD and Public: \$55.00 Junior (17 and below): \$30.00

Marine Corps Family Team Building – MCFTB (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-4918
Website:	https://miramar.usmc-mccs.org/marine-family-support/military-family-life/marine-corps-family-team-building
Address:	2525 Bauer Rd. Bldg. 2525 San Diego, CA 92145
Hours of Operation:	Monday – Friday 8:00 AM – 4:00 PM

BRIEF DESCRIPTION

The Marine Corps Family Team Building (MCFTB) program empowers Marines, families, and units with valuable resources and problem-solving skills to help them navigate the demands of military life. Eligibility for participation in our program extends to individuals across various segments of the military community. This includes:

- Active Duty Service Members: Including all branches of the military, all ranks.
- Department of Defense (DoD) Employees
- Spouses of Military Personnel

❖ **Unit, Personal and Family Readiness Program (UPFRP):** Training includes Family Readiness Command Team Training (FRCTT), Deployment Readiness and Uniformed Readiness Coordinator (DRC/URC) training, and Family Readiness Command Team Advisor/Assistant (FRCTA/FRA) training.

➤ The UPFRP Family Readiness Program Training (FRPT) provides training to UPFRP personnel to include:

- Family Readiness Command Team Training (FRCTT)
- Deployment Readiness Coordinator (DRC)
- Uniformed Readiness Coordinator (URC)
- Family Readiness Command Team Advisors (FRCTA)
- Family Readiness Assistant (FRA)

❖ **Readiness and Deployment Support:** The Readiness & Deployment Support workshops are designed to equip Service Members and their families with essential life skills necessary to effectively overcome the anticipated and often unforeseen challenges that suddenly arise during deployments. Contact the MCFTB office to schedule the following workshops:

- Pre-Deployment Brief for Marines & Families
- Family Care Plan
- Mid-Deployment Success
- Mid-Deployment Kids
- Return and Reunion for Parents & Extended Families
- Return and Reunion for Parents & Kids
- Reintegration Success

❖ **Lifestyle Insights, Networking, Knowledge, and Skills (L.I.N.K.S.):** The L.I.N.K.S. curriculum is designed to provide service members and their families an understanding of the benefits, resources, and services available to them.

➤ Contact the MCFTB program for information about the following L.I.N.K.S. Workshops:

- Our Corps, Our Culture
- Events & Etiquette
- Navigating Resources
- Pay & Entitlements
- Deployments
- Safe and Sound All Around
- The Place You Will Go
- Building Your Network
- Investing in Your Community
- Kids Readiness
- Mentor Training

❖ **Volunteering:** MCFTB provides opportunities for training and volunteerism with L.I.N.K.S. In addition, MCFTB provides training for UPFRP volunteer positions to include Family Readiness Command Team Advisor (FRCTA) or Family Readiness Assistant (FRA). The MCAS Miramar Installation volunteer Coordinator is also housed within the MCFTB program. More information can be found on page 68.

Military and Family Life Counseling Program – MFLC (MCAS Miramar)

CONTACT INFORMATION

Phone Number: Varies, see below
Website: <https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/>
<https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/community-counseling>
Address: 2274 Elrod Ave.
Behavior Health - Bldg. 2274
San Diego, CA 92145

BRIEF DESCRIPTION

The Military and Family Life Counseling Program (MFLC) supports service members, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, MFLCs deliver valuable face-to-face counseling services, briefings, and presentations to the military community.

You don't have to worry that seeking help will impact your service member's career. Services offered through the MFLC Program are confidential, not reported to the command, and do not impact a service member's security clearance. Exceptions to privacy include duty to warn, suspected family maltreatment (domestic violence, child abuse or neglect), harm to self or others, and illegal activity.

❖ Some Examples of Issues Includes:

- Adjustment / Transition
- Stress
- Marital / Couples
- Anxiety / Stress
- Deployment Cycle Issues
- Communication
- Aggression
- Work, Parenting
- Grief / Loss

❖ MFLC Solutions:

- Flexible appointment times
- Flexible meeting locations
- Confidential
- No records kept

❖ MCAS Miramar MFLC POCs:

- H&HS: 251-229-4745
- MWHS: 619-458-7419
- MACG-38: 619-346-8221
- MAG-16 Flight Line: 858-880-8062
- MAG-16: 619-346-8907
- Installation: 619-272-1729 and 619-394-8928
- MAG-11 Flight Line: 619-458-7421
- MAG-11: 619-346-8473
- CDC: 619-694-7299

Military OneSource

CONTACT INFORMATION

Phone Number: 800-342-9647 Stateside
Dial 711 and give the toll-free number TTY / TDD
Website: <http://www.militaryonesource.mil/>
Hours of Operation: 24 hours a day 365 days a week

BRIEF DESCRIPTION

Military OneSource, a free support service provided by the Department of Defense, provides assistance and resources to service members and their families on many different issues. The following information will help you understand what the service is and how to use it.

❖ **Confidential Services:**

- Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and childhood, and much more.
- Military OneSource has policy and programmatic information, helpful resources, products, articles and tips on numerous topics related to military life. Confidential services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers confidential call center and online support for consultations on several issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support, and resources.
- Military OneSource also offers confidential non-medical counseling services online, via telephone, or face to face. Eligible individuals may receive confidential non-medical counseling addressing issues requiring short-term attention, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital problems as well as assistance with financial management, taxes, career services, health and wellness, and much more. This personalized support is available 24/7 no matter where you live or serve.

❖ **Learn more about our services:**

- Call Center and Online Support.
- Military OneSource Financial Services.
- Military OneSource Social Media Hub.
- Personal Non-medical Counseling:
 - Face-to-Face Counseling.
 - Telephone Counseling.
 - Online Counseling.

❖ **Military OneSource Specialty Consultations:**

- Frequently Asked Questions on Specialty Consultations.
- Military OneSource Specialty Consultations Fact Sheet.
- Free Tax Services Available Through Military OneSource.
- Military OneSource Spouse Education and Career Opportunities.

Free educational materials on topics including parenting, deployment, service member education, spouse education and career opportunities, non-medical counseling, and many more.



MILITARY
ONE SOURCE

Military Outreach Mission – MOM (San Diego)

CONTACT INFORMATION

Phone Number: 619-461-4164
Website: <https://sandiegomom.org/>
Address: 4426 Habinson Ave.
La Mesa, CA 91942
Hours of Operation: Monday, Tuesday, Wednesday - 9:30 AM - 1:30 PM (Office)
Tuesday 10:30 AM – 1:30 PM (Distribution Center)

BRIEF DESCRIPTION

Our mission is to serve a vastly underserved population of junior enlisted military in San Diego County with basic needs to help stretch their limited funds while they live in one of the most expensive areas in the country. Our services are free of charge in appreciation of their services and consist of:

1. The distribution of food 7 times a month at military housing and holiday meals in November and December
2. Enabling families to shop at our La Mesa Distribution Center for baby items, children's clothes, and household items.
3. Helping families feel a sense of community, especially spouses of deployed members, by holding special events such as baby showers, Christmas Stores, Easter egg hunts, back to school backpack drive.
4. Helping during personal emergencies.

We serve all E-5 and below. Others based on needs.

❖ Distribution Center:

- Serving only Active Duty junior enlisted (E5 and below). Everything is given free in appreciation of your service.
- Families can visit the Distribution Center to pick up children's (under age 12) clothing, infant diapers, baby food, toys, small household items. Please make an appointment unless there is an emergency request.
 - Tuesdays 10:30 AM – 1:30 PM, 4426 Harbison Ave. La Mesa, CA 91942
 - To visit, please request an appointment time by emailing, office4sdmom@yahoo.com

❖ Food Distribution:

- Monthly food distribution at MCAS Miramar – Bob Hope Theater Parking Lot
 - 3:00 PM – 5:00 PM every 2nd Thursday of the month



Mills Park (MCAS Miramar)

CONTACT INFORMATION	
Phone Number:	858-307-4099
Website:	https://miramar.usmc-mccs.org/recreation-fitness/recreation/mills-park
Park Address:	MCAS Miramar Bauer Rd.
Reservations Desk:	MCAS Miramar, Bldg. 2273
Hours of Operation:	Daily Dawn until Dusk
Reservations:	7:30 AM - 4:00 PM
BRIEF DESCRIPTION	

Mills Park offers a setting for softball, basketball, horseshoes, and cook-outs. Mills Park also has a track with exercise stations. There are covered picnic areas as well as a large playground and two restrooms. Just across the parking lot on the north side of the park, you'll find two lighted tennis courts.

Reservations:

Required for use of the pavilions at Mills Park

Prices are as follows:

- Area 'A': \$125 / day
- Areas 'B' – 'L': \$25 / day

There are no charges for Command Functions.



