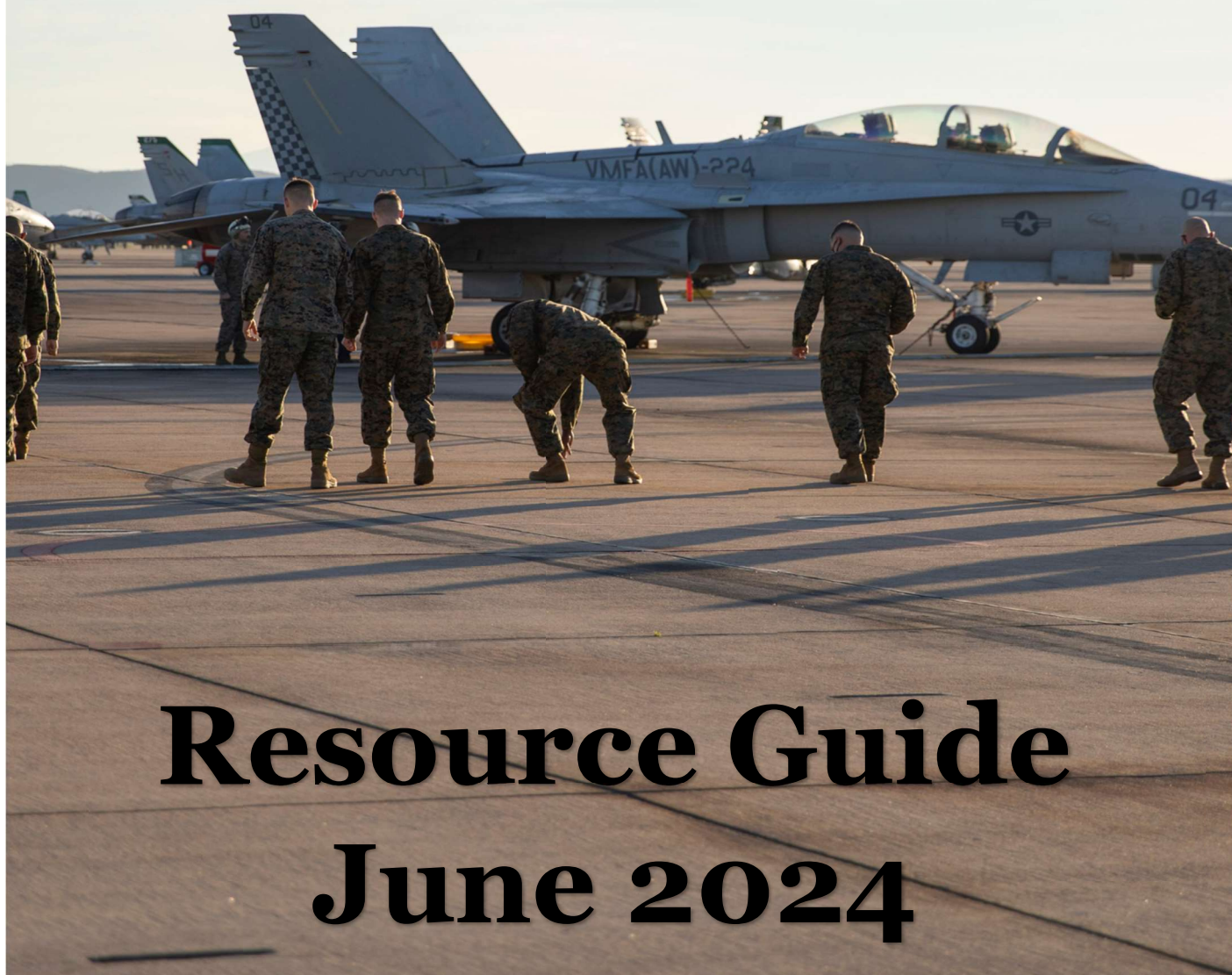


Marine Corps Air Station Miramar



Resource Guide June 2024

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ALPHABETICAL PHONE NUMBER LISTING

2-1-1	211
24/7 Domestic Violence Helpline	858-864-3408
9-8-8 Suicide Hotline	988
American Red Cross	877-272-7337, 858-309-1200
Armed Services YMCA (San Diego)	858-751-5755
Auto Skills Center	858-307-1215
Balboa Park	619-239-0512
Big Bear Recreation Facility	888-409-7829 (Reservations Desk)
Bob Hope Theater	858-307-4142
Boys & Girls Club of America	856-866-0591
California Department of Motor Vehicles	800-777-0133
Center for Community Solutions	888-272-5777
Chaplain Services	858-307-1333
Child Development Center (MCAS Miramar)	858-307-4144
Children's Waiting Room (Naval Medical Center, San Diego)	619-532-6665
Commissary	858-307-4516
Communication Strategy & Operations (COMMSTRAT MCAS Miramar)	858-307-6000
CREDO	858-307-1333, 760-725-4954, 619-556-2826
Community Counseling Center (MCAS Miramar)	858-307-1129
DEERS	800-538-9552
Disabled American Veterans	858-689-9637
Distribution Management Office (DMO)	858-307-1670, 858-307-1671
Deployment Readiness Coordinator (DRC)	See page 25 for unit phone numbers
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	858-307-6681
Fish Pond	858-307-4150
Fleet & Family Services	866-923-6478 (centralized scheduling)
Flying Leatherneck Museum	858-693-1723
FOCUS	760-859-6079
ID Card Office	858-307-1421
Information, Referral, and Relocation	858-307-1428
Information, Tickets, and Tours	858-307-4126
Installation Personnel Administration Center (IPAC)	858-307-4772
Legal Aid Society of San Diego	877-534-2524
Legal Assistance Office	858-307-1656
LifeSkills Program	858-307-4918
L.I.N.K.S.	858-307-4918
MCAS Miramar Memorial Golf Course	858-307-4155
Military OneSource	800-342-9647
Mills Park	858-307-4099
Miramar Branch Medical Clinic Appointment Line	858-307-9945
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)	800-874-2273
Navy-Marine Corps Relief Society (NMCRS) MCAS Miramar Line	858-307-1807
New Parent Support Program	858-307-9812
Operation Homefront	210-659-7756, 877-264-3968 (CFA)
Party Adventure Recreation Central (PARC)	858-307-4150
Personal Financial Management	858-307-9802
Poison Control	800-222-1222
Prevention Relationship Enhancement Program (PREP)	858-307-1333
Readiness & Deployment Support	858-307-4918
Rotary Camp Pendleton	760-415-9990
San Diego Animal Services (Emergency Line)	619-236-2341
San Diego Metropolitan Transit	619-557-4555
San Diego Military Outreach Mission	619-461-4164
San Diego Military Housing Service Center	619-556-8443
San Diego Police Department (Non-Emergency)	619-531-2000, 858-484-3154
SAY San Diego (Social Advocates for Youth)	858-565-4148
School Liaison Program	858-307-6633/8625
Semper Fit Programs	858-307- 4128
Sexual Assault Prevention & Response (SAPR)	858-307-6711
Sexual Assault 24/7 Support Line	858-864-2815
Single Marine Program	858-307-6283
Space Available	858-307-4283
Support The Enlisted Project (STEP)	858-695-6810
Substance Abuse Counseling Center	858-307-1129
The Great Escape	858-307-6171
Tragedy Assistance Program for Survivors	800-959-8277
Transition Readiness Program	858-307-6021
TRICARE Dental/ United Concordia	844-635-4061
TRICARE Medical	844-866-9378
TRICARE Nurse Advise Line	800-874-2273
United Through Reading	858-481-7323
USO – San Diego International Airport	619-296-3192
United States Postal Service (USPS) – MCAS Miramar Location	858-307-4578
VA Benefits Advisors (CALIBRE) – MCAS Miramar Location	571-461-8674 / 8701 / 8850
VA Office – MCAS Miramar Location	619-400-1515 ext. 1-1179
Vehicle Registration and Decals CA AUTO – MCX Main Store	858-537-0811
Veterinary Treatment Facility – MCAS Miramar	858-307-1773
Visitor and Registration Center	858-307-1463
WIC	800-500-6411
Youth & Teen Center – MCAS Miramar	858-307-6701
Youth Sports – MCAS Miramar	858-307-6530

2-1-1 SAN DIEGO

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

Direct services include:

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

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



9-8-8 SUICIDE HOTLINE

CONTACT INFORMATION

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

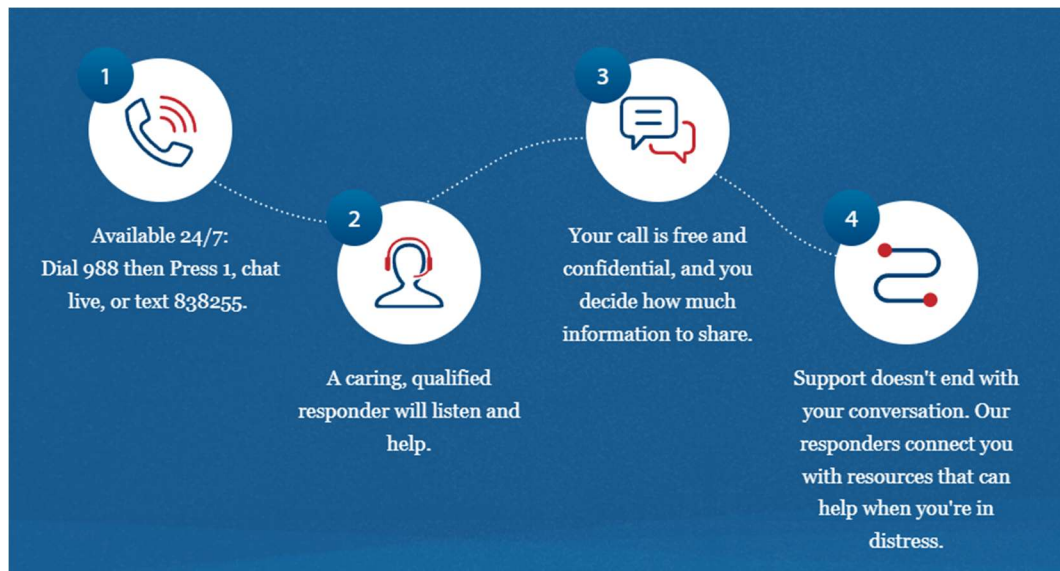
BRIEF DESCRIPTION

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

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

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

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



AMERICAN RED CROSS

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

- ❖ **Emergency Communications:** **Emergency communications can be submitted by calling 877-272-7337 or online at www.redcross.org/get-help/military-families/emergency-communication** . The American Red Cross links members of the U.S. Armed Forces with their families during crisis such as critical accident, illness, birth, or death in a service member's immediate family. 24 hours a day, 365 days a year, the Red Cross is equipped to quickly verify the situation and relay an emergency message or leave request if necessary to the proper military authorities. Note that the service member's Commanding Officer ultimately makes the decision of whether an emergency leave request is granted. When contacting the Red Cross to send a message to a Service Member, please have the following information which will speed the process of sending your message:
 - Service Member's Full Name and Rank.
 - Branch of Service.
 - Social Security Number or Date of Birth.
 - Military Address.
 - Information about the deployed unit and home base (if deployed).
 - Information about the emergency: Name & Contact for the immediate family member experiencing emergency; Nature of the Emergency, where emergency can be verified (hospital, doctors office, funeral home).

