

# Marine Corps Air Station Miramar Resource Guide

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American Red Cross	877-272-7337 / 858-309-1200
Armed Services YMCA	858-751-5755
Auto Skills Center	858-307-1215
Balboa Park	619-239-0512
Big Bear Cabins	858-271-7111 ext 5 / 909-866-3965
Bob Hope Theater	858-307-4143 / 4142
Boys & Girls Club of America	856-866-0591
Cal Auto Registration	858-695-7366
California Department of Motor Vehicles	800-777-0133
Center for Community Solutions	888-385-4657
Chaplain Services	858-307-1333
Child Care Resource and Referral	619-556-1011 / 877-235-6002
Children and Youth Teen Center	858-307-4136
Children's Waiting Room, NMCSD	619-532-6665
Commissary	858-307-4516
CREDO	760-725-4954 / 619-556-2826
Community Counseling Center	858-307-1129
DEERS	800-334-4162 / 858-307-1421
Disabled American Veterans	858-689-9617 / 9637
Distribution Management Office (DMO)	858-307-1276 / 1071
DSTRESS	877-476-7734
Education Center	858-307-1801
Exceptional Family Member Program	858-307-4668
Family Advocacy Program	858-307-6585
Family Member Employment Assistance Program	858-307-6491
Family Readiness Program	858-307-4918
Fish Pond	858-307-4150
Fleet & Family Services	866-923-6478
Flying Leatherneck Museum	877-359-8762
F.O.C.U.S	858-307-1607
ID Card Office	858-307-1421
Information and Referral	858-307-1428
Information Tickets and Tours	858-307-4141 / 4126
Installation Personnel Administration Center (IPAC)	858-307-8665
Legal Aid Society of San Diego	877-534-2524
Legal Assistance Office	858-307-6260
LifeSkills Program	858-307-4473 / 9078
L.I.N.K.S.	858-307-4810 / 4918 / 6681
MCAS Miramar Memorial Golf Course	858-307-4155
MCCS Counseling Center	858-307-6585
Mental Health Systems	858-566-6439
Military OneSource	800-342-9647
Mills Park	858-307-4099
Miramar Child Development Center	858-307-4144
Miramar Branch Medical Clinic Customer Service	858-307-9945

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Miramar Inn	858-271-7111
Miramar Library	858-307-1261
Miramar Volunteer Program	858-307-1322
NACCRRRA	800-424-2246
National Domestic Violence Hotline	800-799-7233
Naval Medical Center San Diego (Appointment Line)	619-532-8225
Navy-Marine Corps Relief Society (NMCRS)	858-307-1807
Navy-Marine Corps Relief Society Thrift Store	858-271-4633
New Parent Support Program	858-307-6585
Operation Homefront	855-282-0960
PARC	858-307-4150
Personal Financial Management	858-307-9802
Poison Control	800-222-1222
Prevention Relationship Enhancement Program (PREP)	858-307-1333
Provost Marshall's Office (Emergency)	858-307-4068
Public Affairs Office	858-307-6000
Readiness & Deployment Support	858-307-4918
San Diego Animal Services (Emergency Line)	619-236-2341
San Diego Metropolitan Transit	619-233-3044
San Diego Military Outreach Ministries	619-461-4164
San Diego Naval Housing	619-556-8443
San Diego Police Department	619-531-2000
SAY San Diego	858-565-4148
School Liaison Program	858-307-6633 / 8625
Semper Fit Programs	858-307- 4128
Sexual Assault Prevention & Response	858-307-6711
Single Marine Program	858-307-6283
Space Available	858-307-4285
STEP SoCal	858- 695-6810
Substance Abuse Counseling Center	858-307-6585
The Great Escape	858-307-6171
Tragedy Assistance Program for Survivors	800-959-8277
Transition Readiness Program	858-307-4933 / 6021
TRICARE Dental/ United Concordia	800-332-0366
TRICARE Medical	877-988-9378
United Through Reading	858-481-7323
USO Downtown Location	619-235-6503
USO Airport Location	619-296-3192
United States Postal Service	800-275-8777 / 858-307-4578
VA Office	858-689-2141
Vehicle Registrations and Decals	858-307-1463
Veterinary Care Clinic	858-307-6552 / 1773
WIC	800-500-6411

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## 2-1-1 SAN DIEGO

### CONTACT INFORMATION

Phone Number:	211
Local Web Address:	<a href="http://www.211sandiego.org">www.211sandiego.org</a>
National Web Address:	<a href="http://www.211.org">www.211.org</a>
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 County.
  - Every hour of every day, someone in 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 Representatives (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, the majority of whom are Alliance of Information and Referral Systems (AIRS)-certified, provide a wide range of immediate resources to local individuals and families.
- ❖ **Military Program:** In San Diego, our military is a huge part of our history, sense of community and vibrant culture. 2-1-1 serves as the single access point for information, referrals, navigation, and ongoing care coordination for active duty military, veterans, and their immediate families. We are also 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 times the most difficult problem is not knowing where to turn when you need help.
  - Courage to Call is a confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists and guard members, including those who served in Operation Iraqi Freedom and Operation Enduring Freedom, through information, guidance, and referrals. This dedication extends to military families and loved ones.
  - All Courage to Call staff have been in the military and understand the rigors of the military and military family life, constant deployments, transitioning out of the military and navigating veterans services. Courage to Call Peer-Support Specialist and Peer Navigators are dedicated to helping you and your loved ones connect to the services and assistance you deserve. See more at: <http://211sandiego.org/resources/military-veteran-services/#sthash.1LuabiuO.dpuf>

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# AMERICAN RED CROSS

## CONTACT INFORMATION

Local Phone Number:	858-309-1200
Website:	<a href="http://redcross.org/local/California/san-diego">redcross.org/local/California/san-diego</a>
Address:	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 can be found at: <http://www.redcross.org/about-us/our-work/military-families>

### ❖ Emergency Communications:

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. Twenty-four 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 or not 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

Emergency communications can be submitted online or by calling 877-272-7337.

### ❖ 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 which requires the presence of the service member or his or her family, burial of a loved one, or with assistance that cannot wait until the next business day (food, temporary lodging, urgent medical needs, or the minimum amount required to avoid eviction, utility shut off, etc.). Active duty service members stationed CONUS and their immediate family members can call the Red Cross Service to the Armed Forces Centers for help seven days a week, 24 hours a day, 365 days a year.

### ❖ Deployment Services:

Whether your family is facing its first deployment or the next of many, the American Red Cross has developed workshop, information and support services to help you with the practical and emotional challenges. Invite Red Cross to your events or attend online courses

- Coping with Deployments Course
- Pre-Deployment Preparedness Tool for Family Members
- 

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## AMERICAN RED CROSS (cont.)

- Post-Deployment Support Resources for Homecoming
- Reconnection Workshops

### ❖ 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.

- Local Red Cross offices develop and maintain relationships with key community partners. 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 key 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:

[Get Involved with a Group or Program | Red Cross](#)

- 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

### ❖ How to Contact the Red Cross for Assistance

The American Red Cross Emergency Communications Center is available to help 7 days a week, 24 hours a day, 365 days a year. Call 1-877-272-7337 (toll-free) or contact your local Red Cross. Download the FREE Hero Care App at the Apple or Google Store or text "GETHEROCARE" TO 90999

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## ARMED SERVICES YMCA (San Diego)

### CONTACT INFORMATION

Phone Number: 858-751-5755  
Website: [www.asysd.org/san-diego-home](http://www.asysd.org/san-diego-home)  
Address: 3293 Santo Road  
San Diego, CA 92124  
Hours of Operation: Monday – Friday 8:00 am – 4:30 pm

### BRIEF DESCRIPTION

The San Diego Armed Services YMCA is a non-profit organization exemplifying the American spirit of caring. Since 1920, the mission of the San Diego Armed Services YMCA is to enhance the lives of military personnel and their family members in spirit, mind and body by providing programs and services that strengthen them and are relevant to the unique challenges of military life.

- ❖ Family and Youth Enrichment Programs:
  - Operation Kid Comfort provides custom quilts to dependents of deployed or soon to be deployed parents.
  - Camp Hero: An exciting Day Camp option that encourages kids to build new relationships and challenge themselves through small group activities and field trips
  - Moms & Tots: Family bonding program that supports early childhood development through positive interactions, songs, stories and arts & crafts
  - Craft & Conversation: Adult environment where military spouses create a network of support while learning about different resources and engaging in a fun weekly craft.
  - Kids Club: Respite child care service connected to Craft & Conversation. Kids 18 months to 5 years can attend while parent participates in Craft & Conversation.
  - Operation Hero: This afterschool enrichment program focuses on leadership development & skill building to empower the children of active duty service members.
  - Neighborhood Exchange: Monthly food distribution program for income qualified active duty junior enlisted services members and families.
  - Homecomings: San Diego Armed Services YMCA welcomes service members home by providing a variety of projects and crafts for children and families while they await their service member's return.
  - Club Hero: No-cost 10 week after middle school program for military children. Location: Farb on Thursdays from 2:30-4:15pm; De Portola on Tuesdays from 3:50-5:45pm
- ❖ Clinical Counseling:
  - Clinical Counseling services are completely free and confidential! We work with service members and their dependents on a variety of issues impacting their lives including but not limited to marital conflict, parenting, adjustment to medical crisis or injury, grief/loss, adjustment to relocation or deployment, depression, anxiety and post-traumatic stress.
- ❖ Urgent Needs Support services are geared towards helping active duty junior enlisted service members and their families that have not already received support at our Naval Medical Center office during a financial emergency. If your family is experiencing a financial crisis and you need assistance for basic food items or gas for work, you may be eligible to access our Urgent Needs Emergency Food and Gas Program.
- ❖ Wounded, Injured and Ill Services:

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- **Warrior Care Initiative:** We work closely with Naval Medical Center San Diego to help Wounded Warriors heal. Among the support services provided include: Emergency financial assistance, Clothing, Cell phone, Personal hygiene items, lodging and transportation, Emotional Support and MORE!

### **ASYMCA SAN DIEGO (cont.)....**

- **Urgent Needs:** Temporary emergency support is available to assist patients with additional expenses that often result from sudden illness or injury. Support services include: Emergency food vouchers, transportation assistance, child care financial assistance, family supplies and toiletries.
- **Clinical Counseling:** Trusted and confidential counseling services in a safe-space (whether at home or in our offices) to junior enlisted activity duty service members and their families, free of charge. Our Social Work team with advanced professional degrees and familiar with military culture, understand the needs, issues and concerns of military families.
- **Littlest Warriors:** Specialized services are provided to military families with children. In addition to enjoying a family bonding experience, these events offer an opportunity to meet other military families facing 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. Outdoor Recreation options include: Wood Working, Fishing Excursions, Jewelry Making, Equine Therapy and MORE!

## **AUTO SKILLS CENTER (MCAS Miramar)**

### **CONTACT INFORMATION**

Phone Number: 858-307-1215  
 Website: <http://www.mccsmiramar.com/auto-skills-center>  
 Address: Bldg. 6673  
 Hours of Operation: Mon, Tue & Holidays: Closed  
 Wed – Fri: 12:00 – 8:00  
 Sat – Sun: 9:00 – 5:00

### **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. They also provide plenty of space to work on your car, truck or motorcycle in both indoor and outdoor stalls. Knowledgeable ASE certified mechanics are available for advice and assistance. The staff's helpful and friendly nature makes the Shop a welcome environment, regardless of how much or little you know about your automobile.

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# BALBOA PARK

## CONTACT INFORMATION

Phone Number: 619-239-0512  
Website: [www.balboapark.org/](http://www.balboapark.org/)  
Address: 1549 El Prado  
Balboa Park  
San Diego, California, 92101  
Hours of Operation: Daily 9:30 am - 4:30 pm (Visiting Center)  
Balboa Park Grounds: 24 Hours  
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.

The best way to start your time in Balboa Park is with a stop at the Balboa Park Visitors Center. Located across from The Prado Restaurant in the House of Hospitality, the Visitors Center has the most current and comprehensive information about the Park's activities and attractions. Open from 9:30am-4:30pm daily, the Visitors Center offers brochures, maps, audio tours, free guided tours of the Park, transportation information, dining advice, and more.

Hours: The 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 by institution.

### ❖ Admissions Information

- Most of the cultural attractions in Balboa Park are independently managed non-profit organizations. The admission prices vary by institution-with museum and performing arts memberships offering a chance to support these San Diego cultural treasures as well as gain special admission to them. 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.

### ❖ 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, 9:30-4:30pm. Email Susy for a volunteer application: [visitor@balboapark.org](mailto:visitor@balboapark.org).

UPDATED: August 2020

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# BIG BEAR RECREATION FACILITY

## CONTACT INFORMATION

Phone Number: 858- 271-7111 ext. 5 (Reservations) or in person at the Miramar Inn bldg. 2515  
Phone Number: 909- 866-3965 (Big Bear Lodge)  
Website: [www.mccsmiramar.com/big-bear-cabins](http://www.mccsmiramar.com/big-bear-cabins)  
Address: Big Bear Recreational Facility, Big Bear Lake, CA 92315  
Hours of Operation: Big Bear Reservations: 24/7 via phone

## 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 snowboarding and after the snow melts fishing, hiking, and water skiing. After the snow melts enjoy fishing, mountain biking, hiking and water skiing. The Big Bear Recreational Facility is dedicated to providing affordable facilities for camping and lodging for active duty, retired military personnel, Reservists, DoD employees and authorized family members.

### ❖ Big Bear Cabins:

The Big Bear Recreational Facility has eight cabins which may be reserved on a year round basis. The maximum occupancy of a cabin is six people (adults, children and infants). Check-in time 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 camp fires 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. A heated bathhouse with hot showers and running toilets is located on site. Guests are advised to bring their own towels and toiletries, none are provided. Water to the RV sites and dump station will be shut off during the cold season, typically November through April, due to the danger of freezing pipes. Water to the bathhouse for hot showers and toilet facilities will remain open during that time. RV/campsite guests are advised to plan ahead and call the Main Lodge at (909) 866-3965 for the latest status.

### ❖ Boat Rentals:

Guests who will be staying at the Facility will have top priority and will be able to reserve boats after their Cabin, RV or Campsite reservation is confirmed. All others will be able to reserve boats 14 days prior.

Boat reservation times are for 0800 – 1200 mornings and 1230 – 1630 afternoons.

Guests will muster at the Lodge to pay for the boat, complete registration forms and receive Big Bear Lake navigation brief.

Reservations will be held until 0830 (morning) and 1300 (afternoon). If guest is a no show or has not made prior arrangements with the Lodge, the boat will be made available on a first come first served basis.

After completing registration at the Lodge, guests will muster at the “C” dock boat slips at the Big Bear Marina and receive boat safety and operation briefs.

Boats must be returned and refueled not later than 1200 morning reservation and 1600 afternoon reservation at the Courtesy Dock at Big Bear Marina.

Boat Attendant will meet the Guest at the Courtesy Dock at Big Bear Marina. Boats will be inspected after each use and Guests will be assessed for any damage.

\*NOTE: The Big Bear Recreation Facility will be closed for major renovations beginning in July 2020. Please call the reservations office to confirm availability.

UPDATED: August 2020

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# BOB HOPE THEATER (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-4143  
858-307-4142 (Theater rental)  
Website: [www.mccsmiramar.com/theater](http://www.mccsmiramar.com/theater)  
Address: MCAS Miramar Bldg. 2242  
Hours of Operation: Wednesday - Sunday (show times vary)

## BRIEF DESCRIPTION

The Bob Hope Theater shows movies five nights a week, Wednesday through Sunday, and matinees on Saturday and Sunday. The films are current and often are still showing at local, off-base theaters. They are presented on a giant 20' by 40' screen in 21-speaker 7.1 Surround Sound using the latest digital projection techniques including "3D". 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. With the exception of 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. Call 307-4142 for information.

- ❖ **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. Authorized patrons allowed to bring guests and are responsible for them.
- ❖ **HEADPHONES FOR THE HEARING IMPAIRED:** Headphones are now available for checkout. See the theater manager for more information.
- ❖ **E.F.M.P. SENSORY FRIENDLY MOVIES:** This means the lights will not be turned off, the sound will be lowered from the usual levels and there's open caption on the screen for the hearing impaired.
- ❖ **OUTSIDE FOOD & BEVERAGE POLICY:** Outside food and beverages are not permitted; sales from the Snack Bar support the Movie Program.
- ❖ **3D MOVIES:** There is no additional charge for "3D" movies. However, you must bring your own "3D" glasses or purchase them from us to view the movie in "3D". "3D" glasses only cost \$1.00 from us and are available in two sizes, adult and child. You get to keep the glasses to use again.

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# BOYS & GIRLS CLUB OF AMERICA OF GREATER SAN DIEGO

## CONTACT INFORMATION

Phone Number: 858- 866-0591  
Website: <http://www.sdyouth.org/>  
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 citizenship, 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 five and eighteen, 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:
  - Academic Success
  - Healthy Lifestyles
  - Character Development
- ❖ 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
    - ULTIMATE SUMMER CAMPS - June - September
    - THANKSGIVING BREAK CAMPS - November
    - WINTER HOLIDAY CAMPS - December
  - Designed for middle school aged members, our summer Adventure Club places an emphasis on social and cultural experiences, recreation, and team-building via field trips and educational activities. Enroll your middle schooler in this fun, great & active camp at one of these locations:
    - 4S Ranch Branch
    - Baker Family Branch (Escondido)
    - Conrad Prebsy (Escondido)
    - Sulpizio Family Branch (Poway)
- ❖ Teen Program: HELPING OUR TEENS FULFILL THEIR GREAT FUTURE The Boys & Girls Clubs of Greater San Diego's teen initiative provides programs and services exclusively for teens. We recognize that our teens require a different approach to recruitment, retention, marketing, staff interaction and use of space. Youth members aged 13 to 18 have the opportunity to engage in programs that further their academic development, character development and provide resources for making and meeting their career goals.
  - Teen Leadership Camp: The Taco Bell Leadership Camp is held annually at a camp site near Julian. Teen members learn lessons on teamwork, leadership skills and how to become the best person they can be during the two-day camp.
    - Career Launch: Career Launch is a career development program providing a range of services to help Club members develop the skills essential for workforce success. This includes not only getting and keeping a job, but also finding a career that fits each member's interest.
    - Diplomas 2 Degrees: Diplomas 2 Degrees is a college readiness, access and success program, which provides a range of services to help guide Club members through high school graduation and making plans for post-secondary education and career success.

