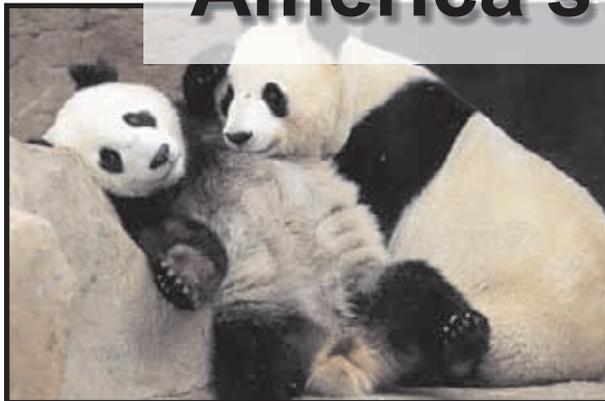


Fleet & Family Support Center (FFSC) Welcomes You to Sunny San Diego!



America's Finest City



What's in this package?

- FFSC InformationYour One Stop Shop!
- Military One SourceHelp Anytime...Anywhere!
- Fun in the SunGet to Know San Diego in Three Easy Steps!
- Looking for Housing?Looking for Childcare?
- Looking for Household Goods?Military Outreach Can Help!
- Setting Up ShopCritical Info for Your Travel and First Months!
- Where's the Money?Entitlements, BAH Rates, & Financial Resources
- Exceptional Family Member ProgramUpdate for Families with Special Needs
- TRICARE Medical & Dental.....Critical Information for Your Move!
- New Spouses?What We Can Offer You!
- Resources ToolkitWebsites & Your Own Tri-fold Phone Card!



Fleet & Family Support Center (FFSC) San Diego

Our programs are completely free and confidential!

We are located in three locations to serve you, and we are also available by phone and online! Call or visit our website for a map and directions to our sites, or for more information!

Naval Base, San Diego

3005 Corbina Alley
Bldgs 259 & 263
San Diego, CA 92135-5190
(619) 556-7404

Naval Base, Coronado

Saufley Road (NASNI)
Bldg 318
San Diego, CA 92135
(619) 545-6071

Naval Base, Pt. Loma

140 Sylvester Road
Bldgs 211 & 212
San Diego, CA 92106
(619) 553-8306

www.cnrsw.navy.mil/fsc

Our services include:

- Relocation Assistance: Arriving or Leaving...We're Here to Help!
- Information & Referral: Access Community & Military Resources Quickly & Easily
- Lending Locker/Hospitality Kits
- Personal Financial Management: Workshops & Resources for You! (Ex: Car & Home Buying)
- Ombudsman Support: Locate Your Command Ombudsman for 24-Hour Support
- Exceptional Family Member Program (EFMP) Support: Resources for Families with Special Needs
- Life Skills and Personal Improvement Workshops
- Confidential Individual, Family, and Marital Counseling (Just Walk In!)
- Deployment Support: Resources to Ensure Continuous Readiness to Deploy
- Transition Assistance & Family Employment: Your Career Center!
- Family Advocacy Prevention & Sexual Assault Victim Intervention
- Command General Military Training (GMTs)
- And More!



Military One Source
Help Anytime...Anywhere!

(800) 342-9647

www.militaryonesource.com

One Source is available to you by phone or online, 24 hours a day, 365 days per year. They offer help with relocation, information, referrals, counseling, online workshops, parenting, deployment preparation, and more!

Request a “**Know Your Neighborhood Guide**” from Military One Source with your new zip code to learn your area before you move! Also, ask if they can send you a free “**Chamber of Commerce Guide**” with coupons and local area information!



Get to Know San Diego in Three Easy Steps!

- **1. SITES:** Check us out on the Standard Installation Topic Exchange System (SITES) database for detailed installation information, local community and educational opportunities, resources, and links you'll need as you explore San Diego! Any military dependent enrolled in DEERS can visit www.dmdc.osd.mil/sites/ Just follow these three easy steps:
 - Enter your social security number and last name...
 - Choose "Select Installation"
 - Choose appropriate branch on the "Service" drop down and California under "Location"

If you have an FFSC at your current duty station, they can often print the SITES package for you before you leave.