Miramar Branch – Medical Clinic

CONTACT INFORMATION

Phone Number: 858-307-4656 – Appointments (Active Duty Appts – 3D MAW only)
619-532-8225 – Appointments (Beneficiaries/Non-3D MAW Marines)
800-874-2273 – 24/7 Nurse Advice Line
858-307-9876 – Audiology
858-307-7961 – Physical Therapy
858-307-9952 – Health Records
858-307-6740 – Women’s Health
619-532-8400 – Pharmacy / Refills

Website: <https://sandiego.tricare.mil/Clinics/BMC-MCAS-Miramar>
<https://www.miramar.marines.mil/Departments/Branch-Health-Clinic/>

Address: MCAS Miramar Bldg. 2496 (Bauer Rd)

Hours of Operation: Monday – Friday Varies by Clinic
Weekends and Holidays Closed

BRIEF DESCRIPTION

❖ **PATIENT CENTERED MEDICAL HOME (PCMH):**

- PCMH is our new primary medical care system for all your acute and chronic medical needs! Station active-duty personnel, many family members and retirees are assigned to PCMH, and can make an appointment by calling the central appointment line 619-532-8225. PCMH operates on an appointment basis only.
- If you are assigned to a Medical Home Team and want to contact your healthcare provider, you can call the central appointment line to send a message to your provider, or you may enroll in Naval Medical Center San Diego Online (also known as Relay Health)
- 3rd MAW personnel can make an appointment to see a Medical Provider by calling the Active Duty Appointment Center at 858-307-4656 from 0700-1530, Monday through Friday. If immediate medical attention is needed a duty Flight Surgeon is available from 0730-1530.
 - Clinic hours are Monday thru Friday, 0730-1600.

❖ **URGENT CARE INFORMATION:**

- There is no Emergency Room or Urgent Care Center on MCAS Miramar.
- For emergent or life-threatening conditions, call 911 or go to Naval Medical Center San Diego Emergency Room.

❖ **OPTOMETRY:**

- Active-duty eye exams and spectacle ordering. The following frames are available for active duty service members: frame of choice, aviator frames, submariner frames, ballistic and gas mask inserts.
- The following frames are available for reserve service members: standard issue, aviator frames, ballistic and gas mask inserts.
- Retirees may order standard issue spectacles only. They also must have had a prescription given within the last year.
- The office staff will accept walk-ins for spectacle ordering and pickup. Appointments are necessary for all other optometry exams.
- Optometry exams are part of the following physicals:
 - Flight
 - Student Naval Aviator Candidate
 - DODMERB
 - Air Crew Candidate
 - 5-year physicals
 - Re-enlistment
 - Separation/Retirement.

❖ **PHARMACY:**

- Provides services to active-duty Service Members, retirees and eligible family members.
- Prescriptions are filled using a number system. Patients check-in at the front window, then are asked to have a seat until their number is called.

❖ **WOMEN'S HEALTH CLINIC:**

- Active-duty female annual gynecological exams (AD females do not need a consult for this service, but do need to make an appointment)
- Gynecological health care concerns other than basic AD female annual exams, AD STD screening, AD contraceptive counseling/Rx (Depo-Provera, Birth Control Pills, etc.) need to have an OB/GYN consult placed by the patient's Primary Care Manager
- The Women's Health Clinic is not a "walk-in/acute care clinic"; patients will need to either schedule an appointment if they are active duty, or have a consult placed by their primary care provider.
- Prenatal care after hours and weekends call:
 - >20 wks. NMCS D Labor and Delivery - 619-532-8865
 - <20 wks. report to NMCS D Emergency Room.

❖ **PHYSICAL/OCCUPATIONAL THERAPY DIRECT ACCESS CLINIC:**

- Marines and Sailors stationed at MCAS Miramar that have acute, less than 5 days of onset, musculoskeletal pain/conditions can walk into the clinic for first-available physical therapy evaluations or call 858-307-7961 to schedule an appointment.
- For chronic conditions, service members can receive a physical/occupational therapy consult from their primary care provider.



National Domestic Violence Hotline

CONTACT INFORMATION

Phone Number: 800-799-SAFE (7233)
Website: <http://www.thehotline.org/>
Hours of Operation: 24 hours a day, 365 days a year

BRIEF DESCRIPTION

Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to The **Hotline at 1-800-799-SAFE (7233)** can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages. Visitors to this site can find information about domestic violence, safety planning, local resources and ways to support the organization.

- ❖ The Hotline is part of the largest nationwide network of programs and expert resources and regularly shares insight about domestic violence with government officials, law enforcement agencies, media and the general public. The National Domestic Violence Hotline is a non-profit organization established in 1996 as a component of the Violence Against Women Act (VAWA).

Naval Medical Center San Diego – NMCS D

CONTACT INFORMATION

Phone Number: 619-532-8225 - Appointments
619-532-8400 - RX Refills
619-532-6418 Patient Advocate
Website: <https://sandiego.tricare.mil>
Naval Medical Center
34800 Bob Wilson Drive
San Diego, CA 92134
Hours of Operation: Emergency Room 24 hours a day, 365 days a year
Hours Vary by Clinic

BRIEF DESCRIPTION

NMCS D is accredited by the Joint Commission. More than 250,000 San Diego residents are eligible for care at NMCS D, with nearly 100,000 beneficiaries enrolled. NMCS D staff is comprised of more than 6,500 military, civilian, contractor and volunteer personnel. In addition, NMCS D has the only Navy Medicine amputee center in the Western Pacific, has been recognized for many of its clinical and research programs, including refractive surgery, post-traumatic stress, and hearing and balance disorders. NMCS D personnel proudly deploy to support US Military Hospital Kuwait, the 1ST and 3RD Marine Expeditionary Forces, numerous humanitarian missions afloat and ashore and as individual augmentees. Recently, the NMCS D staff has been recognized for excellence by such organizations as the American College of Surgeons, the American College of Obstetricians and Gynecologists, Athena International and the San Diego Business Journal.

Health Services:

- Primary Care: Internal Medicine Clinic, Military Health Center
- Preventive Care: Immunizations, Health and Wellness, Mind Body Medicine, Nutrition
- Hospital Care & Surgery: Anesthesiology, Bariatric Surgery Clinic, Cardiothoracic Surgery, Neurosurgery Clinic, General Surgery, Orthopedic Surgery Clinic, Plastic Surgery, Preoperative Assessment Center, Vascular Surgery Clinic
- Urgent & Emergency Care: Emergency Department, Critical Care Medicine Department
- Mental Health & Substance Use: Mental Health, Special Psychiatric Rapid Intervention Team, Substance Abuse Rehabilitation Program (SARP), Inpatient Mental Health, Outpatient Mental Health
- Lab Tests & Radiology
- Specialty Care: Cancer Resources, Cancer Registry, Cardiology, Cardiovascular Services, Comprehensive Combat and Complex Casualty Care, Dermatology, Endocrinology, Gastroenterology, Hematology/Oncology, Infectious Disease

Clinic, Maternal-Fetal Medicine, Nephrology Clinic, Neurology Clinic, Occupational Medicine, Pain Medicine Center, Physical & Occupational Therapy, Pulmonary Department, Radiation Oncology, Traumatic Brain Injury, Urology Clinic

- Case Management
- Dental
- Pharmacy
- Vision: Optometry, Refractive Surgery
- Women's Health & Pregnancy: Breast Health Center, Female Pelvic Medicine, Maternal-Fetal Medicine, Obstetrics & Gynecology, Contraceptive Care Walk-in Clinic
- Children's Health: Newborn Nursery, Neonatal ICU, Pediatric Cardiology, Pediatric Hematology/Oncology, Pediatric ICU, Pediatric Residency Program, Pediatric Urology, Sub-specialty Clinic
- Readiness: Simulation Center, Suitability Screening Center
- Operational Forces Medical Liaison (OFML) & Medical Evacuation (MEDEVAC)

❖ **Driving directions:** <https://sandiego.tricare.mil/Getting-Care/Driving-Directions>

❖ **Medical Clinic & Dental Locations:** <https://sandiego.tricare.mil/About-Us/Directory>



Navy-Marine Corps Relief Society - NMCRS (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1807 (Main Office)
858-307-5009 (Thrift Store)
877-272-7337 (24/7 After Hours Line – American Red Cross)

Email: miramar@nmcrs.org

Website: <https://www.nmcrs.org/locations/miramar>

Address: 2273 Elrod Ave.
Bldg. 2273
San Diego, CA 92145

Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM
Appointments Recommended, Walk-Ins Welcome

BRIEF DESCRIPTION

The Navy-Marine Corps Relief Society provides financial assistance to active duty and retired Navy and Marine Corps members and their families in time of emergency.

❖ What can the Navy-Marine Corps Relief Society help with?

- Basic living expenses (rent, food, gas, utilities, cell phone, etc.).
- Household setup (security deposit, first month's rent, etc.).
- Emergency leave transportation for death/serious illness of immediate family - for both Service Members & spouses.
- Funeral expenses.
- Vehicle expenses:
 - Repairs, car payments, tow/impounds, repossessions, and registrations.
 - Insurance payments & insurance deductibles.
- Medical/dental expenses for dependents not covered by insurance.
- Military pay problems: PCS, new marriage, BAH, etc.

❖ \$1000 Quick Assistance Loan Program:

- For active duty Sailors and Marines only.
- Must have \$0 balance to qualify, limit 5 per lifetime.
- Military ID, current full-month Leave and Earnings Statement (LES) & application.
- Repayment options between 3-10 months or within EAS.



