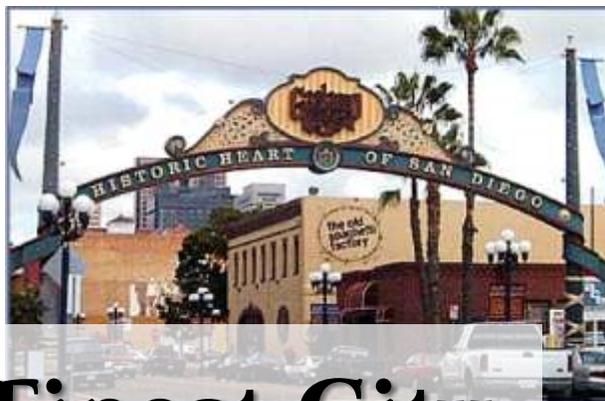
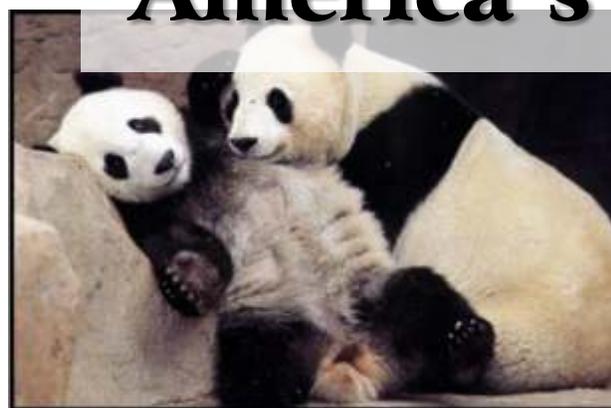


# Navy Region Southwest (NRSW) Fleet & Family Support Center (FFSC) San Diego Welcomes You to Sunny San Diego!



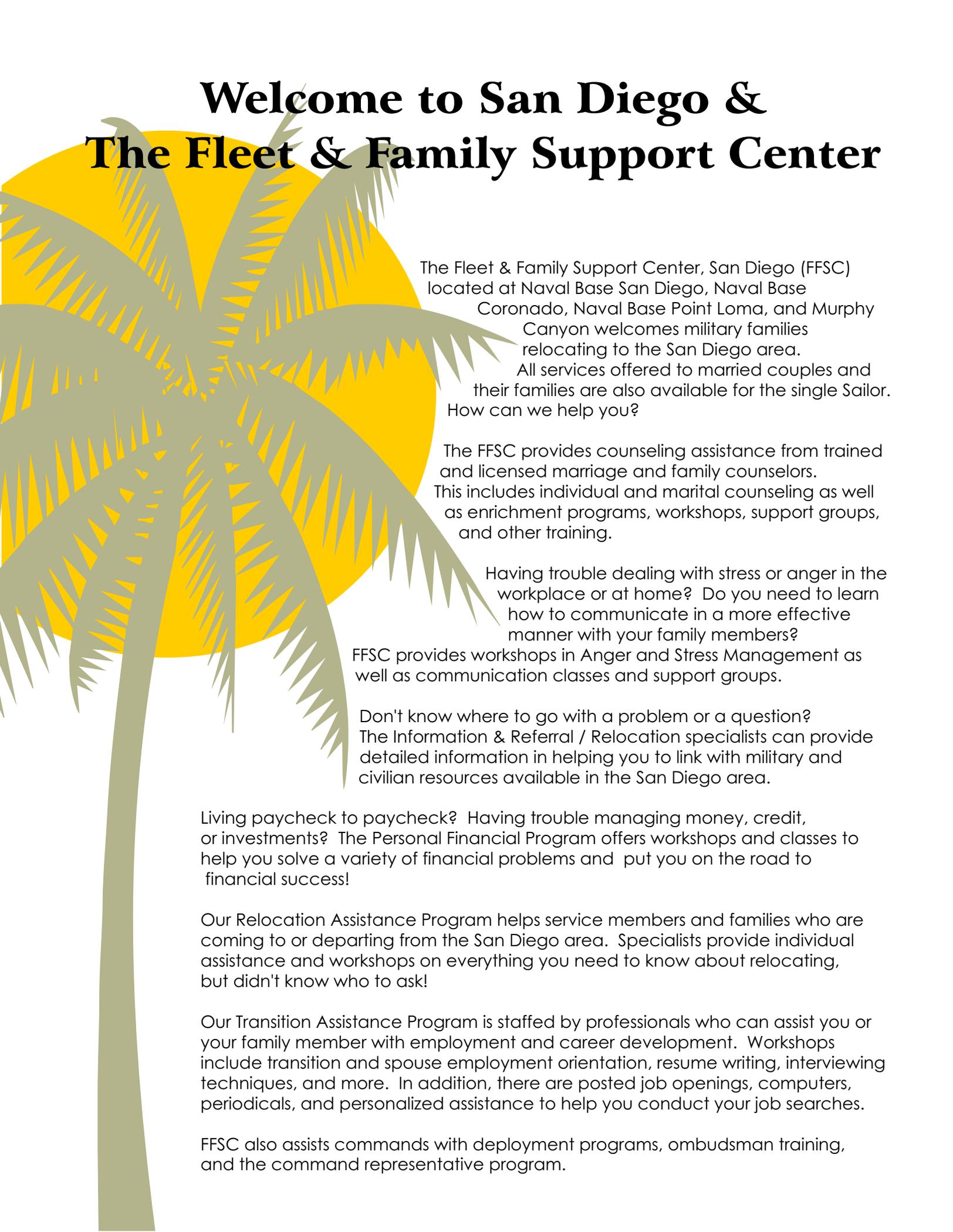
## America's Finest City



### *What's In This Package?*

- Welcome to San Diego
- FFSC Information .....Your One Stop Shop!
- Military One Source .....Help Anytime – Anywhere!
- Single Sailor .....Always Ready, Always Prepared
- USO .....Arriving by Airplane
- Looking for Housing? .....Resources for You!
- Resource Guide .....Entitlements, BAH Rates, & Financial Resources
- TRICARE Medical & Dental .....Critical Information for Your Move!
- Looking for Your Next Career? .....Visit the FFSC Career Center
- Resources for Parents.....Childcare, Family Resources, & more
- School-age Children? .....Resources on Choosing a New School
- Exceptional Family Member Program .....Update for Families with Special Needs
- The Family Pet? .....More Than Just a Pet!
- Fun in the Sun .....Get to Know San Diego!
- T.I.P. ....Stress Relief for Commuters
- New Spouses? .....What We Can Offer You!
- Resources Toolkit.....Websites & Your Own Tri-fold Phone Card!
- Essential Locations for Military Personnel & Families





# Welcome to San Diego & The Fleet & Family Support Center

The Fleet & Family Support Center, San Diego (FFSC) located at Naval Base San Diego, Naval Base Coronado, Naval Base Point Loma, and Murphy Canyon welcomes military families relocating to the San Diego area. All services offered to married couples and their families are also available for the single Sailor. How can we help you?

The FFSC provides counseling assistance from trained and licensed marriage and family counselors. This includes individual and marital counseling as well as enrichment programs, workshops, support groups, and other training.

Having trouble dealing with stress or anger in the workplace or at home? Do you need to learn how to communicate in a more effective manner with your family members?

FFSC provides workshops in Anger and Stress Management as well as communication classes and support groups.

Don't know where to go with a problem or a question? The Information & Referral / Relocation specialists can provide detailed information in helping you to link with military and civilian resources available in the San Diego area.