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- Junior Leaders: With Junior Leaders, a program available at most sites, young people prepare for future roles as human services professionals by participating in career development activities, discovering the importance of community service, and building customer service skills.
  - Keystone Club: This unique leadership development experience provides opportunities for teens. Youth participate, both in and out of the Club, in activities in three focus areas: academic success, career preparation and community services.
  - Money Matters: Money Matters promotes financial responsibility and independence among teen members by building their basic money management skills
  - Youth for Unity: The goal for Youth for Unity is to engage members in activities designed to promote diversity and combat prejudice, bigotry and discrimination.
- ❖ Sports Leagues: We proudly offer seasonal youth sports leagues, which are open to all members. Our leagues are designed to teach the fundamentals of each sport, as well as sportsmanship and team play. Sports include basketball, indoor soccer and volleyball.
  - ❖ S.T.E.M.: This program helps youth gain the skills and interest required to fulfill today's growing industries and tomorrow's high demand of skilled individuals in these fields. This program gives young people -- many of whom have lost interest or aptitude in S.T.E.M. subjects -- a renewed passion for these fields through hand-on involvement that facilitate the learning process, helping increase their academic proficiency and sparking a lifelong interest in S.T.E.M.-related disciplines.
  - ❖ Child Development Program: The Child Development program at the BGCSD Mitchell Branch is 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.
  - ❖ 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.

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## CAL AUTO REGISTRATION SERVICE (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: (858)537-0811, (858)695-7366  
Website: <http://www.mccsmiramar.com/vehicle-registration-service/>  
Address: MCAS Miramar Bldg. 2660, Bldg. 8675  
Hours of Operation: Bldg. 2660 Monday – Friday 9:00 AM – 5:00 PM Bldg. 8675 Monday – Friday 9:00 AM 5:00 PM  
Bldg 2660 Saturday - 9:00-4:00 PM Bldg 8675 Saturday- closed

### BRIEF DESCRIPTION

Transferring from out of state? We have a full vehicle registration service in the Flight Line Complex that makes it easier for you to take care of all your auto needs! 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.

## CALIFORNIA DEPARTMENT OF MOTOR VEHICLES

### CONTACT INFORMATION

Phone Number: 800-777-0133  
TTY: 800-368-4327  
Website: [www.dmv.ca.gov/](http://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 the website

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# CENTER FOR COMMUNITY SOLUTIONS

## CONTACT INFORMATION

Phone Number: 888-DVLINKS (888-385-4657)  
Website: [www.ccssd.org/](http://www.ccssd.org/)  
Address: 4508 Mission Bay Drive  
San Diego, CA 92109  
Hours of Operation: 24-Hour Toll Free Crisis Line

## BRIEF DESCRIPTION

Our mission at Center for Community Solutions is to end relationship and sexual violence by being a catalyst for caring communities and social justice. Together we can make a difference. The CCS is a non-profit social service agency providing quality services to the community. It is a state designated domestic violence and sexual assault center for victims and their families.

### ❖ Services:

- Crisis Response and Advocacy Services: Provides crisis intervention, follow up counseling, advocacy and accompaniment services including: 24-Hour Hotline, Referral services, Counseling , Accompaniment for victims to court and/or hospitals
- Rape Crisis Center provides services for survivors of sexual assault. All services are free and confidential.
- Project Safehouse, and Hidden Valley House: An emergency shelter for women and children who are victims of violence or homeless. Includes food, clothing, employment search, support groups, information and referrals, and children’s therapy group.
- Counseling Services for sexual assault, domestic violence, child abuse, relationship issues as well as individual, couples, group, family & youth services. Sliding scale fees.
- Prevention & Education Services:
  - Education- Sexual Assault and relationship violence awareness and prevention, Self-defense for women & girls, Healthy Relationship Skills, Personal Space & Respect (Grades K-6), Sexual Harassment Prevention (grades 7-adult)
  - Prevention-Positive Steps Family Resource Center, Ahisma Project for Safe Families, Pacific Beach Teen Leadership & Prime Time Program, King Chavez PPA & Preparation Academies Prime Time Programs, Kimbrough Elementary Prime Time Program

UPDATED: August 2020

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# CHAPLAIN SERVICES

## CONTACT INFORMATION

Phone Number: Varies (see below)  
Hours of Operation: Monday – Friday – 24/7

## BRIEF DESCRIPTION

- ❖ Chaplain Corps Programs:
  - Religious Services
  - Prevention Relationship Enhancement Program (PREP)
  - Chaplain’s Religious Enrichment Development Operation (CREDO)
  - Pastoral Care / Counseling Services
  
- ❖ Chaplain Contact Information (Aboard MCAS Miramar)
  - Marine Corps Air Station Miramar
    - 858-307-1333
  
- ❖ 3D Marine Air Wing
  - 858-307-7368 (Office)
  - 858-864-4368 (24/7 Emergency Line)
  
- ❖ Marine Air Group 11
  - 858-307-4443 (Office)
  - 858-967-3799 (24/7 Emergency Line)
  
- ❖ Marine Air Group 16
  - 858-307-1615 (Office)
  - 858-967-3798 (24/7 Emergency Line)
  
- ❖ Marine Air Control Group 38
  - 858-307-9598 (Office)

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# CHILD CARE RESOURCE & REFERRAL

## CONTACT INFORMATION

Phone Number: 619-556-1011  
877-235-6002 (toll free)  
Website: <http://navylifesw.com/sandiego/families/cyp/>  
Militarychildcare.com  
Address: Naval Station San Diego  
2375 Recreation Way, Bldg 3639 NBSD  
Hours of Operation: Monday – Thursday 7:30 a.m. – 5:00 p.m.  
Friday – 7:30 a.m. – 4:00 p.m.  
Saturday, Sunday & Holidays – Closed

## BRIEF DESCRIPTION

The Regional Childcare Resource and Referral Office (CCRR) maintains the consolidated wait lists for all six centers located in Metro San Diego. The centers are located on Naval Base San Diego, Naval Base Point Loma, MCRD, MCAS Miramar, Naval Medical Center and Murphy Canyon housing area. The office also maintains a list of Navy licensed Child Development Home providers (in-home care).

### ❖ Frequently Asked Questions:

- When can I get on the Wait List?  
As soon as you know you need childcare, you are pregnant, or you have orders to the Southwest Region.
- Who qualifies and in what priority order?
  - Priority 1 - Single parent and dual active duty military families
  - Priority 2 - Sponsor with working spouse or full time student spouse
  - Priority 3 - A reservist with orders
  - Priority 4 - Department of Defense or Civilian Contractors
- How long will it take to get into a Center?  
Unfortunately, we cannot give time estimates because the waiting time depends on many factors; i.e. when a space becomes available at a Center, which age group has the opening, the number of people who decline the opening, and the number of people who do not update and are removed from the list.
- How much does childcare cost?  
The Child Development Center fees are based on total combined household income. There are 6 categories of weekly fees ranging from, (call for costs), per week.

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# CHILDREN AND YOUTH CENTER (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-4136  
Address: MCAS Miramar Bldg 2700  
Website: [www.mccsmiramar.com/cyp](http://www.mccsmiramar.com/cyp)  
Hours of Operation: General: Monday – Friday 6:00 a.m. – 6:00 p.m. (excluding Federal Holidays)  
Resource & Referral: Monday – Friday 9:30 a.m. – 5:30 p.m.  
Front Desk: Monday – Friday 6:00 a.m. – 6:00 p.m.

## BRIEF DESCRIPTION

- ❖ The Youth & Teen Center has something to offer everyone from 6 weeks to 18 years of age! All programs and services are open to all Active Duty, Retired, Active Reservists, and Department of Defense employees. Families are required to register in order to utilize the Youth & Teen Center programs, which include a yearly registration of \$25 for one child or \$35 for multiple children and \$55 for teens.
- ❖ Mission: To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.
- ❖ Philosophy: To provide a quality program for our military families, while promoting the physical, social, emotional and cognitive development of children, youth and teens. Our programs engage children in diverse, innovative, recreational and educational themes that promote courtesy and respect for all.
- ❖ Affiliate member of Boys & Girls Clubs of America
- ❖ Programs Offered:
  - Child Development Program: ages 6 weeks-5 not in Kindergarten (NAEYC Accredited)
  - School Age Care (before and/or after school with transportation): Kindergarten-6th grade (COA Accredited)
  - Camp: Kindergarten-6th grade
  - Teen Center: 7th-12th grade
  - Teen Transportation: 7th-12th grade
  - Parents' Night Out: ages 6 weeks-12 years
  - Open Recreation: ages 5 (in Kindergarten)-12 years
- ❖ Schools Served:
  - Miramar Ranch Elementary
  - Hage Elementary
  - Walker Elementary
  - Mason Elementary
  - Salk Elementary
  - Marshall Middle School
  - Wangenheim Middle School
  - Challenger Middle School
  - Scripps Ranch High School
  - Mira Mesa High School
- ❖ Request for Care:
  - [www.militarychildcare.com](http://www.militarychildcare.com) (Child Development Center/School Age Care/Camp)

UPDATED: August 2020

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## CHILDREN’S WAITING ROOM (NAVAL MEDICAL CENTER)

### CONTACT INFORMATION

Phone Number: 619-532-6665  
Website:  
Address: Naval Medical Center San Diego  
Bldg. 2, 1<sup>st</sup> floor  
Hours of Operation: Monday – Friday 7:30 a.m. – 4:30 p.m.

### BRIEF DESCRIPTION

The Children's waiting room is an hourly fee drop-in center for dependent children of parents attending hospital appointments. Well children, ages 6 weeks to 12 years are accepted for care with proof of dependent status and up-to-date shot records. Lunch is not available at this facility. To assure availability, call for reservations up to a week in advance, when possible. Cost is \$5.00 per hour per child.

## COMMISSARY (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-4516  
Website: [www.commissaries.com/stores/html/store.cfm?dodaac=HQCKMQ](http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCKMQ)  
Address: MCAS Miramar Bldg. 2661  
Hours of Operation: Monday – Wednesday 10:00 a.m. – 8:00 p.m.  
Thursday – Friday 10:00 a.m. – 9:00 p.m.  
Saturday 8:00 a.m. – 8:00 p.m.  
Sunday 9:00 a.m. – 6:00 p.m.

#### Early Bird

Monday – Friday, Sunday 9:30 a.m. – 10:00 a.m.  
Saturday 7:30 a.m. – 8:00 a.m.

### BRIEF DESCRIPTION

- ❖ The DeCA Mission:  
Deliver A Premier Commissary Benefit to the Armed Services Community that: Encourages an exciting shopping experience; Satisfies customer demand for quality grocery and household products; Delivers exceptional savings while... Enhancing quality of life, Fostering recruitment, retention and readiness. Supporting war fighters’ peace of mind, knowing their families have secure and affordable access to American products.
- ❖ Early Bird Hours:  
These hours are intended to give patrons in need of 15 items or less an opportunity to enter the store up to 90 minutes early to purchase said items. Early Bird hours are not full shopping hours. In many cases, the commissary is still preparing for it’s opening with pallets and large numbers of personnel on the floor. Self-check outs and express lane(s) will be available for early bird hours.

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# CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION (CREDO)

## CONTACT INFORMATION

Phone Number: 858-307-1333 Chaplain's Office MCAS Miramar  
760-725-4954 Camp Pendleton CREDO Office  
619-556-2826 San Diego Naval Station CREDO Office

Website: [www.mccscp.com/credo](http://www.mccscp.com/credo)

Hours of Operation: Monday – Friday 7:30 a.m. – 4:00 p.m.

## BRIEF DESCRIPTION

CREDO's name comes from a Latin word meaning I believe! In fact, the unit is actually a training team with a goal of building the belief of Marines and Sailors in five key areas: Self, Relationships, Team, Unit, & God. While CREDO is staffed by specially trained Navy Chaplains, its programs, retreats, and seminars are not necessarily religious in nature.

- ❖ 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.
  - The team also provides various seminars and workshops such as:
    - ASIST: Applied Suicide Intervention Skills Training
    - Marriage Enrichment Retreat: PREP 8.0
    - Marriage Enrichment Retreat: PAIRS Essentials
    - Marriage Enrichment Retreat: Marriage by the Numbers
    - Marriage Enrichment Retreat: Not Wrong, Just Different
    - Family Enrichment Retreat
    - Personal Resiliency Retreat
    - Halftime Resiliency Retreat: Success to Significance

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# COMMUNITY COUNSELING CENTER (MCAS Miramar)

## CONTACT INFORMATION

Phone Number: 858-307-1129  
Website: <http://www.mccsmiramar.com/community-counseling-center/>  
Hours of Operation: Monday – Friday 0730-1600  
Walk-ins: 0800-1400

## BRIEF DESCRIPTION

The Community Counseling Center (CCC) is available to provide you with short-term counseling focused on prevention and intervention to promote the well-being of Marines, Sailors and their families. All clinicians are licensed and credentialed professionals who can offer personally tailored counseling to meet your individual and family's needs. We offer individual, couple, family, child and group counseling services. We will make referrals to classes, other services, and programs the military or outside community has to offer.

- ❖ We can help you address issues related to:
  - Marital/Relationship Issues
  - Anxiety
  - Anger Management
  - Parenting
  - Stress
  - Depression
  - Conflict Resolution
  - Grief and Loss
  - Coping Skills
  - Deployment Stress
  - Communication Difficulties
  - Work Related Issues
  - Balancing Work and Home Life
  - Problem Solving Skills
  - Decision Making Skills
  - Adjustment Difficulties
  - Child Behavioral Concerns
  
- ❖ Seeking Safety Support Group: Learn safe coping skills for men and women who have experienced trauma.
  
- ❖ For further information call the Community Counseling Center at (858) 307-1129.
  
- ❖ Military & Family Life Consultants (MFLCS):

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.

  - To utilize any of the MFLCs on MCAS Miramar use the following contact information:
    - Installation Contacts:  
858-731-6803  
858-731-6434  
858-481-9432  
858-731-6672 (Children Youth Teen Programs)
    - 3D MAW Group Contacts:  
619-346-2473 MAG-11, 619-346-8221 MACG-38

UPDATED: August 2020

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## DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)

### CONTACT INFORMATION

Phone Number: 800-334-4162  
858-307-1421 (ID Center)  
Website: <http://milconnect.dmdc.mil/>  
Address: MCAS Miramar Bldg. 2258

### 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 into 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. For basic information on eligibility, review our Eligibility Fact Sheet.
- ❖ 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 (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: (858) 689-9617/9637  
Website: <http://www.dav.org/veterans/tso-locations-2/>  
Address: Bldg. 5305

### BRIEF DESCRIPTION

- ❖ Transition Service Offices  
Need guidance making the transition to civilian life? Contact a Transition Service Officer.

By filing compensation claims at separation centers, where service medical records and examination facilities are readily available, DAV is able to provide better, more prompt service to these future veterans.

UPDATED: August 2020

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# DISTRIBUTION MANAGEMENT OFFICE (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-1276  
858-307-1071  
Website: <http://www.miramar.marines.mil/Arriving/Distribution-Management-Office/>  
Address: Bldg. 2258  
Hours of Operation: Monday – Friday – 7:30 a.m. – 4:00 p.m.; Thursday closed at 2:00pm

## BRIEF DESCRIPTION

The Distribution Management Office takes great pride in providing good customer service and understands that moving your personal property and family is never an easy task. Please allow yourself the time the proper amount of time and feel free to ask our office for any assistance in order to prevent any delays or to make your transition to your gaining command as easy as we can.

## POINTS OF CONTACT

Personal Property Office (858) 307-1670 (858) 307-1671 (858) 307-1276	Freight Operations (858)-307-1399 (858) 307-1400 (858) 307-1403
Passenger Travel Office/ Official Passport (858) 307-1298 (858) 307-1303	Sato Travel Office (858) 307-1299

# DSTRESS

## CONTACT INFORMATION

Phone Number: 877-476-7734  
Website: <http://www.dstressline.com/>  
Hours of Operation: 24 Hours a Day / 7 Days a week

## BRIEF DESCRIPTION

The Marine Corps DSTRESS Line provides a 24 hours a day, 7 days a week, anonymous phone and chat and referral service using a ‘Marine-to-Marine’ approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture. DSTRESS Line’s goal is to help callers improve total fitness and develop the necessary skills required to cope with the widely-varying challenges of life in the Corps.

- ❖ Services
  - 24 hour phone, chat, and Skype line that provides counseling services with a “Marine to Marine” approach
  - Successful interventions interrupting the cycle of suicide.
  - Offers ‘Marine-to-Marine’ counseling, allowing callers speak with a Marine, Fleet Marine Force Navy Corpsmen
  - Spouses and children over the age of 18 can call at any time. Children below the age of 18 can call if a parent is present and consents to the conversation
  - Works with callers in crisis to stabilize the situation, and then make the most appropriate referral for suitable treatment

UPDATED: August 2020

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- ❖ DSTRESS Line provides services to active duty Marines and their beneficiaries. If veterans/retirees or non-beneficiaries in a Marine’s extended family call, counselors will help assess the level of stress and stabilize the current crisis, and then refer that person to the most appropriate resource (e.g., Vet Centers, VA hospitals, MilitaryOneSource, or other community resources.) Moms, dads, or other family members who are not beneficiaries should call the DSTRESS Line if it can help lead to increased resilience within the Marine family.