- ❖ **Financial Assistance:** The Red Cross works with the military aid societies (Army Emergency Relief, Navy Marine Corps Relief Society, Air Force Aid Society and the Coast Guard Mutual Assistance). This partnership helps to provide financial assistance for emergency travel, burial of a loved one, emergency food and shelter, etc. The aid societies determine the financial assistance package that will be offered – a grant or a loan. The Red cross is the mechanism to expedite access to these financial resources. **You can request financial assistance by calling 877-272-7337 or online at www.redcross.org/get-help/military-families/financial-assistance**

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

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

- ❖ **Deployment Services:** Whether your family is facing its first deployment or the next of many, the American Red Cross has developed workshops, information and support services to help you with the practical and emotional challenges. The American Red Cross offers online courses in the following topics:
 - Coping with Deployments Course
 - Pre-Deployment Preparedness Tool for Family Members
 - Reconnection Workshops
 - Mind-Body workshops
 - Post-Deployment Support Resources



- ❖ **Information Referral:** The American Red Cross offers confidential services to all members of the military, veterans, and their families by connecting them with local, state and national resources through our network of chapters in communities across the United States and offices on military installations worldwide.
 - Military families rely on the Red Cross to help them identify their needs and connect them to the most appropriate Red Cross and community resources. **This Red Cross service ranges from responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of local military members, veterans and their families.**
- ❖ **Volunteering:** The vital work of the American Red Cross is made possible by people like you who contribute their unique backgrounds, talents and skill levels. Our needs change based on current events, adding flexibility to get you involved in an area that inspires you! Below is a sample of volunteer opportunities; a complete list can be found at: www.redcross.org/volunteer/volunteer-opportunities
 - Help during a crisis.
 - Take a leadership role.
 - Provide office and warehouse support.
 - Disaster Volunteers.
 - Opportunities for Nurses and Nursing Students.
 - Opportunities for Young People.

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

ARMED SERVICES YMCA (San Diego)

CONTACT INFORMATION

Phone Number:	858-751-5755
Website:	https://sandiego.asymca.org/
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 that provides free or low-cost programs and services for military children, spouses, and the family unit to help ease the unique challenges of military life.

- ❖ **Food Distributions:** The ASYMCA San Diego provides FREE food distributions to active-duty military families stationed in the San Diego area who need food assistance. Registration is required. Please have your military ID ready at pick-up. Neighborhood Food Distribution takes place twice a month:
 - 2nd Thursday at Bayview Hills (1898 Sky Harbor Rd. San Diego, CA 92139)
 - 4th Thursday at our Murphy Canyon location (3293 Santo Rd. San Diego, CA 92124)
 More information can be found here: <https://sandiego.asymca.org/services/food-assistance/>
- ❖ **Operation Ride Home:** Open to active duty E1-E5 personnel, both single and married, who might not otherwise financially be able to travel home. Subsidized plane tickets and prepaid debit cards for road travel are provided. More information can be found here: <https://sandiego.asymca.org/services/operationridehome/>
- ❖ **DoD Military Outreach initiative:** A no-cost fitness facility membership and respite childcare service for eligible active duty military and their families. More information can be found here: <https://asymca.org/what-we-do/dod-moi/>
- ❖ **Family and Youth Enrichment Programs:**
 - Summer Camp Hero: Armed Services YMCA will host amazing activities, games, contests, and much more. Weekly theme rotations include S.T.E.M., Arts & Crafts, Sports, Team Building, Leadership, Literacy and much MORE!

- Youth Equestrian Summer Camp: Love horses? Join the newly developed specialty equestrian experience day program. Activities include horseback riding, feeding and grooming, archery, gardening hiking and MORE!
- Operation Little Learners: Is a family bonding program supporting early childhood social and cognitive development through positive interactions between parents and children using songs and stories. There is no cost to participate in this program for moms and children ages 18 months to 5 years. For dates and times, visit: <https://sandiego.asymca.org/services/operation-little-learners/>

❖ **Horse of the Sun Ranch:** A program of the Armed Services YMCA San Diego that provides an array of equestrian and respite activities. The program primarily focused on healing the spirits of military families and at-risk youth.

Programs at Horse of The Sun Ranch Include:

- Equestrian Day Camp
- Horseback Riding Program
- Family Ranch Day
- Home School/Charter School Program
- Toddler Thursday

More information can be found at: <https://sandiego.asymca.org/services/hsranch/>



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

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

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

AUTO SKILLS CENTER (MCAS Miramar)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

BALBOA PARK

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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

BIG BEAR RECREATION FACILITY

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

- ❖ **Cabins:** The Big Bear Recreational Facility has eight regular cabins and two ADA compliant duplex cabins. Duraflame logs available for purchase at lodge. Fresh towels and linens are available daily upon request. Maximum occupancy for each cabin is six (adults, children, infants). Check in time for cabins is between 1500-1900.

- ❖ **RV & Campsites:** The RV and campsites are open year-round, weather permitting. There are five RV sites with hook ups and a dump station and five tent sites. The maximum total occupancy of an RV/campsite is eight people (adults, children, infants). Tent camping and campfires are permitted only in designated areas. Tent camping is not permitted in RV sites. Dry camping area is for tents only. 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.
- ❖ **Reservations:** Can be made up to 3 months in advance (includes current month). A valid credit card is required at the time of making a reservation. 30days prior to arrival, the card on file will be charged a deposit equal to one night's stay. For more information, please visit: <https://miramar.usmc-mccs.org/lodging/big-bear-recreation-facility>

BOB HOPE THEATER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4142
Website:	https://miramar.usmc-mccs.org/dining-entertainment/movies/
Address:	MCAS Miramar Bldg. 2242
Hours of Operation:	Weekend (show times vary)

BRIEF DESCRIPTION

The Bob Hope Theater shows films are current and often are still showing at local, off-base theaters.

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.

- ❖ **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.

BOYS & GIRLS CLUB OF AMERICA OF GREATER SAN DIEGO

CONTACT INFORMATION

Phone Number: 858- 866-0591
Website: <https://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 citizens, and make healthy lifestyle choices. For 75 years, the Boys & Girls Clubs of Greater San Diego has been a non-profit organization serving children and youth between the ages of 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: Regular attendance in our after school program, which incorporates high-yield learning activities and targeted programs, leads to successful youth and teens. The Club serves children of all races, colors, religions and genders. The Club is committed to providing the best possible experience for all participants.
- ❖ Seasonal Day Camps: When school is out, we are here to serve you. Summer, Thanksgiving Break, Winter Break and Spring Break day camps are offered. Most sites also offer single day camp days on other random days when the schools are closed. Check with your local branch for upcoming Day Camp dates, prices and activities.
 - Our seasonal day camps are a complete experience, as we offer activities such as arts & crafts, movies, computers, field trips and recreational activities. This is the ideal way to get your kids away from the TV and game systems and treat them to fresh air, awesome outdoor activities and the opportunity to make new friends and memorable experiences that will last a lifetime.
 - SPRING BREAK CAMPS - March & April.
 - SUMMER CAMPS - June - August
 - THANKSGIVING BREAK CAMPS – November
 - WINTER HOLIDAY CAMPS – December
 - 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:
 - Baker Family Branch (Escondido).
 - Conrad Prebsy (Escondido).
 - Sulpizio Family Branch (Poway).
- ❖ Teen Program: 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.

Programming offered to teens:

- 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.

- 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.

More information can be found here: <https://www.sdyouth.org/career-development>

- ❖ S.T.E.M.: The program serves to broaden student engagement in and access to STEM and prepare, inspire and equip San Diego's youth to choose STEM disciplines as a higher education interest and future career choice. Through fun, engaging hands-on activities that stimulate the imagination and help make STEM come alive, The Boys and Girls Club enhances their academic learning experience and ignites their interest and aptitude in STEM subjects, helping students develop the ability to think critically, solve complex problems, and drive advancements in science and technology – while inspiring them to consider higher education and careers in the STEM field. More information can be found here: <https://www.sdyouth.org/stem-program>
- ❖ Child Development Program: A licensed program for children of low-income families. Our staff are trained and/or certified as specialists in child development. All families must meet eligibility and need requirements prior to and throughout enrollment. Since our program is licensed, we meet the rigid requirements of the Department of Social Services/Title 22 – Community Care Licensing and the California State Department of Education/Title 5 – Child Development Division. We offer a nutritious and healthy food program that is sponsored through the California Child and Adult Food Program. More information can be found here: <https://www.sdyouth.org/child-development-program>
- ❖ Transportation: Each day, the Clubs safely transports over 1,100 members to one of our locations in a Club vehicle or through one of our supervised walking programs. We offer fee-based transportation from a variety of schools.



CALIFORNIA DEPARTMENT OF MOTOR VEHICLES

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

- ❖ The California Department of Motor Vehicles (DMV) has determined that a California driver’s license is not required of a military dependent as long as the following criteria are met:
 - The family member’s home state driver’s license remains valid
 - The dependent is age 18 or older
 - The dependent does not establish permanent residence in California
- ❖ The DMV maintains that lawful family members are entitled to the same non-resident status as their active duty parent, spouse, or legal guardian. For more information visit www.dmv.ca.gov
- ❖ REAL ID Driver’s License:
 - **Beginning May 2025**, your driver’s license or identification (ID) card must be REAL ID compliant if you use it to:
 - Board an airplane for domestic flights.
 - Enter military bases.
 - Enter most federal facilities.Visit www.dmv.ca.gov/realid to learn more about applying for a REAL ID.
- ❖ Drivers in the Military:
 - Obtaining or renewing your driver’s license or vehicle registration if you are in the military can sometimes be a challenge due to your location. DMV.org has gathered information to help you, wherever you may be stationed. Visit, <https://www.dmv.org/military-drivers/> for information on how renew or re-register your vehicles.



CENTER FOR COMMUNITY SOLUTIONS

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

❖ Services:

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

CHAPLAIN SERVICES (MCAS Miramar)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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



CHILD DEVELOPMENT CENTER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4144
Website: <https://sandiego.navylifew.com/programs/9f26a200-8a02-4d9d-b250-fa006e287bd3>
Militarychildcare.com
Address: MCAS Miramar Bldg. 2740
Hours of Operation: Monday – Friday 5:00 AM – 6:30 PM
Closed Saturday and Sunday and all federal holidays

BRIEF DESCRIPTION

- ❖ Infant/Toddler Room:
 - The Infant/Toddler Room is open to infant through 2 years old. Our caring and knowledgeable professionals plan developmentally-appropriate curriculum that is responsive to the unique needs, abilities and interests of your child(ren). All programs offered are designed to enrich your child’s social, cognitive, emotional, physical, and intellectual growth and development. Our staff works in partnership with parents to meet each individual child’s needs in a safe, healthy, and nurturing environment. We are committed to support mission readiness through providing warm and consistent care for your military child.

- ❖ Preschool:
 - Preschool is offered to children ages 3-5 years old. Children must be fully potty-trained. Our teachers plan and implement curriculum to support the learning and development of each child. We group the children based on Kindergarten eligibility to ensure that they are prepared, both academically and socially, to transition to elementary school. Our preschool program is accredited by the National Association for the Education of Young Children (NAEYC). NAEYC is a nationally recognized mark of high quality early childhood programs.