Living paycheck to paycheck? Having trouble managing money, credit, or investments? The Personal Financial Program offers workshops and classes to help you solve a variety of financial problems and put you on the road to financial success!

Our Relocation Assistance Program helps service members and families who are coming to or departing from the San Diego area. Specialists provide individual assistance and workshops on everything you need to know about relocating, but didn't know who to ask!

Our Transition Assistance Program is staffed by professionals who can assist you or your family member with employment and career development. Workshops include transition and spouse employment orientation, resume writing, interviewing techniques, and more. In addition, there are posted job openings, computers, periodicals, and personalized assistance to help you conduct your job searches.

FFSC also assists commands with deployment programs, ombudsman training, and the command representative program.

# NRSW Fleet & Family Support Center (FFSC) San Diego

## Our Programs are Completely Free & Confidential!

We are located in four 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 92136  
**(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**

**Murphy Canyon Branch**  
4867T Santo Road  
San Diego, CA 92124  
**(858) 277-4259**

[www.cnrsw.navy.mil/fsc](http://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
- 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](http://www.militaryonesource.com)

One Source is available to you by phone or online, 24 hours a day, 365 days per year. They offer resources all over the world, and can 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!



## ***SINGLE SAILOR?***

## ***Always Ready, Always Prepared***

Things to think about while you are transferring (PCS) to your new command here in the Navy Region Southwest, San Diego.

- ❑ Driving? If you do not already have Base Decal already you will need the following to bring your vehicle on base:
  - Vehicle Registration, Drivers License, Insurance, Smog certificate.
- ❑ Flying? Have you arranged for care of your vehicle? Paperwork, keys, insurance, payments, specific Power of Attorney (POA)?
- ❑ Moving household? Contact to arrange your shipment
- ❑ Got a Sponsor? Contact your gaining command to make sure you have a sponsor assigned to assist you with this transition.
- ❑ Know your Ombudsman? Very important to share this information with your family members as well. They are a direct link to the command.
- ❑ Got your Commands address? Share your gaining Command's address (including your rate/rank) with your family?
- ❑ Got Uniforms? Considering the San Diego weather and which uniforms are in use in the area, a full sea bag is recommended.
- ❑ Curious about San Diego? Check with the MWR office for available tickets and discounted prices.
- ❑ Got School? Check out Navy College
- ❑ Active duty service members who are checking into commands who are deployed should see the Transient Personnel Unit (TPU).

**Are you E-4 or above and collecting Base Housing Allowance (BAH)?** Check out the NEW Pacific Beacon!!

Command a private, all-inclusive lifestyle by leasing your own master suite. At Pacific Beacon, it is all about comfort and convenience. Park in the garage. Turn on the central air. Stroll downstairs for a sandwich or upstairs for a barbecue with friends.

Join in a game of sand volleyball. Enjoy spectacular views of San Diego Bay and Coronado Island from the roof top sky terrace or your private balcony. Workout with a neighbor in one of three fitness pavilions.

### **Privately Owned, Professionally Managed**

- Master suites with private bedroom, bathroom, and study area
- Fully furnished apartments (unfurnished also available)
- Free utilities; cable/internet/phone packages available for purchase
- Central air conditioning
- Fully equipped kitchen with island bar
- Washer/dryer in unit
- Controlled-access garage parking available

### **World Class Services & Amenities Designed for your Independent Lifestyle**

- Sky terrace with heated resort style pool and hot tub
- Rooftop lounge with fire pits, barbecues, and spectacular views
- 9,000 square feet of fitness space with aerobics and free weights
- Stat-of-the-art business center
- Wi-fi café with coffee bar and sandwich shop
- Basketball courts, sand volleyball, and horseshoe pits
- 24 hour concierge services
- Optional maid service
- Navy Consortium of Colleges classrooms
- Game rooms with pool tables, foosball, and flat panel TVs



Luxury that's Affordable  
All suites available at or below \$1,374\*  
(2008 E4 BAH Rate)  
\*Private Master Suite in a Dual Occupied Luxury  
Apartment Home

Contact Pacific Beacon:  
Call (619) 231-3400  
Email [pbinfo@pacificbeacon.com](mailto:pbinfo@pacificbeacon.com)  
Visit [www.pacificbeacon.com](http://www.pacificbeacon.com)

# Arriving by Airplane?

## Neil Ash USO Center

San Diego International Airport is host to the nation's second largest United Services Organization (USO) center, providing our military with a welcome respite while traveling. Opened in March 2000, this 6,520-square-foot facility hosts approximately 100,000 service members and their families each year.

The center is named after longtime serviceman to the USO, C. Neil Ash. During World War II, Ash was commissioned an Ensign in the U.S. Navy, and served in the Pacific. He was recalled to active duty for two years during the Korean War, rising to the rank of Lieutenant Commander. Ash has been a dedicated supporter of Sailors and Marines in San Diego for many decades, and conceived and led the successful 15-year campaign to open a cutting-edge USO Center at the Airport.

The Center is located in Terminal 2, directly across from the second floor American Airlines ticket counter. Simply walk across the pedestrian bridge, take the escalator down to the first floor and look to your left.

### The Neil Ash USO Center features the following amenities:

- Children's play room
- Coffee bar and snack area
- Computer and Internet service
- Conference room
- Flight information monitor
- Large-screen TV
- Lounge
- Luggage storage area
- Reading room
- Restrooms and showers

**For more information, please call (619) 296-3192**

### Baggage Claim

Follow the baggage claim signs to the carousels centrally located on the ground level of each terminal. The monitors above each carousel will display your airline and flight number. The carousel produces an audible buzz and a flashing light to signal when baggage is being unloaded. Since many pieces of luggage look alike, check all name tags or other identifiers to ensure that you are removing the correct item(s).

### Baggage Carts

Passengers with heavy or large numbers of bags will find baggage cart dispensers conveniently located throughout the Airport. The rental fee is \$3.00 per cart. The dispenser accepts currency and credit cards.

### Lost/Damaged Baggage

If your luggage does not arrive or is damaged, visit the airline's baggage claim office located in the baggage claim area. For additional assistance, directly contact the airline baggage claim office or ticket counter.

Baggage Claim	Phone Number
Aeromexico	619.238.2090
Alaska Airlines	619.238.2050
American Airlines	619.231.5420
American Eagle	619.231.5420
Continental Airlines	619.683.7309
Delta Air Lines	619.491.2808
Frontier Airlines	619.295.4447
Hawaiian Airlines	619.571.3101

Baggage Claim	Phone Number
JetBlue Airways	619.725.0807
Northwest Airlines	619.231.7372
SkyWest Airlines	619.291.3782
Southwest Airlines	619.291.5500
Sun Country Airlines	619.491.2808
United Airlines	800.221.6903
US Airways	619.238.2001
Virgin America	619.817.2077

# 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](http://www.navy-lodge.com) or call (800) NAVY-INN. Also, a great option while you travel!

**Where to Find Help in Locating Your New Home** – The Housing Welcome Center has information for ALL military family housing PLUS referrals to apartments and homes in the community. Upon your arrival, visit the Welcome Center at Naval Base, San Diego, 2625 Le Hardy Street, Bldg 3544, San Diego, CA 92136-5128.

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

BAH includes:

- ★ Free Internet Access
- ★ Free Courtesy Patrol
- ★ Utilities Included
- ★ Free Intrusion Alarms
- ★ Free Roadside Assistance
- ★ 24/7 Emergency Maintenance
- ★ Free Children's Activities
- ★ 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 Family Housing, bring a copy of your Page 2/RED and a copy of your orders to the Naval Base, San Diego Welcome Center.