❖ **Additional Assistance:**

- **Budget Counseling:** Develop a spending plan, how to read an LES etc.
- **Budgeting for Baby Class:** Designed to give necessary information to new parents about the financial impact of a new baby on the family budget. Both service member and spouse are invited to attend these classes. Sign up at the Miramar office.
- **Thrift Shop:** Merchandise is donated and priced very reasonably. In the case of an emergency or personal disaster (fire, flood, burglary, etc.), the Thrift Shop will allow families to choose items at no cost to reestablish their house.

New Parent Support Program - NPSP (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-9812
Email:	mccsmiramarnpssp@gmail.com
Address:	2274 Elrod Ave Bldg. 2274 San Diego, CA 92145
Website:	https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/new-parent-support/
Hours of Operation:	Monday – Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

The New Parent Support Program (NPSP) is a team of supportive and caring counselors, registered nurses, and social workers who provide parenting education, resources, and support Marine families who are expecting or raising children aged 0-5 years old. The NPSP is designed to provide reliable information and resources for moms and dads promoting positive parent-child connections. We offer free home visitations, classes and groups tailored to meet the interests, needs and unique challenges of military families.

❖ **Baby Boot Camp:**

- A fun and dynamic class for expectant parents addressing numerous topics about your new baby, such as diapering, bathing, and soothing your infant as well as what to expect developmentally from your infant and how you can support their growth and development.
- To register for Baby Boot Camp, please call NPSP at: 858-307-9812

❖ **Home Visits:**

- Individualized parent support and education for expecting parents and for parents with children 0-5 years. Services include but are not limited to:

▪ Growth and Development.	▪ Blended Families
▪ Developmental Screening and Activities.	▪ Navigating Military Family Life.
▪ Newborn Care/Soothing and Fussy Baby.	▪ Connecting to Military & Civilian Resources.
▪ Gaining Cooperation and Discipline.	▪ Individual Infant Massage Instruction
▪ Managing Challenging Behaviors.	
▪ Self-Care	

❖ **Play Group:**

- Provides families with children newborn-18 months, a place and interact with other families and children outside the home. Parents are able to gain support and community from others in the group while creating a closer bond with their child.

❖ **Infant Massage Class:**

- Free 5-week class for parents & caregivers with infants from 4 weeks to 5 months of age. Infant massage is a wonderful and nurturing way to connect, communicate and bond with your infant.

Operation Homefront

CONTACT INFORMATION

Phone Number:	210-659-7756
Emergency Assistance:	877-264-3968 (Critical Financial Assistance)
Website:	http://www.operationhomefront.org/
Regional Office Address:	5725 Kearny Villa Rd., Suite D San Diego, CA 92123
Hours of Operation:	24 hours a day / 7 days a week via online

BRIEF DESCRIPTION

Operation Homefront provides various forms of relief to military families through its programs, such as Critical Financial Assistance, as well as Veteran housing assistance programs including Transitional Housing (Villages), Transitional Homes for Veterans, Transitional Housing (Apartments), and Permanent Housing. This ensures that short-term issues do not turn into long-term crises for families.

❖ Critical Financial Assistance:

- Operation Homefront recognizes that service members and their families should not have to face urgent financial crises alone. That's why we offer our Critical Financial Assistance program, providing emergency financial assistance for veterans and their families. Our program addresses critical financial shortfalls, including mortgage payments, rent, utilities, car repairs, home repairs, overdue bills, critical baby items, and groceries.
- Our professional caseworkers manage the process and validate the financial needs of the family before providing support. We offer assistance in the form of grants, not loans, and pay directly to service providers or provide a grocery card to families.

❖ Transitional Housing (Villages):

- One of Operation Homefront's veteran housing assistance programs, serves as a bridge for families during the lengthy period between the end of military pay and the beginning of veteran benefits, or during the review and receipt of veteran's disability claims.
- The program offers wounded, ill, and injured warriors and their families rent-free, two and three-bedroom apartments in San Diego, CA, Gaithersburg, MD, and San Antonio, TX. Our villages not only provide a home for families during this challenging time also alleviate financial stress and offer a comprehensive package of individualized family support and financial planning.

❖ Transitional Homes for Veterans:

- In 2018, Operation Homefront launched the Transitional Homes for Veterans program. The program offers eligible families the chance to live in a rent-free, single-family home for a period of two to three years, while receiving financial counseling and community support.

❖ Permanent Homes for Veterans:

- The Permanent Homes for Veterans program offers a comprehensive approach to homeownership for veterans and their families. The program provides mortgage-free homes and pairs families with dedicated caseworkers and financial counselors who offer guidance and support through the process. Our goal is to help families not only achieve homeownership but also thrive in their new homes.

❖ Family Support Programs:

- Whether handing out school supplies, supporting expectant parents, honoring military children, or giving meals to families, Operation Homefront has many events for service members and their families around the United States. To register for an event, interested individuals must create an account by logging into "My Operation Homefront" on the website. Family events include:
 - Back-to-School Brigade
 - Holiday Meals for Military
 - Star-Spangled Babies
 - Holiday Toy Drive
 - Homefront Celebrations
 - Military Child of the Year

Party Adventure Recreation Central (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4150
Email : miramarparc@usmc-mccs.org
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/party-adventure-recreation-central>
Address: 2257 Elrod Ave.
Bldg. 2257
San Diego, CA 92145
Hours of Operation: Monday - Friday 9:00 AM - 5:30 PM
Closed on Saturdays, Sundays, & Holidays

BRIEF DESCRIPTION

Welcome to the MCCS Miramar PARC. Our mission is to provide recreational opportunities for the military community in effort to nurture a passion for the great outdoors. We do this through offering a variety of high quality, outdoor equipment to all active duty and their families, retirees, DoD and reservist...and we do it at affordable prices!

❖ Equipment:

- Our center has tents, stoves, backpacks, sleeping bags, lanterns, coolers and much more! If you're more into water adventure, we also rent wetsuits, surfboards in many lengths, Stand Up Paddleboards (SUPs) and kayaks. Having a party? We have tables, chairs, BBQs and canopies in stock!

❖ PARC Rental Rules/Regulations:

- Military ID cards MUST be shown to reserve equipment.
- Reservations must be made in person by authorized users, age 18 and older.
- Items returned after due date will incur additional rental fees.
- All equipment must be returned clean and in its checked-out condition or be subject to maintenance fees.
- Patrons are required to load and unload equipment.
- Damaged or lost equipment will be subject to maintenance/replacement fees.
- NO RENTAL REFUNDS WILL BE GIVEN. Failure to pick up reserved equipment is subject to regular rental fees.
- Equipment SOP's are available at front desk. Equipment use is at patron's own risk. MCCS Miramar PARC is not liable for personal injury resulting from use or operation of equipment.

Personal Financial Management (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-9802
Email: sbmirarmccs.pfm@usmc.mil
Website: <https://miramar.usmc-mccs.org/marine-family-support/personal-financial-management>
Address: 5305 Miramar Way
Bldg. 5305 – The HUB
San Diego, CA 92145
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM (Appointments highly recommended)

BRIEF DESCRIPTION

The Personal Financial Management program provides you and your family with professional training and guidance to help you manage money successfully. Eligible patrons include Service Members, Family Members and DOD Employees.

The Personal Financial Management program can assist with the following topics:

- Blended Retirement System (BRS)
- Car Buying / Major Purchases
- Consumer Awareness
- Continuation Pay
- Couple Financial Counseling
- Credit / Debt Management
- Developing a Spending Plan
- Financial Education Action Points (FEAP)
- Individual Financial Counseling
- Military Pay & Benefits
- Retirement Planning
- Survivor Benefits Plan

Poison Control

CONTACT INFORMATION

Phone Number: 800-222-1222
Website: <http://www.calpoison.org/>
Hours of Operation: 24 Hours a Day, 365 Days a year

BRIEF DESCRIPTION

The California Poison Control System (CPCS) is the statewide provider of immediate, free and expert treatment advice and assistance over the telephone in case of exposure to poisonous, hazardous or toxic substances. Call us toll-free, 24 hours a day, 7 days a week, 365 days a year. Language interpreters are always available, just say the language you need when you call. Trained health care professionals, who have many years of valuable experience handling poison cases, staff our center.

- ❖ Information can be obtained on:
 - Swallowing poison.
 - Eye or skin irritation from toxic substances.
 - Inhalation of noxious fumes or vapors.
 - Animal, insect, snake and spider bites.
 - Food or mushroom poisoning.
 - Drug reactions.
 - Attempted suicides or drug overdose

Rotary Camp Pendleton

CONTACT INFORMATION

Phone Number: 760-415-9990
Website: <https://www.facebook.com/RotaryCampPendleton>
Address: Camp Pendleton, Bldg. 53339 (enter in Google Maps: Camp Pendleton building "53339" Horno)
Hours of Operation: Every Friday 8:00 AM – 12:00 PM

BRIEF DESCRIPTION

Rotary Camp Pendleton is a volunteer organization that picks up good quality furniture and housewares to give to military and veteran families for FREE. The Rotary is open to Active Duty, Retired and Dependents, no extended families.

- ❖ **Every Friday 8:00 Am – 12:00 PM** – Rotary Camp Pendleton opens their warehouse to give away FREE furniture and household goods to Active Duty Military, Dependents, Veterans, and Retirees.

More information or assistance visit, <https://www.facebook.com/RotaryCampPendleton>.

