

Marine Corps Air Station Miramar Resource Guide

March 2023



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ALPHABETICAL PHONE NUMBER LISTING

2-1-1	211
24/7 Victim Advocate	858-864-3408
9-8-8 Suicide Hotline	988
American Red Cross	877-272-7337, 858-309-1200
Armed Services YMCA	858-751-5755
Auto Skills Center	858-307-1215
Balboa Park	619-239-0512
Big Bear Cabins	858-271-7111, 909-866-3965 (Lodge)
Bob Hope Theater	858-307-4143/4142
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
Children and Youth Teen Center	858-307-4136
Children's Waiting Room, NMCSD	619-532-6665
Commissary	858-307-6000
CREDO	858-307-1333, 760-725-4954, 619-556-2826
Community Counseling Center	858-307-1129
DEERS	800-334-4162
Disabled American Veterans	858-689-9637
Distribution Management Office (DMO)	858-307-1670/1671
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
Flying Leatherneck Museum	858-693-1723
F.O.C.U.S	760-859-6079, 619-643-2627
ID Card Office	858-307-1421
Information and Referral	858-307-1428
Information Tickets and Tours	858-307-4141/4126
Installation Personnel Administration Center (IPAC)	858-307-8665
Legal Aid Society of San Diego	877-534-2524
Legal Assistance Office	858-307-1656
LifeSkills Program	858-307-4918
L.I.N.K.S.	858-307-4918
MCAS Miramar Memorial Golf Course	858-307-4155, 858-307-7986
Military OneSource	800-342-9647
Mills Park	858-307-4099/4119
Miramar Child Development Center	858-307-4144
Miramar Branch Medical Clinic Customer Service	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)	858-307-1807
New Parent Support Program	858-307-9812
Operation Homefront	210-659-7756, 877-264-3968 (CFA)
PARC	858-307-4150
Personal Financial Management	858-307-9802
Poison Control	800-222-1222
Prevention Relationship Enhancement Program (PREP)	858-307-1333
Provost Marshall's Office (Emergency)	858-307-4918
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	619-233-3044
San Diego Military Outreach Ministries	619-461-4164
San Diego Naval Housing	619-556-8443
San Diego Police Department (Non-Emergency)	619-531-2000, 858-484-3154
SAY San Diego	858-565-4148
School Liaison Program	858-307-6633/8625
Semper Fit Programs	858-307- 4128
Sexual Assault Prevention & Response	858-307-6711
Sexual Assault 24/7 Support Line	858-864-2815
Single Marine Program	858-307-6283
Space Available	858-307-4283
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	858-307-4933/6021
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 Airport Location	619-296-3192
United States Postal Service	800-275-8777 / 858-307-4578
VA Benefits Advisors (CALIBRE)	571-461-8542 / 8674 / 8733
VA Office	619-400-1515 ext. 1179
Vehicle Registrations and Decals CAL AUTO – MCX Main Store	858-537-0811
Vehicle Registrations and Decals CAL AUTO – Flight Line	858-695-7366
Veterinary Care Clinic	858-307-6552 / 1773
Visitor and Registration Center	858-307-1463
WIC	800-500-6411
Youth Sports	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, the majority of whom are Alliance of Information and Referral Systems (AIRS)-certified, provide a wide range of immediate resources to local individuals and families.
- ❖ **Military Program:** In San Diego, our military is a huge part of our history, sense of community and vibrant culture. 2-1-1 serves as the single access point for information, referrals, navigation, and ongoing care coordination for active duty military, veterans, and their immediate families. We are also honored to answer the Courage to Call network, San Diego's peer-to-peer talk and chat line.
- ❖ **What Is Courage to Call?** Every day in San Diego County, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help.
 - Courage to Call is a confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists and guard members, including those who served in Operation Iraqi Freedom and Operation Enduring Freedom, through information, guidance, and referrals. This dedication extends to military families and loved ones.
 - All Courage to Call staff have been in the military and understand the rigors of the military and military family life, constant deployments, transitioning out of the military and navigating veterans services. Courage to Call Peer-Support Specialist and Peer Navigators are dedicated to helping you and your loved ones connect to the services and assistance you deserve. See more at: <http://211sandiego.org/resources/military-veteran-services/#sthash.1LuabiuO.dpuf>



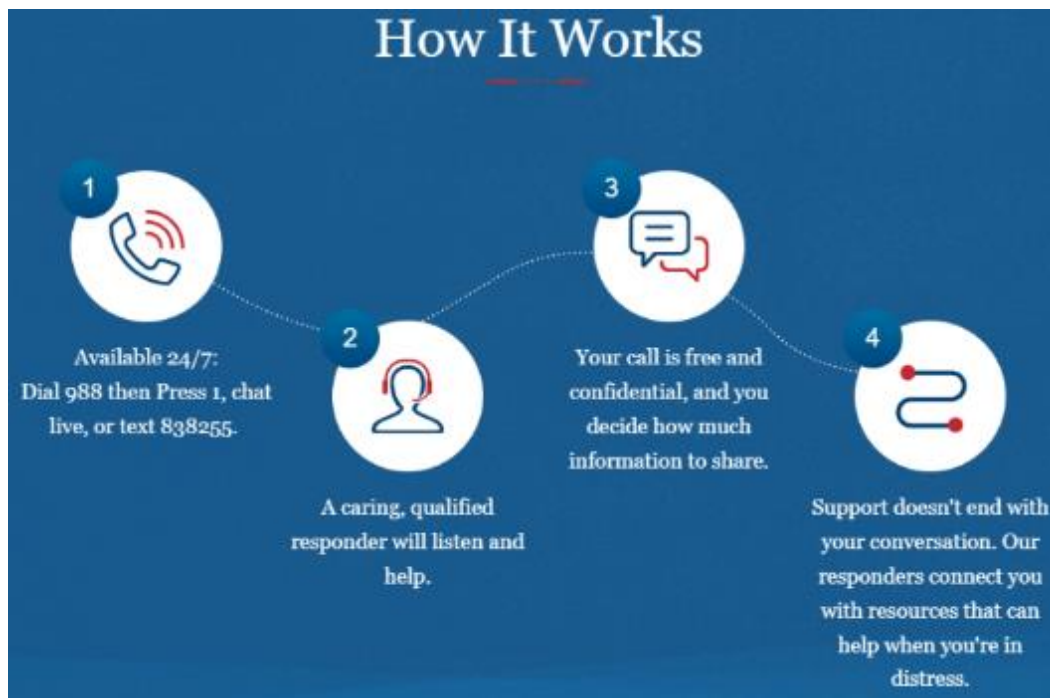
9-8-8 SUICIDE HOTLINE

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 is 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. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.
 - 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 by a federally-funded investigation team from Columbia University's Research Foundation for Mental Hygiene. The Lifeline receives ongoing consultation and guidance from national suicide prevention experts, consumer advocates, and other stakeholders through the Lifeline's Steering Committee, Consumer/Survivor Committee, and Standards, Training and Practices Committee.
- ❖ **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.
 - Serves Veterans, their families, and friends. The Veterans Crisis line serves Veterans, service members, National Guard and Reserve members, and those who support them.



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 can be found at: <http://www.redcross.org/about-us/our-work/military-families>

- ❖ **Emergency Communications: **Emergency communications can be submitted online or by calling.**** 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 or not an emergency leave request is granted. When contacting the Red Cross to send a message to a Service Member, please have the following information which will speed the process of sending your message:
 - Service Member's Full Name and Rank.
 - Branch of Service.
 - Social Security Number or Date of Birth.
 - Military Address.
 - Information about the deployed unit and home base (if deployed).
 - Information about the emergency: Name & Contact for the immediate family member experiencing emergency; Nature of the Emergency; where emergency can be verified.
- ❖ **Financial Assistance:** The Red Cross works with the military aid societies (Army Emergency Relief, Navy Marine Corps Relief Society, Air Force Aid Society and the Coast Guard Mutual Assistance). This partnership helps to provide financial assistance for emergency travel which requires the presence of the service member or his or her family, burial of a loved one, or with assistance that cannot wait until the next business day (food, temporary lodging, urgent medical needs, or the minimum amount required to avoid eviction, utility shut off, etc.). Active duty service members stationed CONUS and their immediate family members can call the Red Cross Service to the Armed Forces Centers for help seven days a week, 24 hours a day, 365 days a year.
- ❖ **Deployment Services:** Whether your family is facing its first deployment or the next of many, the American Red Cross has developed workshop, information and support services to help you with the practical and emotional challenges. Invite Red Cross to your events or attend online courses:
 - Coping with Deployments Course.
 - Pre-Deployment Preparedness Tool for Family Members.
 - Post-Deployment Support Resources for Homecoming.
 - Reconnection Workshops.
- ❖ **Information Referral:**

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

 - Local Red Cross offices develop and maintain relationships with key community partners. Military families rely on the Red Cross to help them identify their needs and connect them to the most appropriate Red Cross and community resources. This key Red Cross service ranges from responding to emergency needs for food, clothing, and

shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of local military members, veterans and their families.

- ❖ Volunteering: The vital work of the American Red Cross is made possible by people like you who contribute their unique backgrounds, talents and skill levels. Our needs change based on current events, adding flexibility to get you involved in an area that inspires you! Below is a sample of volunteer opportunities; a complete list can be found at: <http://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.
- ❖ How to Contact the Red Cross for Assistance: The American Red Cross Emergency Communications Center is available to help 7 days a week, 24 hours a day, 365 days a year. Call 1-877-272-7337 (toll-free) or contact your local Red Cross. Download the FREE Hero Care App at the Apple or Google Store or text "GETHEROCARE" TO 90999

ARMED SERVICES YMCA (San Diego)

CONTACT INFORMATION

Phone Number:	858-751-5755
Website:	www.asymca.org/sandiego
Address:	3293 Santo Road San Diego, CA 92124
Hours of Operation:	Monday – Friday 8:00 a.m. – 4:30 p.m.

BRIEF DESCRIPTION

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

- ❖ Family and Youth Enrichment Programs:
 - Father Daughter Dance: The Armed Services YMCA San Diego Father Daughter Dance is a highly anticipated evening that provides an opportunity for fathers to spend time with their daughters, strengthen the father-daughter bond, and creates memories that will last a lifetime.
 - Camp Hero: A STEAM Program and day camp that serves military children as an outlet for youth to share their common experiences and receive academic, recreational and leadership-based enrichment.
 - Achievement Academy: The Fall Afterschool Achievement Academy offers care for children in grades Kindergarten-5th grade who attend Hancock, Miller, Tierrasanta or Vista Grande Elementary School.
 - 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://www.asymca.org/sdevents>
- ❖ Horse of the Sun Ranch:
 - Horse of the Sun Ranch is 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. The program includes a variety of equestrian and non-equestrian physical activities that enhance the experiences through immersion in natural settings.

- ❖ Food Distributions:
 - Neighborhood Food Distribution takes place twice a month on the 2nd Thursday at Bayview Hills and on the 4th Thursday at our Murphy Canyon location. Registration information is posted on their Facebook page at 6:00 p.m. every Friday.
- ❖ Wounded, Injured and Ill Services:
 - Warrior Care Initiative: We work closely with Naval Medical Center San Diego to help Wounded Warriors heal. Among the support services provided include: emergency financial assistance, clothing, 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, child care 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. In addition to enjoying a family bonding experience, these events offer an opportunity to meet other military families facing similar challenges and to learn from one another about school, medical and community resources.
 - Recreation Services: Our team of volunteers are on the hospital wards at Naval Medical Centers San Diego providing support from gaming systems movies to therapy dogs and outdoor recreation therapy. Outdoor Recreation options include: Wood Working, Fishing Excursions, Jewelry Making, Equine Therapy and MORE!

AUTO SKILLS CENTER (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-1215
Website:	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 p.m. – 8:00 p.m. Sat – Sun: 9:00 a.m. – 5:00 p.m.