- **Sample SITES Tip...Get more tips like these at SITES today!** Navy Region
- Southwest is proud to offer the Transportation Incentive Program (TIP) to encourage Sailors to use van pools or public transportation. Fuel and/or transportation vouchers are available. Each command has a Transportation Incentive Program (TIP) Coordinator, or call the Regional TIP Coordinator at (619) 545-8132.

2. Take the ASYMCA Out & About Tour! Call (619) 232-9084 for more information on this monthly tour. See the town - for FREE - and get valuable information about America's Finest City! All ages welcome, pre-registration is required. Please contact FFSC for more details.

- Also, check out the USO Downtown or Airport Center for great information on San Diego. Join the free USO Tuesday buffet style dinners each week for military and their families. The USO also offers a free computer lab with internet access, cyber-cams to record mini-videos to send via email to deployed service members, snacks, free tickets when available, special events, and free meeting space for command and family events. The USO Airport Center is located in Terminal 2 and offers snacks, a friendly welcome, and a comfortable atmosphere to relax before or after your flight! Call (619) 235-6503 or visit www.usosandiego.org for more info.

3. Subscribe to FREE MWR Wavewinds Magazine! Sign up when you have your new address! Access www.mwrtoday.com for subscription information and so much more!

Just one example of great free stuff in San Diego...
Free Tuesdays at Balboa Park Museums & Attractions!

First Tuesday of Month	Reuben H. Fleet Science Center San Diego Model Railroad Museum San Diego Natural History Museum
Second Tuesday of Month	Museum of Photographic Arts Museum of San Diego History
Third Tuesday of Month	Japanese Friendship Gardens & Mingei International Museum of Folk Art San Diego Art Institute San Diego Museum of Art San Diego Museum of Man
Fourth Tuesday of Month	House of Pacific Relations & International Cottages San Diego Aerospace Museum San Diego Automotive Museum San Diego Hall of Champions

For more information, visit or call (619) 239-0152.

Looking for Short Term or Long Term Housing? Resources for You!

Where to Stay While Finding Your New Home... Reserve the Navy Lodge or Marine Inn up to one year in advance and no later than 60 days prior to arrival for the most affordable rates in town! *If they do not have a vacancy, ask for a list of referrals that will match their prices.* See www.navy-lodge.com or (800) NAVY-INN. Also, a great option *while you travel!*

Where to Find Help in Locating Your New Home... Upon your arrival, visit the Welcome Center at Naval Base, San Diego (see address below). The Welcome Center gives you access to **ALL** military family housing **PLUS** referrals to apartments and homes in the community.

What about Military Family Housing? Operated by Lincoln BP Management (PPV)...
Rent = Your Basic Allowance for Housing (BAH)

• BAH includes:

Free Internet Access	Free Roadside Assistance
Free Courtesy Patrol	24/7 Emergency Maintenance
Utilities Included	Free Children's Activities
Free Intrusion Alarms	Free Family Programs

To be eligible, applicants must:

- Be on active duty with 1+ dependents (if single parent, must have full custody of children 9 months out of the year).
- Be Receiving San Diego BAH.
- Have at least 6 months remaining in the military.

To apply for military housing, bring a copy of your Page 2/RED and a copy of your orders to the Naval Base, San Diego Welcome Center, 2625 Le Hardy Street, Bldg 3544.

For questions, call Katie Harris at (619) 556-7667; kaharris@lpsi.com or Rochelle Canedy at (619) 556-7323; rcanedy@lpsi.com. Or, visit www.cnrswhousing.navy.mil.

What about Civilian Options? Use the Automated Housing Referral Network (AHRN)! AHRN is sponsored by the Department of Defense. BAH calculators and other options help you target places that fit your needs and your budget. AHRN.com shows you the housing available right now! If you are renting, buying, selling, or otherwise looking for civilian housing – visit www.ahrn.com today!

Naval Legal Services Office (NLSO): Did you know NLSO reviews contracts and leases BEFORE you sign...for free? Don't get caught with small print – take the forms to NLSO for review and protect yourself! NLSO offers valuable information on renters' rights, wills, powers of attorney, Service member's Civil Relief Act, debt/creditor matters, family law, adoptions, and more. Call (619) 556-2439 (Naval Base, San Diego); (619) 545-6437 (Naval Base, Coronado) or visit <http://www.jag.navy.mil/html/NLSOSWnewmain.htm>

What else? The FFSC does **not** endorse any of the below websites, offered for information **only**.

www.apartments.com
www.rent.com

<http://www.forrent.com/>
www.realestate.signonsandiego.com

LOOKING FOR CHILD CARE?