For questions on *eligibility* for Military Family Housing, call (619) 556-9610 or visit our website at [www.cnrswhousing.navy.mil](http://www.cnrswhousing.navy.mil)

For questions on *availability*, contact Lincoln PPV at (619) 556-7667 or email [christine.davis2.ctr@navy.mil](mailto:christine.davis2.ctr@navy.mil)

To check your position on the waiting list, call the automated line at (619) 556-8443.

To contact the POC for the Exceptional Family Member Program (EFMP) call (619) 556-8307.

**Out In Town?** 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](http://www.ahrn.com) today!

[www.apartments.com](http://www.apartments.com)  
[www.rent.com](http://www.rent.com)

[www.forrent.com](http://www.forrent.com)  
[www.realestate.signonsandiego.com](http://www.realestate.signonsandiego.com)

The Department of the Navy does not endorse these websites, they are offered for information only.

## Looking for Information on Your Next Duty Station?

**Military Installations:** Check out [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil) for installation information, local community and educational opportunities, resources, and links you'll need as you explore San Diego and plan your move! If you have an FFSC at your current duty station, they can often assist you with information before you leave. To find the FFSC locations around the world, visit [www.ffsp.navy.mil](http://www.ffsp.navy.mil)

**Naval Legal Services Office (NLSO):** 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 [www.jag.navy.mil/html/NLSOSWnewmain.htm](http://www.jag.navy.mil/html/NLSOSWnewmain.htm)



# 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  
 NB Coronado 0730-1630 619-545-6071  
 NB Point Loma 0730-1630 619-553-8306  
 Military Outreach Hours Vary 619-843-8964

## Military Family Housing

Call 619-556-8443. [www.cnrswhousing.navy.mil](http://www.cnrswhousing.navy.mil)

## School Information

SD County Office of Education 858-292-3500  
[www.sdcoe.k12.ca.us](http://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](http://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

# 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 assignment. The standard rate of \$.27 per mile is applicable for both uniformed service members and their respective dependents. The service member is paid the standard mileage/MALT rate whether traveling with or without dependents. The rules for payment for the use of two or more cars for uniformed members is available through your PSD.

### Temporary Lodging Expense (TLE)

The TLE is for PCS transfers within the United States. TLE provides service members up to \$290 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>

## FREE Furniture/Household Goods

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

The Furniture Warehouse is open to E-5 and below; however, others may qualify based on their circumstances. Dining room tables, couches, and beds typically reserved for families. Call (619) 843-8964 for more information or assess need/availability.

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](http://www.militaryoutreach.org) or call (619) 688-5015.

**Operation Homefront** to qualifying military families, can access assistance with furniture, car repair, computers, moving cost, childcare cost, and Commissary vouchers when available. Certain restrictions apply.

Call (866) 424-5210 or [www.operationhomefront.net](http://www.operationhomefront.net) for more information.

## 2009 Basic Allowance for Housing (BAH)\*

Pay Grade	With Dependents	Without Dependents	Pay Grade	With Dependents	Without Dependents
E1	1,900.00	1,472.00	W4	2,315.00	2,131.00
E2	1,900.00	1,472.00	W5	2,420.00	2,168.00
E3	1,900.00	1,472.00	O1E	2,167.00	2,018.00
E4	1,900.00	1,472.00	O2E	2,217.00	2,063.00
E5	2,018.00	1,680.00	O3E	2,331.00	2,122.00
E6	2,122.00	1,798.00	O1	2,030.00	1,782.00
E7	2,159.00	1,908.00	O2	2,120.00	1,977.00
E8	2,199.00	2,038.00	O3	2,222.00	2,085.00
E9	2,290.00	2,017.00	O4	2,464.00	2,187.00
W1	2,123.00	1,855.00	O5	2,635.00	2,224.00
W2	2,175.00	2,038.00	O6	2,657.00	2,268.00
W3	2,224.00	2,047.00	O7-010		

## Dislocation Allowance (DLA)

PAY GRADE	WITH DEPENDENTS	WITHOUT DEPENDENTS	PAY GRADE	WITH DEPENDENTS	WITHOUT DEPENDENTS
E-1	\$1,887.89	\$814.81	O-1	\$1,973.62	\$1,454.55
E-2	\$1,887.89	\$913.77	O-2	\$2,207.77	\$1,727.36
E-3	\$1,887.89	\$1,125.01	O-3	\$2,585.57	\$2,177.60
E-4	\$1,887.89	\$1,146.73	O-4	\$3,125.18	\$2,717.18
E-5	\$1,887.89	\$1,318.15	O-5	\$3,545.24	\$2,932.06
E-6	\$2,099.14	\$1,429.19	O-6	\$3,678.02	\$3,044.30
E-7	\$2,271.76	\$1,578.89	O-7+	\$4,084.83	\$3,318.33
E-8	\$2,446.80	\$1,848.07	W-1	\$2,015.87	\$1,531.80
E-9	\$2,654.41	\$2,013.46	W-2	\$2,330.91	\$1,829.98
O-1E	\$2,316.41	\$1,718.91	W-3	\$2,533.70	\$2,060.52
O-2E	\$2,507.16	\$1,998.96	W-4	\$2,765.48	\$2,451.60
O-3E	\$2,778.73	\$2,351.42	W-5	\$3,016.54	\$2,760.62

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

# 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. There is a TRICARE office located at Naval Medical Center San Diego, Bldg.2, next to the parking structure. For general information, visit [www.triwest.com](http://www.triwest.com) or [www.tricare.osd.mil](http://www.tricare.osd.mil)

Also, check out [www.tricare.osd.mil/DEERS](http://www.tricare.osd.mil/DEERS) to update your address online!

## 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](http://www.usadecco.com/careeraccelerator) or [www.ajilonfinance.com](http://www.ajilonfinance.com)

Also, visit [www.mscn.org](http://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.

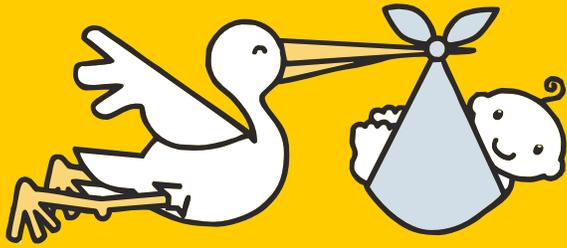
What will your salary look like at your new destination? Check out [www.salary.com](http://www.salary.com) and stay informed about your value in today's job market! Use the Salary Wizard (bottom of page) to enter your new zip code and job type.

## Career Advancement Accounts (CAA)

The frequent moves required by military members often leave their spouses in a bind when it comes to completing education programs to establish long-term careers. The Career Advancement Account (CAA) was created to help eligible military spouses of service members assigned to participation locations with at least 12 months remaining at the participation site. The state of California has two participating sites, Camp Pendleton and San Diego Naval Bases.

CAA will fund up to \$3000.00 for one year, renewable for a second year. Spouses may use their account to pay for expenses directly related to post-secondary education and training. CAA may also cover credentialing or licensing in the allowable fields. Fields that qualify for the CAA program include Healthcare, Education, Financial Services, Information Technology, Trade Industries, Human Resources, Hospitality, Homeland Security and Business Administration. Additional information, including eligibility, can be found by can be found by visiting <http://caa.milspouse.org/> or by calling (619) 556-9866.