## EDUCATION CENTER (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-1801  
 Website: [http://www.mccsmiramar.com/education\\_center](http://www.mccsmiramar.com/education_center)  
 Address: MCAS Miramar Bldg 5305  
 Hours of Operation: Monday – Friday 7:30 a.m. – 4:30 p.m.

### BRIEF DESCRIPTION

Our mission is to provide personal and professional learning opportunities that positively impact the recruitment, retention and readiness of active duty Marines. The staff is highly in tune with the demands of military life and has developed several programs that enable military personnel to advance their education.

- ❖ The Education Center has three higher learning institutions that offer a variety of undergraduate and graduate courses. These institutions offer programs online, on CD or at one of their campus locations in the local area.
- ❖ Academic Counseling is available to help all Military Personnel, Veterans, and Family Members reach their educational goals. The Education Center can assist students in choosing a school that best fits their needs. Students are not limited to institutions aboard MCAS Miramar. Walk-ins and appointments are welcome.
- ❖ New Postsecondary Complaint System (PECS)
  - Who should submit a complaint? If you or your family member receives active duty military Tuition Assistance or is a Military Spouse Career Advancement Accounts (MyCAA) Scholarship recipient, and are experiencing problems with your school, you are encouraged to submit feedback at the PECS site.
  - Testing Programs
  - Test of Adult Basic Education (TABE),
  - Defense Language Proficiency Test (DLPT)
  - Armed Forces Classification Test (AFCT)
  - SAT/ACT
  - FAA A&P Certification Testing
  - Free Proctoring Services
  - Testing is provided to all eligible patrons. NOTE: Prior registration is required for all testing except TABE. Please call the Education Center at (858) 307-1801 to schedule an exam.
  - CLEP, DSST & Pearson Vue Testing is offered through National University. Follow these instructions to schedule your exam and obtain your registration ticket with voucher number. A list of available CLEP & DSST exams can be found on the education website. For additional information or questions, the National University office aboard MCAS Miramar can be reached at (619) 563-7357.
- ❖ Higher Education Preparation
  - This course is designed for the Active Duty Service member seeking to attend an institute of higher learning using military Tuition Assistance (TA). Training covered in the HEP course: choosing a career goal, determining an educational path to completing that goal, factors to consider when choosing an institute of higher education, and

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tuition assistance plus other forms of funding. Successful completion of this training course is required prior to receiving TA.

- ❖ **Military Academic Skills Program (MASP)**
  - The Military Academic Skills Program (MASP) is a free, two-week program that focuses on English, Math and communication skills. MASP is designed to help Military Personnel and their family members build a solid academic foundation which will enable them to prepare for exams and advance their education. PTAD orders are required for Active Duty Military. This is not an ASVAB/AFCT prep course. San Diego Community College District provides this course at no cost to attendees. To register, please complete the Active Duty Registration Form or Civilian Registration Form.

## **EDUCATION CENTER (cont)....**

- ❖ **Joint Services Transcript (JST)**
  - The JST (formerly SMART) is a record of each Service Member's military training for which the American Council on Education (ACE) recommends college credits. Service Members can get a copy of their JST at the Education Center
- ❖ **The United Services Military Apprenticeship Program (USMAP)**
  - USMAP is a formal military training program that provides active duty Navy, Marine Corps and Coast Guard 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 of Apprenticeship upon completion of the program. USMAP requires no off duty hours. It combines on-the-job training and related technical instruction to allow members to achieve status as a journeyman in their MOS field, enhancing job skills and showing motivation for more challenging military assignments. In addition, completing USMAP provides a competitive edge civilian job market because employers know the value of apprenticeships
- ❖ **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.
- ❖ **Financial Aid & Scholarship**
  - In addition to Tuition Assistance, there are many opportunities to fund your education. Please visit the Education Center in Building 5305, "The HUB" for assistance with the Free Application for Federal Student Aid (FAFSA) or for guidance on alternative funding opportunities, including grants and scholarships.
- ❖ **Marine Corps COOL**
  - Credentialing Opportunities On-Line (COOL) helps Marines find information on certifications and licenses related to their Military Occupational Specialties (MOS). COOL explains how Marines can meet civilian certification and license requirements and provides links to numerous resources to get started.

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# EXCEPTIONAL FAMILY MEMBER PROGRAM (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone number: 858-307-4668  
Website: [http://www.mccsmiramar.com/exceptional\\_family\\_member.html](http://www.mccsmiramar.com/exceptional_family_member.html)  
Address: MCAS Miramar Bldg 2525  
Hours of Operation: Monday – Friday 7:30 a.m. – 4:00 p.m.  
Appointment recommended

## BRIEF DESCRIPTION

The Exceptional Family Member Program (EFMP) is a **mandatory** program required by Marine Corps Order P1754.4B Exceptional Family Member Program for all active duty personnel who have an exceptional family member.

- ❖ **Eligibility Requirement:**  
An exceptional family member is defined as an authorized family member (spouse, child, stepchild, adopted child, foster child, or a dependent parent) residing with the sponsor who may require special medical or educational services based upon a diagnosed physical, intellectual or emotional disability such as asthma, cerebral palsy, learning disability, dyslexia, ADHD, ADD, autism, oppositional defiant disorder, depression, etc. Disabilities may range from mild to severe.
- ❖ **Enrollment Process:**  
The DD 2792 Family Member Medical Summary and the DD 2792-1 forms (Special Education/Early Intervention Summary) are required to enroll in EFMP.
- ❖ **DD Form 2792:**  
Must be completed and signed by the service member or spouse and verified by an EFMP Case worker. A personal note and/or additional information may be included. The medical summary should be completed and signed by the medical provider (military or civilian). The sponsor should review for accuracy and completeness. A signed functional Medical Summary must be included for all children, even when no medical condition is apparent.
- ❖ **DD Form 2792-1:**  
If your child has special education and/or early intervention needs Must be completed and signed by a school official or early intervention provider (if the child is younger than 3). A legible copy of the current Individualized Education Plan (IEP) or Individualized Family Service Plan (IFSP) must be submitted. A letter or report from the school or early intervention providers may be included. If enrolling a school age child with medical needs only, a school official or early intervention provider must endorse page 1 of the special education/early intervention summary documenting that there are no special educational needs.

Once the forms are completed, they should be submitted to the EFMP office. The forms will then be reviewed by a Case Worker and sent to HQMC to be screened by a Nurse Case Manager. The Nurse Case Manager may will recommend enrollment and/or consideration for priority housing based on the information in the DD2792.

Enrollment is required every 3 years or if the condition changes prior to that time. If the status of the family changes (divorce, medical issues resolved, death, etc) the Marine must request disenrollment from the program.

### WHAT IS THE BENEFIT OF ENROLLMENT?

- ❖ **Case Worker:** A case worker will be assigned to every enrolled member. They will provide community and installation resources to facilitate needed services. The case worker can also attend IEP/IFSP and other meetings as necessary. The case worker at both the losing and gaining installation will assist in the transition of medical and educational care. The goal is to ensure that families receive continuum of care that will continue throughout their sponsor's Marine Corps career and provide a seamless medical and educational transition for the EFM.

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- ❖ **Respite Care:** Respite Care is a program intended to reduce stress on Marine families by providing temporary rest periods for family members who care for those who have special needs. Families are eligible for up to 20 hours of Respite Care per month if the Exceptional Family Member meets the eligibility criteria.

## **EXCEPTIONAL FAMILY MEMBER PROGRAM (cont)...**

- ❖ **Extended Care Health Option (ECHO):**  
There is an opportunity for additional medical coverage in the form of TRICARE's ECHO. ECHO is a program available only to families of active duty service members enrolled in the EFMP, whose family members have substantial needs. ECHO provides benefits not available through the basic TRICARE program, such as ABA (Applied Behavioral Analysis), durable equipment, rehabilitative care and respite care.
  - ❖ **Assignment Coordination:**  
HQMC EFMP screens proposed accompanied orders for enrolled Marines to ensure that the special needs identified in a family's EFMP enrollment form can be met at the proposed duty location. If sufficient care is not available, EFMP will work to ensure a duty location where both career progression needs and Exceptional Family Member needs are met.
  - ❖ **Coordination for Housing**  
During relocation, or when a need for accommodation is identified, an EFMP case worker will liaison with housing to ensure needs are met.
  - ❖ **Support & Education:**  
EFMP will assist families with issues ranging from school services and access to therapies, to TRICARE referrals. EFMP provides classes, training, events and resource material to help families learn to be self-confident and have the ability to advocate for themselves and the EFM.
  - ❖ **Policy:**  
The EFMP provides for assignment of Marines with family members possessing special needs to locations where those needs can be met. Operational requirements of the Marine Corps and requirements for career development and experience are mediating factors in making assignments. The following policies apply:
  - ❖ **Accompanied Assignments – Overseas:**  
Will not be affected if the required medical services are available at the overseas location. It is imperative that the EFM's needs be formally re-evaluated if the sponsor considers extending his/her overseas assignment or if he/she is being considered for reassignment to another overseas location. Overseas screening is the same for all families anticipating accompanied orders overseas.
  - ❖ **Assignments – United States:**  
Permanent Change of Station (PCS) assignments within the Continental United States, Alaska and Hawaii will be approved if the needs of the EFM can be met in the proposed assignment area or the appropriated Director of Manpower Management Division or Reserve Affairs determines that the needs of the Marine Corps take precedence.
- ❖ The EFMP has no impact on the deployment responsibilities of the sponsor. Overseas unaccompanied, unit deployments and standard deployments must be carried out without interruption. When the family's need conflicts with such assignments, the assignment will be affected under the provisions of a humanitarian transfer.
  - ❖ Marines having EFM's will not normally be assigned to accompanied tours in geographic areas where another military department is responsible for providing medical and medically related services. When necessary, appropriate coordination will be conducted by CMC (MHF) with the department to verify the availability of the required service.
  - ❖ The sponsor will always have the option of accepting assignments where medical services needed by the EFM do not exist. While the EFM is supported in another location.
  - ❖ Enrollment shall not adversely affect advancement, career potential, or eligibility for special programs and assignments.

UPDATED: August 2020

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# FAMILY ADVOCACY PROGRAM (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number:	858-307-6585
24/7 Victim Advocate number:	858-864-3408
Website:	<a href="http://www.mccsmiramar.com/family_advocacy.html">http://www.mccsmiramar.com/family_advocacy.html</a>
Address:	Bldg. 2274
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:00 p.m.

## BRIEF DESCRIPTION

The Family Advocacy Program provides prevention, education, assessment and counseling services related to family violence prevention and intervention. Our mission is to support Marine Corps readiness through prevention and early intervention. The program addresses family violence issues through a Coordinated Community Response to promote safe family relationships and the emotional health of Marines and their families. FAP is here to provide that help. Check us out and see what we can do for you!

### ❖ COUNSELING SERVICES

- Family Violence is very destructive to the family and impairs unit readiness. Counseling services are available to assist families in dealing with intimate partner violence and child abuse. We encourage families to seek help at the earliest signs that abuse and violence are occurring. Advocacy for the welfare and safety of an infant or child is everyone's business. Our services include individual, couple, family and group counseling.
  - Family Violence includes Intimate Partner and Child Maltreatment. The Department of Defense defines each as follows:
- Intimate Partner Abuse:
  - Physical violence or a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty that is directed toward a person who is:
    - a current or former spouse
    - a person with whom the abuser shares a child in common; or
    - a current or former intimate partner with whom the abuser shares or has shared a common domicile.
- Child Maltreatment (abuse or neglect):
  - The physical, sexual, emotional maltreatment, or neglect of a child by a parent, guardian, foster parent, or by a caregiver, whether the caregiver is intra-familial or extra-familial, under circumstances indicating that the child's welfare is harmed or threatened. Such acts by a sibling, other family member, or other person shall be deemed to be child maltreatment only when the individual is providing care under express or implied agreement with the parent, guardian, or foster parent.

### ❖ PREVENTION AND EDUCATION SERVICES

- FAP provides a variety of evidenced-based classes and educational resources to individuals, families and Commands. Below are a few of our prevention and education topics:
  - Stress and Anger Management
  - Family Violence Awareness
  - Positive Parenting for Children and Teens
  - Married and Loving It
- Our qualified and experienced Prevention & Education Specialist will provide classes and Command briefs on a wide variety of topics. Briefs can be tailored to meet the specific needs of the Command.

### ❖ NEW PARENT SUPPORT PROGRAM

- New Parent Support Program (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. Parent-Child Interaction Therapy (PCIT) is a service offered by NPSP that promotes positive parent-child interaction and encourages positive child behavior. The age range for PCIT is 2-7.

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## FAMILY ADVOCACY PROGRAM (cont)....

### ❖ VICTIM ADVOCACY SERVICES

- To speak with a Victim Advocate Mon – Fri, 7:30am – 4:00pm, call (858) 307-7285 <sup>[[1]]</sup><sub>SEP</sub>.
- Advocates are on-call 24 hours a day at (858) 864-3408.
- You are not alone.
- If you have been the victim of intimate partner abuse, our Victim Advocates are here for you when you need them. First and foremost, we will assist in developing a personalized safety plan and can help you in making the choices that are right for you. We advocate for your rights and wishes as well as provide emotional support and crisis intervention. We can work as a liaison with commands and provide court and medical accompaniment. We can also offer military and community referrals and assist you with accessing these resources.
- REPORTING OPTIONS
  - UNRESTRICTED REPORTING: Victims of intimate partner abuse who want to pursue an official investigation of an incident should use current reporting channels, e.g., chain of command, Family Advocacy Program (FAP), or law enforcement. Upon notification of a reported domestic abuse incident, victim advocacy services and FAP clinical services will be offered to the victim
  - RESTRICTED REPORTING: Restricted reporting allows an adult victim of intimate partner abuse to disclose the details of his or her abuse to specifically identified individuals and receive medical treatment, victim advocacy services and counseling without requiring that notice be provided to the victim's or alleged offender's commander or law enforcement.
  - Victims of intimate partner abuse who desire restricted reporting under this policy must report the abuse to one of the following specified individuals:
    - a victim advocate
    - a victim advocate supervisor
    - FAP counselor
  - Additionally, a victim's disclosure of his or her domestic abuse to persons other than those covered by this policy may result in an investigation of the allegations by law enforcement and clinical intervention from FAP.
  - DISCLAIMER – There are some exceptions to confidentiality regarding information disclosed in a restricted report. Ask a victim advocate or a FAP counselor about these exceptions.

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# FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-6491  
Website: <http://www.mccsmiramar.com/fmeap/>  
Address: MCAS Miramar Bldg. 5305  
Hours of Operation: Monday – Friday 7:00 a.m. – 4:30 p.m.

## BRIEF DESCRIPTION

A FMEAP Specialist is able to assist military spouses and family members in the following areas:

- Career planning identification and referral to potential employers
- Effective networking techniques
- Writing powerful resumes
- Mastering interviews
- Salary negotiation tactics and job offer valuation
- Educational resources

### ❖ Class Descriptions

- **Work From Home:** This workshop informs students about remote employment possibilities. Participants are given the tools to create a successful remote worker experience and provided a list of employers offering work at home opportunities.
- **STARS:** The Spouse Transition and Readiness Seminar (S.T.A.R.S.) is an informational workshop to provide military spouses with the knowledge, information and resources needed to transition from a military to civilian lifestyle. Topics covered include Financial Planning, Relocation, Education, Benefits, Employment and other resources.

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# FAMILY READINESS PROGRAM (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-4918  
Website: [http://www.mccsmiramar.com/family\\_readiness](http://www.mccsmiramar.com/family_readiness)  
Address: MCAS Miramar Bldg 2525  
Hours of Operation: Monday – Friday 8:30 a.m. – 4:00 p.m.

## BRIEF DESCRIPTION

The Mission of the Family Readiness Program is to provide training and support of personnel, and information technology enablers for the Unit Personal & Family Readiness Programs (UPFRP) aboard MCAS Miramar. The Family Readiness Program Trainer coordinates and conducts all training sessions in support of the UPFRP and members of the Family Readiness Command Team. Trainings are held regularly to train all participants in the UPFRP. Trainer is available for one-on-one Command Team Training and unit specific Volunteer Trainings upon request.

