



# NMTSC FT. SAM HOUSTON OMBUDSMAN MONTHLY newsletter



February 2015

Vol. II of XII

## UPCOMING RELATIONSHIP AND FAMILY EVENTS!

Check out some of the great relationship and family events on Ft. Sam Houston this February!

Activity	Date/Time	Location/Contact Information
5 Love Languages of Couples	February 13 and 20 1130 - 1330	Bldg 2797 Stanley Road 210-221-2705
Bringing Baby Home	February 11 and 25 0900-1300	Bldg 2797 Stanley Road 210-221-2705
Helping Us Grow Securely (HUGS) Playgroup	February 10, 17, 24 0900-1100	Bldg 2797 Stanley Road 210-221-2705
Spouse Information Fair	February 12 0900-1200	Bldg 2797 Stanley Road 210-221-9698
Military Family Life Counselors	any date/time	By appointment: 210-517-6666

For more information about local services and events, visit the [Joint Base San Antonio Military and Family Readiness Center webpage!](#)

## PETS ARE FAMILY TOO! ♥

Pets come in all breeds, shapes, and sizes. Your pets cheer your family up, get you through difficult times in life, and can even teach you. Most importantly, your pets are part of your family! During this month of love and affection, take special care to shower your pet with extra treats too! However, every month, remember to practice good pet ownership: spay and neuter, keep pets inside during particularly cold/hot days, provide regular exercise, microchip, and just spend time with your best buds!

With so many great animals crowding the shelters of San Antonio, please take the time to visit the one of the area shelters if you're looking to adopt a new family member! One great, no-kill shelter is the Animal Defense League of Texas!

Visit or call the ADL:  
11300 Nacogdoches Rd  
San Antonio, TX 78217  
Open everyday from 1030-1830  
210-655-1481



## NAVY MARINE CORPS RELIEF SOCIETY IS HERE!

The NMCRS offers financial and educational assistance:

Building 131 2FL at 2141 Stanley Road  
MWF | 0900-1300  
210-221-9819



## TAX HELP IS HERE!

Military Tax Assistance Center  
(MTAC):

Bldg 131 2FL 1304 Stanley Road  
M - F | 0900-1700  
1/20/15-4/15/15  
By appointment only.  
210-295-1040

[click for more info](#)

## Ombudsman Questions or Concerns?

Contact John Herman and Grace Foy  
210-413-6973 or [nmtsc.ombudsman@gmail.com](mailto:nmtsc.ombudsman@gmail.com)