Schedule a Career Advancement Orientation today to get started on a path to a rewarding portable career by calling the Fleet and Family Support Center at (619)556-9866.



# RESOURCES FOR PARENTS & PARENTS-TO-BE!

## Childcare Options

**Childcare Resource & Referral:** Apply for base Child Development Centers or licensed Family Home Care Providers. Waiting lists apply, so register early!

(619) 556-8491; [crr@mwrsw.com](mailto:crr@mwrsw.com). Use the online option at Child & Youth Programs section of [www.mwr.navy.mil](http://www.mwr.navy.mil). Upon receipt of orders or confirmation of pregnancy, submit a request (prior to arriving at a new duty station!)

**Miramar Youth Center:** Drop-in care. Bring shot records. Can make reservations. Costs and weekly time limits apply. Call (858) 577-4136 for more info.  
[www.mccsmiramar.com/youth\\_teen\\_programs.html](http://www.mccsmiramar.com/youth_teen_programs.html)

**San Diego Co. Centralized Child Care List:** Some income sensitive programs available and countywide referrals. See [www.childcaresandiego.com](http://www.childcaresandiego.com) to apply and for info.

**YMCA Child Care Resource Services:** Some income sensitive programs available.

(800) 481-2151, (619) 521-3070, or [www.ymcacr.org](http://www.ymcacr.org)

**Child Development Associates:** Alternative payment programs offer free or reduced options according to income and family sizes.

(619) 427-4411, x 209 or x203. Or, click on Alternative Payment at [www.childdevelopmentassociates.com](http://www.childdevelopmentassociates.com)

**Children's Home Society of CA:** Assistance for children ages 0-36 months, including childcare referrals.

(858) 715-5515 or [www.chs-ca.org](http://www.chs-ca.org)

**2-1-1:** Call 211 (land line) or (858) 300-1211 (cell phone) for 24-hour referrals. See [www.211sandiego.org](http://www.211sandiego.org) for more info.

**Head Start:** Operated by Episcopal Community Services, accepting applications for children, ages 0-5. Income-sensitive program. Offers 15+ Centers, "Home Based" options, and "Family Childcare Programs."

(888) 873-5145 or [www.sandiegoheadstart.org](http://www.sandiegoheadstart.org)

**Military One Source:** Call 24 hours/day for worldwide referrals, information, free publications, and much more!

(800) 342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com)

**Subsidies:** Childcare subsidies may be available to those who qualify, including reduced rates. Call (800) 793-0324 x341 for more information on military childcare. Also call (800) 424-2246 or visit [www.childcareaware.org](http://www.childcareaware.org) or [www.naccra.org/militaryprograms](http://www.naccra.org/militaryprograms) for different subsidies that may be able to assist you.

**Play Groups:** Come play, learn, network, and get military family-friendly resources! For more information, contact the Murphy Canyon Branch at (858) 277-4259.

## Awesome Resources!

**Women, Infants & Children (WIC):** Supplemental food program, issues vouchers for expectant moms and parents with children 5 years or under. Provides nutritional education. Income requirements apply. Office hours at various locations, including at some FFSC's and bases.

(800) 500-6411 or [www.sdarc.org](http://www.sdarc.org) (WIC)

**Armed Services YMCA:** Provide expectant parents and families with in-home social work visits, referrals, baby items, emergency food, seminars, support groups, and youth programs.

(858) 751-5755 or [www.militaryymca.com](http://www.militaryymca.com)

**Navy-Marine Corps Relief Society:** Can provide financial, educational, and other help to military and their families according to specific program guidelines. Thrift stores with gently used items, including uniforms, at some bases.

Naval Base, San Diego (NBSD)	(619) 556-8283
Naval Base, Coronado (NBC)	(619) 545-7202
Marine Corps Recruit Depot (MCRD)	(619) 293-3730
MCAS Miramar	(858) 577-1807

[www.nmcrs.org](http://www.nmcrs.org)

**Military Outreach Ministries:** Monthly food distribution and free furniture warehouse. Some emergency support.

(858) 688-5015 or [www.sandiegomom.org](http://www.sandiegomom.org)

**Healthy Start Military Family Cluster:** Programs depend on funding. May include Parents & Coaches Together Program, matching moms-to-be with experienced mentors for support. May also offer in-home child assessments and playgroups, depending on your area. Call to confirm.

(858) 496-0044 or [www.saysandiego.org](http://www.saysandiego.org)

**New Parent Support Team:** In-home parenting support for new moms and classes. Playgroups and additional education/outreach at various areas.

NBSD/South County	(619) 556-8812
Miramar	(858) 577-9812
MCRD	(619) 524-0805

**USO:** Stretch your food budget at free Tuesday night dinners each week! Free computer lab with Internet access, fun activities, holiday events, and more!

(619) 235-6503 or [www.usosandiego.org](http://www.usosandiego.org)

**Operation Homefront:** A wide variety of programs and resources, including assistance with moving, car/appliance repair, and free programs for military families. (866) 424-5210 or [www.operationhomefront.net](http://www.operationhomefront.net)

**Toddler Time:** Learn about developmental milestones of toddlers, address parenting issues, and network with other military parents at this FFSC Murphy Canyon Branch program for military families with children age 12 months to 2 1/2 years old. Call (858) 277-4259 for more information.

## Classes & Workshops!

Most classes offered in day and evening sessions.  
Call to register or for more information

**Active Duty Pregnancy Resources:** TONS of childcare, food, financial, and parenting resources, overview of Navy Pregnancy Instruction, Family Care Plan Workshop, child support info, FULL version of NMCRS Budgeting for Baby class, and voucher for Baby's First Sea Bag. A **MUST** for all active duty moms-to-be.

FFSC NBSD (619) 556-7404  
FFSC NBPL (619) 553-8306  
FFSC NBC (619) 545-6071  
www.cnrsw.navy.mil/fsc  
(Workshops, Relo and I & R)

**Pre & Post Natal Fitness:** NMCS D Gym, costs apply.

(619) 532-8516

**Pre-Natal Nutrition:** Call NMCS D Nutrition Dept at (619) 532-7636.

**Budgeting For Baby:** Financially prepare for your newest addition! Attend this Navy-Marine Corps Relief Society (NMCRS) class and get a FREE LAYETTE, valued at \$75, called a "Baby's First Sea Bag"!

Naval Base, San Diego (NBSD) (619) 556-8283  
Naval Base, Coronado (NBC) (619) 545-7202  
MCAS Miramar (858) 577-1807

**Baby Boot Camp:** Baby care, relationships, labor, and resources for all parents. Recommended to both parents.

MCAS Miramar (858) 577-9812  
MCRD (619) 524-0805

**Effective Parenting:** Eight session class offered monthly. Discusses parenting and discipline for all ages.

(619) 553-4744 or www.cnrsw.navy.mil/fsc  
(Workshops)

**Family Care Plan Workshop  
(Single & Dual-Active Parents):**

Offered monthly by FFSC. See contact info on front page.

**New Parent Support In-Home Visitations:** FREE visits to your home for expectant and new moms. Call for info and appointments.