- ❖ **Command Team Training:**  
Training is available to all members of the Family Readiness Command Team. The members that make up the Command Team include the Commanding Officer, Executive Officer, Family Readiness Officer, Chaplain, Sergeant Major, Family Readiness Advisor(s), spouses of Sergeant Major and Commanding Officer. Scheduled as needed.
- ❖ **Readiness Coordinator Training:**
  - Readiness Coordinator Training is available for paid unit civilian Readiness Coordinators or appointed Active Duty Deputy (DRC) Uniformed Readiness Coordinators (URC)
- ❖ **Family Readiness Volunteer Training:**
  - Volunteers who support and assist the Unit Personal & Family Readiness Program will have very definite positions with specific job descriptions and unique training for each position. Family Readiness Volunteer Training provides required training to Family Readiness Assistants and Command Team Advisors.
- ❖ **Resource Training:**
  - Resource Training is conducted on an as needed basis. This training is designed to introduce FROs, Marines, spouses and volunteers to resources available on the installation as well as the San Diego area
  - Staff Non-Commissioned Officer (SNCO) Family Readiness Resource Training is designed to introduce SNCOs to the UPFRP and Resources on and around MCAS Miramar.
- ❖ **Commanding Officer & Sergeant Major Spouses Workshop Series:**
  - This workshop series is designed to orient and guide CO & SgtMaj spouses in the responsibilities and operating components of their roles within the Unit, Personal & Family Readiness Program. Workshop topics may include changes in program policy, sharing of best practices, mentoring the next generation and working with the DRC.
- ❖ **Unit Volunteer Opportunities:**
  - Designated family members can gain volunteer experience with their Marines Unit. For more information please contact your designated DRC at:

MCAS Miramar H&HS 858-307-1141  
3D MAW 858-336-7391  
MWHS-3 858-307-7397

MACG-38 858-307-7375  
MTACTS-38 858-603-8335  
MWCS-38 858-307-8442

MAG-11 858-307-6418  
VMFAT-101 858-603-7961  
VMFA (AW)-225 858-603-7961  
VMFA-232 858-603-7961  
VMFA-314 858-603-7961  
VMFA-323 858-603-7961  
VMGR-352 858-603-7961  
MALS 11 858-603-7961  
MWSS-373 858-307-6336

MAG-16 858-349-6502  
VMM-161 858-307-9996  
VMM-163 858-307-9627  
VMM-165 858-307-8193  
VMM-166 858-307-8085  
HMH-466 858-603-6444  
HMH-361 858-307-6967  
HMH-462 858-307-6950  
HMH-465 858-307-1616  
MALS 16 858-307-6399

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## FISH POND (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-4150  
Website: <http://www.mccsmiramar.com/fishpond.html#rules>  
Address: MCAS Miramar, Bldg 2257  
Hours of Operation: M-F 0900-1730, Saturday 0900-1300, Sunday closed

### BRIEF DESCRIPTION

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

- ❖ Getting there: The Fish Pond is close and easy to get to! Take Pless Road south off Miraway 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.
- ❖ Get a 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.
- ❖ Fish Pond rules: No open fires (including grills). Alcohol and smoking are not permitted. All dogs must be on a leash. Park where indicated; handicap parking is permitted at the lower level. Boating and swimming are not permitted. Observe Fish Pond hours.
- ❖ A few words of caution: The Fish Pond is located near the west end of the runway. Departing aircraft, especially F/A-18 Hornets on take-off, can be very loud, very suddenly. You may wish to bring hearing protection. Please consider the effect of jet aircraft noise on very young children. MCAS Miramar is located in the desert, the natural habitat of several varieties of snakes. Please use caution, and don’t let your children wander through the brush above the pond.

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## FLEET AND FAMILY SUPPORT CENTERS

### CONTACT INFORMATION

Phone Number: 1-866-923-6478  
Website: <http://navylifesw.com/sandiego/families/ffsc/>  
Address: Varies (see below)  
Hours of Operation: Monday – Friday 7:30 am – 4:30 pm

### 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 our pages to find out more 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

## FLYING LEATHERNECK MUSEUM (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 877-FLY-USMC (359-8762) (Temporarily Closed)  
Website: <http://flyingleathernecks.org>  
Address: T-4203 Anderson Ave  
San Diego, CA 92145  
Hours of Operation: Tuesday – Sunday 9:00 a.m. – 3:30 p.m.

### BRIEF DESCRIPTION

This one-of-a-kind Aviation Museum was developed by a dedicated curatorial staff, with the help of many volunteers. What sets this museum apart from all others is the fact that it is the only museum in the World dedicated to preserving the incredible contributions made by Marine Corps Aviators and their ground support personnel.

The museum is comprised of an outdoor area, displaying an average of at least twenty five vintage aircraft and an indoor display of memorabilia and artifacts dating to the earliest days of Marine Corps Aviation. Many items are one of a kind and range from fine art portraits to military clothing and weapons used during specific campaigns. The museum holds the only exhibit in the United States devoted to the history of the Woman Marine, including original uniforms, history timeline and memorabilia. The museum also displays the permanent trophies and the current year recipients of twenty five individual and unit awards, selected by the Commandant of the Marine Corps for excellence in their occupational specialty.

- ❖ Museum Tours: The museum is open Tuesday through Sunday, 9:00 AM to 3:30 PM and at other times by special arrangement.

UPDATED: August 2020

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- ❖ Museum Hours and Directions: The museum is open Tuesday through Sunday, 9:00 AM to 3:30 PM and at other times by special arrangement. Enter the base through the Museum Gate (off Miramar Road in Mira Mesa). Look for the American flag and Marine Corps flag on the fence!

## FAMILIES OVERCOMING UNDER STRESS (F.O.C.U.S)

### CONTACT INFORMATION

Phone Number: 858-307-1607

Website: <https://www.focusproject.org/content/marine-corps-air-station-miramar>

Address: MCAS Miramar Bldg 2273

### 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.

UPDATED: August 2020

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## IDENTIFICATION CARDS (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-1421  
Website: <https://rapids-appointments.dmdc.osd.mil/>  
Address: MCAS Miramar Bldg 2258  
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 off of Mitscher Ave on the left hand side of the road before exiting the North Gate. Appointment scheduling is available online and is recommended. If the service member is deployed, the form must be mailed to service member for signature and notarization,. One temporary card may be granted but is only valid for 90 days. Hours are subject to change based on volume and/or connectivity of DEERS/Rapids database. Contact us for more information.

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## INFORMATION AND REFERRAL (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-1428  
Website: <http://mccsmiramar.com/information-referral>  
Address: Bldg. 5305  
Hours of Operation: Monday – Friday 8:00 am – 4:00 pm

### BRIEF DESCRIPTION

Connecting Service Members, Families and Retirees with the right information. Information & Referral provides information on programs available to assist service members and families. Information & Referral 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 I&R Specialist will also research information and find other resources for you.

The Information & Referral (I&R) Specialist is dedicated to providing information for military personnel, their family members, Reservists, civilian employees and retirees. I&R provides the MANDATORY PCS class for Active Duty Personnel. The I&R Specialist also provides information on the Marine Corps Sponsorship Program and much more.

## INFORMATION TICKETS AND TOURS (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-4141/4126  
Website: <http://www.mccsmiramar.com/information-tickets-tours/>  
Address: Bldg. 2524  
Hours of Operation: Monday - Friday 9:00 a.m. - 5:00 p.m.  
Saturday - 9:00 a.m. – 2:00 p.m.  
Sun & Holidays - Closed

### BRIEF DESCRIPTION

The Entertainment Ticket Offices are dedicated to providing tickets for theme parks (throughout the United States), entertainment (concerts, theater, movies) and local attractions for the military community at discounted prices.

- ❖ Tickets are required to be purchased for the express use of the eligible customer and their guests. Tickets may not be resold for any reason. Vendors have the authority to check for authorized military ID cards from anyone with a military ticket and/or voucher. If customers give military tickets as gifts they run the risk of having that person denied entry at the gate and the tickets confiscated. Authorized customers may purchase tickets for guests when they will be present.
- ❖ Now you can enjoy resort accommodations for two to six people for less than you'd pay for most hotels! Reserve a full week for only \$299 (no membership, enrollment, or annual fees required). While most availability is during off-peak travel seasons, there are a wide variety of great destinations and times. Full details and samples of resort availability can be viewed at [www.afvclub.com](http://www.afvclub.com), or you can call the reservation center at 1-800-724-9988. The AFVC is part of the Uniformed Services Savings Network. See Web site for full terms and conditions. No official endorsement is implied. Not paid for in whole or in part by any element of the US Government, Military Service or DoD Non appropriated Fund Instrumentality (NAFI). Don't forget your installation number – MCAS Miramar is AFVC Installation #22

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## INSTALLATION PERSONNEL ADMINISTRATION CENTER

### CONTACT INFORMATION

Phone Number: 858-307-1421  
http://www.miramar.marines.mil/Arriving/IPAC-Inbound-Section/  
Address: Bldg. 2258  
Hours of Operation: Monday – Friday 7:30 am – 4:30 pm

### BRIEF DESCRIPTION

- ❖ MCAS Miramar Check-In procedures for all new personnel:
  - All personnel checking-in to MCAS Miramar will report to the Joint Reception Center (JRC) building 2258. Marines will report in Service Alphas. Personnel checking-in after hours, holidays or weekends will report to the Command Duty Officer (CDO) located at building 8630. CDO phone number: 858-307-1141. Personnel checking-in to the CDO will be required to report to the JRC at 7:30 a.m. the next business day to conduct an audit and travel claim.
  - Required documents: Marines checking in are required to bring service record, all orders, receipts and any other documents that are needed to update their record and complete a travel claim.
  - Personnel checking in from an overseas location are required to submit a copy of the travel itinerary, port call and circuitous travel orders (if applicable).
- ❖ Billeting Information
  - Personnel checking in to a command on MCAS Miramar that need billeting should report to the Billeting Office, building 4312. Contact number is Comm (858) 307-4233. A valid government ID and Original Orders stating - "Reporting for Duty Aboard MCAS Miramar" - are required to acquire billeting. Prior to obtaining lodging other than Base Billeting (I.E. Miramar INN or Off Station Lodging), A Statement of Non-Availability must be obtained from the billeting office.

## LEGAL AID SOCIETY OF SAN DIEGO

### CONTACT INFORMATION

Phone Number: 877-LEGAL AID (877-534-2524)  
Website: [www.lassd.org/](http://www.lassd.org/)  
Address: Multiple Locations

### BRIEF DESCRIPTION

LASSD strengthens our community by fighting for justice. We provide low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation. We are the largest poverty law firm serving San Diego County. We can help with many types of legal problems that individuals face. To thousands of San Diego residents living in poverty, justice is not an abstract ideal. It is food, shelter and protection. It is the difference between staying in poverty and getting out; between dependence and self-reliance. But without help, justice is often denied

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# LEGAL ASSISTANCE OFFICE (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-6260  
Website: <http://www.miramar.marines.mil/Departments/Legal-Services-Support-Team/>  
Address: Bldg. 6275  
Hours of Operation: Monday – Friday 7:30 am – 4:30 pm  
Tues, Thurs 8:00 – 11:00 am; Wed 1:00 – 4:00 pm (Walk-ins)

## BRIEF DESCRIPTION

The Legal Services Support Team 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 step-parent adoption, child support, consumer problems, contracts, debt and credit problems, immigration advice, wills, living wills, name changes, marital separation agreements, spousal support, and Notaries.

Contact Information: 858-307-1656 DSN (267) 1656

### ❖ Walk-In Hours

- First time clients should come to the office during Walk-In Hours
  - Tuesday and Thursday at 0730
  - First come first serve basis
- If you are a returning client or are unable to attend walk in hours, please call our office to make other arrangements.

❖ **NOTE:** Please bring all documentation relating to your case with you to your walk-in session. If you do not have the necessary documents on hand, an attorney may not be able to assist you.

### ❖ Matters Handled During Walk-In Hours

- Consumer Law Issues (credit card debt, identity theft, car loans, foreclosures, car contracts, etc.)
- Contract Disputes
- Landlord/Tenant Disputes
- Review of Contracts (e.g., to purchase a car)
- Non-Support Issues
- Family Law Issues
- Wills
- Adoptions
- Name Changes

### ❖ Dissolution (Divorce) Class

- Parties considering using the Legal Assistance Office attorneys to assist in your marital dissolution must first attend a Dissolution Brief. The Dissolution Brief at Miramar MCAS is held on Wednesdays at 0800. The brief covers basic California law concerning the division of assets and debts of a married couple. The brief also discusses the law regarding child care and parenting plan issues. After you attend the brief, you will have enough information to decide whether our office's mediation service is appropriate for your dissolution.
- Dissolution Briefs are also held at the Legal Assistance Offices at Camp Pendleton and MCRD, San Diego. Please contact those locations for the dates and times of the brief. You can attend the brief at any base; however, you must first attend the Dissolution Brief to utilize our legal services.
- 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.

### ❖ Services Not Provided by Legal Assistance

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- Living Trusts
- BCNR Petitions
- Conservatorships

## **LEGAL ASSISTANCE OFFICE (cont....)**

- Traffic Violations
- Criminal Matters
- NJP Counseling
- Fitness Report Rebuttals
- DUI Counseling
- Claims Against the Government

### ❖ **Citizenship & Immigration Hours**

- Attention: Before you start the Citizenship process you must attend the brief on Wednesday afternoon.
- There is no immigration brief, only walk-ins.
- Immigration Walk-ins & Citizenship walk-ins: Mon-Fri: 0800-1000 and 1300-1530
- Doors open at 0730, FIRST COME FIRST SERVED.
- **BOTH** petitioner and beneficiary must be present unless the beneficiary is out of country.
  - Petitioner must be seen at least 6 weeks prior to deployment.

### ❖ **Wills**

- The Estate Planning Questionnaire may be printed and completed on your own; however, an interview with an attorney must be done before our office will begin drafting the will. The Powers of Attorney are also available to be printed and completed; however, DO NOT sign any Powers of Attorney until you are in front of the notary. Our notary hours are provided below. We will schedule an appointment for you to execute your will upon receipt of your completed will worksheet.

### ❖ **Notary Public Hours (Monday-Friday 0730-1600)**

- 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. Also, please note that notarizations can also be performed by unit adjutants per 10 U.S.C. 1044a.

### ❖ **Mediation**

- After attending the dissolution brief, and you and your spouse have decided to attend mediation, you can come in to make an appointment. In order to schedule mediation, you must attend the dissolution brief and subsequently file a petition with the court. Bring all documents concerning your dissolution, including but not limited to, court paperwork: your current Leave and Earning Statement and/or pay stubs, bank account information, credit card information, and vehicle information.

### ❖ **Travelling Legal Briefs**

- Preventive Law Briefs, Wills and Power of Attorney Briefs, and Pre-deployment Briefs should be scheduled two weeks in advance. Please include Unit name, number of attendees, time, and place of the brief in your request.

### ❖ **Other Joint Legal Assistance Offices**

- Marine Corps Recruit Depot San Diego: (619) 524-4110
- Marine Corps Base Camp Pendleton: (760) 725-6558

### ❖ **Tax Center Hours**

- **Monday - Friday Walk-ins: 0800 - 1300**
- **Appointments can be scheduled for 1300, 1400, and 1500.**

### ❖ **What you must have when you come to the Tax Center:**

- Your Military/Retiree/Dependent ID
- Your Social Security card

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- Date of Birth and Social Security card of any dependent (e.g., spouse, children)
- Social Security number or Employer Identification Number of any day care provider, the provider's address, and the total amount paid to the provider
- -If you are married and filing jointly with your spouse (recommended), you must bring a power of attorney authorizing you to file on your spouse's behalf
- 2015 tax return (not mandatory unless you itemize or have rental property income)
- Any and all of the following 2016 TAX FORMS issued to you, and if filing jointly, to your spouse:
  - W-2 (wages received)
  - 1099-INT (interest received)
  - 1099-MISC (miscellaneous income received, e.g., self-employment, rental property), with list of expenses, if applicable
  - 1099-DIV (dividends and profits from stock and mutual funds)
  - 1099-B: (proceeds from sale or transfer of stock)
  - 1099-R: (pension, annuity, IRA-related funds)
- Additionally, if you would like your refund directly deposited or your amount owed automatically withdrawn from your bank account, you must also have:
  - Your bank name and routing number
  - Your bank account number (The easiest method is to bring a check or deposit slip.)
- ❖ **For Married Taxpayers:** If filing jointly with your spouse, (s)he need not be present, but you must bring a power of attorney authorizing you to file on your spouse's behalf. Also, if you are filing separate from your spouse, both spouses must be present.
- ❖ **Note:** There are some returns that will be out of the scope of the Miramar Tax Center (i.e. some business tax, etc.). If that is the case with your tax return we will advise you to seek professional help such as a paid tax preparer.

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# LIFESKILLS PROGRAM (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-4473/9078  
Website: <http://www.mccsmiramar.com/life-skills>  
Address: Bldg. 2525  
Hours of Operation: Monday – Friday 8:30 am – 4:00 pm (appointments recommended)

## BRIEF DESCRIPTION

- ❖ **4 Lenses:** This interactive, fun workshop allows participants the ability to explore their personalities based on four temperament colors. Participants are given a tool to identify their strengths and weaknesses based on their personality inventory. Participants walk away with the capability to enhance both personal and work relationships by utilizing the understanding of personality preferences.
- ❖ **5 Love Languages:** What if you could say or do just the right thing guaranteed to make that special someone feel loved? The secret is learning the right love language! Millions of couples have learned the simple way to express their feelings and bring joy back into marriages. This workshop will help couples express their love for their significant other in the fashion that their mate would desire. This workshop is based on the platinum rule “*treat others the way THEY WANT to be treated.*”
- ❖ **5 Money Personalities:** It doesn’t matter if you’ve been married for 40 years or dating for 4 months, money touches every decision you make as a couple—from the \$5 cup of coffee to the \$500,000 home. And when the two of you don’t see eye-to-eye on how much to spend or how much to save, that’s when the arguments start. Based on the book by Scott & Bethany Palmer, this workshop will help you identify which Money Personality you are, what impacts your loved one’s money decisions, and how to talk about money together.
- ❖ **5 Languages of Appreciation in the Workplace:** At work, people express and receive appreciation in different ways. If you try to express appreciation in ways that aren’t meaningful to your co-workers, they may not feel valued at all. This is because you and your co-workers are speaking different languages. In this workshop, we will help you identify the five languages of appreciation in order to be able to understand and speak your co-worker or staff member’s language.
- ❖ **7 Habits of Highly Effective People:** In this 3-day workshop, participants gain hands-on experience, applying timeless principles that yield improved communication, strengthened relationships, increased influence, and laser-like focus on critical priorities. The course also includes over 30 award-winning videos.
- ❖ **The Happiness Advantage:** Most people believe that only after they’re successful will they finally be happy. However, based on recent discoveries in the fields of positive psychology and neuroscience, that formula for happiness is dead wrong. In fact, it’s COMPLETELY backwards. It turns out, happiness actually fuels success, not the other way around. When we become more positive, our brain becomes more engaged, creative, motivated, energetic, healthier, resilient and productive. It can be as easy as 20 seconds...but you’ll have to register to find out how. Based on Shawn Achor’s book by the same title and as taught in Harvard’s famed Happiness Course and to companies worldwide.
- ❖ **Building Lasting Relationships:** This workshop provides practical information and tools to enhance healthy relationships and educate service members and their partners on how to successfully nurture and maintain a positive union. It is designed to be preventative in nature by teaching and demonstrating positive, proactive ways to build a healthy, lasting relationship.
- ❖ **PREP:** Most of what goes wrong in our significant relationships has to do with never having learned the skills and principles associated with successful relationships. Because of that, PREP dedicates their resources to providing education for all individuals and couples who value the maintenance of successful, rewarding relationships with the people who matter in their lives.
- ❖ **How to Avoid Falling for a Jerk/Jerkette:** Based on years of research on marital and premarital happiness, this workshop will help participants break destructive dating patterns that prevent them from finding the love they

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deserve. Topics include asking the right questions to inspire meaningful, revealing conversations with your partner and how to resolve some of their own emotional baggage to prepare them for a healthy relationship.