BRIEF DESCRIPTION

Whether you're looking to repair, restore or soup up your auto, the Auto Skills Center offers everything you could possibly need. The Shop allows access to their extensive collection of tools as well as more advanced machinery, which includes battery chargers, a brake center, steam cleaners, DVD Information System, engine analyzer, and electronic testing equipment. They also provide plenty of space to work on your car, truck or motorcycle in both indoor and outdoor stalls. Knowledgeable ASE certified mechanics are available for advice and assistance. The staff's helpful and friendly nature makes the Shop a welcome environment, regardless of how much or little you know about your automobile.

BALBOA PARK

CONTACT INFORMATION

Phone Number:	619-239-0512
Website:	www.balboapark.org
Address:	1549 El Prado Balboa Park San Diego, California, 92101
Hours of Operation:	Daily 9:30 a.m. - 5:00 p.m. (Visiting Center), Closed on Holidays Balboa Park Grounds: 24 Hours Museum Hours Vary

BRIEF DESCRIPTION

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

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

Hours: The Balboa Park grounds are open 24 hours a day, the Visitors Center is open 9:30 a.m.-5:00 p.m. daily, and museum hours vary by institution.

- ❖ Admissions Information: Most of the cultural attractions in Balboa Park are independently managed non-profit organizations. The admission prices vary by institution-with museum and performing arts memberships offering a chance to support these San Diego cultural treasures as well as gain special admission to them. Admittance to the Park itself is free, as is the Botanical Building and most of the gardens.
- ❖ Residents Free Tuesday: As a public service, Park organizations offer free admission on a rotating basis on the first four Tuesdays of the month to San Diego City & County residents, active military & their families. Please note: resident free days may be affected by the COVID-19 situation. Check <https://www.culturalpartnership.org/updates> for the latest information on closures, operating hours, and other details.
- ❖ Volunteer Opportunities: The Visitors Center is looking for volunteers who have lived in San Diego for several years and love Balboa Park. Must be able to volunteer during the center's operating hours, 9:30-5:00pm. Email Radka Bartholomew for a volunteer application: radka@balboapark.org.

BIG BEAR RECREATION FACILITY

CONTACT INFORMATION

Phone Number:	858- 271-7111 (Reservations) or via email at miramar.reservations@usmc-mccs.org
Phone Number:	218-388-0172 (Big Bear Lodge)
Website:	https://miramar.usmc-mccs.org/lodging/big-bear-recreation-facility
Address:	Big Bear Recreational Facility, 42499 Bristlecone, Big Bear Lake, CA 92315

BRIEF DESCRIPTION

Discover a hidden retreat centered in the San Bernardino Mountainsa perfect getaway for a little rest and recreation. If you seek adventure and love the outdoors, Big Bear is the perfect place for you. During the winter enjoy snowboarding and after the snow melts fishing, hiking, and water skiing. After the snow melts enjoy fishing, mountain biking, hiking and water skiing. The Big Bear Recreational Facility is dedicated to providing affordable facilities for camping and lodging for active duty, retired military personnel, Reservists, DoD employees and authorized family members.

- ❖ Big Bear Cabins: The Big Bear Recreational Facility has eight cabins which may be reserved on a year-round basis. The maximum occupancy of a cabin is six people (adults, children and infants). Check-in time is between 1500-1900.
- ❖ RV & Campsites: The RV and campsites are open year-round, weather permitting. There are five RV sites with hook ups and a dump station and five tent sites. The maximum total occupancy of an RV/campsite is eight people (adults, children, infants). Tent camping and campfires are permitted only in designated areas. There is a community fire pit on site and

firewood and fire starter blocks can be purchased at the front desk of the Main Lodge. A heated bathhouse with hot showers and running toilets is located on site. Guests are advised to bring their own towels and toiletries, none are provided. Water to the RV sites and dump station will be shut off during the cold season, typically November through April, due to the danger of freezing pipes. Water to the bathhouse for hot showers and toilet facilities will remain open during that time. RV/campsite guests are advised to plan ahead and call the Main Lodge at (909) 866-3965 for the latest status.

BOB HOPE THEATER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4143 858-307-4142 (Theater rental)
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 movies five nights a week, Wednesday through Sunday, and matinees on Saturday and Sunday. The films are current and often are still showing at local, off-base theaters. They are presented on a giant 20' by 40' screen in 21-speaker 7.1 Surround Sound using the latest digital projection techniques including "3D". The concession stand offers a full range of snacks and drinks including beer and wine. The snack bar closes 45 minutes after the start of the last show. With the exception of baby food and water, only food and drinks purchased in the theater may be consumed in the theater. Theater rentals may be made by authorized patrons for functions like plays, dance recitals, awards, ceremonies, etc.

- ❖ **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> (does not work on a government computer)
Hours of Operation: Check with local Club for additional information

BRIEF DESCRIPTION

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

- ❖ After School Programs:
 - Academic Success.
 - Healthy Lifestyles.
 - Character Development.
- ❖ Seasonal Day Camps:
 - When school is out, we are here to serve you. Summer, Thanksgiving Break, Winter Break and Spring Break day camps are offered. Most sites also offer single day camp days on other random days when the schools are closed. Check with your local branch for upcoming Day Camp dates, prices and activities.
 - Our seasonal day camps are a complete experience, as we offer activities such as arts & crafts, movies, computers, field trips and recreational activities. This is the ideal way to get your kids away from the TV and game systems and treat them to fresh air, awesome outdoor activities and the opportunity to make new friends and memorable experiences that will last a lifetime.
 - SPRING BREAK CAMPS - March & April.
 - ULTIMATE SUMMER CAMPS - June - September.
 - THANKSGIVING BREAK CAMPS – November.
 - WINTER HOLIDAY CAMPS – December.
 - Designed for middle school aged members, our summer Adventure Club places an emphasis on social and cultural experiences, recreation, and team-building via field trips and educational activities. Enroll your middle schooler in this fun, great & active camp at one of these locations:
 - 4S Ranch Branch.
 - Baker Family Branch (Escondido).
 - Conrad Prebsy (Escondido).
 - Sulpizio Family Branch (Poway).
- ❖ Teen Program:
 - HELPING OUR TEENS FULFILL THEIR GREAT FUTURE The Boys & Girls Clubs of Greater San Diego's teen initiative provides programs and services exclusively for teens. We recognize that our teens require a different approach to recruitment, retention, marketing, staff interaction and use of space. Youth members aged 13 to 18 have the opportunity to engage in programs that further their academic development, character development and provide resources for making and meeting their career goals.
 - Teen Leadership Camp:
 - The Taco Bell Leadership Camp is held annually at a camp site near Julian. Teen members learn lessons on teamwork, leadership skills and how to become the best person they can be during the two-day camp.
 - Career Launch: Career Launch is a career development program providing a range of services to help Club members develop the skills essential for workforce success. This includes not only getting and keeping a job, but also finding a career that fits each member's interest.
 - Diplomas 2 Degrees: Diplomas 2 Degrees is a college readiness, access and success program, which provides a range of services to help guide Club members through high school graduation and making plans for post-secondary education and career success.

- Junior Leaders: With Junior Leaders, a program available at most sites, young people prepare for future roles as human services professionals by participating in career development activities, discovering the importance of community service, and building customer service skills.
 - Keystone Club: This unique leadership development experience provides opportunities for teens. Youth participate, both in and out of the Club, in activities in three focus areas: academic success, career preparation and community services.
 - Money Matters: Money Matters promotes financial responsibility and independence among teen members by building their basic money management skills
 - Youth for Unity: The goal for Youth for Unity is to engage members in activities designed to promote diversity and combat prejudice, bigotry and discrimination.
- ❖ Sports Leagues:
 - We proudly offer seasonal youth sports leagues, which are open to all members. Our leagues are designed to teach the fundamentals of each sport, as well as sportsmanship and team play. Sports include basketball, indoor soccer and volleyball.
 - ❖ S.T.E.M.:
 - This program helps youth gain the skills and interest required to fulfill today's growing industries and tomorrow's high demand of skilled individuals in these fields. This program gives young people -- many of whom have lost interest or aptitude in S.T.E.M. subjects -- a renewed passion for these fields through hand-on involvement that facilitate the learning process, helping increase their academic proficiency and sparking a lifelong interest in S.T.E.M.-related disciplines.
 - ❖ Child Development Program:
 - The Child Development program at the BGCSD Mitchell Branch is a licensed program for children of low-income families. Our staff are trained and/or certified as specialists in child development. All families must meet eligibility and need requirements prior to and throughout enrollment. Since our program is licensed, we meet the rigid requirements of the Department of Social Services/Title 22 – Community Care Licensing and the California State Department of Education/Title 5 – Child Development Division. We offer a nutritious and healthy food program that is sponsored through the California Child and Adult Food Program.
 - ❖ Transportation:
 - Each day, the Clubs safely transports over 1,100 members to one of our locations in a Club vehicle or through one of our supervised walking programs. We offer fee-based transportation from a variety of schools.



CALIFORNIA DEPARTMENT OF MOTOR VEHICLES

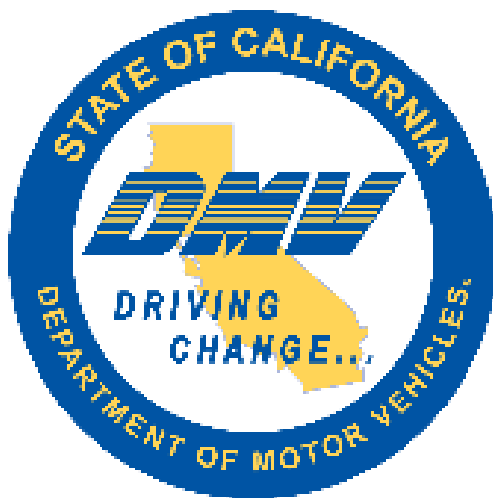
CONTACT INFORMATION

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 the website.
- ❖ 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
Phone Number: 888-DVLINKS (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

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

❖ Services:

- Get Help Hotline:
 - Center for Community Solutions operates the only 24-hour toll free County-wide crisis line for crisis intervention and 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 12 months for victims of domestic violence and their children.

CHAPLAIN SERVICES

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 a.m. – 4:00 p.m.

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



CHILDREN AND YOUTH CENTER (MCAS MIRAMAR) & YOUTH SPORTS

CONTACT INFORMATION

Phone Number: 858-307-4136
Address: MCAS Miramar Bldg. 2700
Website: <https://miramar.usmc-mccs.org/marine-family-support/child-and-youth/>
Hours of Operation: Monday – Friday 6:00 a.m. – 6:00 p.m. (excluding Federal Holidays)

BRIEF DESCRIPTION

The Youth & Teen Center has something to offer everyone from 6 weeks to 18 years of age! All programs and services are open to Active Duty, Retired, Active Reservists, and Department of Defense employees. Families are required to register in order to utilize the Youth & Teen Center programs, which include a yearly registration of \$25 for one child or \$35 for multiple children and \$55 for teens. Affiliate member of the Boys and Girls Clubs of America

- ❖ Programs Offered:
 - Child Development Program: ages 1 year-5years, not in Kindergarten (NAEYC Accredited)
 - School Age Care (before and/or after school with transportation) & Camp: Kindergarten-6th grade (COA Accredited)
 - Teen Center/Transportation & Camp: 7th-12th grade
- ❖ Schools Served (based on majority of requests for care and bus capacity):
 - Miramar Ranch Elementary
 - Hage Elementary
 - Walker Elementary
 - Mason Elementary
 - Salk Elementary
 - Marshall Middle School
 - Wangenheim Middle School
 - Challenger Middle School
 - Scripps Ranch High School
 - Mira Mesa High School
- ❖ Request for Care: www.militarychildcare.com (Child Development Center/School Age Care/Camp)

YOUTH SPORTS PROGRAM

CONTACT INFORMATION

Phone Number: 858-307-6530
Address: MCAS Miramar Bldg. 2700
Website: www.mccsmiramar.com/youth-sports
Hours of Operation: Monday – Thursday 11:00 a.m. – 7:30p.m. & Saturday 7:30 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

- ❖ Miramar Youth Sports is open to all eligible Active Duty, Retired, and DOD personnel, and Veterans of the U.S. Armed Forces with valid military ID. Our program offers a variety of team and individual activities for youth ages 3-17 years of age. The primary focus is to develop specific sports abilities and social skills in every participant that will provide maximum fun in a stress-free environment. Uniforms and a picture package are included in the participation fee. Teams are co-ed and are organized in a fair and impartial manner. All practices and games are held at MCAS Miramar with the exception of teams in older divisions that may travel to other military and civilian youth centers for competitions.
- ❖ Miramar Youth Sports Registration is required for each child prior to participating in any Youth Sports League. Registrations can be submitted online through LeagueApps at <https://mcamiramar.youthsports.leagueapps.com/>

CHILDREN’S WAITING ROOM (NAVAL MEDICAL CENTER)

CONTACT INFORMATION

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

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. Care is available on a first come, first serve basis. Well children, ages 6 weeks to 12 years are accepted for care with proof of dependent status and up-to-date shot records. Lunch is not available at this facility. Online reservations are accepted up to 30 days in advance. Cost is \$5.00 per hour per child.