NBSD/South County (619) 556-8812  
Miramar (858) 577-9812  
MCRD (619) 524-0805

## More Classes & Workshops!

**Red Cross Healthy Pregnancy, Healthy Baby:** Labor, breathing techniques, nutrition, & infant care. Costs \$15.

(858) 309-1200 (press 3) or see www.sdar.org

**Health & Wellness (Naval Medical Center):** For more info or to register for below, call (619) 532-6846.

1. Boot Camp for New Dads (Parenting Class)
2. Tobacco Cessation (For Your Health & Baby)
3. Mom's Survival Training
4. Sibling Class (Prepare Kids for New Sisters/Brothers)
5. Healthy Cooking
6. Healthy Shopping

Also, see your Military Treatment Facility and the Naval Medical Center, San Diego (NMCS D) OB Ward for other great workshops for both parents-to-be!

## More Great Info!

**Exceptional Family Member Program (EFMP):** Mandatory program ensures resources for families with special needs. Sponsors **must** enroll eligible dependents. Contact FFSC for more info!

**TRICARE:** See TRIWEST for maternity and infant medical care concerns **AND** to enroll your baby! Registering in Defense Enrollment Eligibility Reporting System (DEERS) and enrolling in TRICARE are **separate actions!** Call (888) TRIWEST or see www.triwest.com.

**Family Dental Plan:** Not automatic with TRICARE medical enrollment, done separately! Enroll online at www.tricare dental program.com or call (800) 866-8499.

**Clothing Allowance:** For maternity purposes, paid to enlisted service members once every 3 years.

**Nurse Family Partnership:** A nurse home visitation program to improve the health and self-sufficiency of first-time parents. Income requirements apply. Call (866) 864-5226 or visit www.nursefamilypartnership.org

**Access for Infants & Mothers:** For women separating, low-cost healthcare coverage for pregnancy and newborns. Call (800) 433-2611 or visit www.aim.ca.gov

## Websites & Re-Sale Goods

The below sites **may** offer great info, coupons & free events! The FFSC does **not** endorse or support any of the below resources, provided for informational purposes only.

Be aware that providing your email address to certain websites may result in receiving unwanted email.

www.tylenol.com  
www.childavenue.com  
www.brightbeginnings.com  
www.ssa.gov (Soc Sec)  
www.beechnut.com  
www.healthtex.com  
www.ahp-dsg.com (Drypers)  
www.enfamil.com  
www.freebabycoupons.com  
www.gerber.com  
www.freebabystuffonline.com  
www.kidsgrowth.com  
www.healthykids.com  
www.orajel.com  
www.nhtsa.gov (Car Seat Safety)  
www.cpsc.gov (Safety)  
www.sandiego.babyzone.com  
www.tinylove.com  
www.sandiegofamily.com  
www.aap.org  
www.sdge.com (SDG&E)  
www.calpoison.org  
www.simplykidstuff.com  
www.upromise.com  
www.brightfutures.org  
www.zerotothree.org  
www.verybestbaby.com  
www.gocitykids.com  
www.commissaries.com  
www.boodle.com  
www.coolsavings.com  
www.coupons.com  
www.couponmom.com  
www.restaurant.com  
www.entertainment.com  
www.smartsource.com

## Furniture & Used Items

These stores offer gently used goods, including kids' clothing, furniture, toys, & accessories. These materials are based on the availability of donations.

A variety of other thrift stores and baby item re-sale stores can be found online or in the yellow pages.

### Navy-Marine Corps Relief Thrift Shops

Imperial Beach (619) 424-8369  
Naval Base, San Diego (619) 556-8624 or 556-8283  
MCAS Miramar (858) 271-4633

### Military Outreach Ministries

Furniture Warehouse (858) 688-5015

# Choosing a New School When Relocating:

As a military family you know all too well about relocating to a new area. If you have children, that adds another dimension to the equation, choosing a new school. Finding a good school filled with capable teachers, motivated students, and committed parents like themselves is one of a parent's most important responsibilities. As parents, you need to take into account many different factors when selecting the school you want your child to attend. Armed with little more than the most basic statistics, parents make decisions about where to enroll their children--decisions that impact their children, themselves, the community, and our society at large. Reviewing standardized test scores is an important factor when selecting your child's school, but do not go on the assumption the highest average scores always means the best schools. Checking out the demographic statistics in an area is another important factor that many parents neglect. Did you know that research clearly shows the value of being educated in a diverse environment? Academic research and day-to-day experience reveal that a diverse student body benefits students of every race, as well as our entire society. Finding a school that has a foundation of high expectations for all students, and respect for each individual is critical. In order for administrators to accomplish this, you as a parent play a critical supportive role.

When it all comes together---a student body that is diverse racially, ethnically, and economically (sounds a bit like our Navy); a strong principal and faculty; a supportive community---magic happens. Your personal involvement in that school may impact far more than the education of your own children.

For Area School Information and School Report Cards check out the following websites:

[www.greatschools.net](http://www.greatschools.net)

[www.ed-data.k12.ca.us](http://www.ed-data.k12.ca.us)

[www.sdcoe.k12.ca.us](http://www.sdcoe.k12.ca.us)

[www.caisca.org](http://www.caisca.org)

[www.schoolwisepress.com](http://www.schoolwisepress.com)

[www.militarychild.org](http://www.militarychild.org)

[www.soarathome.org](http://www.soarathome.org)

## **Here is a list of items you should have to help with your child enrolling into their new school:**

- ✓ Course Description Book
- ✓ School Profile
- ✓ Attendance and Tardy Records
- ✓ Report Card
- ✓ Current Schedule
- ✓ Withdrawal Grades
- ✓ Transcript/Course History (with grading system)
- ✓ Class Rank
- ✓ Cumulative Folder
- ✓ Testing Information
- ✓ Health Records including Shot Records
- ✓ Birth Certificate
- ✓ Social Security Number
- ✓ Activities Record such as co/extracurricular
- ✓ Guardianship/custody Papers
- ✓ Alternative School Records
- ✓ Letters of Recommendations (especially for senior students)
- ✓ If available;
  - Writing Samples
  - At-Risk or Action Plans for classroom modifications
  - Portfolios
  - Accelerated Reader Points
  - Service Learning Hours
- ✓ Proof of Residency/Military Orders
- ✓ IEP/504/Gifted Records
- ✓ JROTC Records
- ✓ Ask new school if they have Military Forum.

## **Student Online Achievement Resources (SOAR)...**

*...easing the transition for military families*

SOAR (Student Online Achievement Resources) is a program for military families and the school districts that serve them. It aims to address the unique challenges facing military children in our nation's public schools, while benefitting the overall student population. As an interactive tool, students take an assessment aligned to state standards, and are then directed to individualized tutorials to improve skills where needed. Parents play an active role in their children's education as they can monitor their children's progress from anywhere, while also receiving resource materials.

To learn more, please visit; [www.soarathome.org](http://www.soarathome.org)

## **School Liaison Officers (SLO)**

Commander , Navy Region Southwest (CNRSW) School Liaison Officers (SLO) proactively work to directly assist military families, commands, and schools. They provide positive academic growth and success for military school age children by accessing information and using resources that promote a solid a positive connection between families and school. For more information, contact your FFSC at (619) 556-7404.