San Diego County Animal Services

CONTACT INFORMATION

Phone Number: 619-236-2341 - 24/7 Animal-Related Emergencies
619-767-2675 – Appointment Line for Services
Website: www.sddac.com/
Hours of Operation: All County shelters:
Tuesday - Sunday 9:30 AM – 5:30 PM
Mondays, and Holidays Closed

BRIEF DESCRIPTION

The County of San Diego Department of Animal Services provides dog licensing and animal control services for the unincorporated areas of San Diego County. Visit the Animal Services website for information and referrals on Adoptions, Licensing, Microchips, Low Cost Shot Clinics, Low Cost Spay/Neuter Programs, Disaster Planning Tips, Training Opportunities, Animal Related Laws, and Volunteer Opportunities.

Please note: We no longer service the cities of Carlsbad, Del Mar, Encinitas, Santee, San Diego or Solana Beach. For animal related matters in one of the above cities, please contact info@sdhumane.org

San Diego Metropolitan Transit System – MTS

CONTACT INFORMATION

Phone Number: 619-557-4555 – Customer Service
619-234-5005 – TTY
Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM
Closed Weekends and Holidays
Website: <https://www.sdmts.com/>

BRIEF DESCRIPTION

Instead of crunching the steering wheel while you fight traffic or driving around looking for a parking place while the kids get antsy, take the bus or trolley. We frequently stop at San Diego's fun places, such as: The San Diego Zoo, Sea World, Balboa Park, Petco Park, and many other sites that make San Diego so famous.



San Diego Police Department

CONTACT INFORMATION

Phone Number: 911 – Emergency Calls
619-531-2000 or 858-484-3154 – Non-Emergency Calls
Website: <http://www.sandiego.gov/police>
Hours of Operation: 24 Hours a Day, 365 Days a year

BRIEF DESCRIPTION

The San Diego Police Department recognizes a shared responsibility and connection between the police and the community in making San Diego a safer, more livable city.

A crime in progress is considered an emergency. Emergencies include crimes in progress or those that are about to happen, medical emergencies and crimes that have resulted in serious personal injury, property damage, or property loss. You should report emergencies by calling 9-1-1.

Any criminal or suspicious activities that are not emergencies should be reported to the San Diego Police Department.

SAY San Diego – Social Advocates for Youth

CONTACT INFORMATION

Phone Number: 858-565-4148
Website: www.saysandiego.org/
Address: 4775 Viewridge Avenue
San Diego, CA 92123

BRIEF DESCRIPTION

SAY San Diego is a local nonprofit organization dedicated to supporting the positive development of young people their families and communities in San Diego. Founded in 1971, SAY has been serving San Diego for over 50 years.

These SAY programs enrich youth, empower families, and engage communities to bridge gaps and provide well-being for all. We offer more than 30+ community programs and services that help San Diego residents thrive.

❖ **Programs include:**

- Family Support
- Preschools & Extended Day Programs
- Youth Development & Advocacy
- Health Navigation & Mental Health Support
- Community Development

School Liaison Program (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6633 / 8625
Email: sbmiramarmccs.4kids@usmc.mil
Website: <https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/school-liaison>
Address: 2258 Mitscher Way
Bldg. 2258
San Diego, CA 92145

BRIEF DESCRIPTION

The SLP Mission is to identify and coordinate community resources to reduce the impact of the mobile military lifestyle on military school-aged children and families; to implement predictable support services that assist children/youth with relocations, life transitions and achieving academic success; and to provide a wide range of resources that facilitate school transitions to parents, students, school, commanders and communities.

- ❖ Most of the area surrounding MCAS Miramar falls into the San Diego Unified School District (SDUSD).
 - If you are planning on living in the Poway, Rancho Penasquitos, Sabre Springs, Carmel Mountain Ranch, 4S Ranch, or Rancho Bernardo areas (92064, 92127, 92128, 92129), your child will attend a school in the Poway Unified School District.
- ❖ To ease the transition, we recommend hand-carrying your child's shot records, latest report card, and birth certificate(s). Please verify that the children have all the necessary immunizations required to begin school in San Diego.
- ❖ Another helpful option is to ask your child's current teacher to write a letter of introduction to his/her new teacher. Within this letter, the "sending" teacher can outline the strengths, weaknesses, learning style, and personality of your child to the new, "receiving" teacher. These tend to be positive and can help a new teacher get to know your child immediately. Writing such a letter is not required and is up to the willingness of your child's sending teachers to do so. If not possible, a letter of introduction from your (parent) perspective could also prove beneficial to the school in determining the appropriate class/program placement for your child, in addition to the official school records they receive.
- ❖ The one aspect of local schools that surprises our families transitioning into the area is that SDUSD provides almost no transportation to/from school. This means that parents are responsible for transporting their children. There are few exceptions:
 - Students with disabilities who qualify for special education and transportation.
 - Students who are enrolled in before-after school childcare at the MCAS Miramar Youth and Teen Center (select schools only).
 - Students who attend a magnet school with at least 10 students to transport to and from the same location.
- ❖ An option to pursue if you would like to attend a school other than your neighborhood school is to complete the enrollment options application and request an intra-district transfer to another school within the district (School of Choice). If you choose to pursue the school choice/transfer option, you will be responsible for providing transportation to and from school for your child, regardless of the distance.
- ❖ If you are currently in temporary housing and having issues showing residency in San Diego County, please connect with a School Liaison to assist in enrolling your student at a SDUSD School.

Semper Fit (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	Varies (see below)
Website:	https://miramar.usmc-mccs.org/recreation-fitness/fitness
Address:	Varies (see below)
Hours of Operation:	Varies by location

BRIEF DESCRIPTION

Semper Fit provides fitness and health education programs that focus on warfighter performance. Services include Fitness facilities, HITT Centers, and services such as strength and conditioning programs to support operational readiness. Semper Fit also provides services that are available to family members, retirees and other authorized users.

❖ Miramar Sports Complex / Main Gym (5702 Bauer Rd. – Bldg. 2471)

- Mon-Thurs: 5:00 a.m. – 8:00 p.m.
- Friday: 5:00 a.m. – 7:00 p.m.
- Saturday: 8:00 a.m. – 5:00 p.m.
- Sunday: 8:00 a.m. – 3:00 p.m.
- **858-307-4128**

❖ Semper Fit Center (2002 Bauer Rd. – Bldg. 2002)

- Mon-Thurs: 5:00 a.m. – 7:00 p.m.
- Friday: 5:00 a.m. – 1:00 p.m.
- Saturday: 8:00 a.m. – 12:00 p.m.
- Sunday: Closed
- **858-307-4654**

❖ The Barn / Fitness Annex (7115 Schilt Ave. – Bldg. 7115)

EFFECTIVE: 03 FEB 2025, The Barn transitioned to a 24-hour access facility. The structure is as follows:

- *Manned Hours (Open to All Authorized Patrons):*
 - Mon-Fri: 5:00 a.m. – 8:00 a.m. / 11:00 a.m. – 1:00 p.m.
- *Unmanned Hours (Restricted Access):*
 - During unmanned hours, only Active-Duty, PMO, and Fire personnel who have pre-register their Common Access Cards (CACs) will be permitted entry.
 - To gain access during unmanned hours, personnel must pre-register their CACs with The Barn staff during manned hours. Personnel will also be required to review and sign a Statement of Understanding (SOU).
- **858-307-6042**

❖ The HITT Center (2525 Bauer Rd. – Bldg. 2525)

- Mon-Thurs: 5:00 a.m. - 1 :00 p.m., 4:00 p.m. – 6:30 p.m.
- Friday : 5 :00 a.m. – 1 :00 p.m.
- Weekends : Closed
- **858-307-8776**

❖ Aquatics/ 50-Meter Pool (2000 Bauer Rd. – Bldg. 2000)

- Lap Swim Hours:
 - Mon-Fri: 5:00 a.m. – 7:00 a.m.
 - Saturday: 11:00 a.m. – 4:00 p.m.
 - Sunday and Holidays – Closed
- The 50-Meter Pool is open to all ranks. The pool includes lounge chairs, tables, and locker rooms with showers.
- All patrons pay a fee whether they swim or not. Active Duty Free, for all other patrons please refer to the website for updated information, <https://miramar.usmc-mccs.org/recreation-fitness/recreation/swimming>
- Please note: the 50-Meter Pool is a military training facility and **may close at any time to support military training.**
- **858-307-4137**

Group Fitness:

❖ **F45 MCAS Miramar Studio (5702 Bauer Rd. – Bldg. 2471)**

Located inside of the Miramar Sports Complex / Main Gym

- Mon-Thurs: 5:15 a.m., 6:15 a.m., 10:00 a.m., 11:00 a.m., 12:00 p.m. and 4:15 p.m.
- Friday: 5:15 a.m., 6:15 a.m., 10:00 a.m., 11:00 a.m., 12:00 p.m.
- Saturday: 8:15 a.m., 9:30 a.m.
- Sunday: Closed
- **858-307-4128**
- High-intensity group workouts that are fast, fun, and results-driven. The "F" stands for functional training, and the "45" is the length of class time. Regardless of your fitness level, everyone can participate in F45 Training.
- Free for Active Duty, please inquire by calling for rates.