- ❖ **Interpersonal Communication:** This workshop is an educational experience to increase competence by using more effective communication skills to promote healthy relationships (of any kind). The focus is preventative in nature, enabling service members and their families to function more effectively at home and at work, thereby supporting personal self-sufficiency and operational readiness in the field.

## LIFESKILLS (cont...)

- ❖ **Emergency Preparedness:** This workshop contains information regarding actions that service members and families should take to be informed and prepared in the event of natural and man-made hazards. It is important that families prepare themselves for all types of emergencies, to increase their personal sense of security and peace of mind.
- ❖ **Family Care Plan:** This workshop covers the requirements of the Marine Corps Order 1740.13 which mandates Marines to put in place a plan of action in order to take care of family members for whom they are responsible during their absence. It also provides resources that will assist in the completion of their Family Care Plan. (Available by request only).
- ❖ **Scared of “The Call”? The Casualty Process De-Mystified:** The Marine Corps strives to support the loved ones of wounded or deceased service members, and many families still do not know what is involved in getting their Marine home, nor what benefits and services are available to them. Not having knowledge of this process can make it appear complex and frightening to loved ones. This workshop will help minimize stress and confusion by providing a brief overview on the casualty process.
- ❖ **Safe and Sound at Home:** This workshop provides important safety precautions for families and instills family members with the ability and confidence to be responsible for their personal safety and the safety of their loved ones while their service members are deployed.
- ❖ **Friday Fit Club:** This workshop series is a collaboration between Life Skills and Semper Fit - Get a 40 minute workout and a 20 minute Life Skills class. Topics range from stress management, goal setting, and eating healthy to building community. (Cannot be requested by a unit)
- ❖ **Conflict Management:** This workshop addresses interpersonal conflict and is designed to help Marines and their families become more aware of conflict, empowering them to make healthy choices by managing their responses to conflict.
- ❖ **Basic Anger Management:** This workshop provides education on the dynamics of anger and offers a variety of acceptable coping strategies to handle angry feelings and behaviors.
- ❖ **Basic Stress Management:** This workshop provides a general overview of stress, its causes and effects, the importance of recognizing individual responses to stress, as well as successful strategies for improving personal well-being and personal relationships with others.



# LIFESTYLE INSIGHTS, NETWORKING, KNOWLEDGE & SKILLS (L.I.N.K.S.)

## CONTACT INFORMATION

Phone Number: 858-307-4918/4810/6681  
Address: Bldg. 2273  
Website: <http://www.mccsmiramar.com/links/>  
Hours of Operation: Monday – Friday 7:30 am – 4:00 pm

## BRIEF DESCRIPTION

The L.I.N.K.S. program offers an orientation to the Marine Corps lifestyle, helping spouses, Marines, children and teens, and parents/extended family members understand and adapt to the unique challenges military life often presents. While the curriculum targets those who are new to the Marine Corps community, the information is very beneficial at all levels of Marine Corps experience. Our volunteer Mentors share information on navigating the maze of life in the Marine Corps in a fun and relaxed atmosphere. Because living the Marine Corps lifestyle is like a journey, each participant goes home with a tote bag filled to the brim with materials to help make the trip a little easier. Take a look below for more information on what's covered at L.I.N.K.S.!

Find the L.I.N.K.S. for you!

- Marine
- Spouse
- Couples
- School Aged Children
- Teens

Volunteer Opportunities:

L.I.N.K.S. is supported and gains its success from many dedicated volunteers. Build your resume, meet new people and make a difference in someone's life. If you are interested in becoming part of the L.I.N.K.S. team visit the L.I.N.K.S. House, Bldg 2273 and pick up a Volunteer Application. Many positions are available on the Team and L.I.N.K.S. offers paid childcare during volunteer hours. Training is provided for all positions.

- Mentor
- Food Angel
- Marine Mentor
- Photographer
- Administrative Support
- Historian
- And much much more...

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# MCAS MIRAMAR MEMORIAL GOLF COURSE

## CONTACT INFORMATION

Phone Number: 858-307-4155 Tee Times  
858-307- 4159 Tournament Info  
Website: <http://www.mccsmiramar.com/golfcourse>  
Address: MCAS Miramar Bldg 3750  
Hours of Operation: Winter: Daily 6:00 a.m. – 5:00 p.m.  
Daylight Savings: Daily 6:00 a.m. – 6:00 p.m.

## 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, full practice range 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:

#### ➤ Monday-Sunday

- Active Duty Military may call for tee times eight (8) full days in advance
- Retired Military may reserve tee times eight (8) days in advance beginning at 1200
- DoD and Civilians may reserve tee times seven (7) days in advance
- 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 grass-tee driving range, an 8,000 sq. ft. putting green and an additional chipping green. It also features two short game areas for shots 60 yards and in. Call (858) 307-4155 to reserve this venue at no charge.

### ❖ MIRAMAR ACTIVE DUTY GOLF PROGRAM

- Quality of Life Golf: Every Tuesday of the year, 2 hours after twilight starts free golf. That's right, \$0.00 greens fees.
- Dollar Day: Every third Wednesday of the month all year long, golf any time of the day for just a \$1.00 greens fee.
- Free Active Duty (MIRAMAR ONLY) Golf Clinic: Every Wednesday, 1130-1300 on the Driving Range. Call 307-4156.

### ❖ FITTINGS

- FREE club fitting is available by appointment using the PING and TITLEIST systems for irons, woods, and hybrids, and Yes! Putters. Call 858-307-4156 to speak directly with our PGA fitting professional.

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# MENTAL HEALTH SYSTEMS

## CONTACT INFORMATION

Phone Number: 858-566-6439  
Website: [www.mhsinc.org/family-forces/](http://www.mhsinc.org/family-forces/)  
Address: 9465 Farnham Street  
San Diego, CA 92123  
Hours of Operation: Monday – Friday 8:00 am – 4:30 pm

## BRIEF DESCRIPTION

MHS, Inc was founded in 1978 to provide mental health and drug and alcohol related rehabilitation services in an innovative and cost-effective manner. The delivery of our services conforms to our core values: Innovation, Hope, Dignity, Excellence, Integrity and Action. Our goal is to improve the lives and instill hope by using new and creative treatment strategies while respecting time-proven methods of intervention.

Mental Health Systems has several different programs. The following is a program specifically for Military Families:

### Family Forces

Family Forces provides individual, family, group and couples counseling services to military children and families. Family Forces strives to make access to these services easy and convenient by having services available at the child/youth's schools, in one of our office settings or in the client's home. Services are billed through the client's Tricare/Triwest insurance and individual benefits are explained to the families at the time of referral. Family Forces can also serve active duty members as part of their EAP option that is available through Military One Source. Our Family Forces staff will gladly assist families in obtaining the necessary authorization through the EAP program.

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# MILITARY ONESOURCE

## CONTACT INFORMATION

Phone Number: 800-342-9647 Stateside / CONUS  
800-3429-6477 Overseas / OCONUS Universal Free Phone  
484-530-5908 Collect from Overseas / OCONUS Collect  
800-346-9188 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 a number of 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.

UPDATED: August 2020

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## MILLS PARK (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-4099  
Website: [http://www.mccsmiramar.com/mills\\_park](http://www.mccsmiramar.com/mills_park)  
Address: MCAS Miramar, Building 2273  
Hours of Operation: Daily Dawn until Dusk  
Reservations: 7:30am-4:00pm

### BRIEF DESCRIPTION

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

- ❖ Reservations
  - Area A: \$150 a day
  - Areas B-L: \$25 a day
  - No charge for command functions

## MIRAMAR CHILD DEVELOPMENT CENTER

### CONTACT INFORMATION

Phone Number: 858-307-4144  
Website: <http://navylifesw.com/sandiego/families/cyp/cdc/>  
Militarychildcare.com  
Address: MCAS Miramar Bldg 2740  
Hours of Operation: Monday – Friday 5:00 a.m. – 7:00 p.m.  
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.
- ❖ **Hourly Care:** Hourly Care is available on a limited, space available basis for children ages 6 weeks-Pre-K, daily 0730-1300. This program is offered to Parents/Guardians who need a few hours to run errands, have medical appointments or just need a break! Your child can attend Hourly Care for a maximum of 6 hours per day and 12 hours per week. The cost is \$4.00 per hour, per child and reservations can be made 30 days in advance.

UPDATED: August 2020

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# MIRAMAR BRANCH HEALTH CLINIC

## CONTACT INFORMATION

Phone Number: 619-881-9011 Family Practice Clinic Appointments  
619-532-8400 Prescription Refill  
858-307-6740 Midwife Clinic Appointments  
858-307-9896/9895 Optometry Clinic  
858-307-4656 Sick Call  
858-307-9945 Customer Service

Website: <http://www.med.navy.mil/sites/nmcscd/pages/patients.aspx>

Address: MCAS Miramar Bldg 2495  
San Diego, CA 92145

Hours of Operation: Monday – Friday Varies by clinic  
Saturday, Sunday, and Holidays Closed

## BRIEF DESCRIPTION

- ❖ PATIENT CENTERED MEDICAL HOME
  - Patient Centered Medical Home (PCMH) is our new primary medical care system for all your acute and chronic medical needs! Station active duty personnel and 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, including same-day appointments for acute medical problems.
  - 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), and use secure email messaging.
  - 3rd MAW personnel can make an appointment to see a Medical Provider by calling Active Duty Appointment Center at 858-307-4656/9907 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. The clinic has same-day appointments available for non-life threatening acute conditions.
  - For emergent or life threatening conditions, call 911 or go to Naval Medical Center San Diego Emergency Room directly.
- ❖ OCCUPATIONAL HEALTH
  - Provides medical certification and medical surveillance exams for active-duty military and Department of Defense civilian employees.
  - Provides treatment, evaluation and referral services for work-related injuries and conditions and assistance and case management for worker's compensation issues.
  - For appointments call 858-307-4651.
- ❖ 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.
  - Hours of Operation: Monday thru Thursday 0700-1545, and Friday 0700-1100
  - Walk-in Hours: Tuesday and Thursday, 0700-0900, first come, first served.
  - The office staff will accept walk-ins for spectacle ordering and pickup. Appointments are necessary for all other optometry exams. For more information call 858-307-9895.

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- The average turnaround time for prescription spectacles is two to three weeks. Spectacles can be made on "same day" basis for emergencies.

## MIRAMAR BRANCH HEALTH CLINIC (cont...)

- 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.
  - Hours of Operation:
    - Monday thru Thursday 0730-1600, and Friday 0745-1600.
    - For CIVILIAN PRESCRIPTIONS and patients not seen in this clinic: Monday thru Thursday, 0730-1530, and Friday 0745-1530.
- ❖ 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.
  - Prenatal Care
  - 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.
  - For appointments call: 858-307-6740.
  - Miramar Women's clinic Certified Nurse Midwife (CNM) and Nurse Practitioner (NP) team provides excellent care for normal, low risk pregnancy, and low risk Gyn care in consultation with physicians when needed.
  - Prenatal after hours and weekends call: >20 wks NMCS D Labor and Delivery 619-532-8865 and <20 wks report to NMCS D ER.
  - Hours of Operation: Monday thru Friday, 0730-1600.
- ❖ PHYSICAL/OCCUPATIONAL THERAPY DIRECT ACCESS CLINIC
  - This clinic serves the active duty population aboard Marine Corps Air Station Miramar for all musculoskeletal conditions. Marines and Sailors stationed at MCAS Miramar that have acute, less than 5 days of onset, musculoskeletal pain/conditions can walk-in to 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.
  - Location: Bldg. 2525 Bauer Road, San Diego, CA 92145
  - Hours of operation: Monday thru Thursday 0600-1600, and Friday 0700-1500.
  - Appointment Desk: 858-307-7961

UPDATED: August 2020

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# MIRAMAR INN

## CONTACT INFORMATION

Phone Number: 858-271-7111  
800-628-9466 National Reservation Line  
Website: <http://www.mccsmiramar.com/miramar-inn>  
<http://www.innsofthecorps.com/>  
Address: MCAS Miramar Bldg 2515  
Hours of Operation: 24 Hours a day 365 Days a year

## BRIEF DESCRIPTION

Enjoy the comforts of your home away from home. The Miramar Inn 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 Miramar Inn. Our location makes it incredibly convenient to access San Diego destinations, but set away enough to enjoy tranquil atmosphere conducive to rest and relaxation.

### ❖ Friends and Family Stay at Your Price!

- If you're Active Duty, Retired, a Reservist or a Department of Defense employee, you can sponsor friends and family to stay at the Miramar Inn. Family members and guests of military personnel may stay at Miramar Inn, but the military member must be present at check-in.

### ❖ 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/Widowers/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.

### ❖ Please Note

- Reservations are made without regard to rank or rating. Advance reservations are highly recommended! Reservations are firm; you cannot be "bumped." The Inn is located near the Commissary and Exchange Complex, which includes a variety of food outlets; the 50-Meter Pool; the Bob Hope Theater and Mills Park. It is conveniently close to the Miramar Memorial Golf Course, the Officers', Staff NCO and Enlisted Clubs and the Museum.

UPDATED: August 2020

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# MIRAMAR LIBRARY

## CONTACT INFORMATION

Phone Number:	858-307-1261 Circulation Desk 858-307-6313 Children's Library 858-307-8358 Makerspace Room
Website:	<a href="http://www.mccsmiramar.com/library">http://www.mccsmiramar.com/library</a> <a href="https://mccs.ent.sirsi.net/client/en_US/miramar">https://mccs.ent.sirsi.net/client/en_US/miramar</a>
Address:	MCAS Miramar   The HUB - Bldg. 5305
Hours of Operation	Monday - Thursday 7:00 am - 7:30 pm Friday 7:00 am - 6:00 pm Saturday 8:00am-2pm Sunday Closed CLOSED ON FEDERAL HOLIDAYS

## 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.

- The Library offers the following services:
  - Wi-Fi
  - Public computers with CAC readers
  - Traditional Library Services: Scanning, Printing (10 page limit), Photocopying, Faxing, and a Typewriter
  - Study Rooms, Conference Room, and a private Nursing Room
  - Current physical and digital collection of the Commandant's Reading List
  - Unbiased collection of juvenile, young adult, and adult fiction and non-fiction books
  - Inter-library loans
  - DVDs & Video Games selection
  - Launch Pad check-outs
  - Over 100 databases and digital resources, including e-books, audiobooks, digital magazines, foreign language learning resources, academic and military test study guides, academic research databases, and online encyclopedias such as World Book Britannica Academic.
- The Children's Library offers the following services:
  - Easy reading and picture books
  - Current juvenile fiction and non-fiction books
  - Pre-school computers geared for children age 2-8
  - Online databases and digital literary resources for Pre-K to 8<sup>th</sup> grade, including access to Tutor.com/military
  - Eight weekly Children's programs, 5 days per week, including music, sign language, early literacy, story time, nature and science, and STEAM events.
  - Annual Summer Reading Program
- The Makerspace Room offers the following services:
  - Additive manufacturing capabilities through 3D printers, 3D scanner, 3D modeling software and classes
  - Fabrication tools such as laser etcher, electronic die cutters and sewing machine
  - Virtual reality system and computers
  - STEAM kits, programs and events

UPDATED: August 2020

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# MIRAMAR VOLUNTEER PROGRAM (MCAS Miramar)

## CONTACT INFORMATION

Phone Number:	858-307-1322
Website:	<a href="http://www.mccsmiramar.com/volunteer-opportunities">http://www.mccsmiramar.com/volunteer-opportunities</a>
Address:	Bldg. 2525
Hours of Operation	Monday – Friday 8:00 am - 4:00 pm

## BRIEF DESCRIPTION

The goal of the Volunteer Management Program is to assist Marines and their family members in finding volunteer opportunities both on their installation and in the surrounding areas. Additionally the Volunteer Coordinator is to assist community partners that are looking for volunteers by publishing opportunities to those that have signed up to receive this information.

- ❖ Miramar’s Volunteer Management Program offers a variety of services to military personnel, family members (to include youth), and veterans. The Volunteer Program strives to provide learning opportunities, training, job experience, development of interpersonal relationships and networking. In addition, we hope to provide each volunteer with a sense of well-being, spirit of community and experiences that will be fulfilling to both the volunteer and the person and/or the organization with which the volunteer works.
- ❖ Passport to Volunteering Workshop is designed to give volunteers the tools necessary to have a successful and fulfilling volunteer career. Volunteers will be exposed to the fulfilling part of volunteering and the necessary skills needed to ensure their volunteer experience is positive and rewarding.
- ❖ President’s Volunteer Service Award: By utilizing the President’s Volunteer Service Award website, the Volunteer Coordinator is able to assist you in tracking your entire volunteer career. All volunteers that earn any level of this award will be recognized at the annual MCAS Miramar Volunteer Appreciation Celebration.

UPDATED: August 2020

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## NACCRA

### CONTACT INFORMATION

Phone Number: 800-424-2246 Military Fee Assistance  
Website: <http://usa.childcareaware.org>  
Hours of Operation: Monday - Friday 8:30 am - 5:00 pm

### BRIEF DESCRIPTION

Marine Corps Child Care Fee Assistance was created to provide authorized Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available, or a viable option for the service member and their family. The programs available through Child Care Aware® of America provide subsidies for eligible military dependents enrolled in quality commercial child care programs throughout the United States. Child Care Aware® of America authorizes subsidy amounts based on total family income for those eligible Marine Corps families, and supplies monthly payments directly to the prospective child care provider.