- ❖ Enrollment:
 - Access to childcare directly affects mission readiness, morale, and retention of defense personnel worldwide. For this reason, the Department of Defense is committed to connecting military and DOD-affiliated families to quality, affordable childcare programs. For more information on childcare, please visit: www.militarychildcare.com



CHILDREN'S WAITING ROOM (NAVAL MEDICAL CENTER)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

❖ Restrictions:

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

COMMISSARY (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4516
Website: <https://prod.commissaries.com/shopping/store-locations/miramar-mcas>
Address: MCAS Miramar Bldg. 2661
Hours of Operation: Sunday – Friday 8:00 AM – 7:00 PM
Saturday 7:00 AM – 8:00 PM

BRIEF DESCRIPTION

❖ Click2Go Delivery / Pick-up:

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

❖ Plastic Bags / Paper Bags:

- To support the agencies sustainability efforts and plans to meet state/federal laws, effective 30 June 2024 MCAS Miramar Commissary will no longer offer plastic/paper bags to commissary patrons. The commissary will offer an alternative (re-sellable) reusable bag to commissary patrons at a re-sell price of \$.35 each, in addition to all other reusable bags located throughout the store.



COMMUNICATION STRATEGY AND OPERATIONS (COMMSTRAT - MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-6000
MCAS Miramar Bldg. 9175
Website: <https://www.miramar.marines.mil/MiramarCommStrat/>

BRIEF DESCRIPTION

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

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

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: <https://pendleton.usmc-mccs.org/marine-family-support/military-family-life/chaplains-religious-enrichment-development-operation>
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

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:
 - Prevention & Relationship Enhancement Program (PREP)
 - Prepare/Enrich
 - Personal Resiliency Workshops (PRW)
 -



COMMUNITY COUNSELING CENTER (MCAS Miramar)

CONTACT INFORMATION

Phone Number: 858-307-1129
Website: <https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/community-counseling>
Address: MCAS Miramar Bldg. 2274-T (2274 Elrod Ave)
Office Hours: Monday – Friday 7:30 AM – 4:00 PM
Walk-In Screening Hours: Monday – Friday 8:00 AM – 2:00 PM
Military Life Consultants: Monday – Friday 7:30 AM – 8:00 PM

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 needs in the following areas:

- Communication
- Stress
- Anger
- Family Problems/Dynamics
- Adjustment Issues
- Self Esteem
- Grief & Loss
- Parenting Skills

❖ **FREE confidential counseling services include:**

- Individual counseling
- Couples counseling
- Family counseling
- Child & Teen counseling
- Referrals & Case Management

❖ **988 Suicide & Crisis Lifeline:** A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. 24 hours a day, 7 days a week in the United States.

❖ **Military and Family Lifestyle Counselor (MFLC):** MFLCs provide short-term, non-medical problem-solving counseling services. These counseling services help Service Members and their families cope with normal reactions to varied stresses of military life, enhancing their lives and boosting military readiness. Services are confidential; however, MFLCs are mandated reporters of child abuse, domestic violence and duty to warn.

- General: (619) 272-1729 or (251) 229-4745 or (619) 394-8928
- MWHS-3: (619) 458-7419
- MAG-11: (619) 458-7421 or (619) 346-8473
- MAG-16: (619) 346-8907 or (858) 880-8062
- MACG-38: (619) 346-8221

❖ **Seeking Safety Group:** A same-gender counseling group to teach safe coping skills for individuals who have experience trauma and/or substance abuse. Participants will learn to build a life worth living and learn self-care strategies.

❖ **Marine Intercept Program:** An evidence-informed suicide prevention program through which licensed counselors provide follow up contact, care coordination, and suicide risk assessment to Marines who have attempted suicide or have suicidal ideations. For more information, **contact (858) 307-6866**

❖ **Survivors of Suicide Loss Support Group:** Anyone who has lost a loved one to suicide is welcome, just show up. Every 2nd Thursday of the month from 3:00 – 4:00 PM. Behavioral Health Bldg. 2274



DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

- ❖ Active-duty and retired Service Members are automatically registered in DEERS, but they must take action to register their family members and ensure they're correctly entered in the database.
- ❖ Once registered in DEERS it is important to keep your DEERS records updated when personal eligibility information changes. This includes changes in military career status; addresses; and family status (marriage, divorce, birth, and adoption) etc. For basic information on eligibility, review the 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) 689-9637
Website:	http://www.dav.org/veterans/tso-locations-2
Address:	MCAS Miramar Bldg. 5305 (inside the HUB, Career Resource Center)
Hours of Operation:	Monday – Friday 7:30 AM – 3:30 PM

BRIEF DESCRIPTION

The Disabled American Veterans (DAV) is dedicated to a single purpose: fulfilling the promise made to the men and women who served. The DAV does this by ensuring that veterans and their families can access the full range of earned benefits available to them, fighting for the interests of America's injured heroes on Capitol Hill, providing access to employment resources, and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life.

What the DAV Can Do for You:

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

Examples that May Warrant Compensation:

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

Other Areas Service Connection May Make a Difference:

- ❖ Federal employment preference.
- ❖ Vocational rehabilitation and education benefits.

- ❖ VA home loan guarantees.
- ❖ Healthcare at the VA.
- ❖ VA life insurance.
- ❖ Property tax exemptions.
- ❖ Educational tuition waivers.
- ❖ State local benefits.
- ❖ Death benefits for your family.

Documents Required:

- ❖ A copy of all service medical and treatment records.
- ❖ A copy of all nonmilitary private practice medical and treatment records.
- ❖ A copy of all dental records.
- ❖ If applicable, a copy of your marriage certificate and children’s birth certificate or adoption decrees.
- ❖ Dependents’ Social Security numbers.
- ❖ Direct deposit information.
- ❖ A copy of any prior DD-214s.

When to contact the DAV:

- ❖ 6 months or less before discharge, reach out your transition service office.
- ❖ Any time after discharge, no matter your location.

DISTRIBUTION MANAGEMENT OFFICE (DMO MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1670, 858-307-1671
 Website: <http://www.miramar.marines.mil/Departments/Distribution-Management-Office>

DMO Address: MCAS Miramar Bldg. 2258
 DMO Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

Freight Operation Address: MCAS Miramar Bldg. 7209, Bay Door 12
 Freight Operation Hours: Monday – Friday 7:30 AM – 4:00 PM

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 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 next command as easy as we can.

POINTS OF CONTACT:

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

DEPLOYMENT READINESS COORDINATOR (DRC)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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

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

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

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

❖ MAG-11:

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

- (858) 307-8561 – Office Number
- (858) 864-3325
- (858) 837-9098
- (760) 815-2532

❖ MAG-16:

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

- (858) 307-6502

❖ MACG-38:

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

- (858) 307-7375

❖ MWHS-3:

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

- (858) 307-7397 – 3rd MAW DRC
- (858) 307-8364 – MWHS-3 DRC

If you are not currently receiving email updates from your unit's RC on a minimum of a monthly basis, please let us help you get connected.

EDUCATION CENTER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1801
Website: <https://miramar.usmc-mccs.org/marine-family-support/education/education-center>
Address: MCAS Miramar Bldg. 5305 "The HUB"
Hours of Operation: Monday – Friday 7:30 AM – 4:30 PM

BRIEF DESCRIPTION

The Education Center is your recommended first stop to begin your academic goals. Our team is here to help you pick the best school or training program that fits your needs. We offer unbiased professional advice to help all eligible patrons fulfill their education goals.

- ❖ Tuition Assistance Orientation Brief
 - Every Wednesday at 1130. Registration not required.
- ❖ FAFSA Workshop
 - 1st and 3rd Tuesday of every Month at 1130. Registration not required.
 - W2's from the last two years is required. If you are/were married your spouse or ex-spouse's income information from the last two years will be needed.
 - Username and password must be created prior to attending the workshop at www.fafsa.gov
- ❖ Testing Programs:
 - Test of Adult Basic Education (TABE).
 - Military classification tests (DLPT, AFCT).
 - Testing is provided to all eligible patrons. Please call the Education Center at (858) 307-1801 to schedule an exam.
 - CLEP, DSST & Pearson VUR Testing is offered through National University at the HUB. Please contact them at testingservices@nu.edu
- ❖ Joint Services Transcript (JST):
 - The JST is now the official transcript tool for Army, Marine Corps, Navy and Coast Guard personnel that validates and documents the recommended college credits for professional military education, training courses and occupational experiences of service members and veterans.
- ❖ United Services Military Apprenticeship Program (USMAP):
 - USMAP is a formal military training program that provides service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized "Certificate of Completion" upon completion of the program.
 - For more information:
 - Website: <https://usmap.osd.mil/>
 - Phone: 850-452-6699
 - Email: usmap@navy.mil
- ❖ Leadership Scholar Program (LSP):
 - Leadership Scholar Program (LSP) is a partnership between highly selective universities/colleges and the U.S. Marine Corps to assist qualified and honorable discharging Marines to continue their education. To find out if you qualify and which schools participate in LSP, contact the Education Center.
- ❖ Marine Corps Credentialing Opportunities On-Line (COOL):
 - COOL helps Marines find information on certifications and licenses related to their Military Occupational Specialties (MOS). More information about Marine Corps COOL can be found at: <https://www.cool.osd.mil/usmc/index.html>

EXCEPTIONAL FAMILY MEMBER PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone number:	858-307-4668
Website:	https://miramar.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program
Address:	MCAS Miramar Bldg. 2525 (2525 Bauer Rd)
Hours of Operation:	Monday – Friday 8:00 AM – 4:00 PM Appointments Recommended

BRIEF DESCRIPTION

The Exceptional Family Member Program (EFMP) is designed to support military families with special medical and/or educational needs – ensuring availability of care during transition with the goal to improve the quality of life through community resources and support. EFMP is comprised of 3 components: Identification & Enrollment, Assignment Coordination and Family Support.

Identification & Enrollment

Sponsors are required to identify and enroll a family member when the condition or need is first identified by medical provider or school personnel.

❖ Eligible Exceptional Family Members Include:

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

❖ Required form needed for registration:

- DD Form 2792 (all family members)
- DD Form 2792-1 (children with an Individualized Family Services Plan or Individualized Education Program)

Supplemental documentation needed as applicable (i.e., IFSP, IEP, etc.)

Completed forms can be submitted to the local EFMP office or Headquarters EFMP at hqmc.efmp@usmc.mil

All forms can be downloaded from the [DoD Forms Management Program](#).

Assignment Coordination:

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

Schedule an Assignment Consultation by emailing hqmc.efmp@usmc.mil

Family Support:

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

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

Schedule an appointment with a Family Caseworker to discover how EFMP can support your family's unique needs.

PCSing?

Moving from one duty station to another can be stressful. Here's some helpful information to make your move easier.

- Ensure your EFMP enrollment paperwork is current. HQMC EFMP Assignment Case Managers utilize the DD 2792 and DD 2792-1 on file to determine the appropriateness of the proposed assignment. Ensuring your paperwork is accurate benefits the timeliness of the screening and helps to put you in a location where family members have access to needed care.
- Share your needs and concerns with your Family Caseworker. Your Family Caseworker will contact you at pre-set intervals throughout your PCS to assist in a smooth transition.
- Request 3-months of medication.
- Visit usmc-mccs.org for MCCS events, services, and support for you and your family.
- Follow your local MCCS Facebook and Instagram to stay connected to your military community and learn about events, resources, and programs offered.

Free Legal Support:

As a military family with special medical and/or educational needs, EFMP attorneys are available to provide specialized legal assistance for special education and disability related laws and regulations. Contact your Exceptional Family Member Program office for more information.