COMMISSARY (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4516
Website: <https://www.commissaries.com/shopping/store-locations/miramar-mcas>
Address: MCAS Miramar Bldg. 2661
Hours of Operation: Sunday – Friday 9:00 a.m. – 7:00 p.m.
Saturday 8:00 a.m. – 8:00 p.m.

Early Bird

Sunday – Friday 8:00 a.m. – 9:00 a.m.
Saturday 7:00 a.m. – 8:00 a.m.

BRIEF DESCRIPTION

- ❖ The DeCA Mission:
Deliver A Premier Commissary Benefit to the Armed Services Community that: Encourages an exciting shopping experience; Satisfies customer demand for quality grocery and household products; Delivers exceptional savings while... Enhancing quality of life, fostering recruitment, retention and readiness. Supporting war fighters’ peace of mind, knowing their families have secure and affordable access to American products.
- ❖ Early Bird Hours:
These hours are intended to give patrons in need of 15 items or less an opportunity to enter the store up to 60 minutes early to purchase said items. Early Bird hours are not full shopping hours. In many cases, the commissary is still preparing for it’s opening with pallets and large numbers of personnel on the floor. Self-check outs and express lane(s) will be available for early bird hours.



COMMUNICATION STRATEGY AND OPERATIONS (COMMSTRAT - MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-6000 MCAS Miramar Bldg. 9175
Hours of Operation:	Monday – Wednesday 8:00 a.m. – 11:00 p.m. and 1:00 p.m. – 3:00 p.m. Thursday - Friday 8:00 a.m. – 12:00 p.m.

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. Civilian and military newspapers, magazines, radio and TV stations as well as internet sites are just some of the many mass communication mediums through which we communicate.

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

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 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

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

- ❖ CREDO offers three-day retreats dealing with Marriage Enrichment, Family Wellness, Personal & Spiritual Growth, and Team Building. CREDO also offers a unique Care for Caregivers retreat which can be tailored to various helping oriented groups such as Family Readiness Officers and Family Readiness Volunteers. These retreats are held off Base at remote sites such as Palomar Conference Center in the Palomar Mountains and St Anthony’s Retreat in Sequoia National Forest.
 - The team also provides various seminars and workshops such as:
 - ASIST: Applied Suicide Intervention Skills Training.
 - PREP 8.0, PAIRS Essentials, Marriage by the Numbers, and Not Wrong, Just Different
 - Family Enrichment Retreat, Personal Resiliency Retreat, and Halftime Resiliency Retreat: Success to Significance.

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
Hours of Operation: Monday – Friday 7:30 a.m. – 4:00 p.m.
Walk-In Screening: 8:00 a.m. – 2:00 p.m.

BRIEF DESCRIPTION

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

- ❖ We can help you address issues related to:
 - Marital/Relationship Issues.
 - Anxiety.
 - Anger Management.
 - Parenting.
 - Stress.
 - Depression.
 - Conflict Resolution.
 - Grief and Loss.
 - Coping Skills.
 - Deployment Stress.
 - Communication Difficulties.
 - Work Related Issues.
 - Balancing Work and Home Life.
 - Problem Solving Skills.
 - Decision Making Skills.
 - Adjustment Difficulties.
 - Child Behavioral Concerns.

- ❖ Seeking Safety Support Group:
 - Learn safe coping skills for men and women who have experienced trauma.

- ❖ For further information call the Community Counseling Center at (858) 307-1129.

- ❖ Military & Family Life Consultants (MFLCS):

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

 - To utilize any of the MFLCs on MCAS Miramar use the following contact information:
 - Installation Contacts:
251-229-4745.
619-272-1729.
619-394-8928.
 - 3D MAW Group Contacts:
619-346-8473 MAG-11, 619-346-8221 MACG-38, 619-458-7419 MWHS-3, 619-346-8907/858-880-8062 MAG-16.

- ❖ **InTransition:**

The inTransition program is a free, confidential program that offers specialized coaching and assistance for active-duty Service Members, National Guard members, reservists, veterans and retirees who need access to mental health care when:

 - Relocating to another assignment.
 - Returning from deployment.
 - Transitioning from active duty to reserve component or reserve component to active duty.
 - Preparing to leave military service.
 - Any other time they need a new mental health provider or need a provider for the first time.
 - To access inTransition, call 800-424-7877 or visit, health.mil/inTransition. Services are available 24/7.

- ❖ **Marine Intercept Program:**
 - The Marine Intercept Program (MIP) is a collaboration between a Marine, the Marine’s Commander, healthcare providers, and Headquarters Marine Corps (HQMC). MIP services are provided to Marines for whom HQMC receives an Operations Event (OPREP-3) Serious Incident Report (SIR) for a suicidal ideation (SI), Personnel Casualty Report (PCR) for a suicide attempt (SA), or a DoDSER for a suicide attempt (SA).
 - MIP services use evidence-informed practices to follow up with a Marine after a SI or SA. After contact with the Marine, the MIP counselor will provide updates to command and medical providers on the Marine’s current status.
 - MIP provides caring contacts, ongoing risk assessment and safety planning after an evaluation at a Military Treatment Facility (MTF).
 - MIP is:
 - Voluntary.
 - Caring contacts.
 - Care coordination.
 - Risk assessment and safety planning.
 - MIP is not:
 - Treatment.
 - Therapy Services.
 - For more information on MIP visit, <https://miramar.usmc-mccs.org/marine-family-support/prevention-and-counseling/marine-intercept-program> or call 858-307-1129, Mon.-Fri. 7:30 a.m. – 4:00 p.m. Office hours are by appointment only.



DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

- ❖ Active-duty and retired Service Members are automatically registered in DEERS, but they must take action to register their family members and ensure they're correctly entered into the database.
- ❖ Once registered in DEERS it is important to keep your DEERS records updated when personal eligibility information changes. This includes changes in military career status; addresses; and family status (marriage, divorce, birth, and adoption) etc. For basic information on eligibility, review 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 a.m. – 3:00 p.m.

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.

As you prepare to transition from military service, the decisions made now will affect your future in many ways. The DAV is here to help and assist you. Call today to set up an appointment.

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 (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-1670/1671 858-307-1071
Website:	http://www.miramar.marines.mil/Departments/Distribution-Management-Office
Address:	MCAS Miramar Bldg. 2258
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:00 p.m. Thursday closed at 2:00 p.m.

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 gaining command as easy as we can.

POINTS OF CONTACT

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

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 to us so we can 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:
 - (858) 307-6418
- ❖ MAG-16:
 - <https://www.3rdmaw.marines.mil/Units/MAG-16/>
 - (858) 307-6502
- ❖ MACG-38:
 - <https://www.3rdmaw.marines.mil/Units/MACG-38/>
 - (858) 307-8442
- ❖ MWHS-3:
 - <https://www.3rdmaw.marines.mil/Units/MWHS-3/>
 - (858) 307-7397 / (858) 307-1322

Family Readiness Program:

This program is 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 to us so we can connect you with the Deployment Readiness Coordinator (DRC) or Uniformed Readiness Coordinator (URC) for family member's unit.

Readiness and Deployment Support:

Unit specific Readiness and Deployment Support 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 to us so we can connect you with the Deployment Readiness Coordinator (DRC) or Uniformed Readiness Coordinator (URC) for family member's unit. ***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 a.m. – 4:30 p.m.

BRIEF DESCRIPTION

Our mission is to provide personal and professional learning opportunities that positively impact the recruitment, retention and readiness of active duty Marines. The staff is highly in tune with the demands of military life and is knowledgeable of several programs that enable military personnel to advance their education. The Education Center has two higher learning institutions that offer a variety of undergraduate and graduate courses. These institutions offer programs online or at one of their campus locations in the local area.

- ❖ Tuition Assistance Orientation Brief offered every Wednesday at 1130. No registration required.
- ❖ Academic Counseling is available to help all eligible patrons reach their educational goals. The Education Center can assist students in choosing a school that best fits their needs. Students are not limited to institutions aboard MCAS Miramar. Appointments are strongly encouraged.
- ❖ Testing Programs (open to all eligible patrons):
 - Test of Adult Basic Education (TABE).
 - Military classification tests (DLPT, AFCT).
 - Free Proctoring Services.
 - 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.
- ❖ Joint Services Transcript (JST):
 - The JST (SMART) is a record of each Service Member's military training for which the American Council on Education (ACE) recommends college credits. Service Members can get a copy of their JST from the Education Center.
- ❖ The United Services Military Apprenticeship Program (USMAP):
 - USMAP is a formal military training program that provides active duty Navy, Marine Corps and Coast Guard Service Members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized Certificate of Completion of Apprenticeship upon completion of the program. USMAP requires no off-duty hours. USMAP provides a competitive edge in the civilian job market because employers know the value of apprenticeships.
- ❖ Leadership Scholar Program (LSP):
 - Leadership Scholar Program (LSP) is a partnership between highly selective universities/colleges and the U.S. Marine Corps to assist qualified and honorable discharging Marines. LSP can also assist Marines applying to MECEP, and Staff Degree Completion Program to continue their education.
- ❖ Financial Aid & Scholarship:
 - Military and MCCS Employee Tuition Assistance Available.
 - A FAFSA workshop is offered the 1st & 3rd Tuesday of every month. You must create an FSA ID prior to attending. Check with Education Center on what documents are required. www.fafsa.gov
- ❖ Marine Corps COOL:
 - Credentialing Opportunities On-Line (COOL) helps Marines find information on certifications and licenses related to their Military Occupational Specialties (MOS). COOL explains how Marines can meet civilian certification and license requirements and provides links to numerous resources to get started.