## Exceptional Family Member Program (EFMP)

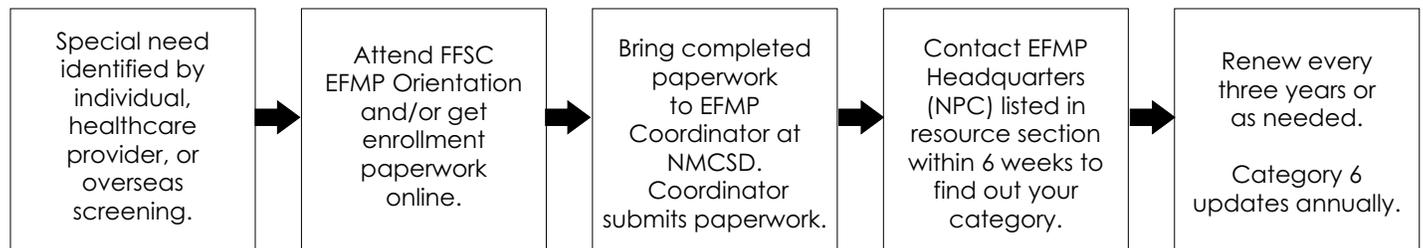
### What is the EFMP?

EFMP is a mandatory program and **requires the enrollment** of all dependents (adults and children) that reside with their active duty sponsor and **have special medical, educational, developmental, and/or emotional needs** or concerns.

FFSC offers EFMP Orientations and tons of resource information!  
Visit our website or call for schedules and locations.

*Can you say yes to any of the below? If so, You must enroll! See map below.*

- ▶ Do you have a child with diagnosed asthma, attention deficit disorder, or any other physical, emotional, and/or developmental disability?
- ▶ Do you have a dependent child over 21 in the incapacitated dependent program?
- ▶ Do you have a child in special education more than 20% of school time?
- ▶ Do you have a spouse or child receiving treatment for cancer, lupus, heart disease, leukemia, diabetes, mental illness, or other long-term illness?
- ▶ Is your spouse or child suffering from clinically diagnosed depression?
- ▶ Do you have a family member in a residential treatment facility?
- ▶ Are you enrolled in the TRICARE Standard Program for the Disabled?
- ▶ Do you have a spouse or child receiving medical care through a state medical program?
- ▶ Do you have a family member receiving Supplemental Security Income (SSI) benefits?
- ▶ Are you a geographic bachelor because of a family member's special medical or educational needs?
- ▶ Do you have a family member in a full-time special education setting or receiving in-patient/facility care?



*Call today for more information about EFMP, its benefits, or enrollment details.*

**NRSW 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](http://www.cnrsw.navy.mil/fsc)

SEP 2008



## Resources

These are just a few of the resources available to you. Please contact FFSC for more information.

### EFM Program Support

**Naval Medical Center, San Diego (NMCSD):** Bring original paperwork to the EFMP Coordinator for San Diego. The office is located at NMCSD, Building 1, 1st Floor. Phone (619) 532-8586; Cell (619) 988-5586.

**EFMP Headquarters (Navy):** Call (866) 827-5672 within 3 weeks of submitting application to ascertain your status and category. Naval Personnel Command (NPC) is working on a website to allow you to check status and category online. [www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/EFMPStatus.htm](http://www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/EFMPStatus.htm)

### Additional Support

**Armed Services YMCA (ASYMCA):** Call (858) 751-5755 or visit [www.militaryymca.com](http://www.militaryymca.com) for info on monthly support groups for all EFM families and more.

**Building Bridges Together:** Information and referral for families who have children with emotional, behavioral, or mental disorders at (888) 843-5800 or [www.buildingbridges2gether.org](http://www.buildingbridges2gether.org) for more info.

**Exceptional Family Resource Center (EFRC):** Education and support for San Diego and Imperial Counties. Call (619) 594-7416 or access [www.efrconline.org](http://www.efrconline.org)

**Kids Included Together (KIT):** A non-profit organization specializing in providing best practices training for community-based youth organizations committed to including children with disabilities into existing recreational, social and child care programs. Call (858) 225-5680 or online: [www.kitonline.org](http://www.kitonline.org)

**Lincoln Military Housing EFM Club (Murphy Canyon):** Call (858) 505-4136 x231 (ask for Jennifer Reid) or email [jreid@lpsi.com](mailto:jreid@lpsi.com) for more info on free social activities for all San Diego EFM families.

**San Diego City Schools Special Education Ombudsperson:** Contact Richard Miller for referrals, information, and advocacy regarding public education special needs programs. (619) 725-8187 or email [rmiller@sandi.net](mailto:rmiller@sandi.net)

**San Diego Learning Disabilities Association:** Workshops, community events, local support groups, resources, and more. Call (858) 467-9158 or visit [www.LDASanDiego.org](http://www.LDASanDiego.org)

**San Diego Regional Center:** Serving people with developmental disabilities and families. Tons of resources, caseworkers, some funding for qualifying individuals, and early intervention programs. Call (858) 576-2996 or visit [www.sdrc.org](http://www.sdrc.org)

**Specialized Training for Military Parents (STOMP):** Offers workshops and resources for military families with special needs. Great info on relocation, working with schools, and legal information. Call (253) 565-2266/ toll-free at (800) 5-PARENT or visit [www.stompproject.org](http://www.stompproject.org) or contact STOMP by email at [stomp@washingtonpave.com](mailto:stomp@washingtonpave.com)

**Team of Advocates for Special Kids (TASK):** Access free workshops about the Individualized Education Plan (IEP) Process and wealth of information for parents of kids with special needs. Call (866) 609-3218 or (619) 794-2947 (ask for TASK for military family services).

**Military Homefront:** Access TONS of resources at [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) and [www.militaryhomefront.dod.mil/efmp](http://www.militaryhomefront.dod.mil/efmp) including online workshops for EFMP families.

**Military One Source:** Visit [www.militaryonesource.com](http://www.militaryonesource.com) or call (800) 342-9647 for information, referrals, online workshops, free materials, counseling, and more. Open 24 hours/day every day.

**Puzzled Parents:** Offers support and resources to families, military, care givers and professionals of special needs or disabled children in San Diego. They can provide information on schools, individual education plans (IEPs) and networking opportunities. Puzzled Parents host regular meetings, free of charge, at the Salvation Army building located in El Cajon. For more information, contact Amy Mello at: 619-922-8608.

# More Than Just a Pet...Part of the Family

San Diego's near perfect climate and endless variety of outdoor activities make it the ideal pet-friendly destination. Whether your plans include a game of Frisbee on a leash-free beach, dining alfresco at a dog-friendly café or shopping for a trendy pet accessory, we've got the inside scoop on how to help make your visit fun and memorable!



## DOG BEACHES

- DOG BEACH- OCEAN BEACH. (24 hr. off-leash)
- FIESTA ISLAND - MISSION BAY. (off-leash) – Dogs are allowed in all areas except for the Youth Campground and Least Tern nesting sites (seasonal). Daily 6 am-10 pm
- NORTH BEACH DOG RUN – CORONADO. (24 hr. off-leash) – Dogs must be leashed until you reach the beach. Foot shower & free dog litter bags at the entrance to the run.
- DEL MAR DOG BEACH - DEL MAR. (October – May off-leash) – Off-leash area is north of 29th St.

## DOG PARKS & RECREATION AREAS

- NATE'S POINT - BALBOA PARK. (24 hr. off-leash) Located at Balboa Dr. off El Prado, south side of Cabrillo Bridge.
- MORLEY FIELD DOG PARK - BALBOA PARK. (24 hr. off-leash) Located northwest of the tennis courts at Morely Field.
- EMBARCADERO MARINA PARK NORTH & SOUTH – SAN DIEGO BAY. (leashed only) Runs parallel to Pacific Highway. 6:30 am-10:30 pm.
- GRAPE STREET DOG PARK - SOUTH PARK. (off-leash) 5-acre, unfenced area is available for off-leash use M-F, 7:30 am-9 pm; Sat & Sun, 9 am-9 pm.
- DUSTY RHODES PARK - OCEAN BEACH. (24-hr. off-leash) 1.5 acre, fenced area. Closed Mondays, 6-9 am for maintenance.