SAN DIEGO CHILD CARE REFERRALS

OPTION #1

- ◆ Childcare Resource and Referral manages the enrollment and waiting list for Child Development Centers (on base) and Military Family Home Care Provider (located throughout San Diego). To enroll or check your status on the waiting list, call (619) 556-8491 or toll free at (877) 235-6002.



You can also register for childcare online by visiting www.mwr.navy.mil and choosing "Child & Youth Programs" from the left side of the menu or go directly to their web site at <https://qol.persnet.navy.mil/CYPWeb/>

As soon as you have your orders or positive proof of pregnancy, call or submit your application online!

OPTION #2

- ◆ Sign up for the San Diego County Centralized Child Care Eligibility List, go to www.childcaresandiego.com - Income requirements apply and the on-line application will provide all the details you need.



OPTION #3

- ◆ To find childcare through the YMCA Child Care Resource Services Line call (800) 481-2151 or (619) 521-3070. Or, visit www.ymcacr.org for information.

OPTION #4

- ◆ Access referrals, 24 hours a day by calling 2-1-1 from a land line or (858) 300-1211 from a cell phone. Visit www.211sandiego.org



OPTION #5

- ◆ Call Military One Source at 800/342-9647 for 24 hour, worldwide referrals to childcare providers and more!



OPTION #6

- ◆ Head Start, operated by Episcopal Community Services, is accepting applications from families with children ages 0-5. Call (877) 327-8687 for more information. Head Start is an income sensitive program and does count BAH in their income guidelines. There are more than 15 Head Start Centers around San Diego, as well as the "Home Based Option" and the "Family Child Care Program." Call for details on all three of these programs and to see if you qualify.



OPTION #7

- ◆ Subsidies: Childcare subsidies may be available if you qualify. Call (800) 793-0324 ext. 341 for more information on how active duty and deployed reservists may be able to access the Reduced Fee Amount for childcare. Providers must be licensed and obtained through the Navy Childcare Resource and Referral. You can also apply online or access more information by visiting www.naccrra.org and clicking on the Military Programs section.

For more information, contact your nearest FFSC location

Fleet & Family Support Center 🌟 **San Diego**

Naval Base San Diego (619) 556-7404
Naval Base Point Loma (619) 553-8306

Naval Base Coronado (619) 545-6071
Murphy Canyon Branch (858) 277-4259

www.cnrsw.navy.mil/fsc

Looking for Your Next Career? ***FFSC has a Career Center for you!***

Access employment listings, computer lab to send resumes, free fax and copier, employment libraries, job fairs, and more! Our Work & Family Life Consultants can help you on an individualized basis to create the perfect resume or cover letter, and to practice your interviewing techniques! We also offer great workshops on employment, check out our website for more information.

Also, FFSC offers financial management workshops on topics like identity theft prevention, predatory lending practices, developing your spending plan, savings and investments, car buying, home buying, and more!

Adecco is a temporary employment agency that has partnered with the Navy to offer military spouses an easy transition. Check out www.usadecco.com/careeraccelerator Or www.ajilonfinance.com

Also, visit www.mscn.org for a Department of Defense site promoting spouse education and career development. The Dept of Labor sponsors for relocating military spouses to access educational and employment resources.

What will your salary look like at your new destination? Check out www.salary.com And stay informed about your value in today's job market! Use Salary Wizard (bottom of page). Enter your new zip code and job type.

Looking for Furniture/Household Goods? ***Military Outreach Can Help!***

Military Outreach Ministries can help by providing items like house wares, strollers, playpens, high chairs, gently used children's clothing, formula, diapers, and more!

If you are E-5 and below, you are welcome to access free furniture and other household items at our Furniture Warehouse. Call (619) 843-8964 for more information.

In addition, Military Outreach provides free bread and food distribution at various areas around San Diego. Activity classes for spouses, including free childcare, are also available!