## NATIONAL DOMESTIC VIOLENCE HOTLINE

### CONTACT INFORMATION

Phone Number: 800-799-SAFE (7233)  
800-787-3224 TTY  
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).

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# NAVAL MEDICAL CENTER SAN DIEGO

## CONTACT INFORMATION

Phone Number: 619-532-8225 Appointments  
619-532-8400 RX Refills  
619-532-6418 Patient Relations  
619-532-6416 (TDD/TTY)  
619-532-6400 Quarterdeck  
800-453-0491 TRICARE Prime After Hours Number

Website: <http://www.med.navy.mil/sites/nmcscd/Pages/default.aspx>  
Naval Medical Center  
34800 Bob Wilson Drive  
San Diego, CA 92134

Hours of Operation: Emergency Room 24 hours a day, 365 days a year  
Visiting Hours Daily 9:00 a.m. – 9:00 p.m.  
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

- ❖ Parking: <http://www.med.navy.mil/sites/nmcscd/pages/visitors/parking-information.aspx>
- ❖ Driving directions: <http://www.med.navy.mil/sites/nmcscd/pages/visitors/DriveDir-NMCS D.aspx>
- ❖ Appointments: <http://www.med.navy.mil/sites/nmcscd/pages/patients/appointments.aspx>
- ❖ **Clinic & Dental Locations:** <http://www.med.navy.mil/sites/nmcscd/pages/patients/branch-and-dental-clinics.aspx>

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# NAVY-MARINE CORPS RELIEF SOCIETY (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-1807  
Website: [www.nmcrs.org/](http://www.nmcrs.org/)  
Address: MCAS Miramar Bldg 2273  
Hours of Operation: Monday – Friday 8:00 a.m. – 4:00 p.m.  
Appointments Recommended, Walk-In Space Available

## 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. Navy-Marine Corps Relief Society can help you in time of need...but cannot help you live beyond your means

- ❖ What can the Navy-Marine Corps Relief Society do?
  - Help with emergency needs
  - Provide interest-free loans, grants or combination for:
    - Emergency transportation
    - Funerals
    - Medical/dental bills (patient's share)
    - Food, rent, utilities
  - Help when disaster strikes
  - Personal needs when pay is delayed
  - Essential vehicle repairs
- ❖ What to bring:
  - Your military/dependent ID card
  - Leave and Earnings Statement (LES)
  - Auto repair estimates (if coming in for help w/car repair)
  - Medical bill/statement (if coming in for help with medical bills)
  - Any other paperwork that will help make an accurate budget
- ❖ Other resources offered by Navy-Marine Corps Relief Society:
  - Education loans for dependent children, spouses, and fleet inputs to commissioning programs.
  - Budget Counseling and training, education and remedial counseling.
  - Coordination with civilian agencies (Red Cross, VA, etc) and military offices (disbursing, chaplain, medical clinic, legal, etc)
  - Layettes are a gift from NMCRS to eligible Navy and Marine families and single service members who need such assistance for a new child. Layettes consist of all the necessary items needed when a new baby is brought home. Layettes are available to service members regardless of pay grade
  - A visiting nurse is available. Visiting nurses provide home visitation and other assistance to eligible Navy-Marine Corps Relief clients.
- ❖ **Budgeting for Baby Classes** are 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. Attendees receive a layette and handmade baby blanket.
- ❖ **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 in order to reestablish their household. Contact the NMCRS at Miramar for verification or authorization.
- ❖ **Combat Casualty Assistance Program (CCA)** Registered Nurses are available at no cost to the service member or family members to make home visits to Navy and Marine Corps personnel and/or their family members, regardless of their location in the United States. They will provide medical and emotional support, as well as

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- Resource information on those subjects that may concern you or your family. A CCA Nurse is available at the Miramar NMCRS office for consultation. Call office for further information.
- The Society is supported by volunteers and offers numerous opportunities for personal growth and fulfillment.

## NEW PARENT SUPPORT PROGRAM (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-6585  
 Address: MCAS Miramar Bldg 2274  
 Website: <http://www.mccsmiramar.com/family-advocacy>  
 Hours of Operation: Monday – Friday 7:30 a.m. – 4:00 p.m.

### BRIEF DESCRIPTION

#### **Becoming a Parent: The most challenging job you'll ever love!!!**

The New Parent Support Program wants to assist YOU in this exciting part of your life with free classes and one-on-one support provided by licensed professional staff. The New Parent Support Program is a support system for Marine Corps families with children ages 0 to 7 years. This free, voluntary program has been assisting families at 17 Marine Corps bases all over the world since 1993. We offer the following services:

- ❖ **Baby Boot Camp:** Preparing you to be a parent: Baby Boot Camp is offered every other month on the 4th Monday and alternates with MCRD bi-monthly.
- ❖ **Home Visitors:** Providing support and information tailored to your needs and schedule. Our staff of licensed marriage & family therapists and licensed clinical social workers will work with you one-on-one to enhance your parenting skills. Home Visitors help families learn to cope with stress, isolation, deployment and family separation issues, as well as the day to day challenges of parenthood.

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# OPERATION HOMEFRONT SOUTHERN CALIFORNIA

## CONTACT INFORMATION

Phone Number:	855-282-0960
Emergency Assistance:	877-264-3968
Website:	<a href="http://www.operationhomefront.net/">http://www.operationhomefront.net/</a>
Address:	P.O. Box 26747 San Diego, CA 92196
Hours of Operation:	Variable by appointment only

## BRIEF DESCRIPTION

To be the provider of choice for short-term and critical assistance, long-term stability and recurring support programs to military families.

### ❖ KEY SERVICES:

- By connecting the American donor community to our military families through a robust array of valued and life-changing programs that address the specific short-term and critical assistance, long-term stability and recurring support needs they experience, Operation Homefront is able to help military families overcome many of the challenges inherent in military life. The result: stronger, more stable, and more secure military families. Our programs include:

### ❖ SHORT-TERM CRITICAL ASSISTANCE (RELIEF)

- Financial assistance\* for food, utilities, home repairs, rent/mortgage payments, etc.
- Rent-free transitional housing for wounded service members

### ❖ LONG-TERM STABILITY (RESILIENCY)

- Mortgage-free homes awarded across the U.S.

### ❖ RECURRING FAMILY SUPPORT

- Hearts of Valor caregiver support program
- Baby showers to help new military moms welcome the newest member of the family
- Homefront Celebrations to recognize military spouses
- Holiday programs to provide meals and toys
- Backpacks filled with school supplies for military kids
- *\*Emergency financial assistance is in the form of checks paid directly to mortgage lenders, auto mechanics, contractors, hospitals, doctors, and other providers.*

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## PARC (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-4150  
Website: <http://www.mccsmiramar.com/outdoor-adventure-center/>  
Address: MCAS Miramar Bldg 2257  
Hours of Operation: Monday - Friday 9:00 a.m. - 5:30 p.m.  
Saturday: 0900-1300  
Closed on 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!

- ❖ Inflatable Jumpers
  - We now have a variety of inflatable jumpers available to rent. Jumpers can be reserved up to 5 days prior to pick up date. For example, for a Saturday pick up, the reservation can be made on Monday that week.
- ❖ 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!
- ❖ Please note, if items are picked up on Friday or Saturday, and returned on Monday, a weekend rate applies.
- ❖ For items picked up on Friday and returned Saturday, a day rate applies.
- ❖ Ski Shop
  - Winter is what we like! Stop in and see our full ski and snowboard shop. We carry Rossignol and Head skis and Burton snowboards. We also offer winter board & ski wax for dirt cheap prices!!
- ❖ Adaptive Equipment: Available for rental is adaptive equipment including, but not limited to, hand cycles, tandem bikes and outriggers.

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## PERSONAL FINANCIAL MANAGEMENT (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-9802  
Website: PPR-Miramar.LibGuides.com  
Address: MCAS Miramar Bldg 5305  
Hours of Operation: Monday – Friday 8:00 a.m. – 4:30 p.m.

### BRIEF DESCRIPTION

Your Personal Financial Management Specialist at Personal & Professional Development is here to help you and your family members (active duty, retired, DoD and NAF Civilian Personnel) learn more about basic financial management skills and to help you improve your level of Financial Fitness through personalized budgeting, goal setting, savings, investing, use of credit and debt, planning for major purchases, preparing for major financial challenges, risk coverage, tax planning, and retirement planning.

## 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.

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 overdoses

UPDATED: August 2020

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## PREVENTION RELATIONSHIP ENHANCEMENT PROGRAM (PREP) (MCAS Miramar)

### CONTACT INFORMATION

Phone Number: 858-307-1333  
Address: Bldg. 5632  
Hours of Operation: The first Wednesday & Thursday of every month 8:00 a.m. – 4:00 p.m.

### BRIEF DESCRIPTION

The Prevention and Relationship Enhancement Program (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. Off station, this program can cost up to \$300, but is free to those who attend at MCAS Miramar.

❖ Note: Please do not bring children to meetings • Civilian attire is required

## PUBLIC AFFAIRS OFFICE (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-6000  
MCAS Miramar Bldg 6250  
Hours of Operation: Monday – Friday 7:30 a.m. – 4:30 p.m.

### BRIEF DESCRIPTION

If you are asked to give an interview, contact the PAO. They will give you tips on how to handle the media or in some cases send a representative to be with you during the interview. Yes, you are a U.S. citizen and have the same rights to freedom of speech as any citizen. However, remember you are a Marine Corps spouse; you also represent your Marine.

- ❖ Tips for Media Interviews:
  - YOU are the Marine Corps when doing an interview
  - Know your audience (who are you trying to reach?)
  - Know your communication objectives, and what the intent of your message is.
  - Maintain control by bridging back to your communication objectives.
  - **NOTHING IS “OFF THE RECORD”** always assuming the camera/mike in on!
  - Stay composed, even if the reporter becomes aggressive.
  - Answer only one question at a time. For multiple questions, answer in the order you feel comfortable.
  - Be aware of the latest news affecting the Marine Corps that could be brought up in your interview.
  - Be prepared to bridge back to your communications objectives.
- ❖ When Answering Questions:
  - Put your conclusions or main points UP FRONT.
  - Answer in concise 15-20 second positive statements.
  - Use simple language-avoid military/technical jargon and acronyms.
  - Do not speculate or attempt to answer “What if...” questions.
  - Keep your answers within your sphere of responsibility.
  - NEVER say “no comment” if you don’t know, say “I don’t know.”
  - Answer in the first person and use “I” rather than “we”.
  - Be COMPLETELY TRUTHFUL! Don’t “shade” the truth or exaggerate.
  - DO NOT repeat negative/emotional words that may be used by interviewer.

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# READINESS AND DEPLOYMENT SUPPORT (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-4918/  
Website: <http://www.mccsmiramar.com/readiness-deployment-support/>  
Address: MCAS Miramar Bldg. 2525  
Hours of Operation: Monday – Friday 7:30a.m. – 4:00 p.m.

## BRIEF DESCRIPTION

Readiness and Deployment Support (RDS) at Marine Corps Air Station Miramar provides a continuum of readiness education and deployment support to prepare Marines, Sailors and their families for the unique challenges of a deployment while maintaining a constant state of readiness. Offering classes, workshops and briefs during the entire deployment cycle, which include pre-deployment, during deployment, and post-deployment, defines the role of this program.

### ❖ Pre-Deployment Briefs

- Highlights key areas of personal and family preparation for single Marines, married Marines and their respective families. The brief is designed to provide resources and information that assist service members and their families prepare for the changes and challenges of deployment. Topics include:
  - Wills and Powers of Attorney
  - Family Care Plan
  - Storage of your belongings
  - Resources
  - Operational Security
  - Communication plans
  - Financial planning

### ❖ Mid-Deployment Workshops

- Mid-Deployment Success – a fun and interactive workshop designed to promote deployment success through self-care for the spouse or significant other at home during a separation or deployment. It includes information about stress management, staying connected, dealing with emotional ups and downs, and resources.
  - Physical Fitness
  - Relaxation
  - Nutrition
  - Education
  - Networking
  - Goals

### ❖ Return and Reunion Workshop

- Spouses and significant others – an opportunity to talk about homecoming anticipation, expectations, and concerns in a fun and interactive workshop. The environment is made for spouses and significant others feel at ease sharing or listening to other experiences. Topics covered include communication, deployment stress, reintegration, expectations, and the return of intimacy. Topics include: This brief is facilitated on a unit specific basis, and typically conducted 14-30 days prior to the unit's return. Some of the topics include:
  - Homecoming planning
  - Communication
  - Tools for managing stress

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- Romance and intimacy

## READINESS & DEPLOYMENT SUPPORT (cont...)

### ❖ Post-Deployment Workshop

- Reintegration: Strong Marine Couples – most couples will successfully manage homecoming and reintegrate naturally. This workshop is designed to strengthen relationships in a fun and interactive environment after a lengthy separation and typically conducted 60-90 days after the unit’s return. Some of the topics include:
  - Common post deployment reactions of Marines and their significant others
  - 5-step problem solving
  - Communication barriers and how to work through them
  - Life balancing skills

## SAN DIEGO ANIMAL SERVICES

### CONTACT INFORMATION

Phone Number: 619-236-2341 Emergency Reporting Line  
619-236-4250 Lost or Found animals

Central Shelter  
619-236-4250

North Shelter  
760-438-2312 or 760-746-7307

South Shelter  
619-263-7741

Website: [www.sddac.com/](http://www.sddac.com/)

Hours of Operation: All County shelters:  
Tuesday - Saturday 9:30 a.m. - 5:30 p.m.  
Sundays, 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 and the cities of Carlsbad, Del Mar, Encinitas, San Diego, Santee, and Solana Beach.

- ❖ 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
  - Volunteer Opportunities

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# SAN DIEGO METROPOLITAN TRANSIT SYSTEM

## CONTACT INFORMATION

Phone Number: 619-233-3044 (Southern San Diego)  
511 (Northern San Diego)  
619-699-1900  
Website: [www.sdcommute.com/](http://www.sdcommute.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'll turn getting to the fun places into more fun. Better yet, go on-line and get a personal trip plan in less than one minute. After all, the less time it takes, the less cranky the kids get. We frequently stop at San Diego's fun places, such as: The San Diego Zoo, Sea World, Balboa Park, the stadiums, and many other sites that make San Diego so famous.

# SAN DIEGO MILITARY OUTREACH MINISTRIES

## CONTACT INFORMATION

Phone Number: 619-461-4164  
8930 Activity Rd San Diego Ca 92126  
Website: [www.sandiegomom.org/](http://www.sandiegomom.org/)  
Hours: Center hours: Tues 11:00am-1:00pm

## BRIEF DESCRIPTION

San Diego Military Outreach Ministries' (SDMOM) is a nondenominational organization, guided by Christian values, whose mission is to provide help with some basic needs, as well as holding events that enhance the quality of life, for all military junior enlisted families (E5 and below) who live in San Diego County.

- ❖ SDMOM serves the Active Duty junior enlisted military family (mostly ranks E-5 and below), typically headed by a 19-30 year old, with young children, away from home, and trying to survive in our expensive economy on a low salary while struggling with high debt and the family stresses of deployment.
- ❖ San Diego County is one of the largest military regions in the United States with more than 14 military installations in the County. Today there are nearly three quarters of a million children under the age of five years in military families, the most since World War II.
- ❖ **DISTRIBUTION CENTER** We provide children's (under age 12) clothing, infant diapers, baby food, toys and small household items here. The Distribution Center is open on Tuesdays Only from 11AM to 1PM. The address is **4426 Harbinson Ave., La Mesa, Ca. 91942**. Serving Active Duty Junior Enlisted families E5 and below. Everything is given free in appreciation for your sacrifice.
  - FREE MONTHLY FOOD MINISTRIES  
(Ranks E-5 and below first 30 minutes, E-6 and above after)  
(Please donate your extra brown bags for future food ministries.)  
Silver Strand Housing: Recreation Center: First Wednesday 1:00-2:00 p.m. No distribution Dec5  
Bayview Housing: FF&S GARAGE: First Thursday at 2:00-3:00 p.m.  
Pt.Loma Westminster Presbyterian Church: on Talbot: 2nd Wednesday at 1:00-2:00  
Lofgren Terrace: Community Center: 2nd Wednesday at 1:00-2:00 p.m.

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Terrace View Villa: by pool: 3rd Wednesday at 1:30-2:00 p.m.  
Village at Serra Mesa Housing: 3141 Afton Rd in front of FF&S Center:  
**REGULAR SCHEDULE: Last Wednesday at 1:00-2:00 p.m**  
Village at Serra Mesa Housing: 3227 Murray Ridge Rd: REGULAR SCHEDULE: Last Wednesday at 2:00-3:00 p.m.

**BREAD MINISTRIES**

(Please bring bags to carry bread.)

Gateway: 2634 Durham Ridge Place: Thursdays at 11:30 am - 1:30 pm

Murphy Canyon: 3620 Lofberg St.: Friday at 11:30 p.m.

## SAN DIEGO NAVAL HOUSING

### CONTACT INFORMATION

Phone: 619-556-8443  
Website: [www.navylifefsw.com/sandiego/housing](http://www.navylifefsw.com/sandiego/housing)  
Address: Naval Station San Diego  
Family Housing Welcome Center  
2625 LeHardy Street Bldg. # 3544  
San Diego, CA 92136  
Hours of Operation: Monday – Friday 8:00 a.m. – 5:00 p.m.

### 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 into a PPV (Private Public Venture) with Lincoln BP Management, Inc., 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.

- ❖ Who May Apply For Family Housing?
  - Active duty military personnel stationed in the San Diego metropolitan area accompanied by bona fide family members are eligible to apply for Military Family Housing (MFH).
- ❖ How to Apply For Quarters?
- ❖ 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).
- ❖ Application may be made in person or submitted by mail. Those submitted by mail must be confirmed within 30 days of reporting to San Diego.