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
Hours of Operation:	Monday – Friday 8:00 a.m. – 4:00 p.m. Appointments Recommended

BRIEF DESCRIPTION

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

- ❖ **Eligibility Requirement:**
An exceptional family member is defined as an authorized family member (spouse, child, stepchild, adopted child, foster child, or a dependent parent) residing with the sponsor who may require special medical or educational services based upon a diagnosed physical, intellectual or emotional disability such as asthma, cerebral palsy, learning disability, dyslexia, ADHD, ADD, autism, oppositional defiant disorder, depression, etc. Disabilities may range from mild to severe.
- ❖ **Enrollment Process:**
The DD 2792 Family Member Medical Summary and the DD 2792-1 forms (Special Education/Early Intervention Summary) are required to enroll in EFMP.
- ❖ **DD Form 2792:**
Must be completed and signed by the service member or spouse and verified by an EFMP Case worker. If the Exceptional Family Member is over the age of 18, he/she must sign the DD2792. A personal note and/or additional information may be included. The medical summary is completed and signed by the medical provider (military or civilian). The sponsor should review for accuracy and completeness. A signed functional Medical Summary must be included for all children, even when no medical condition is apparent.
- ❖ **DD Form 2792-1:**
If your child has special education and/or early intervention needs, the DD2792-1 must be completed and signed by a school official if your child is enrolled in a public, private, charter or home-schooled with special education or related services provided by the school. If your child is receiving early intervention (if the child is younger than 3), the early intervention provider will complete the form. A legible copy of the current Individualized Education Program (IEP) or Individualized Family Service Plan (IFSP) must be submitted. A letter or report from the school or early intervention providers may be included. If a child is homeschooled and does not receive special education services through the school, a parent may complete the 2792-1

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

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

WHAT ARE THE BENEFITS OF ENROLLMENT?

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

- ❖ **Respite Care:** Respite Care is a program intended to reduce stress on Marine families by providing temporary rest periods for family members who care for those who have special needs. Families are eligible for up to 20 hours of Respite Care per month if the Exceptional Family Member meets the eligibility criteria (Level of Need 3 and 4).
- ❖ **Extended Care Health Option (ECHO):** There is an opportunity for additional medical coverage in the form of TRICARE's ECHO. ECHO is a program available only to families of active duty service members enrolled in the EFMP, whose family members have substantial needs. ECHO provides benefits not available through the basic TRICARE program, such as ABA (Applied Behavioral Analysis), durable equipment, rehabilitative care and respite care.
- ❖ **Assignment Coordination:** HQMC EFMP screens proposed accompanied orders for enrolled Marines to ensure that the special needs identified in a family's EFMP enrollment form can be met at the proposed duty location. If sufficient care is not available, EFMP will work to ensure a duty location where both career progression and Exceptional Family Member needs are met.
- ❖ **Coordination for Housing:** During relocation, or when a need for accommodation is identified, an EFMP case worker will liaison with housing to ensure needs are met.
- ❖ **Support & Education:** EFMP will assist families with issues ranging from school services and access to therapies, to TRICARE referrals. EFMP provides classes, training, events and resource material to help families learn to be self-confident and have the ability to advocate for themselves and the EFM.
- ❖ **Policy:** The EFMP provides for assignment of Marines with family members possessing special needs to locations where those needs can be met. Operational requirements of the Marine Corps and requirements for career development and experience are mediating factors in making assignments. The following policies apply:
- ❖ **Accompanied Assignments – Overseas:** Will not be affected if the required medical services are available at the overseas location. It is imperative that the EFM's needs be formally re-evaluated if the sponsor considers extending his/her overseas assignment or if he/she is being considered for reassignment to another overseas location. Overseas screening is the same for all families anticipating accompanied orders overseas.
- ❖ **Assignments – United States:** Permanent Change of Station (PCS) assignments within the Continental United States, Alaska and Hawaii will be approved if the needs of the EFM can be met in the proposed assignment area or the appropriated Director of Manpower Management Division or Reserve Affairs determines that the needs of the Marine Corps take precedence.
- ❖ The EFMP has no impact on the deployment responsibilities of the sponsor. Overseas unaccompanied, unit deployments and standard deployments must be carried out without interruption. When the family's need conflicts with such assignments, the assignment will be affected under the provisions of a humanitarian transfer.
- ❖ Marines having EFM's will normally not be assigned accompanied tours in geographic areas where another military department is responsible for providing medical and medically related services. When necessary, appropriate coordination will be conducted by CMC (MHF) with the department to verify the availability of the required service.
- ❖ The sponsor will always have the option of accepting assignments where medical services needed by the EFM do not exist. While the EFM is supported in another location.
- ❖ Enrollment shall not adversely affect advancement, career potential, or eligibility for special programs and assignments.

FAMILY ADVOCACY PROGRAM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-6585
24/7 Victim Advocate number:	858-864-3408
Website:	https://miramar.usmc-mccs.org/marine-family-support/military-family-life/family-advocacy-program
Address:	MCAS Miramar Bldg. 2274
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

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

❖ COUNSELING SERVICES:

- Family Violence is very destructive to the family and impairs unit readiness. Counseling services are available to assist families in dealing with intimate partner violence and child abuse. We encourage families to seek help at the earliest signs that abuse and violence are occurring. Advocacy for the welfare and safety of an infant or child is everyone's business. Our services include individual, couple, family and group counseling.

❖ Family Violence includes Intimate Partner and Child Maltreatment. The Department of Defense defines each as follows:

- Intimate Partner Abuse:
 - Physical violence or a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty that is directed toward a person who is:
 - A current or former spouse.
 - A person with whom the abuser shares a child in common.
 - A current or former intimate partner with whom the abuser shares or has shared a common domicile.
 - A person who has an intimate nature with the alleged abuser, as determined by the length of the relationship, the type of relationship, and the frequency of interaction between the person and the alleged abuser. An intimate partner is informed by, but not limited to, the totality of factors such as:
 - Previous or ongoing consensual intimate or sexual behaviors.
 - History of ongoing dating or expressed interest in continued dating or the potential for an ongoing relationship (e.g. history of repeated break-ups and reconciliations).
 - Self-identification by the victim or alleged abuser as intimate partners or identification by others as a couple.
 - Emotional connectedness (e.g., relationship is a priority, partners may have discussed a future together).
 - Familiarity and knowledge of each other's lives.
- Child Maltreatment (abuse or neglect):
 - The physical, sexual, emotional maltreatment, or neglect of a child by a parent, guardian, foster parent, or by a caregiver, whether the caregiver is intra-familial or extra-familial, under circumstances indicating that the child's welfare is harmed or threatened. Such acts by a sibling, other family member, or other person shall be deemed to be child maltreatment only when the individual is providing care under express or implied agreement with the parent, guardian, or foster parent.

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

- ❖ NEW PARENT SUPPORT PROGRAM:
 - New Parent Support Program (NPSP) offers a variety of services to support the successful parenting of children from birth to age 5. Home visitation is a major component of the program as well as classes and resources. Parent-Child Interaction Therapy (PCIT) is a service offered by NPSP that promotes positive parent-child interaction and encourages positive child behavior. The age range for PCIT is 2-7.

- ❖ VICTIM ADVOCACY SERVICES:
 - To speak with a Victim Advocate Monday – Friday, 7:30 a.m. – 4:00 p.m., call (858) 307-7285.
 - Advocates are on-call 24 hours a day at (858) 864-3408.
 - You are not alone.
 - If you have been the victim of intimate partner abuse, our Victim Advocates are here for you when you need them. First and foremost, we will assist in developing a personalized safety plan and can help you in making the choices that are right for you. We advocate for your rights and wishes as well as provide emotional support and crisis intervention. We can work as a liaison with commands and provide court and medical accompaniment. We can also offer military and community referrals and assist you with accessing these resources.

- REPORTING OPTIONS:
 - **UNRESTRICTED REPORTING:** Victims of intimate partner abuse who want to pursue an official investigation of an incident should use current reporting channels, e.g., chain of command, Family Advocacy Program (FAP), or law enforcement. Upon notification of a reported domestic abuse incident, victim advocacy services and FAP clinical services will be offered to the victim.
 - **RESTRICTED REPORTING:** Restricted reporting allows an adult victim of intimate partner abuse to disclose the details of his or her abuse to specifically identified individuals and receive medical treatment, victim advocacy services and counseling without requiring that notice be provided to the victim’s or alleged offender’s commander or law enforcement.
 - Victims of intimate partner abuse who desire restricted reporting under this policy must report the abuse to one of the following specified individuals:
 - A victim advocate.
 - A victim advocate supervisor.
 - FAP counselor.
 - Additionally, a victim’s disclosure of his or her domestic abuse to persons other than those covered by this policy may result in an investigation of the allegations by law enforcement and clinical intervention from FAP.
 - **DISCLAIMER** – There are some exceptions to confidentiality regarding information disclosed in a restricted report. Ask a victim advocate or a FAP counselor about these exceptions.

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

BRIEF DESCRIPTION

The Family Member Employment Assistance Program (FMEAP) provides assistance to military family members to help them achieve their personal and professional goals through employment, education or volunteerism.

FMEAP Specialist is able to assist military spouses and family members in the following areas: Referral to Potential Employers, Effective Networking Techniques, Resume Assistance, Interviewing Skills, Job Search Strategies, Salary Negotiation Tactics & Job Offer Valuation, Education, Entrepreneurial & Training Resources, MILSpouse Career Connections, Individual Career Connections & Planning.

In addition, FEMAP offers the following workshop:

- ❖ **S.T.A.R.S:** The Spouse Transition and Readiness Seminar (S.T.A.R.S.) is an informational workshop to provide military spouses with the knowledge, information and resources needed to transition from a military to civilian lifestyle. Topics covered include Financial Planning, Relocation and Education, Benefits, Employment and other resources.

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-member-employment-assistance-program>
Address: MCAS Miramar Bldg. 2525
Hours of Operation: Monday – Friday 8:00 a.m. – 4:00 p.m.

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 for paid unit civilian Readiness Coordinators or appointed Active Duty Deputy (DRC) Uniformed Readiness Coordinators (URC).
- ❖ **UPFRP Volunteer Training:**
 - Volunteers who support and assist the Unit Personal & Family Readiness Program will have very definite positions with specific job descriptions and unique training for each position. Family Readiness Volunteer Training provides required training to Family Readiness Assistants and Command Team Advisors.
- ❖ **Commanding Officer & Sergeant Major Spouses Workshop Series:**
 - This workshop series is designed to orient and guide CO & SgtMaj spouses in the responsibilities and operating components of their roles within the Unit, Personal & Family Readiness Program. Workshop topics may include changes in program policy, sharing of best practices, mentoring the next generation and working with the DRC.

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 a.m. – 5:30 p.m. Saturday 9:00 a.m. – 1:00 p.m. Sunday closed

BRIEF DESCRIPTION

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

- ❖ Getting there:
 - The Fish Pond is close and easy to get to! Take Pless Avenue south off Miramar Way (just west of the Brig) and into De La Garza Rd. Turn right after the “narrow bridge,” ignore the first left turn, and go straight to the top of the hill; you’ll see the sign and entrance on your right. Park in the lot and walk down to the pond.
- ❖ Get a license:
 - A fishing permit is available FREE at Party Adventure Recreation Center (PARC).
- ❖ Fishing rules:
 - You must be at least 13 to fish alone. Fish only from designated areas. All fish must be taken on hook and line. Use of minnows, frogs, shiners or gamefish for bait is prohibited. Chum or attractant is not permitted. Catch and release only.
- ❖ Fish Pond rules:
 - No open fires (including grills). Alcohol and smoking are not permitted. All dogs must be on a leash. Park where indicated; handicap parking is permitted at the lower level. Boating and swimming are not permitted. Observe Fish Pond hours.
- ❖ A few words of caution:
 - The Fish Pond is located near the west end of the runway. Departing aircraft, especially F/A-18 Hornets on take-off, can be very loud, very suddenly. You may wish to bring hearing protection. Please consider the effect of jet aircraft noise on very young children. MCAS Miramar is located in the desert, the natural habitat of several varieties of snakes. Please use caution, and don’t let your children wander through the brush above the pond.

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



FLYING LEATHERNECK MUSEUM (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 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.

From M.J. Aguilar, President/CEO of Flying Leatherneck Historical Foundation:

Dear Members and Friends of the Flying Leatherneck Aviation Museum,
I hope everyone had an enjoyable holiday and is keeping warm!