Visit www.militaryoutreach.org or call Barbara at (619) 917-6577 or Michelle at (619) 300-2027. You can also access general program information at (858) 688-5015.

TRICARE Medical & Dental ***Critical Information for Your Move!***

TRICARE offers three programs: Prime, Extra, and Standard. Access information for our TRIWEST Region, which includes all of California, at (888) TRI-WEST. When you arrive, call this number to register in the new region or to update your address and receive a provider. For general information, visit www.triwest.com or www.tricare.osd.mil

Also, check out www.tricare.osd.mil/DEERS Address to update your address online!

Setting Up Shop...
See next page for critical travel and resources info!



Resource Guide

Did you know FFSC offers:

- ♦ Information and Referral
- ♦ Ombudsman Support & Information
- ♦ Exceptional Family Member Program Support
- ♦ General Life Skills Education
- ♦ Clinical Counseling (Confidential)
- ♦ Family Advocacy Program
- ♦ Deployment Services
- ♦ Relocation Assistance Program
- ♦ Transition Assistance
- ♦ Spouse Employment Assistance
- ♦ Personal Financial Management
- ♦ Sexual Assault Victim Intervention

Child Development

Child Care Resource Referral 619-556-8491
 Ccrr@mwrsw.com Toll-Free: 877-235-6002
 Navy Family Home-Care Program 619-556-7394
 YMCA Child Care Resources 800-481-2151

Medical Information

TRICARE Service Center 888-TRI-WEST
 CLINICS:
 644 Naples St, Chula Vista 619-858-0099
 8808 Balboa Ave, San Diego 858-569-6664
 Naval Base Coronado 619-545-4319
 Naval Training Center (NTC) 619-524-4947
 BALBOA HOSPITAL:
 Naval Medical Center (Info/Qdeck) 619-532-6400
 Naval Medical Center (Appts) 619-532-8225
 Naval Medical Center (TRICARE) 619-532-8328

San Diego Utilities & Services

SBC (Telephone) 800-310-2355
 San Diego Gas & Electric 800-411-7343
 Padre Dam 619-448-3111
 San Diego City Water 619-515-3500
 Otay Water 619-670-7777
 Pacific Waste Service 619-561-7080
 COX Cable 800-234-6660
 COX Communication 619-262-1122
 Time Warner Cable/Digital Phone 858-695-3220
 Department of Motor Vehicles (DMV) 800-777-0133
 San Diego Transit 619-233-3004

Lending Lockers

NB San Diego 0730-1630 619-556-7404
 Naval Base Coronado 0730-1630
 619-545-6071
 Military Outreach Hours Vary 619-843-8964

Military Family Housing

Call 619-556-8443. www.cnrswhousing.navy.mil

School Information

SD County Office of Education 858-292-3500
www.sdcoe.k12.ca.us
 Borrego Springs 760-767-5357
 Carlsbad 760-331-5000
 Chula Vista 619-425-9600
 Coronado Unified 619-522-8918 / 8900
 Oceanside 760-757-2560
 Poway 858-748-0010
 Ramona 760-787-2000
 San Diego City Schools 619-725-8000
 San Marcos 760-744-4776
 Sweetwater 619-691-5555
 Vista 760-726-2170

Personal Property (Household Goods)

Call 619-556-MOVE (6683)
www.sd.fisc.navy.mil/hhg

Lodging & Food Service

Navy Lodges:

Worldwide Reservations 800-628-9466
 Naval Base San Diego 619-234-6142
 Naval Base Coronado 619-435-0191
 Miramar Inn 858-271-7111

Bachelor Officer Quarters (BOQ):

Naval Base San Diego 619-556-8672
 Naval Base Coronado 619-545-7545
 NAB Coronado 619-437-3860
 Naval Base Point Loma 619-553-9381

Bachelor Enlisted Quarters (BEQ):

Naval Base San Diego 619-556-8672
 Naval Base Coronado 619-545-9551
 NAB Coronado 619-437-3860
 Naval Base Point Loma 619-553-9381

Galleys:

Naval Base San Diego 619-556-7039
 Naval Base Coronado 619-545-7512
 NAB Coronado 619-437-2044
 Naval Base Point Loma 619-553-7544

Fleet & Family Support Center ☼ San Diego www.cnrsw.navy.mil/fsc

NB San Diego 619-556-7404	NB Coronado 619-545-6071	NB Point Loma 619-553-8306	Command Support Programs 619-556-7414
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FFSC Resource Guide

Basic Travel Entitlements

Pay and Allowances for travel is based on an individual meeting specific eligibility criteria. Check with your disbursing office to determine your specific entitlements.