UPDATED: August 2020

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# SAN DIEGO POLICE DEPARTMENT

## CONTACT INFORMATION

Phone Number: 619-531-2000  
858-484-3154  
Website: <http://www.sandiego.gov/police/>  
Address: Headquarters  
1401 Broadway  
San Diego, CA 92101-5729  
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.

UPDATED: August 2020

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# SAY SAN DIEGO (SOCIAL ADVOCATES FOR YOUTH)

## CONTACT INFORMATION

Phone Number: 858-565-4148 x 237 General Information  
Website: [www.saysandiego.org/](http://www.saysandiego.org/)  
Address: 4775 Viewridge Avenue  
San Diego, CA 92123

Hours of Operation: Monday – Friday 8:00 a.m. – 5:00 p.m.

## 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 48 years

❖ SAY's Primary Services include:

- Delinquency Prevention & Juvenile Diversion
- Extended Day Before & After School Program
- Family Support and Development
- Community Development and Collaboration
- Health Promotion
- School Readiness and Support
- Alcohol Tobacco and Drug Abuse Prevention
- Mental Health

❖ "SAY Extended Child Care Programs":

- Licensed by the Department of Social Services, Community Care Licensing
    - High quality, well supervised childcare for school age children. Provides school-based licensed before and after school child care at elementary schools. Offers a balance of activities, including homework assistance, and is designed to develop self-esteem and provide a creative educational and recreational experience for children 5 – 12 years of age.
    - Eligibility: Enrollment opens to all students attending host elementary school. Fees vary depending on specific site. Discounts may be available for additional children in the same family. Subsidies (free or low-cost) are available for eligible families at selected sites.
    - Geographic Area: Located at 16 elementary schools within the San Diego Unified School District.
- The Military Family Resource Center (MFRC) serves active duty, transitioning, and veteran military personnel and their families. Located in Murphy Canyon, which has the largest off-base US military population in the world, the MFRC strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.
- Services Include:
    - Dads Corps
    - Playgroups
    - First 5 First Steps
    - Resources and referrals
  - The SAY San Diego Healthy Start MFRC team also convenes and facilitates the San Diego Military Family Collaborative (SDMFC), a network of over 100 organizations in San Diego County. The SDMFC provides an inclusive forum to maximize the collective impact of community resources to enhance military family life.
  - Location: 3487 Santo Rd., San Diego, CA 92124 (directly behind the Popeye's restaurant at the corner of Aero Drive and Santo Road).
  - EXPLORING THE NEEDS OF MILITARY FAMILIES
  - San Diego military and veteran families have unique needs for services over the course of their lives. The San Diego Military Family Collaborative (SDMFC), San Diego Veterans Coalition (SDVC), and the Caster Family Center or Nonprofit and Philanthropic Research at the University of San Diego collaborated on an exploration of these issues.

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## SCHOOL LIAISON PROGRAM (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number:	858-307-6633 / 8625
Website:	<a href="http://mccsmiramar.com/school-liaison-program">http://mccsmiramar.com/school-liaison-program</a>
Address:	Moving soon to Bldg 2258 The JRC. Please call to confirm location
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:00 p.m. (Appointments Recommended)

### 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 the base falls into the San Diego Unified School District (SDUSD). Visit this page for military-specific information.
- ❖ 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. These requirements may be found on the parent information page for SDUSD listed above.
- ❖ 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 would require 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 Child, 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.

UPDATED: August 2020

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## SEMPER FIT PROGRAMS (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: Varies (see below)  
Website: [http://www.mccsmiramar.com/semper\\_fit.html](http://www.mccsmiramar.com/semper_fit.html)  
Address: Varies (see below)  
Hours of Operation: Varies by location

### BRIEF DESCRIPTION

The Semper Fit Program offers a wide variety of recreation and fitness programs designed to provide healthy, active lives. The primary focus of this program is to maximize individual performance through classes and activities which educate, encourage and support the practice of healthier lifestyles for our active and retired Service members, DoD employees and their families. This program includes: Health Promotion, Fitness, Sports and Athletics, the Single Marine Program and the Great Escape Recreation Center, Recreational Aquatics and Outdoor Recreation. Below you'll find what we have to offer here through the Semper Fit Program here at MCCS Miramar.:

#### Miramar Sports Complex / Main Gym

Bldg. 2471

Mon-Fri: 4:30am-10:00pm

Sat-Sun: 8:00am-8:00pm

Holidays: 8:00am-5:00pm

(858) 307-4128 or (858) 307-4129

#### Semper Fit Center / New Gym

Bldg. 2002

Mon-Thurs: 5:00am-7:00pm

Fri: 5:00am-3:00pm

Sat: 8:00am-12:00pm

Sun & Holidays: Closed

(858) 307-4654

#### The Barn / Fitness Annex

Bldg. 7115

Mon-Thurs: 5:00am-1:00am

Fri: 5:00am-8:00pm

Sat, Sun, & Holidays: Closed

(858) 307-6042

#### HITT Center

Bldg 2525

Hrs Mon-Fri: 0600-0700, 1100-1300, Mon – Wed.: 1700-2000

Ph. 858-307-8776

The primary purpose of the High Intensity Tactical Training (HITT) program is to enhance operational fitness levels and optimize combat readiness and resiliency for the Marine. This comprehensive strength and conditioning program takes into consideration the physical demands of operational related activities in order to optimize physical performance while in combat. By implementing the latest cutting edge training methods and fundamental scientific principles, the HITT program focuses on enhancing athleticism for today's tactical athlete – The United States Marine.

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❖ Athletic Sports

- Ph. 858-307-1202/4140 Bldg 2471 Hrs. Mon - Fri 7:30 a.m. – 4:00 p.m.
- 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, hockey, volleyball and tennis, just to name a few. Both men's and women's teams are available for most sports, and all provide opportunities for physical fun and fierce competition. All teams are open to military personnel, and many are open to military family members and DoD employees. Selected sports have afternoon and evening leagues, making it easy for anyone interested to get involved. Various tournaments are held throughout the year, making unit cohesiveness as important on the field or court as it is on the job!.

❖ Health Promotions

- The Health Promotion Office offers training, education and resources on the nine Semper Fit Elements and much more. A monthly health theme has been established in relation to the nine Elements and in recognition of the National Health Observances. Representatives from the Health Promotion Office are available to come directly to individual units, and offer briefs on topics such as remedial weight training and health and fitness education, and can also tailor presentations to specific needs.  
Bldg. 2525

Call for an Appointment  
(858) 307-1331 Ph. 858-307-7963/6547

❖ Aquatics/Pools

- 50-Meter Pool / Water Survival Training Tank:
- Ph. 858-307-4137 Bldg 2000 Hrs. Lap Swim: Mon-Thur 5:00-7:00, Mon-Fri 11am-1pm Rec Swim: Mon/Wed 4:30pm-6:30pm Sat. 10am-2pm Sunday & Holidays: Closed  
The 50-Meter Pool offers a wide-variety of programs for all ages, from children to adults. The pool also includes lounge chairs, picnic tables, and locker rooms with showers and daily use lockers.  
The 50-Meter Pool is a military training facility, and may be closed at any time to support military training.  
The 50-Meter Pool will be set-up short course (25-meters) during all 1100-1300 lap swim times.  
The facility will open to patrons no more than 5 minutes before the start of lap swim. Please do not enter the water until a lifeguard is on duty.  
The facility will close 15 minutes after lap swim is finished. Patrons will not be permitted anywhere in the facility at any time.  
Please note that all guests must sign a [Hold Harmless Waiver] before utilizing the facility. If the guest is under 18 years of age, the parent/guardian of that child must sign the Hold Harmless Waiver before their child can utilize the facility.

❖ All Hands Swimming Pool

- Ph. 858-307-4154 Bldg 4551 Hrs. Contact for updated hours
- Come cool off and relax at the All Hands Pool, which is open to all hands! Ideal for recreational swimming, the pool offers a wide variety of summer programs for children of all ages. Programs include, but are not limited to: pre-school swim lessons levels: 1-2, learn-to-swim lessons levels 1-3, private swim lessons, and pool parties.  
The All Hands Pool also includes a wading pool, low diving board, a picnic area, lounge chairs, and locker rooms, with showers and daily use lockers. Learn-To-Swim Programs.

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# SEXUAL ASSAULT PREVENTION AND RESPONSE (MCAS MIRAMAR)

## CONTACT INFORMATION

Phone Number: 858-307-6711  
Website: <http://www.mccsmiramar.com/sapr/>  
Address: Bldg. 2274  
Hours of Operation: Monday - Friday 7:30am – 4:00pm

## 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 & RESPONSE VICTIM ADVOCATE (SAPR VA), OR SEXUAL ASSAULT RESPONSE COORDINATOR (SARC) FIRST
- ❖ MCAS MIRAMAR SEXUAL ASSAULT 24/7 SUPPORT LINE (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 installations 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.
  - 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 (858) 307-9210.
- ❖ To reach a victim advocate call the Sexual Assault 24/7 Support Line at (858) 864-2815.
- ❖ To reach an Installation SARC send an email to [miramarsarc@usmc.mil](mailto:miramarsarc@usmc.mil).
- ❖ 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 board 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.
  - 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.

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- 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.
- A sleeping, unconscious, or incompetent person cannot consent.

## SINGLE MARINE PROGRAM (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-6283  
 Website: <http://www.mccsmiramar.com/smp.html>  
 Address: MCAS Miramar Bldg 5305 The Hub  
 Hours of Operation: Monday - Friday 8:30 a.m. – 5:00 p.m.

### BRIEF DESCRIPTION

The Single Marine Program aboard MCAS Miramar specializes in presenting Single Service Members and Geographical Bachelors with recreational and leisure activities, as well as provides an opportunity for identifying and recommending solutions for quality of life.

Each month, MCAS Miramar’s service members can enjoy activities such as trips both local and statewide, opportunities to volunteer, barracks bashes, fundraisers, tournaments, and interactive meetings dealing with quality of life. The Single Marine Program also offers many great opportunities to take on leadership roles and organize social activities.

**GET INVOLVED AND MAKE A DIFFERENCE!**

## SPACE A (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-4283  
 951-655-2397  
 Website: <http://www.march.afrc.af.mil/Units/Space-A-PassengerTerminal.aspx>  
 Address: MCAS Miramar Bldg 9100  
 Hours of Operation: Monday - Friday 11:00 a.m. – 5:00 p.m.

### BRIEF DESCRIPTION

Space Available 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 Department of Defense owned or controlled aircraft. Additional considerations can affect the number of seats available are safety, aircraft configuration, maintenance and aircrew size. Once mission requirements are met, available seats will be offered to Space-A passengers awaiting transportation.

The Space-A program is a byproduct of the military mission and is not funded in the DOD budget. Travelers must be prepared for the possibly of having to wait several days or even arrange alternate commercial transportation. Lodging and off base transportation is not always available and in some cases can be very expensive. Travel to remote or austere locations is also a possibility with even greater cost for alternate travel. Please ensure that you have the funds available to cover any

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unforeseen expenses. Please remember, space-available travel is a privilege and AMC cannot guarantee movement to your desired location or on any particular schedule.

## STEP SOCIAL

### CONTACT INFORMATION

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

### BRIEF DESCRIPTION

STEP builds financial self-sufficiency among junior active duty enlisted members and recently discharged enlisted Veterans and their families facing financial crisis through counseling, education and grants. Support the Enlisted Project (STEP) was formed as a 501(c)3 nonprofit based in San Diego to assist our community's young military and Veteran families in financial crisis. Over the past eight years, the support of STEP's mission has been nothing short of amazing.

To date, STEP has served more than 5,600 military and Veteran families through our main Emergency Financial Assistance (EFA) program. The families who come to STEP are at risk of losing a basic necessity - their home, a vehicle, water, electricity, insurance - or they consistently run out of essentials, like food and baby diapers, before their next paycheck. Our professional Social Workers counsel one-on-one with each client family, utilizing a holistic approach to personal finance

## SUBSTANCE ABUSE COUNSELING CENTER (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-1129  
Website: <http://www.mccsmiramar.com/substance-abuse-center>  
Address: MCAS Miramar Bldg 2274  
Hours of Operation: Monday - Friday 7:30 a.m. – 4:00 p.m.

### 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.

The SACC program provides the following services:

- ❖ 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 abuse informational booths
  - Collaborations with on-base and off-base community providers
  - Prime for Life course of instruction

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- ❖ Prime for Life (4.5) is a 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.  
\*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.
- ❖ Treatment: Outpatient / Intensive Outpatient
- ❖ Outpatient Treatment (OP) is formally scheduled for two weeks while Intensive Outpatient Treatment (IOP) is formally scheduled for four weeks. Both OP & IOP provide individualized care; length of stay is adjusted according to the needs of the person served. OP & IOP are formatted upon didactic sessions and therapeutic groups, purposed to support each person served in developing effective coping skills.
- ❖ Residential Treatment is a scheduled 35 day treatment program provided by Substance Abuse Rehabilitation Program (SARP), located at Navy Submarine Base Point Loma. SARP is a comprehensive treatment program; providing individual case management formatted care for patients who require intensive structure and supports. AA (Alcoholics Anonymous) Meetings are also offered on Mondays from 6:30pm-7:30pm in bldg. 2274.

## THE GREAT ESCAPE (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-6171  
 Website: <http://www.mccsmiramar.com/great-escape>  
 Address: MCAS Miramar Bldg 5305  
 Hours of Operation: Sunday - Thursday - 1100 - 2200  
 Friday & Saturday - 1100 - 2300

### BRIEF DESCRIPTION

The Great Escape is the “home away from home“ for the active duty enlisted service members stationed and visiting MCAS Miramar. The facility is a non-alcoholic facility and is open 365 days a year, over 75 hours a week.

- ❖ The Great Escape features:
  - six Olhausen tournament size billiard tables,
  - an arcade with interactive game systems (including X-Box ONE, X-Box 360, PS 4, PS 3, Wii, Wii U, and the classics Game Cube and Nintendo 64)
  - six computers with CAC readers and a printer,
  - two ping pong tables,
  - two large lounge areas with 60” televisions,
  - six 46” televisions mounted throughout the facility, all the televisions are connected to DirecTV,
  - game tables are ready to be used for board games, poker, black jack or Texas Hold ‘Em,
  - a foosball table,
  - air hockey,
  - a quiet area,
  - an eating area with microwaves and a mini refrigerator,
- ❖ The Great Escape has a movie library (movies are part of the Navy Motion Picture Services movie program) with over 800 titles, including new release and classic movies.
  - our movie room features a 132” screen and projector, with 18 leather recliners and four oversize bean bag chairs.

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- ❖ The facility hosts a variety of daily, weekly and monthly activities including:
  - Friday and Saturday Night billiards tournaments,
  - video game, ping pong, air hockey and foosball tournaments,
  - BBQs, ice cream socials,
  - special events
  - “Home For The Holidays” Program, pairing service members with host families in the local community.
  - We even had a local fire station pick up service members in a fire truck and take them back to the station for dinner.
- ❖ Just outside The Great Escape’s front door is a sand volleyball court, a full-size basketball court, grills, pull up bars and functional fitness equipment. The facility is adjacent to Dominos and is the home of the Single Marine Program

## TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)

### CONTACT INFORMATION

Phone Number: 800-959-TAPS (800-959-8277)  
 Website: [www.taps.org/](http://www.taps.org/)

### 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
    - Text Reminder Service
  - Survivor Resources
    - Grief Counseling
    - Education Assistance
    - Case Work

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- TAPS Magazine
- TAPS Resource Library
- Links to helpful Organization
- Gifts for Families of Fallen
- Grief Publications
- Survivor Relationships
  - Widows, Widowers, Significant Others
  - Surviving Parent
  - Surviving Sibling
  - Surviving Adult Child, Suicide Survivor
  - Extended Family, Caregiver for a grieving Child

## TRANSITION READINESS (MCAS Miramar)

### CONTACT INFORMATION

Phone Number:	858-307-4933/6021
Location:	Bldg. 5305
Website:	<a href="http://www.mccsmiramar.com/transition_readiness-seminar">www.mccsmiramar.com/transition_readiness-seminar</a>
Hours of Operation:	Mon – Friday 7:00-4:30pm

### BRIEF DESCRIPTION

- ❖ The Transition Readiness Program is a Council on Accreditation (COA) certified workplace that offers information and assistance to aid military service members, retirees, veterans, DOD civilian employees and their family members both as they transition from a military to civilian lifestyle and beyond. We have on staff Certified Professional Career Coaches (CPC). Seminars and workshops facilitated by our Transition Program team include the Transition Readiness Seminar, the Personal Readiness Seminar, LinkedIn Success, Women In Transition, Accessing Higher Education and more. Please visit our Calendar for additional workshop descriptions, dates, times and registration instructions.
- ❖ Please visit our Calendar for additional workshop descriptions, dates, times and registration instructions.
- ❖ Also available is our Family Member Employment Assistance Program and our Career Resource Center

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## TRICARE DENTAL (United Concordia)

### CONTACT INFORMATION

Phone Number: 1-844-635-4061  
1-844-653-4060  
1-717-888-7400  
Website: [www.uccitdp.com/](http://www.uccitdp.com/)  
Hours of Operation: 24 hours a day, 365 days a year

### BRIEF DESCRIPTION

The TRICARE Dental Program (TDP) is a voluntary dental insurance program. MetLife is proud to administer the TDP to eligible enrollees and offer a comprehensive dental benefit. For enrollees, the TDP covers a wide range of diagnostic, preventive and restorative services. You may seek care from a network of more than 180,000 participating dentists, or you may use nonparticipating dentists at an additional cost to you.

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

## TRICARE MEDICAL (Health Net)

### CONTACT INFORMATION

Phone Number: 1-844-866-9378  
Website: <https://www.tricare-west.com>Tricare

### BRIEF DESCRIPTION

Tricare West Military & Veterans 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.