I want to take a moment to update you on our progress with the relocation of the Flying Leatherneck Aviation Museum (FLAM) to Great Park, Irvine, CA (formerly MCAS El Toro). Good news to report! The Irvine City Council recently approved, contingent on a more detailed plan, the interim facility, including the transportation of the museum collection and storage at Great Park.

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

CONTACT INFORMATION

Phone Number: 760-859-6079
MI Trainer Number: 619-643-2627
Website: <https://focusproject.org/content/marine-corps-air-station-miramar>
Address: MCAS Miramar Bldg. 2273

BRIEF DESCRIPTION

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

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

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

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

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 a.m. – 4:00 p.m.
Appointments are recommended

BRIEF DESCRIPTION

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

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



INFORMATION AND REFERRAL, RELOCATION SERVICES (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-1428
Website:	https://miramar.usmc-mccs.org/marine-family-support/information-referral
Address:	MCAS Miramar Bldg. 5305, Room 126
Hours of Operation:	Monday – Friday 7:00 a.m. – 3:30 p.m.

BRIEF DESCRIPTION

Connecting Service Members, Families and Retirees with the right information. Information & Referral provides information on programs available to assist Service Members and families. Information & Referral is an efficient way to find information or services that are right for you. In addition to answering questions about military and civilian programs and services, your I&R Specialist will also research information and find other programs to fit your needs.

The Information & Referral (I&R) Specialist is dedicated to providing information for military personnel, their family members, Reservists, civilian employees and retirees.

The I&R Specialist also serves as the coordinator for the Retired Activities Office:

- ❖ Services available to retirees and family members through the RAO:
 - Information and assistance and support on all aspects of the Survivor Benefits Plan (SBP) entitlements.
 - Provide information and resources on the following categories:
 - Retired Marine's & Annuitant's Pay Account.
 - Allotments & Beneficiary Information.
 - Mailing Address & DD Form Assistance.
 - Provide resources and support to maintain and improve your quality of life after retiring from the military.

Per Title 10, I&R provides the MANDATORY Relocation Workshops for Active Duty Personnel:

- ❖ **Welcome Aboard Orientation (WAO) – Settling-In Services:**
 - This 3-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.

INFORMATION TICKETS AND TOURS (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-4141/4126
Website:	https://miramar.usmc-mccs.org/dining-entertainment/information-tickets-and-tours
Address:	MCAS Miramar Bldg. 2524
Hours of Operation:	Monday - Friday 9:00 a.m. - 3:00 p.m. Closed on weekends and holidays

BRIEF DESCRIPTION

The Information, Tickets, and Tours (ITT) Office is dedicated to providing tickets for theme parks (throughout the United States), entertainment (concerts, theater, movies) and local attractions for the military community at discounted prices.

- ❖ Tickets are required to be purchased for the express use of the eligible customer and their guests. Tickets may not be resold for any reason. Vendors have the authority to check for authorized military ID cards from anyone with a military ticket and/or voucher. If customers give military tickets as gifts they run the risk of having that person denied entry at the gate and the tickets confiscated. Authorized customers may purchase tickets for guests when they will be present.
- ❖ Now you can enjoy resort accommodations for two to six people for less than you'd pay for most hotels! Reserve a full week for only \$379 (\$369 for premium members). While most availability is during off-peak travel seasons, there are a wide variety of great destinations and times. Full details and samples of resort availability can be viewed at www.afvclub.com, or you can call the reservation center at 1-800-724-9988. The AFVC is part of the Uniformed Services Savings Network. See Web site for full terms and conditions. No official endorsement is implied. Not paid for in whole or in part by any element of the US Government, Military Service or DoD Non appropriated Fund Instrumentality (NAFI).

INSTALLATION PERSONNEL ADMINISTRATION CENTER (IPAC)

CONTACT INFORMATION

Phone Number:	858-307-8665 https://www.miramar.marines.mil/Departments/IPAC/
Address:	MCAS Miramar Bldg. 8380
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:30 p.m.

BRIEF DESCRIPTION

- ❖ MCAS Miramar Check-In procedures for all new personnel:
 - All personnel checking-in to MCAS Miramar will report to IPAC building 8380. Marines will report in Service Alphas. Personnel checking-in after hours, holidays or weekends will report to the Command Duty Officer (CDO) located at building 8630. CDO phone number: 858-307-1141. Personnel checking-in to the CDO will be required to report to IPAC at 7:30 a.m. the next business day to conduct an audit and travel claim.
 - Required documents: Marines checking in are required to bring service record, all orders, receipts and any other documents that are needed to update their record and complete a travel claim.
 - Personnel checking in from an overseas location are required to submit a copy of the travel itinerary, port call and circuitous travel orders (if applicable).
- ❖ Billeting Information:
 - Personnel checking in to a command on MCAS Miramar that need billeting should report to the Billeting Office, building 4312. Contact number is (858) 307-4233. A valid government ID and Original Orders stating - "Reporting for Duty aboard MCAS Miramar" - are required to acquire billeting. Prior to obtaining lodging other than Base Billeting (i.e. Inns of the Corps - Miramar or Off-Base Lodging), a Statement of Non-Availability must be obtained from the Billeting Office.

LEGAL AID SOCIETY OF SAN DIEGO

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

LEGAL ASSISTANCE OFFICE (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-1656
Website: <http://www.miramar.marines.mil/Departments/Legal-Services-Support-Team/>
Address: MCAS Miramar Bldg. 6275
Hours of Operation: Monday – Friday 8:00 a.m. – 11:00 a.m. and 1:00 p.m. – 4:30 p.m.
Walk-ins: Tuesday and Thursday 8:00 a.m. – 11:00 a.m.

BRIEF DESCRIPTION

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

❖ Walk-In Hours:

- First time clients should come to the office during Walk-In Hours:
 - Tuesdays and Thursdays from 8:00 a.m. – 11:00 a.m.
 - First come first serve basis.
- If you are a returning client, you should come to the office during prior-client hours: Tuesday – Thursday from 1:00 p.m. – 4:00 p.m.

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

❖ Matters Handled During Walk-In Hours:

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

❖ Dissolution (Divorce) Class:

- Parties considering using the Legal Assistance Office attorneys to assist in your marital dissolution must first attend a Dissolution Brief. The Dissolution Brief is hosted by Camp Pendleton over Zoom. They are conducted every Tuesday

and Thursday morning starting at 7:45 a.m. The brief covers basic California law concerning the division of assets and debts of a married couple. The brief also discusses the law regarding child care and parenting plan issues. After you attend the brief, you will have enough information to decide whether our office's mediation service is appropriate for your dissolution.

- Our office is available to review the paperwork necessary to file for a divorce in California. The documents include the petition for divorce, petition for child custody and child support. It is highly recommended you utilize this service before you file for divorce.

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

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

❖ **Citizenship & Immigration Hours:**

- Immigration Walk-ins & Citizenship Walk-ins are Tuesday and Thursday from 8:00 a.m. – 11:00 a.m.
- Immigration Walk-ins & Citizenship walk-ins: Mon-Fri: 0800-1000 and 1300-1530.
- Doors open at 8:00 a.m. First come, first served.

❖ **Wills:**

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

❖ **Notary Public Hours** (Monday-Friday 8:00 a.m. – 11:00 a.m. and 1:00 p.m. – 4:30 p.m.)

- We will execute a Power of Attorney or notarize other documents during regular business hours. To the maximum extent practical, try to come in outside of the walk-in hours. Also, please note that notarizations can also be performed by unit adjutants per 10 U.S.C. 1044a.

❖ **Mediation:**

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

❖ **Traveling Legal Briefs:**

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

❖ **Other Joint Legal Assistance Offices:**

- Marine Corps Recruit Depot San Diego: (858) 307-1656.
- Marine Corps Base Camp Pendleton: (760) 725-6558.

❖ **Tax Center Hours (During Tax Season):**

- **MCAS Miramar no longer offers this service.**

LIFESKILLS PROGRAM (MCAS MIRAMAR) (MARINE CORPS FAMILY TEAM BUILDING)

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 a.m. – 4:00 p.m. (appointments recommended)

BRIEF DESCRIPTION

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:

- 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:

- This workshop covers the requirements of the Marine Corps Order 1740.13 which mandates Marines to put in place a plan of action in order to take care of family members for whom they are responsible during their absence. It also provides resources that will assist in the completion of their Family Care Plan. (Available by request only).

- ❖ 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).

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

CONTACT INFORMATION

Phone Number: 858-307-4918
Address: 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 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

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

- ❖ Kids & Teens Workshops
 - L.I.N.K.S offers several workshops for kids and teens designed to develop techniques for managing their daily lives and cultivating positive relationships with peers while strengthening family ties. These workshops are adapted to address the challenges and experiences military youth go through and offers support with everything from deployments to PCSing and more.

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

MCAS MIRAMAR MEMORIAL GOLF COURSE

CONTACT INFORMATION

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

BRIEF DESCRIPTION

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

❖ TEE TIMES:

➤ Monday-Sunday:

- Active Duty Military may call for tee times eight (8) full days in advance.
- Retired Military may reserve tee times eight (8) days in advance beginning at 1200.
- DoD and the public may reserve tee times seven (7) days in advance.
- Guests may book up to two (2) foursomes in advance. Otherwise, tournament reservation procedures apply and must go through tournament administrator.
- 100 percent I.D. check is in place. All patrons must show applicable I.D. to receive applicable rates and times.
- Active Duty will have priority on all standby lists.

❖ PRACTICE FACILITY:

- Miramar Memorial Golf Course features an expansive practice facility featuring a large grass-tee driving range, an 8,000 sq. ft. putting green and an additional chipping green. It also features two short game areas for shots 60 yards and in. Call (858) 307-4155 to reserve this venue at no charge.

❖ MIRAMAR ACTIVE DUTY GOLF PROGRAM:

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

❖ FITTINGS:

- FREE Active Duty (MIRAMAR ONLY) club fitting is available by appointment using fitting carts of Callaway, Mizuno, Ping, TaylorMade, and Titleist systems for irons, woods, and hybrids, and putters. Call 858-307-4156 to schedule your club fitting appointment.

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 a number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support, and resources.
 - Military OneSource also offers confidential non-medical counseling services online, via telephone, or face to face. Eligible individuals may receive confidential non-medical counseling addressing issues requiring short-term attention, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital problems as well as assistance with financial management, taxes, career services, health and wellness, and much more. This personalized support is available 24/7 no matter where you live or serve.

- ❖ Learn more about our services:
 - Call Center and Online Support.
 - Military OneSource Financial Services.
 - Military OneSource Social Media Hub.
 - Personal Non-medical Counseling:
 - Face-to-Face Counseling.
 - Telephone Counseling.
 - Online Counseling.

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

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

MILLS PARK (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4099/4119
Website: <https://miramar.usmc-mccs.org/recreation-fitness/recreation/mills-park>
Address: MCAS Miramar, Bldg. 2273
Hours of Operation: Daily Dawn until Dusk
Reservations: 7:30 a.m. - 4:00 p.m.

BRIEF DESCRIPTION

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

- ❖ Reservations:
 - Area A: \$125 a day.
 - Areas B-L: \$25 a day.
 - No charge for command functions.

- ❖ Inflatable Jumpers:
 - We now have a variety of inflatable jumpers available to rent. Jumpers can be reserved up to 5 days prior to pick up date. For example, for a Saturday pick up, the reservation can be made on Monday that week.