❖ **FS8 MCAS Miramar Studio (2002 Bauer Rd. – Bldg. 2002)**

Located inside of the Semper Fit Center

- Mon-Fri: 6:00 a.m., 7:00 a.m., 8:00 a.m., 11:00 a.m.
- Afternoon times vary, please call for the most up to date schedule.
- **858-307-4654**
- FS8 is a Pilates, Yoga and tone studio. Offering high energy, low impact workouts to keep you flexible and strong to complement other workouts, reducing injury and boosting performance.

❖ **Athletics / Sports:**

- Get your workout the fun way by joining one of Semper Fit's many athletic teams. On-base intramural leagues, varsity and All-Marine levels are available. Sports offered include softball, basketball, football, soccer, volleyball, tennis, and others. Both men's and women's teams are available for most sports, and all provide opportunities for physical fun and competition. Teams are open to military personnel, and many are open to military family members and DoD employees. Select sports have afternoon and evening leagues, making it easy to get involved.
- For more information, go to Miramar Sports Complex Mon - Fri 7:30 a.m. – 4:00 p.m. or call **858-307-1202**

❖ **Human Performance:**

- ❖ Semper Fit Human Performance employs subject matter experts, including one of only two registered dietitians in the Marine Corps within Semper Fit. Our SME's provide training, education, resources, and referrals that support mission readiness, optimal performance and resiliency.
- ❖ Representatives from Human Performance hold regular health and nutrition classes and are available to come directly to individual units and offer briefs on topics such as BCP and remedial nutrition, fitness, injury prevention, weight loss, performance and sports nutrition, dietary supplement training, chronic diseases, tobacco cessation, sexual health, sleep and cognitive function and can also tailor presentations to fit specific needs.
- ❖ For more information, please call **858-307-7963** or email burksj@usmc-mccs.org



Sexual Assault Prevention and Response – SAPR (MCAS Miramar)

CONTACT INFORMATION

Phone Number: **858-864-2815 – Sexual Assault 24/7 Support Line**
858-864-3448 – Sexual Assault Response Coordinator
877-995-5247 – DOD Safe Helpline

Website: <https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/sexual-assault-prevention-and-response>
<https://www.miramar.marines.mil/Resources/Sexual-Assault-Prevention/>

Address: 2274 Elrod Ave.
Bldg. 2274
San Diego, CA 92145

BRIEF DESCRIPTION

- ❖ **IF YOU HAVE AN EMERGENCY, ARE IN IMMEDIATE DANGER, OR REQUIRE IMMEDIATE MEDICAL OR LAW ENFORCEMENT ASSISTANCE DIAL 9-1-1.** If you want to report that you have been sexually assaulted, or are not sure, it is best to speak with a sexual assault prevention and response victim advocate (SAPR-VA), or sexual assault response coordinator (SARC) first. **To reach a victim advocate call the Sexual Assault 24/7 Support Line at (858) 864-2815.**
- ❖ **Reporting Options:**
 - Unrestricted Reporting: Initiates an official law enforcement investigation and the support of the chain of command.
 - Restricted Reporting: Allows you to report confidentially and receive help without an investigation or command involvement.
- ❖ **Who can I talk to and still make a restricted report?**
 - There are several installation resources that will maintain confidentiality; while helping you determine the best way to move forward.
 - Civilian Victim Advocates (CVA) and Uniformed Victim Advocates (UVA) provide direct assistance to sexual assault victims by connecting them with appropriate resources such as medical, mental health, legal, and spiritual support.
 - Sexual Assault Response Coordinators (SARC) manage an installation's Sexual Assault Prevention & Response (SAPR) program and can assign a civilian or uniformed victim advocate.
 - Chaplains provide victims with spiritual support and guidance. A victim can tell a chaplain what happened, but cannot submit an official report through a chaplain. The chaplain will refer the victim to a SARC, CVA, or UVA to submit the report of sexual assault. To speak with the Installation Chaplain call (858) 307-1333
 - Victims' Legal Counsel (VLC) assist victims with understanding their legal rights and services including: obtaining restraining orders and military protective orders. VLC may represent victims of crime in the military justice process. To speak with a VLC call (703) 232-3487.
- ❖ **What is sexual assault?** The Department of Defense defines sexual assault as:
 - Intentional sexual contact characterized by use of force, threats, intimidation, or abuse of authority or when the victim does not or cannot consent.
 - The term includes a broad category of sexual offenses consisting of the following specific UCMJ offenses: rape, sexual assault, aggravated sexual contact, abusive sexual contact, forcible sodomy (forced oral or anal sex), or attempts to commit these acts.
- ❖ **What is Consent?**
 - A freely given agreement to the conduct at issue by a competent person. A sleeping, unconscious, or incompetent person cannot consent.
 - An expression of lack of consent through words or conduct means there is no consent. Lack of verbal or physical resistance of submission resulting from the use of force, threat of force, or placing another person in fear does not constitute consent.
 - A current or previous dating, or social sexual relationship by itself or the manner of dress of the person involved with the accused in the conduct at issue shall not constitute consent.

Single Marine Program - SMP (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6283
Email: ombmiramarsmp@usmc-mccs.org
Website: <https://miramar.usmc-mccs.org/marine-family-support/single-marine-program>
Address: 5305 Miramar Way
Bldg. 5305 – West side of The HUB (inside the Active-Duty Recreation Center)
Hours of Operation: Monday - Friday 11:00 AM – 7:30 PM

BRIEF DESCRIPTION

The Single Marine Program (SMP) at MCAS Miramar provides an invaluable platform for Single Service Members and Geographical Bachelors to connect, grow, and thrive both on and off duty. The SMP team creates memorable experiences through recreational activities, volunteer opportunities, and the means to address and improve Quality of Life (QOL) issues. The program fosters a sense of community and provides essential advocacy, ensuring that the needs and concerns of single Marines are heard and addressed.

- ❖ **Monthly Activities** - Each month, SMP members have access to:
- Trips: Explore local and statewide destinations.
 - Volunteering: Give back to the community through animal shelter support, environmental clean-ups, food banks, and more. SMP volunteers receive a Letter of Appreciation for each activity, and transportation is provided.
 - Recreation: Enjoy events like barracks bashes, tournaments, and various social gatherings.
 - Interactive Meetings: Stay informed on topics like QOL issues, upcoming activities, and MCCS information.



Space Available Travel - (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4283
Website: <https://www.miramar.marines.mil/Resources/Space-Available-Travel/>
Address: 9100 Sparrow Rd
Bldg. 9100
San Diego, CA 92145
Hours of Operation: Monday – Thursday 7:30 AM – 5:00 PM, Friday 2:00 PM – 5:00 PM
Saturday & Holidays – closed, Sunday 2:00 PM– 5:00 PM

BRIEF DESCRIPTION

To participate in Space-A Travel:

- ❖ Space-A Travel is a great program for our Active Duty, Guard, Reserve, Retired and their eligible family members. Please understand, our primary mission is the movement of cargo and space required (duty) passengers on a Department of Defense owned or controlled aircraft. Once mission requirements are met, available seats will be offered to Space-A passenger's awaiting transportation.
- ❖ As a reminder, all flights are subject to change. Seats are not guaranteed and the number of Space-A seats that are open are not known until the aircraft has touched down.
- ❖ Per DoD 4515.13-R, C6.1.9. Conditions Travel. There is no guarantee space for any traveler. The Department of Defense is not obligated to continue an individual's travel or return him or her to point of origin, or any other point. Travelers shall have sufficient personal funds to pay for commercial transportation to return to their residence or duty station if Space-A transportation is not available.

Support the Enlisted Project – STEP

CONTACT INFORMATION

Phone Number: (858) 695-6810
Website: <https://www.teamstepusa.org/>
Address: 9915 Businesspark Ave., Suite A
San Diego, CA 92131
Hours of Operation: Monday - Friday 8:30 AM - 5:00 PM

BRIEF DESCRIPTION

STEP's Mission: Improving financial wellness to combat food insecurity, homelessness, mental health conditions, suicide, and other crises through counseling, education, and financial support for enlisted service members, veterans and their families. Listed below are STEP's programs offered year-round:

❖ Emergency Financial Assistance

- STEP Social Workers, certified in Financial Counseling, are standing by to help you identify and achieve your financial goals. Take the first step toward your brighter financial future by completing the application for financial assistance.

❖ Financial Freedom Workshops

- A highly interactive workshop designed to support attendees in developing personal financial goals and concrete plan to achieve them. The workshop is presented by request to active duty or veteran groups of all sizes.

❖ Warehouse on Wheels

- STEP hosts distributions monthly of goods such as food, diapers, clothes, shoes, toys and more to the military and veteran community to ensure that every military and veteran family has what they need.
- **STEP MCAS Miramar Monthly Distribution: Every 4th Thursday of the Month 3:00 PM - 5:00 PM**
 - **Bob Hope Theater Parking Lot** – Registration required by visiting: www.teamstepusa.org/wow
 - FREE Food and Diaper Distribution

❖ Car Giveaway

- Through the generosity of the community, STEP helps facilitate car giveaways periodically. Each giveaway will have their own criteria to apply, so keep any eye out.