- There are four EFMP attorneys regionally located in the National Capital Region, MCB Camp Lejeune, MCAS New River, MCB Camp Pendleton, and MCB Hawaii.

Frequently Asked Questions (FAQs)

❖ How does enrollment in EFMP affect military assignments or postings?

Enrollment in EFMP ensures consideration of a family member's needs during military assignments with the goal to place families in locations that can support those needs.

❖ How does EFMP impact travel or relocation, especially concerning healthcare access?

EFMP facilitate necessary healthcare access during travel/relocation by making case management referrals to TRICARE.

❖ Does EFMP enrollment qualify me for Priority Housing?

Some individuals enrolled in EFMP will be eligible for priority housing. This status will be listed on your official enrollment letter and is part of the initial and updated enrollment process.

❖ How often should information be updated or reassessed within the EFMP system?

Families should update EFMP enrollment every 3 years or when there are changes in the family member's needs.

❖ How do I disenroll from the program?

If the family member is no longer a dependent, update DEERS and contact hqmc.efmp@usmc.mil to request disenrollment. If the family member's medical and/or education condition has resolved, update DD 2792 and DD 2792-1, if applicable and submit with a request for disenrollment. If the condition still exists, we will not be able to facilitate the disenrollment, as EFMP is a DoD mandatory enrollment program, when qualifying conditions are present.

❖ Are there resources available to help navigate the program or advocate for specific needs?

The Exceptional Family Member Program has Family Support professionals who can assist families in navigating the program, accessing resources, and learning how to advocate for their needs.

❖ What can families do if they disagree with a decision made within the EFMP?

Families can address disagreements or concerns about EFMP decisions through established channels, often involving the EFMP office or higher-level appeals processes.

❖ What is Respite Care?

Respite Care is a non-entitlement benefit intended to provide brief rest periods for the primary caregiver(s). Families select hire and pay for their respite care provider and seek reimbursement from EFMP.

FAMILY ADVOCACY PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-6585
Victim Advocate Line: 858-307-7285
24/7 Domestic Violence Line: 858-864-3408
Website: <https://miramar.usmc-mccs.org/marine-family-support/military-family-life/family-advocacy-program>
Address: MCAS Miramar Bldg. 2274 (2274 Elrod Ave.)
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

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

❖ New Parent Support Program:

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

❖ Prevention & Education:

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

Classes offered:

- Anger Management
- Baby Boot Camp
- Coping with Work & Family Stress
- Cooperative Parenting
- Married & Loving It
- Positive Parenting ages 0-12
- Positive Parenting for Teens
- Relationship Red Flags (Within My Reach)
- Domestic Violence Awareness
- Fair Fighting
- Smart Decision Making

For more information about Prevention & Education trainings, call 858-307-8867, or visit MCCS Miramar Family Advocacy Program Eventbrite.com



❖ **Victim Advocacy:**

Victim Advocates provide information, guidance and support to those who have experience domestic violence. Services include information on reporting options, court and command accompaniment, and referrals to resources. **To reach a Victim Advocate, call 858-307-7285, or call the 24/7 Domestic Violence Helpline 858-864-3408**

What is domestic abuse?

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

Domestic abuse prevention resources and information are available to military men and women and their families. Text or call 1-800-799-7233.

➤ 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.



DOMESTIC ABUSE PREVENTION RESOURCES

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 (inside the Career Resource Center, inside The HUB)
Hours of Operation: Monday – Friday 7:00 AM – 4:30 PM

BRIEF DESCRIPTION

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

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

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

❖ **Spouse Transition and Readiness Seminar (STARS):**

STARS is an informational workshop designed to provide support and resources for military spouses as they navigate various aspects of transition, particularly during periods of relocation or when their service member transitions out of the military. Contact the FMEAP office for workshop date & availability.

FAMILY READINESS PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-6681
Website: <https://miramar.usmc-mccs.org/marine-family-support/military-family-life/family-readiness-program-training>
Address: MCAS Miramar Bldg. 2525 (2525 Bauer Rd.)
Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM

BRIEF DESCRIPTION

The Unit, Personal, and Family Readiness Program (UPFRP) is a unit centric program, guided by the Family Readiness Command Team that reinforces the relationship between the unit and the services relevant to the unit, the unit members, and their families. The primary goal of UPFRP is to empower Marines and family members, providing them the opportunities to not just survive but to thrive while taking on the challenges of the military lifestyle. Training is provided to all Command Team members, Readiness Coordinators, and the UPFRP volunteers to ensure consistency and continuity across all Marine Corps UPFRPs.

❖ **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 to all DRCs within 30 days of hire and URCs within 60 days of appointment.

❖ **UPFRP Volunteer Training:**

Volunteers who support and assist the UPFRP 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.

FISH POND (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4150
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/lakes-ponds-fishing>
Address: MCAS Miramar, Bldg. 2257
Hours of Operation: Monday - Friday 9:00 AM – 5:30 PM
Saturday & 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. 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 Avenue south off Miramar Way (just west of the Brig). Turn right after the “narrow bridge,” ignore the first left turn, and go straight to the top of the hill; you’ll see the sign and entrance on your right. Park in the lot and walk down to the pond.

❖ **Fishing License:**

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

❖ **Fishing Rules:**

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

❖ **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.

❖ **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.



FLEET AND FAMILY SUPPORT CENTERS

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

Visit our website 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: 858-693-1723
Website: <http://flyingleathernecks.org>
Address: T-4203 Anderson Ave
San Diego, CA 92145
Hours of Operation: **Temporarily Closed**

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.

- ❖ Museum Tours: **Currently closed**. Please check the website for updates.

The Flying Leatherneck Aviation Museum (FLAM) is moving to Great Park, Irvine, CA (formerly MCAS El Toro). The museum plans to reopen in Early 2026!

FAMILIES OVERCOMING UNDER STRESS (FOCUS)

CONTACT INFORMATION

Phone Number: 760-859-6079
Website: <https://focusproject.org/content/marine-corps-air-station-miramar>
Email Address: miramar@focusproject.org

BRIEF DESCRIPTION

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

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

This helps them to:

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

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

IDENTIFICATION CARDS (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1421
Website: <https://idco.dmdc.osd.mil/idco/>
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 Mitscher Ave on the left-hand side of the road before exiting the North Gate. Appointment scheduling is available online and is recommended.

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



INFORMATION, REFERRAL AND RELOCATION SERVICES (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1428
Email Address: sbmiramarmccs.iandr@usmc.mil
Website: <https://miramar.usmc-mccs.org/marine-family-support/information-referral-relocation>
Address: MCAS Miramar Bldg. 5305 (The HUB), Room 126
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 & Relocation (IRR) provides information on programs available to assist service members and families. IRR is an efficient way to find information or services that are right for you. In addition to answering questions about military and civilian programs and services, your IRR Specialist will also research information and find other resources for you.

Per Title 10, IRR provides the MANDATORY Relocation Workshops for Active-Duty Personnel:

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

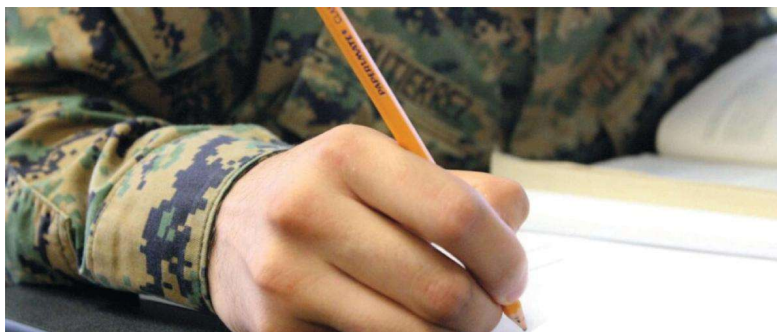
- This 2-day orientation will help you get acquainted with all the installation has to offer and the opportunities you can take advantage of while stationed at MCAS Miramar. Per MCO 1754.10B, WAO is mandatory for all E1-E6, WO1, and O1-O2 Service Members. Spouses and all other ranks are encouraged to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

❖ **PCS CONUS/OCONUS Workshop:**

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

❖ **Sponsorship Coordinator and Sponsorship Training:**

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



INFORMATION, TICKETS, AND TOURS (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4126
Website:	https://miramar.usmc-mccs.org/dining-entertainment/information-tickets-and-tours
Address:	MCAS Miramar Bldg. 2524
Hours of Operation:	Monday - Friday 9:00 AM - 5:00 PM Closed on weekends and holidays

BRIEF DESCRIPTION

The Information, Tickets, and Tours (ITT) Office provides tickets for theme parks (throughout the United States), entertainment (concerts, theater, movies) and local attractions for the military community at discounted prices. ☒ A full list of tickets and prices can be downloaded from the MCCS ITT website (link above).

- ❖ Tickets are required to be purchased for the use of the eligible customers 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.
- ❖ **American Forces Travel:**
An MWR joint service initiative has resulted in the first official DoD online vacation travel site, American Forces Travel, with Priceline Partner Network® as the service provider. The site offers travel deals and benefits exclusively for Military members and authorized patrons! American Forces Travel? provides access to a wide selection of discounted rates on hotels, air fare, rental cars, vacation packages, cruises and much more! Log onto www.americanforcetravel.com and plan your dream vacation!

INSTALLATION PERSONNEL ADMINISTRATION CENTER (IPAC)

CONTACT INFORMATION

Phone Number:	858-307-4772 https://www.miramar.marines.mil/Departments/IPAC/
Address:	MCAS Miramar Bldg. 8380
Hours of Operation:	Monday – Friday 7:30 AM – 4:30 PM

BRIEF DESCRIPTION

CHECK-IN PROCEDURES FOR MARINES ON ACCESSION/TEMINS/MROWS ORDERS

- Marines checking-in to MCAS Miramar receipt of accession pipeline, TEMINS, and reserve Marines in receipt of PCS MROWS orders will check-in with the Inbound Branch immediately AFTER reporting to their gaining command's S-1. Ensure personnel have their unit reporting endorsement. SRB, all travel orders/documents.
- Location: Building 8380, Room 109B
- Hours of Operation: Monday-Friday 0730-1630
- Branch OIC: (858) 307-4468
- Branch SNCOIC: (858) 307-4759

CHECK-IN PROCEDURES FOR NON-ACCESSION PIPELINE MARINES

- Marines checking in with operational or rotational PCS/PCA orders will check-in directly with their Command Duty Officer/S-1 & complete the check-in process via the MOL IBI & TVI module. They are not required to check in with IPAC.

AFTER HOURS CHECK-IN PROCEDURES

- 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, DSN, 267-1141. Personnel checking-in to the CDO will be required to report to the IPAC at 7:30 a.m. the next business day to conduct an audit and travel claim.

BILLETING INFORMATION

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

LEGAL AID SOCIETY OF SAN DIEGO (LASSD)

CONTACT INFORMATION

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

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.

LEGAL ASSISTANCE OFFICE (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1656
Website: <https://www.miramar.marines.mil/Departments/Legal-Services/Legal-Assistance/>
Address: MCAS Miramar Bldg. 6275
Hours of Operation: Monday – Friday 8:00 AM – 11:00 AM & 1:00 PM – 4:00 PM
New Client/Walk-in: Tuesdays & Thursdays 8:00 AM – 11:00 AM

BRIEF DESCRIPTION

The Legal 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 notarizations.