MIRAMAR CHILD DEVELOPMENT CENTER

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 a.m. – 6:30 p.m.
Closed Saturday and Sunday and all federal holidays

BRIEF DESCRIPTION

❖ Infant/Toddler Room:

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

❖ Preschool:

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

MIRAMAR BRANCH HEALTH CLINIC

CONTACT INFORMATION

Phone Number: 858-307-9945 - Customer Service
619-881-9011 - Family Practice Clinic Appointments
858-307-6740 - Midwife Clinic Appointments
858-307-9896/9895 - Optometry Clinic
619-532-8400 - Prescription Refill
858-307-9960 - Pharmacy
858-307-4656 - Sick Call

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

Address: MCAS Miramar Bldg. 2496

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

BRIEF DESCRIPTION

- ❖ PATIENT CENTERED MEDICAL HOME:
 - Patient Centered Medical Home (PCMH) is our new primary medical care system for all your acute and chronic medical needs! Station active duty personnel and many family members and retirees are assigned to PCMH, and can make an appointment by calling the central appointment line 619-532-8225. PCMH operates on an appointment basis only, including same-day appointments for acute medical problems.
 - If you are assigned to a Medical Home Team and want to contact your healthcare provider, you can call the central appointment line to send a message to your provider, or you may enroll in Naval Medical Center San Diego Online (also known as Relay Health), and use secure email messaging.
 - 3rd MAW personnel can make an appointment to see a Medical Provider by calling Active Duty Appointment Center at 858-307-4656/9907 from 0700-1530, Monday through Friday. If immediate medical attention is needed a duty Flight Surgeon is available from 0730-1530.
 - Clinic hours are Monday thru Friday, 0730-1600.
- ❖ URGENT CARE INFORMATION:
 - There is no Emergency Room or Urgent Care Center on MCAS Miramar. The clinic has same-day appointments available for non-life threatening acute conditions.
 - For emergent or life threatening conditions, call 911 or go to Naval Medical Center San Diego Emergency Room directly.
- ❖ OCCUPATIONAL HEALTH:
 - Provides medical certification and medical surveillance exams for active-duty military and Department of Defense civilian employees.
 - Provides treatment, evaluation and referral services for work-related injuries and conditions and assistance and case management for worker's compensation issues.
 - For appointments call 858-307-4651.
- ❖ OPTOMETRY:
 - Active duty eye exams and spectacle ordering. The following frames are available for active duty service members: frame of choice, aviator frames, submariner frames, ballistic and gas mask inserts.
 - The following frames are available for reserve service members: standard issue, aviator frames, ballistic and gas mask inserts.
 - Retirees may order standard issue spectacles only. They also must have had a prescription given within the last year.
 - Hours of Operation: Monday thru Thursday 0700-1545, and Friday 0700-1100
 - Walk-in Hours: Tuesday and Thursday, 0700-0900, first come, first served.
 - The office staff will accept walk-ins for spectacle ordering and pickup. Appointments are necessary for all other optometry exams. For more information call 858-307-9895.

- The average turnaround time for prescription spectacles is two to three weeks. Spectacles can be made on "same day" basis for emergencies.
 - 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.
 - Located inside the Branch Medical Clinic, the Pharmacy's Hours of Operation:
 - Monday thru Friday 8:00 a.m. – 3:00 p.m.

- ❖ COVID-19 VACCINATIONS:
 - Walk-in hours for COVID-19 vaccines are available Monday thru Friday after 1:00 p.m. or by appointment. QR Codes are available at the Branch Clinic to assist patrons with setting up an appointment for the COVID-19 vaccine.

- ❖ WOMEN'S HEALTH CLINIC:
 - Active duty female annual gynecological exams (AD females do not need a consult for this service, but do need to make an appointment).
 - Gynecological health care concerns other than basic AD female annual exams, AD STD screening, AD contraceptive counseling/Rx (Depo-Provera, Birth Control Pills, etc.) need to have an OB/GYN consult placed by the patient's Primary Care Manager.
 - Prenatal Care.
 - The Women's Health Clinic is not a "walk-in/acute care clinic"; patients will need to either schedule an appointment if they are active duty, or have a consult placed by their primary care provider.
 - For appointments call: 858-307-6740.
 - Miramar Women's clinic Certified Nurse Midwife (CNM) and Nurse Practitioner (NP) team provides excellent care for normal, low risk pregnancy, and low risk Gynecology care in consultation with physicians when needed.
 - Prenatal after hours and weekends call:
 - >20 wks. NMCSO Labor and Delivery 619-532-8865 and
 - <20 wks., report to NMCSO Emergency Room.
 - Hours of Operation: Monday thru Friday, 0730-1600.

- ❖ PHYSICAL/OCCUPATIONAL THERAPY DIRECT ACCESS CLINIC:
 - This clinic serves the active duty population aboard Marine Corps Air Station Miramar for all musculoskeletal conditions. Marines and Sailors stationed at MCAS Miramar that have acute, less than 5 days of onset, musculoskeletal pain/conditions can walk-in to the clinic for first-available physical therapy evaluations or call 858-307-7961 to schedule an appointment. For chronic conditions, service members can receive a physical/occupational therapy consult from their primary care provider.
 - Location: Bldg., 2525 Bauer Road, San Diego, CA 92145
 - Hours of operation: Monday thru Thursday 0600-1600, and Friday 0700-1500.
 - Appointment Desk: 858-307-7961

MIRAMAR – INNS OF THE CORPS

CONTACT INFORMATION

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

BRIEF DESCRIPTION

Enjoy the comforts of your home away from home. The 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.

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

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

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

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 a.m. - 7:00 p.m. Friday 7:00 a.m. - 5:00 p.m. Saturday 8:00 a.m. - 13:00 p.m. Sunday Closed CLOSED ON FEDERAL HOLIDAYS

BRIEF DESCRIPTION

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

❖ The Library offers the following services:

- Wi-Fi.
- Public computers with CAC readers.
- Traditional Library Services: Scanning, Printing (10 page limit), Photocopying, Faxing, and a Typewriter.
- Study Rooms, Conference Room, and a private Nursing Room.
- Current physical and digital collection of the Commandant's Reading List.
- Unbiased collection of juvenile, young adult, and adult fiction and non-fiction books.
- Inter-library loans.
- DVDs & Video Games selection.
- Launch Pad check-outs.
- Over 102 databases and digital resources, including e-books, audiobooks, digital magazines, foreign language learning resources, academic and military test study guides, academic research databases, and online encyclopedias such as World Book Britannica Academic.

❖ The Children's Library offers the following services:

- Easy reading and picture books.
- Current juvenile fiction and non-fiction books.
- Pre-school computers geared for children age 2-8.
- Online databases and digital literary resources for Pre-K to 8th grade, including access to Tutor.com/military.
- Annual Summer Reading Program.

❖ The Makerspace Room offers the following services:

- Additive manufacturing capabilities through 3D printers, 3D scanner, 3D modeling software and classes.
- Fabrication tools such as laser etcher, electronic die cutters and sewing machine.
- Virtual reality system and computers.
- STEAM kits, programs and events.

MIRAMAR VOLUNTEER PROGRAM (MCAS Miramar)

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 a.m. - 4:00 p.m.

BRIEF DESCRIPTION

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

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



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 – Friday 8 a.m. – 7 p.m. EDT

BRIEF DESCRIPTION

Child Care Aware of America operates a Fee Assistance Program that serves military and non-military families. Each branch of service and DoD agency participating in the Fee Assistance Program at Child Care Aware of America is provided with a payment policy guide once they receive approval certificate for fee assistance. These payment policies help families and providers understand the payment process, how to fill out and submit attendance sheets, and more. Below you will find a copy of each guide, in addition to the attendance sheet submission calendar and instructions to assist you in filling out the attendance sheets. If you have any questions or would like more information about the program, please contact the National Child Care Information and Referral Center via email at info@childcareaware.org or 1-800-424-2246, Monday, Wednesday, and Friday, 9:30 a.m. - 6:00 p.m. EDT or Tuesday and Thursday, 8:00 a.m. – 4 p.m. EDT.

NATIONAL DOMESTIC VIOLENCE HOTLINE

CONTACT INFORMATION

Phone Number: 800-799-SAFE (7233)
800-787-3224 TTY
Website: <http://www.thehotline.org/>
Hours of Operation: 24 hours a day, 365 days a year

BRIEF DESCRIPTION

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

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



NAVAL MEDICAL CENTER SAN DIEGO

CONTACT INFORMATION

Phone Number: 1-800-874-2273 - Appointments
619-532-8400 - RX Refills
619-532-6418 Patient Relations
619-532-6416 (TDD/TTY)
619-532-6400 - Quarterdeck

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
Visiting Hours Daily 9:00 a.m. – 9:00 p.m.
Hours Vary by Clinic

BRIEF DESCRIPTION

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

- ❖ 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
Website: www.nmcrs.org/
Address: MCAS Miramar Bldg. 2273
Hours of Operation: Monday – Friday 8:00 a.m. – 4:00 p.m.
Appointments Recommended, Walk-In Space Available

BRIEF DESCRIPTION

The Navy-Marine Corps Relief Society provides financial assistance to active duty and retired Navy and Marine Corps members and their families in time of emergency. Navy-Marine Corps Relief Society can help you in time of need...but cannot help you live beyond your means.

- ❖ What can the Navy-Marine Corps Relief Society 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 Classes** are designed to give necessary information to new parents about the financial impact of a new baby on the family budget. Both service member and spouse are invited to attend these classes. Sign up at the Miramar office. Attendees receive a layette and handmade baby blanket.
 - **Thrift Shop** merchandise is donated and priced very reasonably. In the case of an emergency or personal disaster (fire, flood, burglary, etc.), the Thrift Shop will allow families to choose items at no cost in order to reestablish their household. Contact the NMCRS at Miramar for verification or authorization.



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 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

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

The New Parent Support Program wants to assist YOU in this exciting part of your life with free classes and one-on-one support provided by licensed professional staff. The New Parent Support Program is a support system for Marine Corps families with children ages 0 to 5 years. This free, voluntary program has been assisting families at 17 Marine Corps bases all over the world since 1993. We offer the following services:

- ❖ **Baby Boot Camp:** 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 Visitation:** Individualized parent support and education for expecting parents and for parents with children 0-5. 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:** A 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

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

❖ KEY SERVICES:

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

The result: stronger, more stable, and more secure military families. Our programs include:

❖ CRITICAL FINANCIAL ASSISTANCE:

- Operation Homefront's Critical Financial Assistance program helps military families with critical financial shortfalls. Assistance can include mortgage, rent, utilities, car & home repairs, overdue bills, critical baby items, and groceries.
- Our process is managed by professional caseworkers who validate financial needs. We provide assistance in the form of grants, not loans and pay directly to service providers, or provide a grocery card to families.

❖ TRANSITIONAL HOUSING (VILLAGES):

- The Villages provide rent-free, two and three bedroom apartments to wounded, ill, and injured warriors and their families as they leave the military and transition into civilian life. There are three locations: San Diego, California; Gaithersburg, Maryland; and San Antonio, Texas.

❖ TRANSITIONAL HOMES FOR VETERANS:

- In 2018, Operation Homefront launched the Transitional Homes for Veterans (formerly known as Transitional Homes for Community Reintegration or THCR) program, which offers families the opportunity 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 (formerly Homes on the Homefront or HOTH) program prepares veterans and their families for home ownership by providing a mortgage-free home and the opportunity to work directly with Operation Homefront caseworkers and financial counselors and learn how to prepare for home ownership.

❖ VETERAN CAREGIVER SUPPORT:

- Veteran Caregiver Support (formerly known as Hearts of Valor or HOV) is a network of people caring for wounded, ill or injured service members and veterans, created and maintained by Operation Homefront. We seek to support these caregivers by facilitating online groups that provide social connection to other caregivers in similar situations, fostering support groups by location to encourage resource sharing and friendships, and sponsoring annual retreats to provide education on relevant issues.

❖ 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.
- Events include Back-to-School Brigade, Holiday Meals for Military, Star-Spangled Babies and much more!

PARC (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4150
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 a.m. - 5:30 p.m.
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!
- ❖ Please note, if items are picked up on Friday or Saturday, and returned on Monday, a weekend rate applies. For items picked up on Friday and returned Saturday, a day rate applies.