❖ Holiday Programs

- STEP has Thanksgiving and holiday programs to help military and veteran families have what they need during the holidays without impact their financial wellness.

❖ Cammies to College

- Learn your options, plan your future, and connect with experts. Join us to engage with local colleges, universities, K-12 community resources, opportunity drawings, backpack giveaway, breakout sessions, and get some lunch.



Substance Assessment Counseling Center – SACC (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1129
Website: <https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/substance-abuse>
Address: 2274 Elrod Ave.
Bldg. 2274
San Diego, CA 92145
Hours of Operation: Monday - Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

The SACC provides services for addressing issues and concerns with alcohol and drug use, abuse and dependence. These services include prevention, education, screenings, and assessments. Prevention and education provides information on making healthy choices when using alcohol. Screenings and assessments are conducted addressing identified situations of concern so that the SACC is best able to assist Marines and Sailors with the appropriate care. All active duty and family members with concerns about alcohol and/or illicit substance usage, are welcomed to visit the SACC. Unit briefings are also available; presentations are tailored to meet the needs of the unit.

❖ Prevention:

- Prevention consists of the Drug Demand Reduction Program (DDRP) and the Alcohol Abuse Prevention Specialists (AAPS). Together, they address substance abuse issues throughout MCAS Miramar. They operate in tandem, assisting unit Substance Abuse Control Officer's (SACO's) and Alcohol Screening Program Coordinators (ASPC's) with the Marine Corp's urinalysis and breathalyzer programs. Services provided are as follows:
 - Command Substance Abuse Prevention Planning.
 - Illicit Substance Abuse education.
 - Alcohol Abuse education.
 - Safety Stand Down periods of instruction.
 - Monthly substance misuse informational booths.
 - Collaborations with on-base and off-base community providers.
 - Prime for Life course of instruction.

❖ Prime for Life:

- Prime for Life (4.5) 4 ½ hour risk reduction class. The first goal is to help each person served in reducing the risk for any type of alcohol or illicit substance issue. The second goal focuses on self-assessment; to help persons served understand and accept the need to make changes and protect according to identified values in their lives.
 - Please Note – Individuals who have recently experienced a substance usage incident are not appropriate for this service.
- Prime for Life 16.0 is an Early Intervention 16-hour educational course. Didactic sessions coupled with interactive group settings are utilized to assist persons served, in developing effective coping skills. The course is ideal for persons served who have experienced unhealthy decision-making involving substance usage.

❖ Outpatient/Residential/Medical Level IOP:

- Outpatient Service (OP) is formally scheduled for once a week for six to nine weeks. OP offers individual sessions in conjunction with group, as well as six months of aftercare. OP includes formatted didactic sessions and therapeutic groups, which support each person served in developing effective coping skills.
- Residential Treatment and Medical Level IOP are provided by the Substance Abuse Rehabilitation Program (SARP) located at Navy Submarine Base Point Loma. SARP is a comprehensive treatment program; providing individual, group, and case management care for patients who require intensive structure and supports at the medical level.

❖ Alcoholics Anonymous (AA) - Meetings are offered Mondays from 6:30 p.m. – 7:30 p.m. in bldg. 2274

Tragedy Assistance Program for Survivors – TAPS

CONTACT INFORMATION

Phone Number: 800-959-TAPS (8277) – 24/7 Line
Website: www.taps.org/
Address: 3033 Wilson Blvd., Third Floor
Arlington, VA 22201

BRIEF DESCRIPTION

The Tragedy Assistance Program for Survivors (TAPS) offers compassionate care to all those grieving the death of a loved one serving in our Armed Forces. Since 1994, TAPS has provided comfort and hope 24 hours a day, seven days a week through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

- ❖ Our National Military Survivor Seminar and Good Grief camp has been held annually since 1994. TAPS also conducts regional Survivor Seminars and Good Grief Camps at locations across the country.
- ❖ **If you are suffering the loss of a military loved one, or if you know someone who can use our support, please call our toll-free help and information line now: 1-800-959-TAPS (8277).**
- ❖ *The Tragedy Assistance Program for Survivors (TAPS) is a not-for-profit organization and is not part of, or endorsed by, the Department of Defense.*
 - Survivor Programs:
 - Survivor Seminars.
 - Good Grief Camps and Camp Outs.
 - Retreats.
 - Expeditions.
 - Inner Warrior.
 - Peer Mentors.
 - Suicide Survivor.
 - Team TAPS.
 - Teams4taps.
 - Survivor Connections:
 - Survivor Outreach and Helpline.
 - Online Community.
 - Care Groups in your area.
 - Peer Mentoring.
 - Extended Family, Caregiver for a grieving Child.
 - Survivor Resources:
 - Grief Counseling.
 - Education Assistance.
 - Case Work.
 - TAPS Magazine & Resource Library.
 - Links to helpful Organization.
 - Gifts for Families of Fallen.
 - Grief Publications.
 - Survivor Relationships:
 - Widows, Widowers, Significant Others.
 - Surviving Parent, sibling, adult child, suicide survivor.



Transition Readiness Program - TRP (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-6710
Email:	sbmirarmccs.tr@usmc.mil
Location:	5305 Miramar Way Bldg. 5305 - The HUB San Diego, CA 92145
Website:	https://miramar.usmc-mccs.org/marine-family-support/transition-readiness-program
Hours of Operation:	Monday – Friday 7:00 a.m. - 4:00 p.m.

BRIEF DESCRIPTION

- ❖ Preparing Marines for the civilian workplace – the Transition Readiness Program (TRP) provides guidance and training for transitioning success.
- ❖ **Steps to Success:**
 1. Individualized Initial Counseling
 - Complete the individualized Initial counseling (IC) no later than 365 days prior to EAS date.
 - Contact your Unit Transition Coordinator (UTC) for IC pre-work instructions and assistance with scheduling IC with your installation’s TRP Office.
 2. Pre-Separation Counseling Brief
 - Attend the pre-separation counseling brief no later than 365 days prior to your EAS date.
 - You must complete your IC before attending the Pre-Separation Counseling Brief.
 - The pre-separation counseling brief is an in-person class which provides high level information on the many benefits, services, resources, and programs available during and after transition.
 - Contact your UTC or TRP office for assistance with scheduling your attendance to the pre-separation counseling brief.
 3. Transition Readiness Seminar Courses
 - Attend the Transition Readiness Seminar (TRS) courses no later than 180 days prior to your EAS date.
 - You must complete the individual Initial counseling (IC) and attend the Pre-Separation counseling Brief to register for the TRS courses.
 - Contact your UTC for assistance with scheduling your attendance to the TRS courses.
 4. Capstone Review
 - Conduct Capstone Review no later than 120 days prior to your EAS date.
 - You must attend all the TRS courses before you can complete the Capstone Review
 - You and a TRP Advisor will review your completion of all mandated Career Readiness Standards (CRS) and discuss your transition plans.
 - You must contact your UTC or TRP office to schedule your Commander’s Verification.
 5. Commander’s Verification
 - Complete Commander’s Verification no later than 90 days prior to your EAS date.
 - At Commander’s Verification, your CO or designee will validate your overall preparedness to transition and will conduct any warm handovers to services or resources as needed based on your transition plan.
 - Your CO or designee will digitally sign your DD Form 2648 at the conclusion of Commander’s Verification.
 - You will need to provide a copy of your completed and signed DD Form 2648 to your UTC.
 - You will also need to provide a copy to IPAC in order to receive your DD214.
- ❖ Also available is our **Family Member Employment Assistance Program** (pg. 28)

TRICARE Dental – United Concordia

CONTACT INFORMATION

Phone Number: 844-635-4061 – CONUS Toll Free
844-653-4060 – OCONUS Toll Free
Website: www.uccitdp.com/
Hours of Operation: 24 hours a day, 365 days a year

BRIEF DESCRIPTION

The TRICARE Dental Program (TDP) is a worldwide dental care plan offered to eligible beneficiaries by the Department of Defense through the Defense Health Agency.

The TDP is divided into two geographical service areas: CONUS and OCONUS

- CONUS – The 50 U.S. States, D.C., Puerto Rico, Guam, and the U.S. Virgin Islands
- OCONUS – All areas outside of CONUS, including services on ships or vessels outside U.S. waters

How to sign up – Enrollment in Tricare Dental is not automatic once enrolled in DEERS. The Service Member must enroll family members by completing and turning in paperwork as well setting up an allotment to pay monthly charges.



TRICARE Medical – TriWest Healthcare Alliance

CONTACT INFORMATION

Phone Number: 888-874-9378
1-800-874-2273 opt. 1 – Nurse Advise Line
Website: <https://www.tricare.mil/west>
Hours of Operation: 24 hours a day, 365 days a year

BRIEF DESCRIPTION

TriWest Healthcare Alliance is the current TRICARE West Region contractor as of January 1, 2025. TriWest is tremendously proud to help serve the health care needs of service members, veterans and their families. With one of the largest networks of health care providers in the nation, we are dedicated to helping people live healthier lives by simplifying your health care experiences, meeting your health and wellness needs and establishing trusted relationships with you.

- ❖ Website and Toll-free line:
 - Assistance with general information, benefits, claims, eligibility, authorizations, and provider inquiries.
 - Customer Service is available Monday through Friday, 7:00 a.m. to 7:00 p.m., local time.
 - Provider locator services are available 24 hours a day, seven days a week on website.