Advanced Pay and Allowance

Advanced pay can be drawn up to 60-days prior to your move. No more than three months of advance pay can be drawn and must be approved by your Commanding Officer. The advance is normally repaid in equal installments over 12 months. In certain cases, repayment can be spread over 24 months. If an advance for rental housing is needed, an advance housing allowance may be issued by the disbursing officer. You must have already rented housing and must provide a copy of the rental agreement to document the housing costs.

Dislocation Allowance (DLA)

Active Duty personnel are entitled to a Dislocation Allowance to offset some of the costs of closing one home and setting up another. These costs include rent deposits, utility hookups, etc. Refer to the DLA Rate Chart for exact amounts. DLA can be drawn up to 10-days in advance.

DLA is **not** available to service members who:

- ★ are without family members and are assigned to unaccompanied government quarters;
- ★ are transferred to a new duty station or to the same geographical location; or
- ★ on separation or retirement orders.

Per Diem Allowance

Along with the DLA, food and lodging costs are reimbursed when making a Permanent Change of Station (PCS) move. The allowance is paid at a daily rate for you and your family members. Auto travel is at the rate of 350 miles per day (*not to exceed the official authorized distance*) and is used to determine how many days per diem will be

paid. Note that per diem may be drawn in advance. The Per Diem Allowance for:

- ★ Service members is \$99 per day, plus \$74.25 per day for their spouse and each family member at least 12 years or older and \$49.50 for family members under age 12.
- ★ Spouses who travel separately, receive \$99 per day (*the per diem for other family members traveling separately is \$74.25 or \$49.50, depending on their age*).

Mileage in Lieu of Transportation

Service members receive **MALT** when they drive to a new duty assignment.

Service Member (alone)	15¢ per mile
Family Member (alone)	15¢ per mile
SM + 1 FM or 2 FMs	17¢ per mile
SM + 2 FMs	19¢ per mile
SM + 3 or more FMs or 3 or more FMs	20¢ per mile

These rates also apply to a second car, when use is authorized. Approval for usage of three Privately Owned Vehicles (POV) is required in advance.

Temporary Lodging Expense (TLE)

The TLE is for PCS transfers within the United States. TLE provides service members up to \$180 per day (for ten days) to offset temporary housing costs incurred locally, before departing for an old duty station or after reporting to a new duty station. Personnel going overseas are entitled to TLE for five days. The actual TLE is figured by a complex formula and is different in each area. You must check into your command upon arrival in order to be eligible. TLE cannot be drawn in advance.

For more information on travel entitlements, visit:
<https://secureapp2.hqda.pentagon.mil/perdiem>

2007 Basic Allowance for Housing (BAH)*

Pay Grade	With Dependents	Without Dependents	Pay Grade	With Dependents	Without Dependents
E1	\$ 1,555.00	\$ 1,209.00	W4	\$ 2,145.00	\$ 1,914.00
E2	\$ 1,555.00	\$ 1,209.00	W5	\$ 2,249.00	\$ 1,969.00
E3	\$ 1,555.00	\$ 1,209.00	O1E	\$ 1,967.00	\$ 1,648.00
E4	\$ 1,555.00	\$ 1,209.00	O2E	\$ 2,043.00	\$ 1,758.00
E5	\$ 1,648.00	\$ 1,379.00	O3E	\$ 2,161.00	\$ 1,900.00
E6	\$ 1,900.00	\$ 1,475.00	O1	\$ 1,677.00	\$ 1,462.00
E7	\$ 1,955.00	\$ 1,561.00	O2	\$ 1,894.00	\$ 1,616.00
E8	\$ 2,016.00	\$ 1,697.00	O3	\$ 2,051.00	\$ 1,809.00
E9	\$ 2,119.00	\$ 1,776.00	O4	\$ 2,294.00	\$ 1,961.00
W1	\$ 1,901.00	\$ 1,520.00	O5	\$ 2,464.00	\$ 1,998.00
W2	\$ 1,980.00	\$ 1,697.00	O6	\$ 2,484.00	\$ 2,054.00
W3	\$ 2,054.00	\$ 1,783.00	O7	\$ 2,513.00	\$ 2,095.00