❖ Walk-In Hours:

- First time clients should come during Walk-In Hours:
 - Tuesdays and Thursdays from 8:00 AM – 11:00 AM
 - First come first serve basis.
 - Please arrive before 10:30 AM to allow time to complete an intake form and for staff to conduct a conflict check
- Documents to bring: Military Identification Card, All documentation related to your case/legal issue, a list of relevant information and questions you wish to ask the attorney.
- If you have already been seen by an attorney for your legal issue, please contact that attorney directly or work with the clerk to make a follow up appointment.

❖ Citizenship & Immigration Hours:

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

❖ Services Provided by Legal Assistance:

- Consumer Law Issues (credit card debt, identity theft, 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 (Packet, Pick Up/Drop-off)
- SCRA
- Adoptions.
- Name Changes.

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

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

❖ **Dissolution (Divorce) Class:**

- The brief covers basic California law concerning the division of assets and debts of a married couple. The brief also discusses the law regarding childcare and parenting plan issues. Clients seeking legal assistance with their dissolution cases MUST attend the brief prior to coming to our walk-in hours.
- **The Dissolution Brief is held every Tuesday and Thursday at 0745 via Zoom.** Please email Mr. Tracey Clark at tracey.clark@usmc.mil to register to attend the brief.
- 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.

❖ **Wills:**

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

❖ **Notary**

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

❖ **Traveling Legal Briefs:**

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

❖ **Other Joint Legal Assistance Offices:**

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

LIFESKILLS PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4918
Website:	https://miramar.usmc-mccs.org/marine-family-support/military-family-life/lifeskills
Address:	MCAS Miramar Bldg. 2525
Hours of Operation:	Monday – Friday 8:00 AM – 4:00 PM

BRIEF DESCRIPTION

LifeSkills Training and Education promotes positive adjustment and improved individual and family functioning. It is a comprehensive collection of personal and professional skill building classes that promotes positive adjustments and improved individual and family functioning. It provides Marines and family members practical skills for successful interactions and positive outcomes at work, home, and in life.

Emphasizing skill building in areas such as leadership, communication, resilience, relationship effectiveness and overall readiness. Every workshop offers an open and highly interactive atmosphere, where participants are in the driver's seat. Workshops are geared toward every demographic, catering to those who are active duty, family members, single, married, or anywhere in between. With curriculum designed by Best Selling authors and highly acclaimed personal development groups, these workshops can generate results that impact every aspect of a participant's life.

Workshops include:

❖ **4 Lenses Foundation:**

- 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.*"

❖ **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.

❖ **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:**

- The Family Care Plan is an essential part of military readiness that helps Marines focus on their job and mission during deployment, mobilization, training, or other times when duty calls. This workshop will help Marines and their families with the basics of a Family Care Plan.

For a full list of workshops or to request a schedule of upcoming classes, visit the website or contact Marine Corps Family Team Building (MCFTB) at 858-307-4918.

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

CONTACT INFORMATION

Phone Number: 858-307-4918
Address: MCAS Miramar Bldg. 2273
Website: <https://miramar.usmc-mccs.org/marine-family-support/military-family-life/l-i-n-k-s>
Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM

BRIEF DESCRIPTION

L.I.N.K.S. stands for Lifestyle, Insights, Networking, Knowledge, and Skills. It is an interactive acculturation program to Marine Corps life and the local installation. Participants learn about Corps history and rank, local installation resources, services, and benefits, military pay, separation and deployment, crossroad options, communication styles, investing in the community and Marine Corps traditions.

Are you new to MCAS Miramar? Are you looking to get connected with other military families & local resources?

If you answered yes to any of these questions, we invite you to L.I.N.K.S! The program offers opportunities to understand navigating the unique LIFESTYLE of being a military family. Our volunteer mentors shed INSIGHTS into the culture of the military, get connected through NETWORKING in meeting other spouses and families, and gain KNOWLEDGE and SKILLS during the workshop.

Interested in attending our next workshop? Visit [MCFTBMIRAMAR.EVENTBRITE.COM](https://www.mcftbmiramar.com/eventbrite.com)

Ask us about our childcare reimbursement program.



MCAS MIRAMAR MEMORIAL GOLF COURSE

CONTACT INFORMATION

Phone Number:	858-307-4155 (Tee Times) 858-307-7986 (Tournament Inquiries) 858-307-4156 (Lesson Inquiries)
Website:	https://miramar.usmc-mccs.org/recreation-fitness/recreation/mcas-miramar-memorial-golf-course
Address:	MCAS Miramar Bldg. 3750 (3750 Anderson Ave.)
Hours of Operation:	Pro Shop & Golf Course: Daily 6:00 AM – Sunset

BRIEF DESCRIPTION

Golf never gets old! From beginners to seasoned golf enthusiasts, your MCCS golf course has everything you need to start your game today. Our PGA professionals are happy to help you get fitted for your very own set of golf clubs, teach basics and course etiquette, or even just give you a pointer or two to help you with your swing! MCCS offers daily play, golf leagues, tournaments, outings, instructional programs, exhibitions, events, and summer youth activities. Grip it and rip it with MCCS!

❖ **TEE TIMES:**

- As of Tuesday, January 1, 2019, the tee time reservation policy at Miramar Memorial Golf Course will be as follows:
 - Active-Duty Military may reserve tee times online nine (9) days in advance starting at 0500 or call for tee times eight (8) full days in advance
 - Retired Military may reserve tee times online eight (8) days in advance starting at 0500 or call eight (8) days in advance beginning at 1200
 - DoD and Public may reserve tee times online nine (7) days in advance starting at 0500 or call the golf shop.
 - Guests may book up to two (2) foursomes in advance. Otherwise, tournament reservation procedures apply and must go through tournament administrator.
 - 100 percent I.D. check is in place. All patrons must show applicable I.D. to receive applicable rates and times.
 - Active Duty will have priority on all standby lists

❖ **PRACTICE FACILITY:**

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

❖ **MIRAMAR ACTIVE-DUTY GOLF PROGRAM:**

Attention Active-Duty Marines & Sailors stationed at MCAS Miramar There are 3 golf programs created just for you.

1. **Quality of Life Golf:** Every Tuesday of the year, two hours after twilight starts, you may play for free. That's right, \$0.00 greens fee!
2. **Dollar Day:** Every third Wednesday of the month all year long, golf any time of the day for just a \$1.00 greens fee. That's right, \$1.00 greens fee!
3. **Free Active Duty (MIRAMAR ONLY) Golf Clinic:** Every Wednesday of the year (excluding holidays) 1130-1300 and every Saturday of the year (excluding holidays) 1300-1400 and 1400-1500 at the Driving Range Practice Facility. The Free Active Duty (MIRAMAR ONLY) Clinics will feature instruction within the five games of golf including the Power Game, Putting Game, Short Game, Mental Game, and Course Management Game. Sign-up in the Instruction Center (located in the Golf Pro Shop) or contact the Director of Instruction at 858.307.4156. Remember, only active-duty personnel stationed at MCAS Miramar can take advantage of these programs, make a tee-time, sign-up for free clinics, have some fun, improve your game, and save money!

❖ **FITTINGS:**

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

MILITARY ONESOURCE

CONTACT INFORMATION

Phone Number: 800-342-9647 Stateside
484-530-5908 Collect from Overseas / OCONUS Collect
Dial 711 and give the toll-free number TTY / TDD

Website: <http://www.militaryonesource.mil/>

Hours of Operation: 24 hours a day 365 days a week

BRIEF DESCRIPTION

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

❖ Confidential Services:

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

❖ Learn more about our services:

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

❖ Military OneSource Specialty Consultations:

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

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



MILITARY
ONESOURCE

MILLS PARK (MCAS MIRAMAR)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

Outdoor recreation programs provide authorized patrons with outdoor recreational opportunities and instructional classes to support independent skills and provide a safe, healthy, fun environment for Marines and their families. The outdoor recreation equipment checkout & rental program rents a variety of equipment on a daily or weekly basis. This service is available to Marines, family members, retirees and DoD civilians.

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

Reservations:

Required for use of the pavilions at Mills Park

Prices are as follows:

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

There are no charges for Command Functions.



MIRAMAR BRANCH HEALTH CLINIC

CONTACT INFORMATION

Phone Number: 858-307-4656 – Appointments (Active Duty Appts – 3D MAW only)
619-881-9011 – Appointments (beneficiaries/non-3D MAW Marines)
858-307-7961 – Physical Therapy
858-307-4651 – Occupational Health
858-307-6740 – Women’s Health
858-307-9895 – Optometry
619-532-8400 – Pharmacy / Refills

Website: <https://sandiego.tricare.mil/Clinics/BMC-MCAS-Miramar>

Address: MCAS Miramar Bldg. 2496 (Bauer Rd)

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

BRIEF DESCRIPTION

❖ PATIENT CENTERED MEDICAL HOME (PCMH):

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

❖ URGENT CARE INFORMATION:

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

❖ 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.

❖ OPTOMETRY:

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

❖ **PHARMACY:**

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

❖ **WOMEN'S HEALTH CLINIC:**

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

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

- Marines and Sailors stationed at MCAS Miramar that have acute, less than 5 days of onset, musculoskeletal pain/conditions can walk 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.



MIRAMAR – INNS OF THE CORPS

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

❖ How Far in Advance Can You Make Reservations?

- Anytime:
 - If you are PCS with Family, Active Duty with TDY Orders, Medical In-Patients and Family of Seriously Ill.
- 60 Days in Advance:
 - Active Duty on Leave, TAD, Rest & Relaxation, Widows/Widowers/Dependents of Active Duty Personnel, Single PCS, Foreign Military, Medical Out-Patients, Weekend Reservists.
- 30 Days in Advance:
 - Retirees, Widows/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. 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.



MIRAMAR LIBRARY

CONTACT INFORMATION

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

❖ Library services:

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

❖ The Children's Library:

- Classes:
 - Baby & Toddler Sign Language – Tuesdays at 10 AM
 - Baby Massage – Wednesdays at 10 AM
 - Sensory Play – Thursdays at 10 AM
 - Play Morning – Thursdays at 11 AM
 - Story Time – Fridays at 10 AM
- Pre-school computers geared for children age 2-8yrs.
- Online databases and digital literary resources for Pre-K to 8th grade.
- Annual Summer Reading Program:
 - Emphasizes fun and rewards reading while helping school age children and teens retain academic skills such as reading, writing, and math during their break from school. This program is open to ALL AGES including pre-readers.

