



NMTSC /Fort Sam Houston, San Antonio, TX

**OMBUDSMAN  
MONTHLY NEWSLETTER**

March 2016



**Important Resources:**

**Family Advocacy Program (FAP):**

FAP, provides clinical assessment, treatment and services for military members and their families involved in allegations of domestic abuse and child abuse. The goals of victim safety and well-being and offender accountability form the basis of the clinical provider's work in responding to allegations of domestic abuse and child abuse.

**Command Contact:** ETCS Phillips  
[joshua.c.phillips.mil@mail.mil](mailto:joshua.c.phillips.mil@mail.mil)  
**National Domestic Violence Hotline**  
at 1-800-799-SAFE

[http://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/family\\_advocacy.html](http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_advocacy.html)

**Fleet and Family Support Programs:**

[http://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program.html](http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html)



**The Quadrangle**

**Possible Free Tickets!**

- Free Seaworld Tickets for active duty and up to 3 family members for details visit:  
<https://wavesofhonor.com/>

**F R E E F U N I N S A N A N T O N I O**

Looking for fun with the family but you don't want to spend a ton of money doing it. In San Antonio there are a lot of places that offer free fun or military discounts. Here we are going to feature some fun attractions that you may or may not have heard of.

- 1) The Quadrangle: located on Fort Sam Houston this hidden gem offers free fun for the entire family. If you like history you will love the museum. You can also feed ducks, peacocks, geese, etc. Bring your own food (no bread or cracker) or quarters for the vending machines.
- 2) The missions: represent approximately 300 years of history. Explore the visitor center, catch a movie, or search the grounds. For more information visit: <http://www.nps.gov/saan/index.htm>
- 3) The Mission Reach of the San Antonio River: This is an 8 mile stretch that connects the San Antonio Missions. It is a great place to walk, bike, picnic, bird watch, fish, etc. It has a little something for everyone.
- 4) "Remember the Alamo": You cannot go to San Antonio and not visit the Alamo. You can explore the many museums or take a picture with a cannon.

On the first Saturday of every month, the grounds of the Alamo are transformed back in time to the 1830s. For more information: <http://www.thealamo.org/>

- 5) Brackenridge Park: Has many places to visit from the San Antonio Zoo to the Japanese Tea Gardens. The Tea Gardens are free to explore but the zoo will cost money. But take time to explore the park and the beauty that it holds.
- 6) Hemisfair Park: Looking for a place to play or just relax. Hemisfair park has it all. Within the park you will find the Instituto Cultural de Mexico's place to honor and preserve the Mexican Heritage that is present throughout San Antonio. Explore the park there is so much to do/  
<http://www.hemisfair.org/>
- 7) The Saga at Main Plaza: Is a new experience that features video art on the façade of San Fernando Cathedral. It showcases a breathtaking visual journey through the history of San Antonio. Check the website for showings: <http://www.mainplaza.org/san-antoniothe-saga/>
- 8) The River Walk: Is a beautiful place to take a walk and enjoy the sights of San Antonio.

It is a serene walk with beautiful views of nature within downtown San Antonio. Tuesday nights in Downtown there is free parking so take advantage and explore.

- 9) Market Square: Is a historic location that you can enjoy the sites and sounds of Mexico within San Antonio. <http://www.getcreativesanantonio.com/ExploreSanAntonio/MarketSquare.aspx>
- 10) Free admission days and times for my favorite San Antonio museum picks:
  - The Witte Museum free admission: Tuesdays from 3:00 p.m. – 8:00 p.m.
  - The San Antonio Children's Museum free admission: Every third Tuesday evening of the month
  - San Antonio Museum of Art free admission: Tuesdays from 4:00 p.m. – 9:00 p.m. and Sundays from 10:00 a.m. – 12:00 p.m.

Please note this is not an all inclusive list but we hope it will get you started exploring all the fun San Antonio has to offer. Cost and dates are subject to change. We recommend calling ahead. Have fun and Enjoy!



**Ombudsman Questions or Concerns?**

Contact Carrie Deza or Cynthia Fernandez at (210) 413-6973 or [nmtsc.ombudsman@gmail.com](mailto:nmtsc.ombudsman@gmail.com)  
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