PERSONAL FINANCIAL MANAGEMENT (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-9802
Website: <https://ppr-miramar.libguides.com/>
<https://miramar.usmc-mccs.org/marine-family-support/financial-management/personal-financial-management-program>
Schedule One-on-One: <https://calendly.com/miramarpfm/financial-meeting>
Address: MCAS Miramar Bldg. 5305
Hours of Operation: Monday – Friday
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) learn more about basic financial management skills and to help you improve your level of Financial Fitness through personalized budgeting, goal setting, savings, investing, use of credit and debt, planning for major purchases, preparing for major financial challenges, risk coverage, tax planning, and retirement planning.

POISON CONTROL

CONTACT INFORMATION

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

BRIEF DESCRIPTION

The California Poison Control System (CPCS) is the statewide provider of immediate, free and expert treatment advice and assistance over the telephone in case of exposure to poisonous, hazardous or toxic substances. Call us toll-free, 24 hours a day, 7 days a week, 365 days a year. 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 Marine Corps Air Station Miramar provides a continuum of readiness education and deployment support to prepare Marines, Sailors and their families for the unique challenges of a deployment while maintaining a constant state of readiness. Offering classes, workshops and briefs during the entire deployment cycle, which include pre-deployment, during deployment, and post-deployment, defines the role of this program.

❖ **Pre-Deployment Briefs:**

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

❖ **Return and Reunion Workshop:**

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

❖ **Post-Deployment Workshop:**

➤ Reintegration:

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

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 a.m. – 12:00 p.m.

BRIEF DESCRIPTION

Rotary Camp Pendleton is a volunteer organization that picks up good quality furniture and housewares to give to needy military and veteran families for free. The Rotary is open to anyone with a military ID including retirees. Donations are accepted. To schedule a pick up, 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 9:30 a.m. - 5:30 p.m.
Mondays, and Holidays Closed

BRIEF DESCRIPTION

The County of San Diego Department of Animal Services provides dog licensing and animal control services for the unincorporated areas of San Diego County and the cities of Carlsbad, Del Mar, Encinitas, San Diego, Santee, and Solana Beach.

- Visit the Animal Services website for information and referrals on Adoptions, Licensing, Microchips, Low Cost Shot Clinics, Low Cost Spay/Neuter Programs, Disaster Planning Tips, Training Opportunities, Animal Related Laws, and Volunteer Opportunities.

SAN DIEGO METROPOLITAN TRANSIT SYSTEM

CONTACT INFORMATION

Phone Number: 511 – In the San Diego County
619-699-1900 - Other 511 Questions or Comments
Address: 401 B Street, Suite 800
San Diego, CA 92101
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'll turn getting to the fun places into more fun. Better yet, go online and get a personal trip plan in less than one minute. After all, the less time it takes, the less cranky the kids get. We frequently stop at San Diego's fun places, such as: The San Diego Zoo, Sea World, Balboa Park, the stadiums, and many other sites that make San Diego so famous.

SAN DIEGO MILITARY OUTREACH MINISTRIES

CONTACT INFORMATION

Phone Number:	619-461-4164
Address:	4426 Harbinson Avenue La Mesa, CA 91942
Distribution Center:	8930 Activity Road San Diego, CA 92126
Website:	www.sandiegomom.org
Hours:	Mon., Wed., & Thurs. – 9:30 a.m. – 1:30 p.m.
Center Hours:	Tues., - 11:00 a.m. - 1:00 p.m.

BRIEF DESCRIPTION

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

- ❖ SDMOM serves the Active Duty junior enlisted military family (mostly ranks E-5 and below), typically headed by a 19-30 year old, with young children, away from home, and trying to survive in our expensive economy on a low salary while struggling with high debt and the family stresses of deployment.
- ❖ San Diego County is one of the largest military regions in the United States with more than 14 military installations in the County. Today there are nearly three quarters of a million children under the age of five years in military families, the most since World War II.
- ❖ **DISTRIBUTION CENTER:**
 - We provide children's (under age 12) clothing, infant diapers, baby food, toys and small household items here. The Distribution Center is open on by appointment only. The address is **8390 Activity Road, Suite G, San Diego, CA 91926**. Serving Active Duty Junior Enlisted families E5 and below. Everything is given free in appreciation for your sacrifice.
- ❖ **DISTRIBUTION EVENTS:**

Checkout our Facebook page for upcoming distribution events: <https://www.facebook.com/SD-Military-Outreach-Ministries-814237052273516>

SAN DIEGO NAVAL HOUSING

CONTACT INFORMATION

Phone:	619-556-8443
Website:	https://sandiego.navylifefsw.com/programs/8a5c083d-6f8d-4e57-aae3-3cb7159b598b
Address:	Naval Station San Diego Family Housing Welcome 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 into 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.

- ❖ Who May Apply For Family Housing?
 - Active duty military personnel stationed in the San Diego metropolitan area accompanied by bona fide family members are eligible to apply for Military Family Housing (MFH).
- ❖ How to Apply For Quarters?
- ❖ In order to apply, you are required to have the following:
 - DD Form 1746 (Application for Assignment to Housing).
 - A copy of orders showing your detachment date.
 - Certification of bona fide family members. Examples of acceptable forms of documentation are the Emergency Data application (Page 2), a Record of Emergency Data (RED), or Application for Uniformed Services Identification card (DEERS Enrollment).

SAN DIEGO POLICE DEPARTMENT

CONTACT INFORMATION

Phone Number:	911 – Emergency Calls 619-531-2000 – Non-Emergency Calls 858-484-3154
Website:	http://www.sandiego.gov/police
Address:	Headquarters 1401 Broadway San Diego, CA 92101
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
Hours of Operation: Monday – Friday 8:00 a.m. – 5:00 p.m.

BRIEF DESCRIPTION

SAY San Diego is a local nonprofit organization dedicated to supporting the positive development of young people their families and communities in San Diego. Founded in 1971, SAY has been serving San Diego for over 48 years.

- ❖ SAY's Primary Services include:
 - Before and after school prevention and diversion.
 - Juvenile delinquency prevention and diversion.
 - Child abuse prevention and support.
 - Mental health counseling, case management, and youth development.
 - Access to healthcare, employment, and self-sufficiency.
 - Collaborative partnerships for military families, refugee families, and more.
 - Alcohol, tobacco and drug abuse prevention.
 - Mental.
- ❖ "SAY Extended Child Care Programs:"
 - Licensed by the Department of Social Services, Community Care Licensing:
 - High quality, well supervised childcare for school age children. Provides school-based licensed before and after school child care at elementary schools. Offers a balance of activities, including homework assistance, and is designed to develop self-esteem and provide a creative educational and recreational experience for children 5 – 12 years of age.
 - Eligibility: Enrollment opens to all students attending host elementary school. Fees vary depending on specific site. Discounts may be available for additional children in the same family. Subsidies (free or low-cost) are available for eligible families at selected sites.
 - Geographic Area: Located at 17 elementary schools within the San Diego Unified School District.
- ❖ The Military Family Resource Center (MFRC) serves active duty, transitioning, and veteran military personnel and their families. Located in Murphy Canyon, which has the largest off-base US military population in the world, the MFRC strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.
 - Services Include:
 - Dads Corps.
 - Playgroups.
 - First 5 First Steps.
 - Resources and referrals.
- ❖ The SAY San Diego Healthy Start MFRC team also convenes and facilitates the San Diego Military Family Collaborative (SDMFC), a network of over 100 organizations in San Diego County. The SDMFC provides an inclusive forum to maximize the collective impact of community resources to enhance military family life.
 - Location: 3487 Santo Rd., San Diego, CA 92124 (directly behind the Popeye's restaurant at the corner of Aero Drive and Santo Road).

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/k-12-school-liaison-program
Address:	MCAS Miramar Bldg. 2258
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:00 p.m. (Appointments Recommended)

BRIEF DESCRIPTION

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

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

SEMPER FIT PROGRAMS (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

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

- ❖ Miramar Sports Complex / Main Gym (BLDG 2471)
 - Mon-Fri: 5:00 a.m. – 8:00 p.m.
 - Sat-Sun: 8:00 a.m. – 5:00 p.m.
 - 858-307-4128/4129
- ❖ Semper Fit Center / New Gym (BLDG 2002)
 - Mon-Fri: 5:00 a.m. – 1:00 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 5:00 p.m. (except Friday) Sat-Sun: 8:00 a.m. – 5:00 p.m.
 - Mon-Thur: 4:00 p.m. – 6:30 p.m.
 - 858-307-4128/6147
- ❖ HITT Center (BLDG 2525)
 - Mon-Fri: 5:30 a.m. - 7:30 a.m., 11:00 a.m. - 1 :00 p.m.
 - Mon-Thur: 4:00 p.m. – 6:30 p.m.
 - 858-307-8776
- ❖ The primary purpose of the High Intensity Tactical Training (HITT) program is to enhance operational fitness levels and optimize combat readiness and resiliency for the Marine. This comprehensive strength and conditioning program takes into consideration the physical demands of operational related activities in order to optimize physical performance while in combat. By implementing the latest cutting edge training methods and fundamental scientific principles, the HITT program focuses on enhancing athleticism for today's tactical athlete – The United States Marine.
- ❖ Athletic 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!
 - Bldg. 2471
 - Ph. 858-307-1202/4127
 - Mon - Fri 7:30 a.m. – 4:00 p.m.

Human Performance (formerly Health Promotions):

- ❖ The Human Performance Office offers training, education and resources on the nine Semper Fit Elements and much more. A monthly health theme has been established in relation to the nine Elements and in recognition of the National Health Observances. Representatives from the Health Promotion Office are available to come directly to individual units, and offer briefs on topics such as remedial weight training and health and fitness education, and can also tailor presentations to specific needs.
Bldg. 2002
Call for an Appointment
858-307-7963

Aquatics/Pools:

- ❖ COVID-19 procedures and policies continue to apply to the Water Survival Training (WST) 50-Meter Pool (open to all ranks), and the 25-yard All Hands' Pool. Swimming lessons are also offered in the summer for children and adults, who are looking to learn basic swimming skills, or perfect strokes and overall swimming performance.
- ❖ Lessons are also available in the summer for groups and for individuals of all ages. Sessions and clinics are also designed to maximize your aquatic workout!
- ❖ Both pools are available for summer pool parties. Hours are seasonal; please call for information and scheduling.
50-Meter/ Water Survival Training Tank
Bldg. 2000
858-307-4137
Lap Swim Winter Hours (Sep – June): Mon. – Fri. 5:00 a.m. – 7:00 a.m. & 11:00 a.m. – 1:00 p.m.
Recreation Swim Winter Hour (Oct – June): Mon. & Wed. 4:00 p.m. – 6:00 p.m., Sat. 10:00 a.m. – 4:00 p.m.
- ❖ Please note: the 50-Meter Pool is a military training facility, and **may be closed at any time to support military training.**

F45 MCAS Miramar Studio

- ❖ On June 11, 2021, the F45 MCAS Miramar studio opened its doors to the very first F45 Training studio on any military installations in the world. Since then, over 3,000+ service members and authorized patrons have used the F45 studio within the first year, which is the most participants in any studio in the world. For those that do not know what F45 is, it 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. Watch this one-minute [video](#) to learn more.
- ❖ Download the app to get started today:
 - Apple - <https://apps.apple.com/us/app/f45-training/id946427655>
 - Android - https://play.google.com/store/apps/details?id=com.fitnessmobileapps.f45training&hl=en_US&gl=US
- ❖ *Class days/times are subjected to change, visit the F45 Training app to see the most up-to-date classes available and to book your training sessions
- ❖ Membership Pricing:
Open to Authorized Patrons
\$5 per class
\$35 unlimited classes per month
FREE for Active Duty
Active Duty Patrons must activate membership at the Miramar Sports Complex front desk.
Bldg. 2471
(858) 307-4128 or (858) 307-6147

SEXUAL ASSAULT PREVENTION AND RESPONSE (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-6711/7352 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
Address:	MCAS Miramar Bldg. 2274
Hours of Operation:	Monday - Friday 7:30 a.m. – 4:00 p.m.