Dislocation Allowance (DLA)

PAY GRADE	WITH DEPENDENTS	WITHOUT DEPENDENTS	PAY GRADE	WITH DEPENDENTS	WITHOUT DEPENDENTS
E-1	\$1,711.59	\$738.72	O-1	\$1,789.31	\$1,318.72
E-2	\$1,711.59	\$828.44	O-2	\$2,001.60	\$1,566.05
E-3	\$1,711.59	\$1,019.95	O-3	\$2,344.13	\$1,974.25
E-4	\$1,711.59	\$1,039.65	O-4	\$2,833.33	\$2,463.44
E-5	\$1,711.59	\$1,195.06	O-5	\$3,214.18	\$2,658.25
E-6	\$1,903.12	\$1,295.72	O-6	\$3,334.55	\$2,760.02
E-7	\$2,059.62	\$1,431.44	O-7+	\$3,703.37	\$3,008.45
E-8	\$2,218.31	\$1,675.49	W-1	\$1,827.62	\$1,388.75
E-9	\$2,406.53	\$1,825.44	W-2	\$2,113.25	\$1,659.09
O-1E	\$2,100.10	\$1,558.39	W-3	\$2,297.09	\$1,868.11
O-2E	\$2,273.03	\$1,812.29	W-4	\$2,507.22	\$2,222.67
O-3E	\$2,519.25	\$2,131.84	W-5	\$2,734.84	\$2,502.83

*NOTE: BAH is based on the San Diego area rate.

Exceptional Family Member Program (EFMP)

What is the EFMP?

The Exceptional Family Member Program (EFMP) is a mandatory program per OPNAV 1754.2B and includes all page 2 dependents, adults and children, residing with their sponsor and meeting the criteria.

FFSC offers monthly EFMP Orientations and tons of referrals and resources!

Check out our website at www.cnrsw.navy.mil/fsc for workshop schedules and locations.

Do You Qualify?

If you can answer "yes" to any of the below questions, contact your FFSC for details.

- Do you have a child with diagnosed asthma, attention deficit disorder, cancer, lupus, heart disease, leukemia, diabetes, mental illness, clinically diagnosed depression, other long-term illness, or a physical, emotional, and/or developmental disability?
- Do you have a child in special education more than 20 percent of school time?
- Do you have a family member in a residential treatment facility, receiving medical care through a state medical program, or in the incapacitated dependent program?
- Do you have a family member receiving Supplemental Security Income (SSI) benefits?

What Are My San Diego Resources?

This is just a hint of the resources available to you. Contact FFSC for details.

- Armed Services YMCA (ASYMCA): Provides information on monthly support groups for EFM families (with free childcare!), support for children with autism or pervasive developmental disabilities, in-home social workers, and resources. Call (858) 751-5755 or see www.asymcasd.org
- Building Bridges Together: Information and referral phone line and free workshops for families with special needs. Call (619) 477-0242 or visit www.buildingbridges2gether.org for more info.
- Childcare Enhance Referrals: Childcare referrals for children with special needs at (800) 481-2151.
- EFMP Coordinator, Camp Pendleton: Call (760) 763-0868.
- EFMP Coordinator, MCRD: Call (619) 524-6078.
- EFMP Coordinator, Miramar: Call (858) 577-6585.
- EFMP Coordinator, Navy: Call (619) 532-6960.
- Exceptional Family Resource Center (EFRC): Information, education, and support. Services in English and Spanish. Call (619) 594-7416 or see <http://www.efrconline.org>
- EFM Social Club: Call (858) 874-8100 for information on monthly social activities for EFM families.
- San Diego Regional Center: Serving people with developmental disabilities and their families. Tons of resources, caseworkers, some funding for qualifying individuals, and early intervention programs. Call (858) 576-2996 or (800) 282-8252, access them online at <http://www.sdrc.org>
- Team of Advocates for Special Kids (TASK): Access free workshops, advocates to help you navigate the school special education system, and more. Call (866) 609-3218; email taskmil1@comcast.net or visit www.taskmil.org
- San Diego City Schools Special Education Ombudsman: Call (619) 725-8187.