## DOG-FRIENDLY RESTAURANTS & CAFÉS

Well-behaved, leashed dogs are allowed at the outdoor dining areas of the following restaurants and cafés. As policies allowing dogs may change, please call the restaurant to confirm they are still pet-friendly.

- SALLY'S RESTAURANT & BAR. 1 Market Pl., San Diego, 619-358-6740
- LA STRADA. 702 Fifth Ave., Gaslamp Quarter 619-239-3400
- MCCORMICK & SCHMICK'S SEAFOOD RESTAURANT (Omni Hotel). 675 L St., Gaslamp Quarter, 619-645-6545
- NEW LEAF RESTAURANT (Hilton Gaslamp Quarter). 410 K St., Gaslamp Quarter, 619-702-8280
- CAFÉ 1134. 1134 Orange Ave., Coronado, 619-437-1134
- CITY DELICATESSEN. 535 University Ave., Hillcrest, 619-295-2747
- TERRA. "Puppy Menu" available. 3900 Block of Vermont, Hillcrest, 619-293-7088
- KEMO SABE. 3958 Fifth Ave., Hillcrest 619-220-6802
- PARKHOUSE EATERY. 4574 Park Blvd., San Diego, 619-295-7275
- THE DANCING DOG. Special "Doggie Diner" menu available. 1501 India St., #105, Little Italy, 619-230-1222
- DOGGIE CAFÉ. Daily; 8:30 am- 3 pm. San Diego Humane Society & SPCA, 5500 Gaines St., San Diego, 619-299-7012 ext. 2327
- NINE-TEN. 910 Prospect St., La Jolla, 858-454-2181
- MOONDOGGIES. 909 Prospect St., La Jolla, 858-454-9664

## PET BOUTIQUES/BAKERIES

- PETCO DOG BAR. Similar to a salad bar and shaped like a dog bone, this dog bar serves up bones, treats and 21 different healthy, tasty cookies in such shapes as letter carriers, fire hydrants, dog houses, teddy bears, and Oreos. For store locations, visit [www.petco.com](http://www.petco.com) or call 1-888-824-PALS
- LUCKY DOG. Upscale pet boutique featuring doggie perfume, breath mints, Chewy Vuitton and Jimmy Chew plush chew toys and a bakery. 415 Market St., Gaslamp Quarter, 619-696-0364

- DOGMA CATMA. Upscale dog and cat boutique offering an imaginative array of accessories ranging from custom mosaic dog houses to fried chicken spray for dry food. 142 University Ave, Ste. D, Hillcrest, 619-497-0180 or [www.dogmacatma.com](http://www.dogmacatma.com)
- THE ORIGINAL PAW PLEASERS. A full-service dog and cat bakery featuring fresh baked treats, toys and gifts for pampered pets. 2525 University, North Park, 619-293-PAWS (7297), [www.pawpleasers.com](http://www.pawpleasers.com)
- MUTTROPOLIS. Designer pet boutique for "haute dogs and cool cats" offering an extensive collection of luxury pet gifts, fashionable outfits, and gourmet food and treats. 7555 Girard Ave, La Jolla, 858-459-WOOF (9663), [www.muttropolis.com](http://www.muttropolis.com)
- DEXTER'S DELI. Health food store for dogs and cats plus toys & gifts. 1229 Camino del Mar, Del Mar, 858-792-3707 or [www.dextersdeli.com](http://www.dextersdeli.com)

## SERVICES

- DOG BEACH DOGWASH (self-service). Located 2 1/2 blocks from Dog Beach. 4933 Voltaire St., Ocean Beach, 619-523-1700 or [www.dogwash.com](http://www.dogwash.com)
- SOUTH BARK DOGWASH (self-service). Located 3 blocks from Grape St. Dog Park, 2037 30th St., South Park, 619-232-7387 or [www.southbark.com](http://www.southbark.com)
- MY BEAUTIFUL DOG-O-MAT (self- and full-service). 3789 Park Ave, Hillcrest, 619-295-6140 or [www.mybeautifuldogomat.com](http://www.mybeautifuldogomat.com)
- SIGHTSEEING. Take a tour of the Gaslamp Quarter or catch views of San Diego Bay in a horse-drawn carriage with your small dog. Rides leave from Seaport Village, from 10-60 minutes. Cinderella-Carriage Co., 619-239-8080 or [www.cinderella-carriage.com](http://www.cinderella-carriage.com)
- KAYAKING.
  1. Family Kayak Adventure Center, "Dog Paddles" guided tour of Mission Bay including Fiesta Island's leash-free area. 619-282-3520 or [www.familykayak.com](http://www.familykayak.com)
  2. Hike, Bike, Kayak, May – October, two-hour, unguided kayaking around La Jolla Shores. Includes a lifejacket for your dog and pre-launch instruction. 858-551-9510 or [www.hikebikekayak.com](http://www.hikebikekayak.com)
- PUBLIC TRANSPORTATION. Small dogs in enclosed carriers are allowed on the bus and Trolley. Carriers must be held on your lap and not block the aisle. 619-233-3004 or [www.sdcommute.com](http://www.sdcommute.com)
- PET SITTERS ASSOCIATION OF SAN DIEGO. Locate a licensed, bonded pet sitter. 858-514-8832 or [www.petsittersassociation.com](http://www.petsittersassociation.com)
- DAY KENNELS. Kennels are located at the main entrance and are open during Park hours. You may visit your dog throughout the day
- SEAWORLD: Small dogs will be kept in carriers provided by SeaWorld. 800-380-3203
- LEGOLAND: 760-918-LEGO (5346)

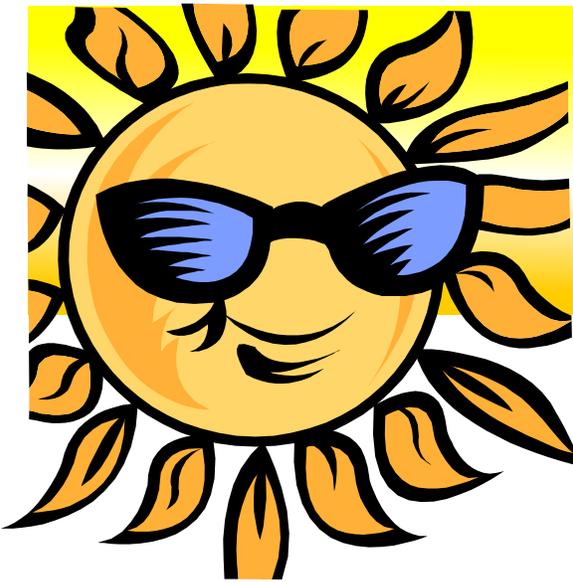
## EMERGENCY & SPECIALTY ANIMAL HOSPITALS

- ANIMAL ER OF SAN DIEGO. 5610 Kearny Mesa Rd., San Diego, 858-569-0600
- VCA EMERGENCY ANIMAL HOSPITAL & REFERRAL CTR. 2317 Hotel Circle South, San Diego, 619-229-2400
- PET EMERGENCY & SPECIALTY CENTER. 5232 Jackson Dr., Ste. 105, La Mesa, 619-462-4800
- AVIAN & EXOTIC ANIMAL HOSPITAL. 2317 Hotel Circle South, Ste. C, San Diego, 619-260-1412

## USEFUL INFORMATION

- ASPCA ANIMAL POISON CONTROL CENTER. 24-hour veterinary diagnostic and treatment recommendations provided 365 days of the year. Consultation fee may apply. 888-426-4435 or [www.napcc.asPCA.org](http://www.napcc.asPCA.org)
- SAN DIEGO COUNTY DEPARTMENT OF ANIMAL SERVICES. Search three of the county's animal shelters online for a lost pet, [www.sddac.com](http://www.sddac.com)
- MCAS MIRAMAR VETERINARY TREATMENT FACILITIES. Services at MCAS Miramar offers yearly vaccinations for both dogs and cats at a fraction of the cost you might find in town. MCAS Miramar Veterinary is an alternate option. For more information please call 858 577-6552 [www.mccsmiramar.com/vet\\_clinic.html](http://www.mccsmiramar.com/vet_clinic.html)





# Fun in Sunny Southern California

Don't miss these local opportunities to meet people and have fun!