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.
 - Victims' Legal Counsel (VLC) assist victims with understanding their legal rights and services including: obtaining restraining orders and military protective orders. VLC may represent victims of crime in the military justice process. To speak with a VLC call (858) 307-9210.
- ❖ **To reach a victim advocate call the Sexual Assault 24/7 Support Line at (858) 864-2815.**
- ❖ **To reach an Installation SARC send an email to miramarsarc@usmc.mil.**
- ❖ 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 a.m. – 5:00 p.m.

BRIEF DESCRIPTION

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

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

GET INVOLVED AND MAKE A DIFFERENCE!

SPACE AVAILABLE TRAVEL - (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4283
951-655-2397
Website: <https://www.miramar.marines.mil/Resources/Space-Available-Travel/>
Address: MCAS Miramar Bldg. 9100
Hours of Operation: Monday – Thursday 7:30 a.m. – 7:00 p.m.
Friday 7:30 a.m. – 5:00 p.m.
Saturday & Holidays – closed
Sunday 2:00 p.m. – 5:00 p.m.

BRIEF DESCRIPTION

The mission of Space Available (Space-A) 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. Additional considerations can affect the number of seats available are safety, aircraft configuration, maintenance and aircrew size. Once mission requirements are met, available seats will be offered to Space-A passengers awaiting transportation.
- ❖ 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 8:00 a.m. - 5:00 p.m.

BRIEF DESCRIPTION

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

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



SUBSTANCE ABUSE COUNSELING CENTER (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-1129
Website:	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 a.m. – 4:00 p.m.

BRIEF DESCRIPTION

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

The SACC program provides the following services:

- ❖ Prevention:
 - Prevention consists of the Drug Demand Reduction Program (DDRP) and the Alcohol Abuse Prevention Specialists (AAPS). Together, they address substance abuse issues throughout MCAS Miramar. They operate in tandem, assisting unit Substance Abuse Control Officer's (SACO's) and Alcohol Screening Program Coordinators (ASPC's) with the Marine Corp's urinalysis and breathalyzer programs. Services provided are as follows:
 - Command Substance Abuse Prevention Planning.
 - Illicit Substance Abuse education.
 - Alcohol Abuse education.
 - Safety Stand Down periods of instruction.
 - Monthly substance abuse informational booths.
 - Collaborations with on-base and off-base community providers.
 - Prime for Life course of instruction.
- ❖ Prime for Life:
 - (4.5) is a 4 ½ hour risk reduction class. The first goal is to help each person served in reducing the risk for any type of alcohol or illicit substance issue. The second goal focuses on self-assessment; to help persons served understand and accept the need to make changes and protect according to identified values in their lives.
 - **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.
- ❖ Services: Outpatient/Intensive Outpatient:
 - Outpatient Treatment (OP) is formally scheduled for two weeks while Intensive Outpatient Treatment (IOP) is formally scheduled for four weeks. Both OP & IOP provide individualized care; length of stay is adjusted according to the needs of the person served. OP & IOP are formatted upon didactic sessions and therapeutic groups, purposed to support each person served in developing effective coping skills.
- ❖ Residential Treatment is a scheduled 35 day treatment program provided by Substance Abuse Rehabilitation Program (SARP), located at Navy Submarine Base Point Loma. SARP is a comprehensive treatment program; providing individual case management formatted care for patients who require intensive structure and supports. AA (Alcoholics Anonymous) Meetings are also offered on Mondays from 6:30 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 a.m. – 8:00 p.m.

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.
 - Text Reminder Service.
 - 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.
 - Extended Family, Caregiver for a grieving Child.

TRANSITION READINESS PROGRAM - (MCAS Miramar)

CONTACT INFORMATION

Phone Number:	858-307-4933/6021
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

- ❖ The Transition Readiness Program facilitates courses, events and services to provide skills and tools necessary for separating or retiring military members and their families to successfully transition to a civilian lifestyle.
- ❖ We have on staff Certified Professional Career Coaches (CPC). Seminars and workshops facilitated by our Transition Program team include the Transition Readiness Seminar, the Personal Readiness Seminar, LinkedIn Success, Women in Transition, Accessing Higher Education and more. Please visit our website calendar for additional workshop descriptions, dates, times and registration instructions.
- ❖ Also available is our Family Member Employment Assistance Program and our Career Resource Center.

TRICARE DENTAL (United Concordia)

CONTACT INFORMATION

Phone Number:	1-844-635-4061 – CONUS Toll Free 1-844-653-4060 – OCONUS Toll Free or 1-717-888-7400 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 Marine or Sailor must enroll family members by completing and turning in paperwork as well setting up an allotment to pay monthly charges.

TRICARE MEDICAL

CONTACT INFORMATION

Phone Number:	1-844-866-9378 1-800-874-2273 opt. 1 – Nurse Advise Line
Website:	https://www.tricare-west.com/Tricare
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.

- ❖ For each and every one of our employees, many of them who, too, have served in uniform, providing health care for military families is not just a job - it's an honor.
- ❖ Website and Toll-free line:
 - Assistance with general information, benefits, claims, eligibility, authorizations, and provider inquiries.
 - Customer Service is available Monday through Friday, 7:00 a.m. to 7:00 p.m., local time.
 - Provider locator services are available 24 hours a day, seven days a week on website.

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

❖ How it Works:

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

❖ How to participate:

- 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) – NEIL ASH AIRPORT

CONTACT INFORMATION

Phone Number: 619-296-3192
Website: www.usosandiego.org/neil-ash-airport
Address: 3705 North Harbor Drive (1st Floor)
San Diego, California 92101
Hours of Operation: Monday 6:00 a.m. – 12:00 a.m.
Tuesday - Friday 6:00 a.m. – 10:00 p.m.
Weekends 8:00 a.m. – 5:00 p.m.

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 an appropriate DoD ID card will be allowed in on a space available basis at the discretion of the staff on duty. For a full list of programs available through the USO and other locations in the San Diego area, visit <https://sandiego.uso.org>.

- ❖ Overnight requests cannot be accommodated at this time.
- ❖ Parking Validation:
 - In accordance with ACE parking policy, the USO will validate parking for Active Duty and their dependents for a same day visit, up to 4 hours. Pick-up or drop-off only.
- ❖ Amenities at this Location:
 - Food and Beverages:
 - Snacks, beverages, coffee, and tea.
 - Connectivity:
 - CAC Readers, Charging Stations, Phones, Wi-Fi.
 - Rest & Relaxation:
 - Baby changing table, bathrooms, children’s play area, patio & outdoor space, showers, and toiletries.
 - Travel Services & Gifts:
 - Transportation information.
- ❖ Community Support:
 - USO San Diego | Camp Pendleton provides Commands, Units, Ombudsmen, Uniformed/Deployment Readiness Coordinators or Branch Equivalent support with morale goods such as: snacks, drinks, door prizes, etc.
 - Commands are free to list their wants, however, please keep in mind that the USO San Diego | Camp Pendleton will do their best to fulfill requests but are not guaranteed. For additional details, request policies, or to submit your request, visit: <https://sandiego.uso.org/programs/command-support> .

UNITED STATES POSTAL SERVICE (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 858-307-4578
800-ASK-USPS (800-275-8777)
Website: www.usps.com/
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

- ❖ The USPS offers a package of free shipping materials for military families; the contents of the kit change from time to time.
- ❖ The USPS also provides mail Delivery thru private mail receptacles for ALL military members stationed at MCAS who live in BEQ/BOQ. (Mail boxes are provided at no cost to the service member) Service members must present the BEQ/BOQ receipt during check-in before a box can be issued.
- ❖ General Delivery for transient and student personnel is provided upon written request during check-in.
- ❖ All personnel reporting to MCAS Miramar must check-in at the Military Post Office. Failure to do so will cause your mail to be delayed or possibly returned to sender.

VA BENEFITS ADVISORS - (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 571-461-8542 / 8674 / 8733
Company: Team CALIBRE, Veterans Benefits Administration
Address: MCAS Miramar Bldg. 5305, The HUB (inside the Career Resource Center)
Office Hours: Monday - Friday 8:00 a.m. – 4:30 p.m.

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 Guarantee, Pension, Personalized Career Planning and Guidance, Veteran Readiness and Employment, find local support.

VA OFFICE - (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number: 619-400-1515 ext. 1179 - Office
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: Tuesday & Thursday 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 using VA Form 28-1900.
- ❖ U.S. military veterans, service members, members of the Selected Reserve, and dependents can apply for education benefits.
- ❖ The burial benefits can be applied for using VA Form 21-530.
- ❖ For Education Benefits (VA Form 22-1990, 22-1995, 22-5490, or 22-5495) call 1-888-GIBILL1 (442-4551) to speak with an Education Case Manager. You may also contact us via our secure e-mail service by using our “Questions and Answers” section at <https://ask.va.gov>
- ❖ For all other benefits call 1-800-827-1000, or go to this link to send VA an e-mail question: <https://ask.va.gov>

VEHICLE REGISTRATION (CAL AUTO REGISTRATION SERVICE)

CONTACT INFORMATION

Phone Number: 858-537-0811 – MCX Main Store Location
858-695-7366 – Flight Line Complex Location

Website: <https://miramar.usmc-mccs.org/services/vehicle-registration-service>

Address: MCAS Miramar, MCX Main Store Bldg. 2660
MCAS Miramar, Flight Line Marine Mart Bldg. 8675

Hours of Operation: MCX Main Store: Monday - Friday 9:00 a.m. - 4:00 p.m., Sat. 9:00 a.m. - 2:00 p.m., Sunday closed
Flight Line Marine Mart: Monday - Friday 10:00 a.m. - 4:00 p.m., Sat-Sun Closed

BRIEF DESCRIPTION

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

VETERINARY CARE CLINIC (MCAS MIRAMAR)

CONTACT INFORMATION

Phone Number:	858-307-6552/1773
Address:	MCAS Miramar Bldg. 6360
Website:	https://miramar.usmc-mccs.org/services/veterinary-treatment-facility
Hours of Operation:	Monday – Friday 7:00 a.m. – 3:30 pm CLOSED: Last Working Day of Each Month, Weekends & Holidays

BRIEF DESCRIPTION

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

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

VISITOR AND REGISTRATION CENTER - MCAS MIRAMAR

CONTACT INFORMATION

Phone Number:	858-307-1463
Address:	MCAS Miramar Bldg. 6200
Website:	https://www.miramar.marines.mil/Departments/Provost-Marshall-Office/
Hours of Operation:	Monday – Friday 7:30 a.m. – 4:30 p.m.

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.
 - 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.
 - 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.
 - A PMO employee will have you through the process.
 - You will receive a print out of your base registration and sign a copy for our records.

- ❖ Barracks Parking Permit:
 - Register your vehicle through the Visitor and Registration Center in bldg. 6200
 - Bring the “Statement of Understanding,” “Parking Permit Application,” and your on-base registration form to the Admin Section of bldg. 7117. To download the forms, visit:
<https://www.miramar.marines.mil/Departments/Provost-Marshall-Office/Barracks-Permit/>
 - 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. 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: <http://www.sandiegowic.org/>
Address: Euclid Health Center
292 Euclid Ave., Ste. 225
San Diego, CA 92114
Operating Hours: Monday, Tuesday, Thursday, and Friday – 8:15 a.m.-11:30 a.m., and 12:45 p.m. – 3:45 p.m.
Wednesday – 10:00 a.m. – 11:30 a.m., and 12:45 p.m. – 3:45 p.m.

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.