New Spouses? What We Can Offer You!

FFSC's NEW Spouse Readiness Workshop! What is spouse readiness? Readiness means knowing your area resources, understanding Navy red tape and how to cut through bureaucracy when needed, benefits, the latest career and educational resources, deployment support programs, and more! If you're feeling lost and confused – this class is for you! If you've been a military spouse for years but want to know what you didn't know you didn't know, this class is for you! Contact FFSC for details...

FFSC's International Spouse Orientation: Are you a foreign born spouse? This workshop provides information on immigration, legal resources, ESL options, benefits, resources, and more! Don't miss this opportunity to get your questions answered and to network with other spouses from all over the world! Contact FFSC for details...

Ombudsman Support: FFSC can link you with your Ombudsman, a 24-hour point of contact for families within the command. Your Ombudsman ensures you have the latest command information and can access other resources as needed. Don't wait; find out from your Ombudsman today!

Resources Toolkit More Websites...

Area School Info & Report Cards	www.greatschools.net www.schoolwisepress.com www.caisca.org	www.sdcoe.k12.ca.us www.ed-data.k12.ca.us www.militarychild.org
Armed Services YMCA	www.asymcasd.org	
Balboa Park	www.balboapark.org	
Base Information	www.cnrsw.navy.mil	www.dmdc.osd.mil/sites
Beach & Surf Report	www.sannet.gov/lifegaurds/beaches	
Chamber of Commerce	www.sdchamber.org	
Commuting Options	www.sdcommute.com	
Fleet & Family Support Center	www.cnrsw.navy.mil/fsc	
History	www.sandiegohistory.org	www.quarterdeck.org
Morale, Welfare, and Rec (MWR)	www.mwrtoday.com	
Parks & Recreation	www.sannet.gov/park-and-recreation	
San Diego Info	www.militarynewcomers.com (See San Diego Navy) www.sandiego.com www.sddt.com www.ci.san-diego.ca.us www.sandiego.org www.digitalcity.com/sandiego www.sannet.gov/directories/visiting.shtml www.gaslamp.org www.sandiegoarena.com www.sannet.gov/qualcomm	
San Diego Union Tribune	www.signonsandiego.com	
Traveling with Pets	www.petswelcome.com	www.peoplewithpets.com
USO (Downtown & Airport Centers)	www.usosandiego.org	

Community Referrals

Al-Anon & Alateen	296-2666
Alcoholics Anonymous	265-8762
American Red Cross (Programs)	858/309-1200
Armed Services YMCA Outreach	858/751-5755
ASYMCA Sailor Programs	232-9084
Better Business Bureau	858/496-2131
CA Dept of Consumer Affairs	800/952-5210
CA Bar Lawyer Referral Services	231-8585
Child Support Services (San Diego)	236-7600
Consumer Credit Counselors	497-0200
Detox/Inebriation Ctr (Alcoholism)	232-9343
Internal Revenue Service (IRS)	800/829-1040
Legal Aid Society	262-5557
Military Outreach Ministries	858/688-5015
NarAnon Family & Friend Group	858/492-8720
Narcotics Anonymous	584-1007
Operation Homefront	866/424-5210
SD Community Colleges	584-6500
Substance Abuse Rehab (SARD Clinic)	556-7633
United Services Organization (USO)	235-6503
VA Medical Center	858/552-8585
Veterans Administration	800/827-1000
WIC	800/500-6411
YWCA & Becky's House	239-0355

Fleet & Family Support Center * San Diego

Naval Base San Diego (NBSD)	556-7404
Naval Base Coronado (NBC)	545-6071
Naval Base Point Loma (NBPL)	553-8306

Marine Corps Community Services

Marine Corps Recruit Depot	524-5728
MCAS Miramar	858/577-6585
Camp Pendleton	760/725-3400

Military One Source

www.militaryonesource.com	800/342-9647
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Navy-Marine Corps Relief Society

MCRD	524-5734
NBSD	556-8283
MCAS	858/577-1807
NBC	435-8786

Base Operators

NBSD	556-1011
NBC	545-1011
NBPL	553-1011
MCAS Miramar	858/577-1011

Base Duty Officers

NBC	545-8123
NBSD	556-1246
NBPL	726-7423

Community, Health, Disaster Services & Information

24-hour access to community, health, disaster services information and referrals in Southern CA. Dial 2-1-1 from land line or (858) 300-1211 from cell phones.