- ❖ For each and every one of our employees, many of them who, too, have served in uniform, providing health care for military families is not just a job - it's an honor.
- ❖ 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

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# UNITED THROUGH READING

## CONTACT INFORMATION

Phone Number: 858-481-READ (7323)  
Website: [www.unitedthroughreading.org/military](http://www.unitedthroughreading.org/military)  
Address: 1455 Frazee Rd Suite 500  
San Diego, CA 92108

## BRIEF DESCRIPTION

### Program Overview:

One of the most difficult things a child can experience is having a parent deployed to a war zone for an indeterminate period of time. The United Through Reading® Military Program helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home. This powerful program is available to all deploying military units and at select USO locations. It provides parents a chance to make powerful and lasting connections with their children and parent from afar.

### ❖ How it Works:

- The Service member reads a book while being recorded and sends the DVD home to the child
- The child watches the video at home and follows along with the book if available
- The parent at home captures the child's reaction to the DVD in a photo or email and sends it back to the service member.
- The service member's morale is boosted by the feedback and he/she is encouraged to read again.

### ❖ How to participate:

- Ideally, deploying commands request United Through Reading® Military Program several months before deployment so that our National Program Managers can train command volunteers and spouse volunteers, provide promotional tools, and offer options for getting necessary equipment.
- Today, our National Program Managers are working directly with over 200 Army, Navy, Marine Corps, Air Force, Coast Guard, and National Guard commands, including more than 60 select USO locations that are hosting United Through Reading Military Program. In 2006 United Through Reading invited USO to make the program accessible to Service members who visit participating centers.

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# UNITED SERVICE ORGANIZATION (USO)

## CONTACT INFORMATION

Phone Number: 619-235-6503 - Downtown location  
619-296-3192 - Airport location  
Website: [www.usosandiego.org/](http://www.usosandiego.org/)  
Address: San Diego USO Main Center  
303 A Street Suite 100  
San Diego, California 92101  
Hours of Operation: (call for hours)

## BRIEF DESCRIPTION

Our Downtown USO Center -- at the corner of 3rd and A Streets -- is open 365 days a year from 11am to 9pm to give active-duty military personnel and their families their own 'private club' where they may watch television, play pool, email friends, read or just relax and hang out.

- ❖ The 18,000-square foot Downtown USO Center offers a complimentary Tuesday night dinner to active-duty military and their families, a cyber canteen with free Internet access, special holiday events, two big-screen televisions, great activities and helpful information about San Diego. It also features a spacious social hall for parties and meetings, available for use at no cost to the military.
- ❖ Programs at this location:
  - Community Chest: The Community Chest program provides Active Duty, Reserve, Guard and military families an opportunity to select various donated household items supported by Costco's generous merchandise donations. USO San Diego's Community Chest is a great supplementary resource to stock up on everyday essentials and fun extras/non-essentials. USO San Diego is dedicated to providing the best quality, like-new, merchandise to our military.
    - The Community Chest program occurs Bi-Monthly on the second and fourth Friday of each month. This will give families who cannot make one date another opportunity to attend. Households may only participate in Community Chest once a month. Based on the donations USO San Diego receives, one representative from each household will select items.
    - Patrons will register online through Sign Up Genius where you may pick a time to attend. This will expedite the distribution and keep the wait time to a minimum.
    - Please do not arrive any earlier than 15 minutes before your selected time. No line may be formed.
    - For your visit you must fill out the registration form through Sign Up Genius to participate. You will need to present valid Military ID the day of the event.
    - Please bring your own shopping bags as none will be available. All items are donations and some products may have been opened. You are accepting them at your own risk. Although donations change monthly, USO San Diego provides essential household items such as diapers, wipes, cleaning supplies, and health & beauty products. In addition to our rotation of smaller merchandise, service members and military families are able to choose from an array of larger items. At times, these larger donations can include sporting equipment, inflatable mattresses, home furnishings, car seats, small appliances, and luggage.
  - Community Support: As part of USO San Diego's mission, we work to create cooperative relationships between U.S. military communities and involved or supporting civilian communities. USO San Diego fulfills part of this mission through community outreach events. Some examples of these events include, but are not limited to, the Miramar Air Show, Joggin' for Frogmen, Kettner Nights, MCRD Fun Runs, Pre-Deployment Briefings and Military Family Days. If you would like USO San Diego to have a table at your event and/or give a presentation, please e-mail Colleen Cordaro at [communications@usosandiego.org](mailto:communications@usosandiego.org). Please make any requests a minimum of two weeks prior.
  - Family Day on the Bay: USO San Diego partners with Mission Bay Yacht Club to host the annual Family Day on the Bay, so military families will enjoy an afternoon of fun! This day includes a BBQ lunch, refreshments, music, games, face painting, boat rides provided by members of MBYC, and visits by the Sea World Mascot and the Mission Bay

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Lifeguard Fire Boat. This event caters to Active Duty, Reserve, and Guard military families who have loved ones deployed, deploying, or who have recently returned from deployment. Additional information about dates and nomination process can be found at <https://sandiego.uso.org/programs/family-day-on-the-bay>

## USO (cont...)

- Giving Tree: Giving Tree provides deserving military families the opportunity to select presents for their children during the holiday season. USO San Diego works with the Commands, Ombudsmen, Family Readiness Volunteers/Officers or Branch Equivalent to make sure the nominated families are those whom need support most or those who fit the criteria below.
  - Who can nominate: Command Representatives, Ombudsman, Family Readiness Volunteers, Family Readiness Officer or Branch Equivalent
  - Who can be nominated: Active Duty, Active Reserve and Active Guard Military Service Members with legal dependents ages birth-18 years.
  - Criteria to nominate a family (Optional): • Medical Illness or Financial Hardship • Exemplary/Outstanding Performance • Recent Life Event (marriage, divorce, new child) •
  - NOMINEE INFORMATION REQUIRED: • Parent/Guardians Full Name • Command/Unit • Family's Primary Contact Number(s) • Family's Primary Email Address • Preferred Registration Date/Time • Number of Dependent Children's In Household (birth - 18 years) • Please include the child's name, age, and gender
  - Event Overview Parents are able to visit the USO San Diego Downtown Center and pick out gifts for their children and have them wrapped in Santa's workshop! The Giving Tree program is for parents/guardians only and childcare is not provided. We encourage parents to seek childcare during the program time to keep the presents a surprise. Food: A light meal and beverages will be served to parents, while they are waiting for their gifts to be wrapped in Santa's workshop.
  - Parking: There is metered street parking available which is free after 6pm. We will email the lottery winners a parking pass as well for the ACE Lot #12 across the street from the Center, \$5 rate for 3 hours. There will be volunteers who can help transport the gifts to your cars when ready.
- Marine Corps Trials: USO San Diego serves as the lead non-profit organization supporting what the Camp Pendleton Commanding General calls the signature annual event for the Wounded Warrior Regiment. The Marine Corps Trials features the same Paralympic sports as the National Warrior Games: wheelchair basketball, sitting volleyball, swimming, recumbent cycling, shooting, archery, track and field. The training and competition is fierce during the Marine Corps Trials, with athletes vying for top placement in individual and team sports. Participants in the trials include wounded, ill and injured Marines and Navy Corpsmen, medically retired Marine veterans, and international service members. USO San Diego supports the games by refueling the competitors throughout each day of the training and competition with healthy snacks, fresh fruit, bottled water and sports drinks served by many enthusiastic volunteers cheering them on at each event. Additionally, USO San Diego provides reception services when participants arrive at Lindbergh Field, over 2,500 full meals and thousands of snacks during the event, sunscreen, lip balm and an unforgettable American experience for our allied service members.
- Mobile Food Pantry: In partnership with Feeding San Diego, USO San Diego is providing a Mobile Pantry – a farmer's market style set-up in ACE Lot #12 – to Active Duty, Reserve, Guard and military families. This program is held on the 1st and 3rd Saturday of every month. We are able to serve 200 families. The Mobile Pantry has fresh produce available as well as staple goods.
  - There will be no need to arrive early as the truck will not be in the ACE #12 lot till 8:45 a.m. Bring your own bags, wagons, etc.. USO San Diego will not have any bags or boxes available this time. The Center will be closed during the Mobile Food Pantry (normal operating hours are from 11 a.m. – 9 p.m.). Please note there will be no use of the restrooms.
  - Food will be given on a first come, first served basis. If this will be your first time attending, please email [ashleycamac@usosandiego.org](mailto:ashleycamac@usosandiego.org) for a participation form.
- Santa Store: USO San Diego's annual Santa Store provides children, ages 4-10 years old, of Active Duty, Reserve, and Guard, an opportunity to learn the importance of giving by picking out the perfect gift for their parents or guardians. Santa Store also includes photos with Santa, a gift from Santa and a delicious home-cooked meal for the entire Family.
  - Over the course of three festive days, USO San Diego reaches over 1,000 military children as a part of Santa Store. This program provides a wonderful holiday memory to the children of Active Duty, Reserve, and Guard military personnel.

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- Sesame Street: The Sesame Street/USO Experience for Military Families is the USO's longest running, free, traveling tour based on Sesame Street's military family initiative. The show comprises a fun-filled character performance with special giveaways and outreach materials for those who attend. The show features Katie, a military child on Sesame Street, who is moving to a new place.

## USO (cont...)

- Free Tickets: USO San Diego offers a variety of tickets to local sporting, theatre and concert events within San Diego. It is recommended service members and military family members follow us on Facebook as we post announcements of large batches of tickets there. Tickets are distributed through our Downtown Center and are offered on a first-come, first-served basis. Smaller quantities of tickets can be received by calling the Downtown Center or stopping by to see what we have available on any given day. Please call the downtown center at 619-235-6503 for available tickets.
  - Tuesday Evening Dinner: Every Tuesday USO San Diego offers a hosted dinner at our Downtown Center. These weekly dinners give service members and military families an opportunity for a night out free of cooking, cleaning and dish duty! Different volunteer groups from local businesses, corporations and civic groups serve up a home-cooked meal each week. Dinner is served between 6:00 p.m – 6:30 p.m. On many occasions, the evening will also include special drawings, providing individuals a chance to win a gift certificate to a local restaurant or other prizes.
  - The dinner is first come, first served up to 215 participants. All attendees are required to sign in at the front desk to receive their meal tickets.
- ❖ Our Airport USO Center located at Lindbergh Field's Terminal #2 is the largest USO airport center in the world. It offers a friendly place for travelers to wait for a flight, unwind and have a snack, check email, watch television, get directions or transportation assistance to their duty station or other locations and get information on the area. It is open 365 days a year from 6am until midnight.
  - ❖ Programs at this location
    - Community Outreach: As part of USO San Diego's mission, we work to create cooperative relationships between US Military Communities and involved or supporting organizations
    - Families of the Fallen Support: Supports dignified transfers to and from Dover AFB, Delaware
    - Feed Our Heroes: Supports service members and military families traveling through USO Neil Ash Airport Center
    - Homecoming Bags: These bags are handed out as a thank you to service members traveling through Lindbergh Field and at Homecoming events. The bags are filled with items like granola bars, fruit, water bottles, trail mix, dried fruit, gum, cookies, other non-perishable food items, plus a handwritten card that shows appreciation for their service and sacrifice. Homecoming: USO San Diego recognizes the importance of a safe return home, whether it is the return of a ship, unit or individual service member. We also understand that not everyone who returns to San Diego has family in the area waiting for their arrival. When service members return to San Diego, our famous Welcome Home Volunteer Team steps in to provide hugs, handshakes, salutes, smiles, applause and a heart-felt "Thank you for your service!" In addition to the great welcome home cheers, USO San Diego provides a special Welcome Home Bag of snacks, beverages, other goodies and a personal note from a patriotic American. The Welcome Home Bags are generally the product of a corporate project, which includes a financial donation to purchase the contents and the work of many volunteers. On request, we are happy to participate in homecoming events of all sizes. If you would like USO San Diego to help with a homecoming at the airport, please contact Bobby Woods at [bobbywoods@usosandiego.org](mailto:bobbywoods@usosandiego.org).
    - Neck Pillows: How do you make traveling easier? With a neck pillow of course! Since 2012, the USO Neil Ash Airport Center offers traveling service members and their family's neck pillows made by W.A.V.E.S. The ladies in "Women Accepted for Volunteer Emergency Service" served in a division of the United States Naval Reserve which consisted entirely of women!
    - All the material and stuffing is donated by the community and then sewn together by the W.A.V.E.S. If you would like to donate any material or stuffing, please drop it off at the USO Neil Ash Airport Center located outside Terminal 2.
    - Thanksgiving: USO San Diego provides a traditional turkey feast with all the trimmings on Thanksgiving Day at both USO San Diego Centers. The USO Neil Ash Airport Center caters to those travelers who are passing through on the holiday and the Downtown Center provides a buffet meal for local active-duty service members and military

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families. Thanksgiving Day at each center also includes a special arts and crafts area and a magician for the children. Participation is on a first-come, first-served basis.

- Therapy Dogs: Through their weekly visits to the USO Neil Ash Airport Center, the Therapy Dog Team completes a void that a human can't fill. "Man's best friend" has done it again, by providing an unsaid comfort to our active-duty service members and their families. Whether it's a child handling a tough good-bye or a service member gearing up for their flight to their next deployment, these trained and certified service dogs bring an element of sunshine to every room. They come

## USO (cont...)

in all shapes and sizes with one thing in common — the talent to turn a frown into a smile. USO San Diego is proud to have the local Therapy Dog Team as a partner in our mission to provide a touch of home for our military community.

- United Through Reading: United Through Reading® is a program helping ease the stress of separation for military families by having deploying or deployed service members read children's books aloud via DVD for their family to watch at home. This powerful program is available to all military units. It provides service members a chance to make lasting connections from afar. The DVD recording and the book are mailed to the child and family back home.
  - Service members who are leaving for training can also take part in this program. Being a parent is not required; service members can send the DVD & book(s) to any special child in their life such as younger sister or brother, niece, nephew or godchild.
  - On the day of the recording, service members are encouraged to dress in the attire they will be wearing while deployed/training, but this is not required. The room is private, so any special message, or those fun reading voices, will only be heard by the recipient of the DVD recording. USO San Diego has books available, or service members can bring their own. Our volunteers will help set up the camera and then leave the room. The DVD can hold a 30 minute recording.
  - Please e-mail USO San Diego Staff Member Ashley Camac at [ashleycamac@USOSANDIEGO.ORG](mailto:ashleycamac@USOSANDIEGO.ORG) to make your appointment. This program is offered at both USO San Diego centers.

## UNITED STATES POSTAL SERVICE (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number:	858-307-4578 800-ASK-USPS (800-275-8777)
Website:	<a href="http://www.usps.com/">www.usps.com/</a>
Address:	MCAS Miramar Bldg 2257 45482 Elrod St Suite 3 San Diego, CA 92126
Hours of Operation:	Mon-Fri 8:30 am-3:00pm, Sat 8:30am-noon, Sun. Closed

### BRIEF DESCRIPTION

- ❖ The USPS offers a package of free shipping materials for military families; the contents of the kit change from time to time.
- ❖ The USPS also provides mail Delivery thru private mail receptacles for ALL military members stationed at MCAS who live in BEQ/BOQ. (Mail boxes are provided at no cost to the service member) 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.

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## VA OFFICE - (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858- 689-2141  
800-827-1000  
Website: <http://vabenefits.vba.va.gov/vonapp/default.asp>  
Address: MCAS-Miramar  
Bldg. 5305

### 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 using VA Form 28-1900.
- ❖ U.S. military veterans, service members, members of the Selected Reserve, and dependents can apply for education benefits.
- ❖ The burial benefits can be applied for using VA Form 21-530.
- ❖ For Education Benefits (VA Form 22-1990, 22-1995, 22-5490, or 22-5495) call 1-888-GIBILL1 (442-4551) to speak with an Education Case Manager. You may also contact us via our secure e-mail service by using our “Questions and Answers” section at [www.GIBILL.va.gov/](http://www.GIBILL.va.gov/)
- ❖ For all other benefits call 1-800-827-1000, or go to this link to send VA an e-mail question: [www.vba.va.gov/benefits/address.html](http://www.vba.va.gov/benefits/address.html)

## VEHICLE REGISTRATION (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-537-0811  
858-695-7366  
Address: MCX Main Store Bldg 2660  
Flight Line Marine Mart Bldg 8675  
Hours of Operation: MCX Main Store Monday-Friday 10:00-7:00 p.m. Sat. 10:00-4:00 p.m., Closed Sunday  
Flight Line Marine Mart Monday-Friday 10:00-4:00 p.m., Sat-Sun Closed

### BRIEF DESCRIPTION

The primary mission of the Vehicle Registration Office is to provide base registration for all personally owned motor vehicles and motorcycles. The Vehicle Registration Office also provides bicycle and weapons registration and flight line access coding for the common access card

UPDATED: August 2020

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## VETERINARY CARE CLINIC (MCAS MIRAMAR)

### CONTACT INFORMATION

Phone Number: 858-307-6552/1773  
Address: MCAS Miramar Bldg 6360  
Website: <http://www.mccsmiramar.com/veterinary-treatment-facility/>  
Hours of Operation: Monday – Friday 7:00 a.m. – 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.

UPDATED: August 2020

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# WOMEN INFANTS CHILDREN (WIC)

## CONTACT INFORMATION

Phone Number: 1-800-500-6411  
Website: <http://www.sandiegowic.org/>  
Address: MCAS-Miramar  
Chapel - Bldg. 5632  
45549 Bauer St.  
Miramar, CA 92145

## BRIEF DESCRIPTION

The 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:
  - Supplemental nutritious foods
  - Nutrition education and counseling at WIC clinics
  - Screening and referrals to other health, welfare and social services
  
- ❖ Qualifications:
  - Meet WIC guidelines
  - Get medical check-ups
  - Have a nutritional need
  - Live in California

UPDATED: August 2020

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