❖ The Makerspace Room:

- Strives to provide low to no cost resources and open access to tools and technology. The Makerspace facilitates weekly programming involving STEAM activities and 3D Printing.
- Items in the Makerspace Room include:

○ 3D Printers	○ Craft Materials
○ Laser Etcher	○ Virtual Reality
○ Vinyl Cutter	○ STEM/STEAM Games for all ages
○ Sewing Machine	○ Board Games
○ Mini-heat press	
- To learn more or to schedule a consultation with the Makerspace Coordinator, please email: ombmiramarlibrary@usmc-mccs.org

MIRAMAR VOLUNTEER PROGRAM

CONTACT INFORMATION

Phone Number:	858-307-1322
Website:	https://miramar.usmc-mccs.org/marine-family-support/volunteer-opportunities
Address:	MCAS Miramar Bldg. 2525
Hours of Operation	Monday – Friday 8:00 AM - 4:00 PM

BRIEF DESCRIPTION

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

❖ Volunteering 101:

- Workshop Volunteering 101 is designed to give volunteers the tools necessary to have a successful and fulfilling volunteer career. This workshop is designed to support all volunteers, whether you have never volunteered, are just getting started, or have been volunteering forever! Let us help you have a successful volunteer career!
- Walk away with:
 - Understanding how to manage your volunteer career
 - Create a plan for tracking hours and skills gained
 - Demonstrate effective communication as a volunteer
 - Identify resources of volunteer opportunities
 - Interpret volunteer skills into marketable skills and abilities

❖ Volunteering 101 Workshop for Teens:

- Looking for ways to get your teen to volunteer? Maybe they are looking to gain skills for a job or even looking towards college applications and scholarships.
- Volunteering 101 for Teens is designed to introduce volunteerism and to provide an understanding of its long term impact. Teens can learn about leveraging volunteering for their futures in this interactive workshop.
 - Understanding how to manage your volunteer career
 - Create a plan for tracking hours and skills gained
 - Identify resources of volunteer opportunities
 - Interpret volunteer skills into marketable abilities for applications or scholarships



NATIONAL ASSOCIATION OF CHILD CARE RESOURCE & REFERRAL AGENCIES (NACCRA)

CONTACT INFORMATION

Phone Number:	800-424-2246 Military Fee Assistance Program Information & Questions
Website:	https://www.childcareaware.org/fee-assistancerespite/
Hours of Operation:	Monday, Wednesday, Friday – 9:30 AM – 6:00 PM EST Tuesday and Thursday – 8:00 AM – 4:00 PM EST

BRIEF DESCRIPTION

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

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

- Email: info@childcareaware.org
- Phone: 1-800-424-2246

NATIONAL DOMESTIC VIOLENCE HOTLINE

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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



NAVAL MEDICAL CENTER SAN DIEGO (NMCS D)

CONTACT INFORMATION

Phone Number: 1-800-874-2273 - Appointments
619-532-8400 - RX Refills
619-532-6418 Patient Relations

Website: <https://sandiego.tricare.mil>
Naval Medical Center
34800 Bob Wilson Drive
San Diego, CA 92134

Hours of Operation: Emergency Room 24 hours a day, 365 days a year
Hours Vary by Clinic

BRIEF DESCRIPTION

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

Health Services:

- Primary Care: Internal Medicine Clinic, Military Health Center
- Preventive Care: Immunizations, Health and Wellness, Mind Body Medicine, Nutrition
- Hospital Care & Surgery: Anesthesiology, Bariatric Surgery Clinic, Cardiothoracic Surgery, Neurosurgery Clinic, General Surgery, Orthopedic Surgery Clinic, Plastic Surgery, Preoperative Assessment Center, Vascular Surgery Clinic
- Urgent & Emergency Care: Emergency Department, Critical Care Medicine Department
- Mental Health & Substance Use: Mental Health, Special Psychiatric Rapid Intervention Team, Substance Abuse Rehabilitation Program (SARP), Inpatient Mental Health, Outpatient Mental Health
- Lab Tests & Radiology
- Specialty Care: Cancer Resources, Cancer Registry, Cardiology, Cardiovascular Services, Comprehensive Combat and Complex Casualty Care, Dermatology, Endocrinology, Gastroenterology, Hematology/Oncology, Infectious Disease Clinic, Maternal-Fetal Medicine, Nephrology Clinic, Neurology Clinic, Occupational Medicine, Pain Medicine Center, Physical & Occupational Therapy, Pulmonary Department, Radiation Oncology, Traumatic Brain Injury, Urology Clinic
- Case Management
- Dental
- Pharmacy
- Vision: Optometry, Refractive Surgery
- Women's Health & Pregnancy: Breast Health Center, Female Pelvic Medicine, Maternal-Fetal Medicine, Obstetrics & Gynecology, Contraceptive Care Walk-in Clinic
- Children's Health: Newborn Nursery, Neonatal ICU, Pediatric Cardiology, Pediatric Hematology/Oncology, Pediatric ICU, Pediatric Residency Program, Pediatric Urology, Sub-specialty Clinic
- Readiness: Simulation Center, Suitability Screening Center
- Operational Forces Medical Liaison (OFML) & Medical Evacuation (MEDEVAC)

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

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



NAVY-MARINE CORPS RELIEF SOCIETY (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1807
Email: miramar@nmcrs.org
Website: www.nmcrs.org/
Address: MCAS Miramar Bldg. 2273
Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM
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.

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

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

❖ **\$1000 Quick Assistance Loan Program:**

- For active duty Sailors and Marines only.
- No questions asked regarding use of funds.
- Must have \$0 balance to qualify, limit 5 per lifetime.
- Military ID, current full-month Leave and Earnings Statement (LES) & application.
- Repayment options between 3-10 months or within EAS.

❖ **Non-Financial Assistance:**

- **Budget Counseling:**
 - Develop a spending plan, how to read an LES etc.
- **Budgeting for Baby Class:**
 - Designed to give necessary information to new parents about the financial impact of a new baby on the family budget. Both service member and spouse are invited to attend these classes. Sign up at the Miramar office. Attendees receive a Amazon Gift Card and a 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.



NAVY-MARINE CORPS
RELIEF SOCIETY®

NEW PARENT SUPPORT PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-9812
Address: MCAS Miramar Bldg. 2274
Website: <https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/new-parent-support/>
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

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

The New Parent Support Program is a team of licensed professionals who provide assistance, education, and support to military families who are expecting, or those with children 0-5 years old. All services are FREE of charge and designed to assist in the everyday demands of parenting in the military.

❖ Baby Boot Camp:

- A fun and dynamic class for expectant parents addressing numerous topics about your new baby, such as diapering, bathing, and soothing your infant as well as what to expect developmentally from your infant and how you can support their growth and development.
- To register for Baby Boot Camp, go to <https://www.eventbrite.com/e/baby-boot-camp-tickets-97228682607>

❖ Home Visits:

- Individualized parent support and education for expecting parents and for parents with children 0-5 years. Services include but are not limited to:
 - Growth and Development.
 - Developmental Screening and Activities.
 - Newborn Care/Soothing and Fussy Baby.
 - Gaining Cooperation and Discipline.
 - Managing Challenging Behaviors.
 - Navigating Military Family Life.
 - Connecting to Military and Civilian Resources.

❖ Play Group:

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

❖ Infant Massage Class:

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



OPERATION HOMEFRONT

CONTACT INFORMATION

Phone Number:	210-659-7756
Emergency Assistance:	877-264-3968 (Critical Financial Assistance)
Website:	http://www.operationhomefront.org/
Address:	1355 Central Parkway S, Ste. 100 San Antonio, TX 78232
Hours of Operation:	24 hours a day / 7 days a week via online

BRIEF DESCRIPTION

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

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

- ❖ Transitional Housing (Villages):
 - Villages Transitional Housing (Villages), one of Operation Homefront’s veteran housing assistance programs, serves as a bridge for families during the lengthy period between the end of military pay and the beginning of veteran benefits or during the review and receipt of veterans’ disability claims. The program offers wounded, ill, and injured warriors and their families rent-free, two and three-bedroom apartments in San Diego, California; Gaithersburg, Maryland; and San Antonio, Texas. Our Villages not only provide a home for families during this challenging time but also alleviate financial stress and offer a comprehensive package of individualized family support and financial planning services.

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

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

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

Party Adventure Recreation Central (MCAS MIRAMAR)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

❖ Equipment:

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

❖ PARC Rental Rules/Regulations:

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

PERSONAL FINANCIAL MANAGEMENT (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-9802
Email:	sbmiramarmccs.pfm@usmc.mil
Website:	https://miramar.usmc-mccs.org/marine-family-support/personal-financial-management
Address:	MCAS Miramar Bldg. 5305 – The HUB
Hours of Operation:	Monday – Friday 7:30 AM – 4:00 PM Appointment highly recommended

BRIEF DESCRIPTION

Your Personal Financial Management Specialist is here to help you and your family members (active duty, retired, DoD and NAF Civilian Personnel). From budgeting and debt management to retirement planning and investment guidance, we're here to support your journey towards financial success. Contact us today to explore how we can help you!

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

POISON CONTROL

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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

PREVENTION RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

CONTACT INFORMATION

Phone Number: 858-307-1333
Website: <https://www.miramar.marines.mil/Departments/Chapel/>
Address: Base Chapel, Bldg. 5632
Hours of Operation: Offered virtually

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.



READINESS AND DEPLOYMENT SUPPORT (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4918
Website:	https://miramar.usmc-mccs.org/marine-family-support/military-family-life/marine-corps-family-team-building-training
Address:	MCAS Miramar Bldg. 2525
Hours of Operation:	Monday – Friday 8:00 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

Readiness and Deployment Support (RDS) at MCAS Miramar are designed to equip Service Members and their families with essential life skills necessary to effectively overcome the anticipated and often un-foreseen challenges that suddenly arise during deployments.

❖ **Pre-Deployment Brief for Marines & Families:**

- 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, and 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 such as Physical Fitness, Relaxation, Nutrition, Education, Networking, and Goals.
- Mid-Deployment Kids
 - This workshop is designed to promote deployment success for kids, including reactions to deployment, ways parents can help their kids feel connected to the deployed parent, and resources to help you and your child thrive during a deployment.

❖ **Return and Reunion Workshops:**

- Parents & Extended Families
 - Spouses and significant others of returning Marines are eager to discuss homecoming anticipation, expectations, and concerns. This workshop touches on those topics, possible return dates, and information from the DRC. Ideas for communication and what plans to make before the Marine returns are discussed. This is a brief that is required to be provided to remain-behind family members and is part of the required Pre-Deployment Agreement form.
- Parents & Kids
 - Held in conjunction with Return and Reunion Workshops for spouses, MCFTB work with children ages 5 and up to help them prepare for their service member's homecoming in a fun and interactive setting.

❖ **Post-Deployment Workshop:**

- Reintegration:
 - This educational workshop provides a forum for couples to assess their recent deployment experience, address the effect of reintegration on a relationship, and assess the level of relationship satisfaction. Couples are provided communication tools and resources daily to strengthen their relationship.

ROTARY CAMP PENDLETON

CONTACT INFORMATION

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

BRIEF DESCRIPTION

Rotary Camp Pendleton is a volunteer organization that picks up good quality furniture and housewares to give to military and veteran families for free. The Rotary is open to Active Duty, Retired and Dependents, no extended families. Donations are accepted year-round. To schedule a pickup, visit www.CPCSF.org. For more information or assistance visit, <https://www.facebook.com/RotaryCampPendleton>.

SAN DIEGO ANIMAL SERVICES

CONTACT INFORMATION

Phone Number: 619-236-2341 - 24/7 Animal-Related Emergencies
619-767-2675 – Appointment Line for Services
Website: www.sddac.com/
Hours of Operation: All County shelters:
Tuesday - Sunday 10:00 AM – 4:00 PM
Mondays, and Holidays Closed

BRIEF DESCRIPTION

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

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

SAN DIEGO METROPOLITAN TRANSIT SYSTEM

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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



SAN DIEGO MILITARY OUTREACH MISSION

CONTACT INFORMATION

Phone Number: 619-461-4164
Address: 4426 Harbinson Ave.
La Mesa, CA 91942
Website: www.sandiegomom.org
Hours: Monday, Tuesday, Wednesday 9:30 AM – 1:30 PM

BRIEF DESCRIPTION

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

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

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

❖ Distribution Center:

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

❖ Food Distribution:

- Monthly food distribution at MCAS Miramar – Bob Hope Theater Parking Lot
 - 3:00 PM – 4:00 PM every 2nd Thursday of the month



SAN DIEGO MILITARY HOUSING SERVICE CENTER

CONTACT INFORMATION

Phone:	619-556-8443
Website:	https://sandiego.navylifefsw.com/programs/8a5c083d-6f8d-4e57-aae3-3cb7159b598b
Address:	Naval Station San Diego Housing Service Center 2625 LeHardy Street, Bldg. 3544 San Diego, CA 92136
Hours of Operation:	Services available online or by phone

BRIEF DESCRIPTION

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

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

❖ Who May Apply For Family Housing?