Quick Access Directory

Did You Know FFSC offers:

- ◆ Information & Referral
- ◆ Ombudsman Support
- ◆ Clinical Counseling
- ◆ Deployment Support
- ◆ Relocation Assistance
- ◆ Transition Assistance
- ◆ Exceptional Family Member Support
- ◆ Family Employment Readiness
- ◆ Personal Financial Management
- ◆ Sexual Assault Victim Intervention & Family Advocacy Prevention
- ◆ Parenting & Family Workshops
- ◆ Life Skills Workshops

www.cnrsw.navy.mil/fsc

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Hotlines		Military Resources & Assistance		PSD	
2-1-1	211 or 858/300-1211	Child Care Resource & Referral (Enrollment)	556-8491	NBC	437-2199
Access + (24-Hour Crisis Line)	800/479-3339	DEERS Enrollment Center (DMDC)	800/334-4162	NBPL	553-4988
Adult Abuse (Aging & Indep. Svcs)	800/510-2020	DFAS & Military Pay Center	888/332-7411	NBSD	556-9249
American Red Cross (Messages)	800/951-5600	EFMP Coordinator (MCAS)	858/577-6585		
Area Agency on Aging	858/495-5885	EFMP Coordinator (MCRD)	619/524-6078		
Bridge (Home for Runaways)	521-3939	EFMP Coordinator (NMCSD)	532-6960	NBPL	553-7194
Child Abuse Hotline	858/560-2191	Family Advocacy Center (Navy)	556-8809	NBSD	556-4922
Ctr for Community Solutions (Info)	858/272-5777	Healthy Start MFC	858/496-0044	NBC	545-9589
(24-Hour Crisis)	858/272-1767	Housing (Referrals & Assignments)	556-7667		
Crime Victim/Witness Assistance	531-4041	Medical (Chula Vista Outpatient Clinic)	585-0099		
Domestic Violence Crisis Line (YWCA)	234-3164	Medical (Clairemont Outpatient Clinic)	858/569-6664	Commissaries	
Family Advocacy Center (Navy)	556-8809	Medical (NTC Outpatient Clinic)	524-0173	Imperial Beach	437-9478
Family Stress Counseling (YMCA)	691-1331	Medical (All TRICARE Appointments)	532-8225	MCAS Miramar	858/577-4516
Fire/Ambulance/Police/Sherriff	911	Miramar Youth Center (Drop-ins)	858/577-4136	Naval Base San Diego	556-7199
Missing Children Hotline	800/222-3463	Naval Legal Services Office (NBC)	545-6437	Naval Base Coronado (North Island)	545-6560
NMCSD Emergency Room	532-8274	Naval Legal Services Office (NBSD)	556-2349		
Poison Information Center	800/876-4766	Naval Medical Center (Quarterdeck)	532-6400	Exchanges	
Social Services Public Assistance	557-0422	New Parent Support (NBSD)	556-8812	Imperial Beach	424-2910
Sexual Assault Crisis Line (Navy)	692-5909	New Parent Support (MCAS)	858/577-9812	Marine Corps Recruit Depot	725-6446
SAVI Program Info	553-4744	Personal Property (Household Goods)	556-6683	MCAS Miramar	858/695-7288
Social Advocates for Youth (SAY)	858/565-4148	Retired Activities Office	556-8987	Naval Base Coronado (NAB)	522-7400
Women's Resources (Oceanside)	760/757-3500	Retirement Pay Assistance	800/321-1080	Naval Base San Diego	544-2100
Youth Crisis Hotline	800/448-4663	Spiritual Fitness Center (CREDO)	532-1437	Naval Base Coronado (Air Station)	522-7222
		TRIWEST	888/TRI-WEST	Naval Base Point Loma	221-1099
		TRICARE Dental Program	800/866-8499		
				Navy Lodges	
				All Reservations	800/628-9466
				NBC	435-0191
				NBSD	234-6142

Note: All 619 area codes unless otherwise indicated.