United Through Reading

CONTACT INFORMATION

Phone Number: 858-481-7323
Email: info@utr.org
Website: <https://unitedthroughreading.org/>
Address: 1455 Frazee Rd Suite 500
San Diego, CA 92108

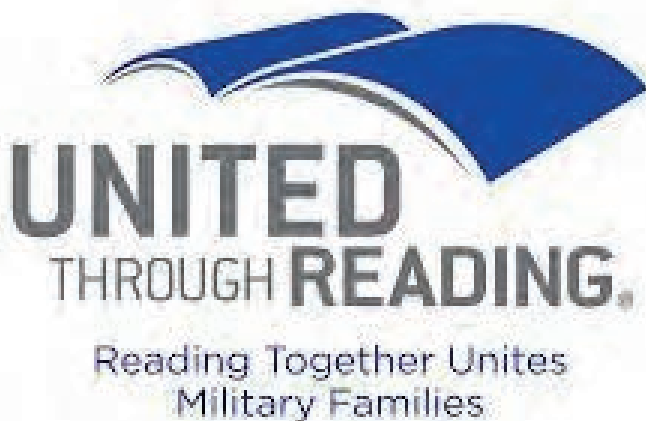
BRIEF DESCRIPTION

One of the most difficult things a child can experience is having a parent deployed to a war zone for an indeterminate period. The United Through Reading Military Program helps ease the stress of separation for military families by having deployed parents read children's books aloud for their child to watch at home. Millions of Storytime moments are missed because of military life challenges. These moments of bonding, connection, and learning are crucial for military families.

United Through Reading has been a part of connecting military families through reading since 1989. We do this by providing military service members with the opportunity to record and save story time moments for their families to enjoy, no matter the distance. Each recording comes with a **free** copy of the book for your family to read along with your story time recording. We also provide reading resources with tips and tricks to start a daily reading routine at home.

United Through Reading **serves all branches of the military**, regardless of duty status, including Veterans, for all types of separation including deployment, drill weekends, and duty nights. We also serve non-custodial parents, geo-bachelors, and the wounded, ill, and injured at medical facilities.

- ❖ How to participate:
 - To find a United through Reading Story Station near you, please visit the website for current program locations.
 - Get started today by downloading the free and secure app.
 - Contact the United through Reading Program Manager by visiting the staff page on the website or emailing military@utr.org.



United Service Organization (USO) – San Diego International Airport

CONTACT INFORMATION

Phone Number: 619-296-3192
Website: <https://california.uso.org/sandiego>
Address: 3705 North Harbor Drive (1st Floor) – San Diego International Airport
San Diego, California 92101
Hours of Operation: Monday - Friday 6:00 AM – 10:00 PM
Weekends 8:00 AM – 5:00 PM
The center is open based on volunteer availability and hours may vary

BRIEF DESCRIPTION

The USO Center is conveniently located by the San Diego International Airport and is reserved for Active, Guard and Reserve service members and their dependents who are in transit at the airport. Retirees with appropriate DoD ID card will be allowed in on a space available basis at the discretion of the staff on duty. Please be prepared to show your boarding pass or proof of same day travel.

- ❖ **Marines returning from Boot Leave** headed to School of Infantry-West for MCT/ITB
 - Marines returning on Tuesday: SOI is tracking your arrival. If you are taking the Sea Breeze Shuttle to Camp Pendleton, Bus cost is \$40 cash, credit, debit and mobile app payments paid to Sea Breeze or the pre-paid blue ticket you purchased at boot camp. Buses run starting at 10 AM until 10 PM.
- ❖ **MCRD Recruits** - All MCRD recruits will be processed in front of the USO building.
- ❖ **Shuttle Pick-Up**: Shuttles conveniently pick up passengers in front of the USO building. Shuttles to Camp Pendleton are scheduled at 12pm, 5pm, and 10pm. For transportation to other locations, please contact Sea Breeze at 619-244-9749.
- ❖ **Events**:
 - If you are a command looking for support for an upcoming event [submit a resource request form](#). You will then hear back within 48 hours from a staff member regarding the request on whether it was able to be approved or not. Please submit a resource request for command support 2 weeks or more prior to the event.
- ❖ **Amenities at this Location**:
 - Food & Beverages
 - Beverages, Coffee & Tea, Snacks
 - Multimedia & Gaming
 - Board & Table games, Xbox One
 - Services & Information
 - Flight time boards, Transportation Information
 - Connectivity
 - CAC Readers, Charging Stations, Computers & Laptops, Phones, Wi-Fi
 - Rest & Relaxation
 - Air Conditioning, Baby changing station, bathrooms, children's play area, patio & outdoor space, showers, toiletries.



United States Postal Service – USPS (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4578
Website: <https://tools.usps.com/locations/details/1371856>
Address: 45482 Elrod St., Suite 3
Bldg. 2257
San Diego, CA 92145
Hours of Operation: Monday - Friday 8:30 a.m. - 3:00 p.m.
Saturday - 8:30 a.m. – 12:00 p.m.
Sundays and holidays - Closed

BRIEF DESCRIPTION

❖ **Services Available:**

- Purchasing stamps, money orders, mailing parcels to include express mail services, post office box rental (mailboxes may be rented via mail, contact your local USPS for details).

❖ **Military Services Available:**

- Mail delivery thru private mail receptacles for ALL military members stationed at MCAS Miramar who live in the BEQ/BOQ. Mailboxes are provided at no cost to service members. Service members must present the BEQ/BOQ receipt during check-in before a box can be issued. General Delivery for transient and student personnel is provided upon written request during check-in. All personnel reporting to MCAS Miramar must check-in at the Military Post Office. Failure to do so will cause your mail to be delayed or possibly returned to sender.

Veterans Affairs Benefits Advisors (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 571-461-8674 / 8701 / 8850
Website: <https://www.va.gov/directory/guide/facility.asp?ID=5762>
Company: Team CALIBRE – Department of Veterans Affairs
Address: 5305 Miramar Way
Bldg. 5305 – The HUB
San Diego, CA 92145
Office Hours: Monday - Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

- ❖ VA Benefits Advisors are available to provide one-on-one assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career:

- Disability compensation
- VA Health care, Education
- Insurance (dental and life)
- Home Loan Guaranty
- Pension
- Personalized Career Planning and Guidance
- Veteran Readiness and Employment
- Find local support.



VA

U.S. Department
of Veterans Affairs

Veterans Affairs Office - (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 619-400-1515 ext. 1-1179 – Office
Email: Arnold.ahyuen@va.gov
800-827-1000 – VBA Support
Website: <https://benefits.va.gov/benefits>
Address: 5305 Miramar Way
Bldg. 5305 – The HUB
San Diego, CA 92145
Office Hours: Monday – Friday 7:30 a.m. – 3:30 p.m.

BRIEF DESCRIPTION

- ❖ U.S. military veterans and some service members within six months of separation or retirement can apply for Vocational Rehabilitation and Employment benefits.
- ❖ U.S. military veterans, service members, members of the Selected Reserve, and dependents can apply for education benefits. For Education Benefits please call 1-888-GIBILL1 (442-4551) to speak with an Education Case Manager.
- ❖ The burial benefits can be applied for using VA Form 21-530.
- ❖ For all other benefits call the MCAS Miramar office at 619-400-1515 ext. 1-1179 or stop by in person during office hours.



Vehicle Registration (CA Auto Registration Service)

CONTACT INFORMATION

Phone Number: 858-537-0811 – MCX Main Store Location
Website: <https://miramar.usmc-mccs.org/services/vehicle-registration-service>
Address: 2260 Elrod Ave.
MCX Main Exchange - Bldg. 2660
San Diego, CA 92126
Hours of Operation: Monday - Friday 9:00 AM - 4:00 PM
Saturday 9:00 AM - 2:00 PM
Sunday and Holidays closed.

BRIEF DESCRIPTION

The primary mission of the Vehicle Registration Office is to provide base registration for all personally owned motor vehicles and motorcycles. Services offered include transfers, renewals, plates, stickers, and titles for almost any vehicle type – cars, trucks, motorcycles, trailers, motor homes, boats, and off-road vehicles.

Veterinary Treatment Facility (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6552
Email: usarmy.miramarvtf@health.mil
Address: 6360 Bauer Rd
Bldg. 6360
San Diego, CA 92145
Website: <https://miramar.usmc-mccs.org/services/veterinary-treatment-facility>
<https://www.facebook.com/miramarvtf/>
Hours of Operation: Monday – Friday 7:00 AM – 3:30 PM
CLOSED: Last Working Day of Each Month, Weekends & Holidays

BRIEF DESCRIPTION

The Veterinary Treatment Facility is open for retail sales (flea and heartworm prevention, oral care) and drug/food prescription refills (if applicable) daily. Prescription refills are available only for pets that have been diagnosed by a military veterinarian within the year and specify that refills are appropriate via faxed patient records. Heartworm prevention purchases will be fulfilled only with a valid negative heartworm test within the past year.