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

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

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

SAN DIEGO POLICE DEPARTMENT

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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

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

SAY SAN DIEGO (SOCIAL ADVOCATES FOR YOUTH)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

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

- ❖ Family Support:
 - Fostering family resilience and health through a combination of resources, initiatives, and community collaborations.
 - Community Services for Families
 - Dads Corps
 - First 5 Steps
 - Project KEEP
 - Family Resource Centers
- ❖ Preschools & Extended Day Programs
 - Encouraging the healthy development of preschoolers from the earliest stages of childhood through to middle school.
 - Preschools
 - Before & After School Programs (TK to Grade 8)
- ❖ Youth Development & Advocacy
 - Partnering with youth and teens through mentoring, support, and programs that nurture leadership skills.
 - Community Leadership & Advocacy Groups
 - Mentoring & Support
- ❖ Health Navigation & Mental Health Support
 - Providing physical and mental health resources for families with limited access.
 - Cognitive Behavioral Therapy
 - Neighborhood Networks – Health & Housing Support
 - School-Based Mental Health
- ❖ Community Development
 - Building up communities in San Diego County through public health initiatives and local collaboratives.
 - Alcohol, Tobacco & Other Drug Prevention
 - Collaboratives
 - Workforce Childcare Consulting

SCHOOL LIAISON PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-6633 / 8625
Website:	https://miramar.usmc-mccs.org/marine-family-support/child-and-youth-program/k-12-school-liaison-program
Address:	MCAS Miramar Bldg. 2258

BRIEF DESCRIPTION

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

- ❖ Most of the area surrounding MCAS Miramar falls into the San Diego Unified School District (SDUSD).
 - If you are planning on living in the Poway, Rancho Penasquitos, Sabre Springs, Carmel Mountain Ranch, 4S Ranch, or Rancho Bernardo areas (92064, 92127, 92128, 92129), your child will attend a school in the Poway Unified School District.
- ❖ To ease the transition, we recommend hand-carrying your child’s shot records, latest report card, and birth certificate(s). Please verify that the children have all the necessary immunizations required to begin school in San Diego.
- ❖ Another helpful option is to ask your child’s current teacher to write a letter of introduction to his/her new teacher. Within this letter, the “sending” teacher can outline the strengths, weaknesses, learning style, and personality of your child to the new, “receiving” teacher. These tend to be positive and can help a new teacher get to know your child immediately. Writing such a letter is not required, and 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.

SEMPER FIT (MCAS MIRAMAR)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

Below you'll find what we have to offer through Semper Fit at MCAS Miramar:

❖ Miramar Sports Complex / Main Gym (BLDG 2471)

- Mon-Fri: 5:00 a.m. – 10:00 p.m.
- Sat-Sun: 8:00 a.m. – 5:00 p.m.
- 858-307-4128

❖ Semper Fit Center / New Gym (BLDG 2002)

- Mon-Fri: 5:00 a.m. – 7:00 p.m.
- 858-307-4654

❖ The Barn / Fitness Annex (BLDG 7115)

- Mon-Fri: 5:00 a.m. – 8:00 p.m.
- 858-307-6042

❖ F45 MCAS Miramar Studio (BLDG 2525)

- Mon-Fri: 5:15 a.m., 6:15 a.m., 9:15 a.m., 10:30 a.m., 11:30 a.m., 4:15 p.m., and 5:15 p.m.
- Saturday: 8:15 a.m., 9:30 a.m.
- Sunday: Closed
- 858-307-4128
- F45 is a global fitness company specializing in innovative, high-intensity group workouts that are fast, fun, and results-driven. The "F" stands for functional training, and the "45" is the total amount of time for sweat-dripping, heart-pumping fun. Regardless of your fitness level, everyone can participate in F45 Training.
- Free for Active Duty, please inquire by calling for rates

❖ HITT Center (BLDG 2525)

- Mon-Thurs: 5:00 a.m. - 1 :00 p.m., 4:00 p.m. – 6:30 p.m.
- Friday : 5 :00 a.m. – 1 :00 p.m.
- Weekends : Closed
- 858-307-4128
- The primary purpose of the High Intensity Tactical Training (HITT) program is to enhance operational fitness levels and optimize combat readiness and resiliency for Marines. 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. HITT Locker locations can also be found throughout base.

❖ Aquatics/Pool (BLDG 2000):

- Mon-Fri: 5:00 a.m. – 7:00 a.m., 11:00 a.m. – 1:00 p.m.
- Weekends: Closed
- 858-307-4137

- The Aquatics programs provide a full spectrum of recreational and instructional activities in a safe, healthy, fun environment which aids in the development of life skills and builds resiliency in our service members. Drowning prevention is a key theme for Aquatics with a focus on prevention awareness.
 - The pool is currently postponing swim lessons until a future date to be determined. If you would like to be placed on a waitlist, please email miramar50mpool@usmc-mccs.org
 - ❖ The 50-Meter Pool / Water Survival Training Tank is open to all ranks and offers a wide-variety of programs for all ages; from children to adults who are looking to learn basic swimming skills, or to perfect strokes and overall swimming performance. The pool also includes lounge chairs, picnic tables, and locker rooms with showers and daily locker use.
 - ❖ All patrons pay a fee whether they swim or not. Active Duty Free, for all other patrons please refer to the website for updated information, <https://miramar.usmc-mccs.org/recreation-fitness/recreation/swimming>
 - ❖ Please note: the 50-Meter Pool is a military training facility, and **may be closed at any time to support military training.**
- ❖ **Athletics / Sports:**
- Get your workout the fun way by joining one of Semper Fit’s many athletic teams. On-base intramural leagues, varsity and All-Marine levels are available. Sports offered include softball, basketball, football, soccer, hockey, volleyball, tennis, and others. Both men’s and women’s teams are available for most sports, and all provide opportunities for physical fun and competition. Teams are open to military personnel, and many are open to military family members and DoD employees. Select sports have afternoon and evening leagues, making it easy to get involved. Various tournaments are held throughout the year, making unit cohesiveness as important on the field as it is on the job!
 - For more information, go to Miramar Sports Complex Mon - Fri 7:30 a.m. – 4:00 p.m. or call 858-307-1202
- ❖ **Human Performance:**
- ❖ Semper Fit Human Performance employs subject matter experts, including one of only two registered dietitians in the Marine Corps within Semper Fit. Our SME’s provide training, education, resources, and referrals that support mission readiness, optimal performance and resiliency.
 - ❖ Representatives from Human Performance hold regular health and nutrition classes and are available to come directly to individual units and offer briefs on topics such as BCP and remedial nutrition, fitness, injury prevention, weight loss, performance and sports nutrition, dietary supplement training, chronic diseases, tobacco cessation, sexual health, sleep and cognitive function and can also tailor presentations to fit specific needs.
 - ❖ For more information, please call 858-307-7963 or email burksj@usmc-mccs.org



SEXUAL ASSAULT PREVENTION AND RESPONSE (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-6711 – Sexual Assault Response Coordinator
877-995-5247 – DOD Safe Helpline
858-864-2815 – Sexual Assault 24/7 Support Line

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

Address: MCAS Miramar Bldg. 2274

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.**
- ❖ **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. To speak with the Installation Chaplain call (858) 307-1333
 - Victims' Legal Counsel (VLC) assist victims with understanding their legal rights and services including: obtaining restraining orders and military protective orders. VLC may represent victims of crime in the military justice process. To speak with a VLC call (703) 232-3487.
- ❖ **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**
- ❖ **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.
 - 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:	https://miramar.usmc-mccs.org/marine-family-support/single-marine-program
Address:	MCAS Miramar Bldg. 5305, The HUB (inside the Great Escape)
Hours of Operation:	Monday - Friday 8:30 AM – 5:00 PM

BRIEF DESCRIPTION

The Single Marine Program (SMP) functions to support single Marines' leisure interests and quality of life concerns. SMP serves as the voice for single Marines in identifying concerns, developing initiatives, and providing recommendations through advocacy, recreational activities, special events, and community involvement.

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 issues.

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 discussing topics such as: quality of life issues, upcoming trips, monthly volunteer opportunities and information about MCCS. The Single Marine Program also offers many great opportunities to take on leadership roles and organize social activities.

SPACE AVAILABLE TRAVEL - (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4283
Website:	https://www.miramar.marines.mil/Resources/Space-Available-Travel/
Address:	MCAS Miramar Bldg. 9100
Hours of Operation:	Monday – Thursday 7:30 AM – 7:00 PM Friday 7:30 AM – 5:00 PM Saturday & Holidays – closed Sunday 2:00 PM– 5:00 PM

BRIEF DESCRIPTION

The mission of Space Available Travel is to maintain and operate the facilities and provide services and material to support the operations of the 3d Marine Aircraft Wing and visiting aircraft. To provide responsive and reliable service and material support to our customers. While maintain meaningful relationships with our neighbors and the local communities.

To participate in Space-A Travel:

- ❖ Space-A Travel is a great program for our Active Duty, Guard, Reserve, Retired and their eligible family members. Please understand, our primary mission is the movement of cargo and space required (duty) passengers on a Department of Defense owned or controlled aircraft. Once mission requirements are met, available seats will be offered to Space-A passengers awaiting transportation.
- ❖ Space-A travel request forms should be filled out using your computer then printed and faxed to 858-307-8729. To download a Space-A travel request form, visit the website listed above.
- ❖ As a reminder, all flights are subject to change. Seats are not guaranteed and the number of Space-A seats that are open are not known until the aircraft has touched down.
- ❖ Per DoD 4515.13-R, "C6.1.9. Conditions Travel. There is no guarantee space for any traveler. The Department of Defense is not obligated to continue an individual's travel or return him or her to point of origin, or any other point. Travelers shall have sufficient personal funds to pay for commercial transportation to return to their residence or duty station if Space-A transportation is not available.

SUPPORT THE ENLISTED PROJECT (STEP)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

STEP 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 emergency grants. In October 2012, 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 twelve years, the support of STEP's mission has been nothing short of amazing.

To date, STEP has served more than 6,300 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.

❖ Emergency Financial Assistance

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

❖ Financial Freedom Workshops

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

❖ Warehouse on Wheels

- STEP hosts distributions monthly of goods such as food, diapers, clothes, shoes, toys and more to the military and veteran community to ensure that every military and veteran family has what they need.

❖ Car Giveaway

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

❖ Holiday Programs

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

❖ Cammies to College

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



SUBSTANCE ABUSE COUNSELING CENTER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-1129
Website:	https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/substance-abuse
Address:	MCAS Miramar Bldg. 2274
Hours of Operation:	Monday - Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

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

❖ Prevention:

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

❖ Prime for Life:

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

❖ Outpatient/Residential/Medical Level IOP:

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

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

THE GREAT ESCAPE (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-6171
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/active-duty-recreation-center>
Address: MCAS Miramar Bldg. 5305 (west side of the HUB)
Hours of Operation: Open 7 days a week 11:00 AM – 8:00 PM

BRIEF DESCRIPTION

The Great Escape is the “home away from home” for all active-duty enlisted Service Members stationed and visiting MCAS Miramar. The facility is a non-alcoholic facility and is open 365 days a year.