- ❖ Veterinarians and technicians are available for routine wellness checkups and vaccinations, as well as minor sick call including most skin problems, ear problems, endocrine and metabolic diseases, gastrointestinal problems, musculoskeletal problems, and humane euthanasia. The facility's staff is also able to assist with health requirements and documentation for PCS moves.
- ❖ Per Public Health Command guidelines all pets and owners must maintain a working client patient relationship by being seen in the facility within the last 12 months in order to fill prescriptions at the VTF.
- ❖ Appointments can be made in person or by phone, walk-ins are not accepted. Dogs and cats of all active-duty military members and retirees with medical benefits are eligible to be seen at the facility. We always recommend that patrons of the clinic keep their own civilian veterinarian in case of emergency, or if we're unable to fulfill their needs.



Visitor and Registration Center (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1463
Address: 6200 Miramar Way
Bldg. 6200 – Located at the East Gate
San Diego, CA 92145
Website: <https://www.miramar.marines.mil/Departments/Provost-Marshall-Office/>
Hours of Operation: Monday – Friday 7:30 AM – 4:30 PM

BRIEF DESCRIPTION

The Visitor and Registration Center is located by the East Gate on Miramar Way. All non-military or non-DoD affiliated personnel must stop by the Visitor and Registration Center with their eligible sponsor to receive a pass to enter the base.

❖ **Base Vehicle Registration:**

- Bring all required documents to bldg. 6200. A PMO employee will have you identify your social security number and set up a profile in the registration system if one is not already created. You will receive a printout of your on base registration.
 - **Active Duty:**
 - Driver's Awareness Certification from MarineNet for Service Members under the age of 26.
 - Valid Driver's License.
 - Valid Insurance.
 - Valid Paper Registration.
 - Smog check for any vehicle registered outside the state of California that is 6 years or older to be compliant with the California Clean Air Act.
 - Motorcycles will also need a valid motorcycle endorsement and BRC/ARC certification.
 - **Civilian Personnel:**
 - Valid Driver's License.
 - Valid Insurance.
 - Valid Paper Registration.
 - Smog check for any vehicle registered outside the state of California that is 6 years or older to be compliant with the California Clean Air Act.

❖ **Resale Lot:**

- The Resale Lot aboard MCAS Miramar allows Service Members, retirees, and their dependents a space to advertise their vehicle for sale at no cost. Spots are assigned on availability and in 30-day increments. If you need longer than 30 days, please go to Bldg. 200 to get an updated place card. Vehicles parked in the lot and not authorized or assigned to be there are subject to be towed at the owner's expense.
- To reserve a spot:
 - Bring all required documents to bldg. 6200:
 - Valid CAC, Dependent ID, or Retiree ID.
 - Valid Driver's License.
 - Valid Insurance.
 - Valid Paper Registration.
 - Vehicle must be registered on-base.
 - A PMO employee will verify the documents and assign a spot in the lot. You will receive a placard with your assigned spot numbered and instructed to place it in your window while your vehicle is parked in the lot.

- ❖ For additional information on registering firearms, bicycles, or pets, visit the website listed above.

Volunteer Program (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-4473
Website: <https://miramar.usmc-mccs.org/marine-family-support/volunteer-opportunities>
Address: 2525 Bauer Rd.
MCFTB Office – Bldg. 5305
San Diego, CA 92145
Hours of Operation: Monday – Friday 8:00 AM - 4:00 PM

BRIEF DESCRIPTION

The Volunteer Program offers a variety of services to military personnel, family members (to include youth), veterans, and installation employees. The Volunteer Program strives to provide learning opportunities, training, job experience, development of interpersonal relationships and networking.

❖ Volunteer Opportunities on Base:

- L.I.N.K.S.
- Single Marine Program
- Marine Corps Family Team Building
- Coach Youth Sports
- Navy Marine Corps Relief Society
- Food Distribution Assistance

Women, Infants & Children – WIC (San Diego)

CONTACT INFORMATION

Phone Number: 1-800-500-6411
Website: <https://sandiegowic.org/>
Address: Euclid Health Center
292 Euclid Ave., Ste. 225
San Diego, CA 92114
<https://sandiegowic.org/contact/>
Other locations available in San Diego, see website for the one near you

BRIEF DESCRIPTION

The Women, Infants & Children (WIC) program offers nutrition education, breastfeeding support, and provides checks for nutritious foods to low-income women, infants, and children up to age 5 at no cost to you. The program is available regardless of race, color, sex or national origin. U.S. citizenship is not required to participate in WIC.

❖ Population Served:

- Pregnant women.
- Breastfeeding women up to 1 year postpartum.
- Non-breastfeeding postpartum women up to 6 months postpartum.
- Infants and children under 5 years old.
- All foster children under 5 years old.
- Single fathers may receive vouchers for eligible infants/children.



❖ Benefits & Qualifications:

- Supplemental nutritious foods, nutrition education, and counseling at WIC clinics.
- Screening and referrals to other health, welfare and social services.
- To qualify: meet WIC guidelines, get medical check-ups, have a nutritional need, live in California.

Youth & Teen Center – (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-4136 (Main) 858-307-6959 (Resource & Referral)
Email:	ombcypmiramar@usmc-mccs.org
Address:	MCAS Miramar Bldg. 2700
Website:	https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/teen-center https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/cyp-resource-referral https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/school-age-care
Hours of Operation:	Monday – Friday 6:00 AM – 8:00 AM (School Days Morning Hours) Monday – Friday 3:00 PM – 6:00 PM (School Days Afternoon Hours) Monday – Friday 6:00 AM – 5:30 PM (Non-School Days Hours) Closed Weekends and Holidays.

BRIEF DESCRIPTION

The Youth & Teen Center has something to offer everyone from Kindergarten to 18 years of age! All programs and services are open to Active Duty, Retired, Active Reservists, and Department of Defense employees. Families are required to register in order to utilize the Youth & Teen Center programs. The Youth & Teen Center is affiliated with the Boys and Girls Club of America (BGCA) and focus on the core areas of Character & Leadership, Education and Career Development, Health and Life Skills, The Arts, Sports/Fitness/Recreation, and Technology.

If requesting Before/After care for your child(ren) and they do not attend the select schools, childcare may be offered during school-out Camp Programs only. SAC program times will be based on the San Diego Unified School District schools (Traditional) schedules. Surrounding county schools may not coincide for “No School Days” and Seasonal Breaks, therefore we would not be able to provide care for those outer district children.

❖ Registration

- All childcare offers are made through the MilitaryChildCare.com website. Families must create an account online to submit requests for childcare. CYP Resource and Referral (R&R) Office is located in the Youth & Teen Center, Bldg 2700 and can answer all questions regarding CYP programs. Resource and Referral can be reached at 858-307-6959.

❖ Transportation

- Bus transportation is operated and provided by the Youth & Teen Center. For a list of schools covered by transportation, please call the Youth & Teen Center Office: 858-307-4136

❖ Cost for Childcare

- Determined based on total household income, billed bi-monthly.

❖ Teen Center

- The Teen Center is a unique space for teens ages 13-18 to enjoy an inclusive place to socialize, engage in diverse activities, and have a safe place to express themselves. The center houses a gaming room with online gaming both computer and consoles, computer lab, outdoor patio area, theatre space and a Café to provide a place for patrons to enjoy a variety of beverages and snacks. The Teen Center provides a variety of recreational activities for teens ages 13-18yrs enrolled in high school. Clubs and activities offered align with Boys & Girls Clubs of America growth programs to promote character, leadership, mentoring, homework help, age-appropriate life skills, workforce preparation, and the arts.

❖ Teen Bus Transportation

- The Teen Center has a school transport programs for teens to get to school in the morning and an afternoon pick up. The Teen Center operates their own school bus not affiliated with the local school district. Transportation schedule follows the San Diego Unified School District calendar and costs a monthly fee to use services. For a list of current schools this service is offered to, please call CYP Resource & Referral at: 858-307-695

Youth Sports Program – (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-6530
Email: ombmiramaryouthsports@usmc-mccs.org
Address: MCAS Miramar Bldg. 2700
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/sports/youth-sports>
Hours of Operation: Monday – Thursday 11:00 AM – 7:30 PM
Friday: 1:00 PM - 9:30 PM
Saturday & Sunday: Closed
Holiday Hours may vary.

BRIEF DESCRIPTION

MCCS Miramar Youth Sports is open to the dependents of ALL active-duty military, reservists, retired military, and DoD employed civilians in ALL areas.

Registration is completed online during scheduled registration periods, refer to the Youth Sports calendar. Youth Sports has limited space available, so all registrations are taken on a first-come, first-served basis. After the registration period has ended or a division becomes full, the Youth Sports Program will start a waiting list. It is not guaranteed that individuals on the waiting list will be assigned to a team but will be placed if and when space becomes available.

Marine Corps Community Services Miramar has been awarded the Better Sports for Kids Quality Program Provider designation for 2023/2024 for the Youth Sports Program.

The Better Sports for Kids Quality Program Provider designation is a seal of commitment to quality and safety based on nationally accepted standards. Achieving this designation demonstrates Marine Corps Community Services Miramar has undergone a review process and has shown a commitment to the children and families we serve.

Our organization was evaluated in the following categories:

- ❖ Written policies and procedures
- ❖ Volunteer screening
- ❖ Coach training
- ❖ Parent education
- ❖ Accountability