- ❖ 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, and a stand-up classic video game system).
 - Six computers with CAC readers and a printer.
 - Two ping pong tables.
 - Two large lounge areas with 75” televisions.
 - Five 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, D&D and more.
 - A foosball table.
 - Free Wi-Fi
 - Air hockey.
 - A quiet area.
 - A full sized kitchen featuring: 4 ovens, 4 top burners, stove top griddle, assortment cooking and baking utensils, rice cookers, mixers, blenders, and more.

- ❖ 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 14 leather recliners and four oversize bean bag chairs.

- ❖ The facility hosts a variety of daily, weekly and monthly activities including:
 - 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.

- ❖ Just outside The Great Escape’s front door is a sand volleyball court, a full-size basketball court, a patio with a gas grill and fire pit, 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)
202-588-8277 - Office
Website: www.taps.org/
Address: 3033 Wilson Blvd., Third Floor
Arlington, VA 22201
Hours of Operation: 24 hours, 7 days a week

BRIEF DESCRIPTION

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

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



TRANSITION READINESS PROGRAM - (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-6021
Email:	sbmirarmccs.tr@usmc.mil
Location:	MCAS Miramar, Bldg. 5305, The HUB, Career Resource Center
Website:	https://miramar.usmc-mccs.org/marine-family-support/transition-readiness
Hours of Operation:	Monday – Friday 7:00 a.m. - 4:30 p.m.

BRIEF DESCRIPTION

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

TRICARE DENTAL (United Concordia)

CONTACT INFORMATION

Phone Number: 844-635-4061 – CONUS Toll Free
844-653-4060 – OCONUS Toll Free or 717-888-7400 Toll

Website: 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 Service Member must enroll family members by completing and turning in paperwork as well setting up an allotment to pay monthly charges.



TRICARE MEDICAL (TRICARE WEST)

CONTACT INFORMATION

Phone Number: 1-844-866-9378
1-800-874-2273 opt. 1 – Nurse Advise Line

Website: <https://www.tricare-west.com/content/hnfs/home/tw/prov.html>

Hours of Operation: 24 hours a day, 365 days a year

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.

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



UNITED THROUGH READING

CONTACT INFORMATION

Phone Number: 858-481-READ (7323)
Website: <https://unitedthroughreading.org/service-members/benefits>
Address: 1455 Frazee Rd Suite 500
San Diego, CA 92108

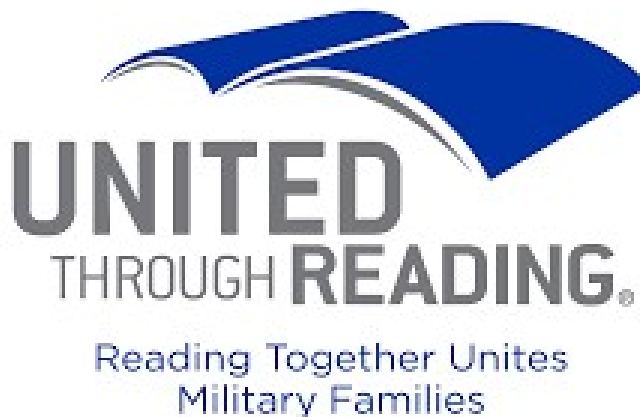
BRIEF DESCRIPTION

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

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

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

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



UNITED SERVICE ORGANIZATION (USO) – San Diego International Airport

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

- ❖ **Marines returning from Boot Leave** headed to School of Infantry-West for MCT/ITB
 - Marines returning on Monday or Tuesday: SOI is tracking your arrival. If you are taking the SeaBreeze Shuttle to Camp Pendleton, shuttle cost is \$40 cash paid to SeaBreeze or the pre-paid blue ticket you purchased at boot camp. Shuttles run at 12pm, 5pm, 10pm and midnight on Monday prior to the Tuesday when the Marines are to report to Camp Pendleton. Tuesday shuttles begin at 9am.
- ❖ **MCRD Recruits** - All MCRD recruits will be processed in front of the USO building.
- ❖ **Shuttle Pick-Up**: Shuttles conveniently pick up passengers in front of the USO building. Shuttles to Camp Pendleton are scheduled at 12pm, 5pm, and 10pm. For transportation to other locations, please contact SeaBreeze at 619-244-9749.
- ❖ **Events**:
 - If you are a command looking for support for an upcoming event [submit a resource request form](#). You will then hear back within 48 hours from a staff member regarding the request on whether it was able to be approved or not. Please submit a resource request for command support 2 weeks or more prior to the event.
- ❖ Amenities at this Location:
 - Food & Beverages
 - Beverages, Coffee & Tea, Snacks
 - Multimedia & Gaming
 - Board & Table games, Xbox One
 - Services & Information
 - Flight time boards, Transportation Information
 - Connectivity
 - CAC Readers, Charging Stations, Computers & Laptops, Phones, Wi-Fi
 - Rest & Relaxation
 - Air Conditioning, Baby changing station, bathrooms, children’s play area, patio & outdoor space, showers, toiletries.



UNITED STATES POSTAL SERVICE (MCAS MIRAMAR)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

❖ **Services Available:**

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

❖ **Military Services Available:**

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

VA BENEFITS ADVISORS - (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 571-461-8674 / 8701 / 8850
Website: <https://www.va.gov/directory/guide/facility.asp?ID=5762>
Company: Team CALIBRE – Department of Veterans Affairs
Address: MCAS Miramar Bldg. 5305, The HUB (inside the Career Resource Center)
Office Hours: Monday - Friday 7:30 AM – 4:00 PM

BRIEF DESCRIPTION

- ❖ VA Benefits Advisors are available to provide one-on-one assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career:
 - Disability compensation
 - VA Health care, Education
 - Insurance (dental and life)
 - Home Loan Guaranty
 - Pension
 - Personalized Career Planning and Guidance
 - Veteran Readiness and Employment
 - Find local support.



VA | U.S. Department
of Veterans Affairs

VA OFFICE - (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 619-400-1515 ext. 1-1179 – Office
Email: Arnold.ahyuen@va.gov
800-827-1000 – VBA Support
Website: <https://benefits.va.gov/benefits>
Address: MCAS Miramar Bldg. 5305, The HUB (inside the Career Resource Center)
Office Hours: Monday – Friday 7:30 a.m. – 3:30 p.m.

BRIEF DESCRIPTION

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



VEHICLE REGISTRATION (CA AUTO REGISTRATION SERVICE)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

VETERINARY TREATMENT FACILITY (MCAS MIRAMAR)

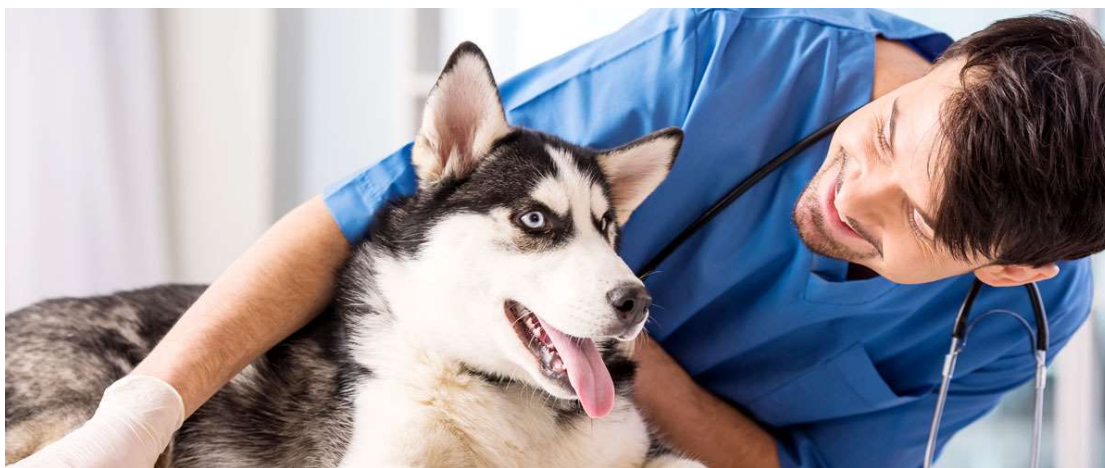
CONTACT INFORMATION

Phone Number: 858-307-1773
Email: usarmy.miramarvtf@health.mil
Address: MCAS Miramar Bldg. 6360
Website: <https://miramar.usmc-mccs.org/services/veterinary-treatment-facility>
Hours of Operation: Monday – Friday 7:00 AM – 3:30 PM
CLOSED: Last Working Day of Each Month, Weekends & Holidays

BRIEF DESCRIPTION

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

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



VISITOR AND REGISTRATION CENTER - MCAS MIRAMAR

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

❖ **Base Vehicle Registration:**

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

❖ **Barracks Parking Permit:**

- Register your vehicle through the Visitor and Registration Center in bldg. 6200 – at the East Gate
- A PMO employee will meet you in the lobby and then assign you a Barracks Permit Pass.

❖ **Resale Lot:**

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

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

WOMEN INFANTS CHILDREN (WIC)

CONTACT INFORMATION

Phone Number: 1-800-500-6411
Website: <https://sandiegowic.org/>
Address: Euclid Health Center
292 Euclid Ave., Ste. 225
San Diego, CA 92114

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 & Qualifications:

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



YOUTH & TEEN CENTER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4136
Address:	MCAS Miramar Bldg. 2700
Website:	https://miramar.usmc-mccs.org/marine-family-support/child-and-youth-program/teen-center
Hours of Operation:	Monday – Friday 6:00 AM – 8:00 AM (School Days Morning Hours) Monday – Friday 3:00 PM – 6:00 PM (School Days Afternoon Hours) Monday – Friday 6:00 AM – 5:30 PM (Non-School Days Hours) Closed Weekends and Holidays.

BRIEF DESCRIPTION

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

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

❖ Registration

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

❖ Transportation

- Bus transportation is operated and provided by the Youth & Teen Center to and from Mason/Hage/Miramar Ranch Elementary and Wangenheim & Thurgood Marshall Middle Schools.

❖ Cost for Childcare

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

❖ Teen Center

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

❖ Teen Bus Transportation

- The Teen Center has a school transport programs for teens to get to school in the morning and an afternoon pick up. The Teen Center operates their own school bus not affiliated with the local school district. Transportation schedule follows the San Diego Unified School District calendar and costs a monthly fee to use services. Students must pre-register with CYP Resource & Referral and be enrolled in 7th -12th grade, attending:
 - Wangenheim Middle
 - Thurgood Marshall Middle
 - Mira Mesa High
 - Scripps Ranch High

YOUTH SPORTS PROGRAM

CONTACT INFORMATION

Phone Number: 858-307-6530
Email: ombmiramaryouthsports@usmc-mccs.org
Address: MCAS Miramar Bldg. 2700
Website: www.mccsmiramar.com/youth-sports
Hours of Operation: Monday – Thursday 11:00 AM – 7:30 PM &
Friday: Closed
Saturday 7:30 AM – 4:00 PM
Sunday: Closed

BRIEF DESCRIPTION

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

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

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

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

Our organization was evaluated in the following categories:

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