Balboa Park & Museums  
Educational & Volunteer  
Opportunities  
Beaches & Surfing  
Shopping  
Old Town San Diego

Hiking & Outdoors  
Los Angeles Area  
Gaslamp District & Little Italy  
Sporting Events & Teams  
Churches & Community Groups

## Outdoor Activities

Fishing (Pier & Deep Sea)  
Whale Watching  
Hiking & Camping  
Mountain Climbing  
Sky Diving & Glider Flying  
Skiing @ Big Bear, Mammoth,  
and Tahoe  
Chula Vista Nature Center  
Surfing  
Sailing (MWR Marinas)  
Hot Air Balloons (Carlsbad)  
See the Zoo!  
Seaport Village  
Scuba Diving  
Hang Gliding @ La Jolla



## Schools

SDSU  
UCSD  
USD  
Southwestern  
Mesa  
Nat'l Univ.  
Grossmont  
Chapman  
City College  
Learning Annex:  
Weekend Seminars/All Subj.



## Shopping

Ask at Mall Information Center if you qualify for discounts or coupons.  
Fashion Valley  
Hazard Center  
Horton Plaza  
Plaza Bonita  
Las Americas Premium Outlets  
Carlsbad Premium Outlets  
University Town Center  
Bazaar Del Mundo at Old Town

## Amusement Parks & Fun Stuff

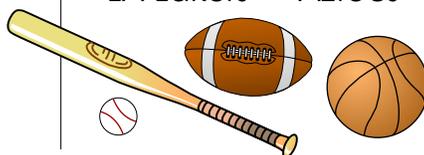
Sea World  
Birch Aquarium (La Jolla)  
San Diego Zoo  
Belmont Amusement Park  
Disneyland  
Wild Animal Park  
Knotts Berry Farm  
Six Flags Magic Mountain  
Soak City (Chula Vista)  
Universal Studios  
Lego Land  
Venice Beach (LA)  
Hotel Del Coronado

## LA Area

Ripley's Believe it or Not  
Hollywood Wax Museum  
Griffith Observatory  
Pasadena Playhouse  
Medieval Times  
Hollywood Park Race Track  
Getty Museum  
Rose Parade & Bowl  
Queen Mary  
Long Beach  
Santa Anita Race Track  
L.A. Arboretum  
Huntington Library  
La Brea Tar Pits

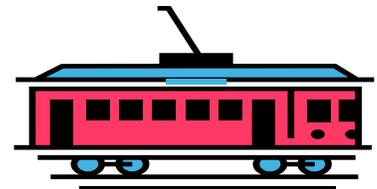
## Sports!

Chargers    Padres  
LA Lakers    Aztecs



## Theatres & Concerts

Qualcomm Stadium  
Sports Arena  
Cox Arena  
Humphrey's by the Bay  
San Diego Repertory  
Lamb's Players  
Coronado Playhouse  
San Diego Symphony  
Cricket Wireless Amphitheater



## Where will the trolley take me?

Check out  
[www.sdcommute.com](http://www.sdcommute.com)  
for tickets and routes!



## Volunteer!

Call FFSC at (619) 556-9876 for ideas!

### How do I find out more or get coupons?

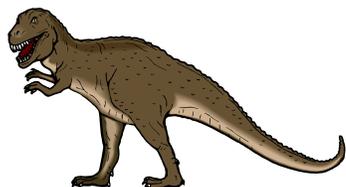
Check out these websites:

[www.mwrtoday.com](http://www.mwrtoday.com)  
[www.sandiegorestaurants.com](http://www.sandiegorestaurants.com)  
[www.sandiegoreader.com/coupons](http://www.sandiegoreader.com/coupons)  
[www.localhikes.com](http://www.localhikes.com)  
[www.theoldglobe.org](http://www.theoldglobe.org)  
[www.signonsandiego.com](http://www.signonsandiego.com)  
[www.sandiego.about.com](http://www.sandiego.about.com)  
[www.sandiego.org](http://www.sandiego.org)  
[www.sandiego.gov](http://www.sandiego.gov)

Visitors to Balboa Park can enjoy free admission to many of the park's institutions on specific Tuesdays of each month. Following is a list of the Tuesdays and which institutions are free:

# Balboa Park's Free Days

## **FIRST TUESDAY**



- Reuben H. Fleet Science Center  
San Diego Model Railroad Museum\*\*\*  
San Diego Natural History Museum\*\*\*  
Centro Cultural de la Raza

## **SECOND TUESDAY**



- Museum of Photographic Arts  
Museum of San Diego History  
Veteran's Museum and Memorial Center  
Timken Museum of Art

## **THIRD TUESDAY**



- Japanese Friendship Gardens\*\*\*  
Mingei International  
San Diego Art Institute  
San Diego Museum of Art  
San Diego Museum of Man

## **FOURTH TUESDAY**



- House of Pacific Relations  
International Cottages  
San Diego Air & Space Museum\*\*\*  
San Diego Automotive Museum\*\*\*  
San Diego Hall of Champions

\*\*\* Free to San Diego County Residents and Active Duty Military

**For more information visit [www.balboapark.org](http://www.balboapark.org)  
or call (619) 239-0512**

**CNRSW 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](http://www.cnrsw.navy.mil/fsc)

# Transportation Assistance Program (TIP)

## Stress Relief for Commuters

The commuting Alternative, you commute anyway, so why not commute for **FREE!**

### Commute by:

- Vanpools (Rideshare)
- The Coaster (Light Rail)
- MTS Bus and Trolley

### What is TIP and what is it all about?

The transportation Incentive Program (TIP) is all about commuting. Members of the TIP program commute at no cost or greatly reduced fares!

### What types of transportation could I use for my commute?

Most forms of Mass Transportation are eligible for TIP. Vanpool and the coaster fares are greatly reduced. Take the bus and trolley, at no cost to you.

### Eligibility requirements

All active duty Military personnel, DoN civilian employees and Non-Appropriated Fund (NAF) employees are eligible. Members of the Reserve Components serving on active duty for more than 30 days are also eligible for the program. Contractors do not qualify for the TIP benefit.

### When does my commute become free? When do I receive my vouchers, and what do I do with them?

Applications are due the Friday prior to the last Tuesday of each month. Applications are processed monthly, so it can take 4 to 8 weeks before you receive your first distribution of the vouchers. Vouchers are used to pay for your commute. Take your vouchers to any MWR Tickets and Travel Office to get a Bus and Trolley, or Coaster Pass. MTS Transit Stations also take the vouchers. The 12<sup>th</sup> Ave. & Imperial Transit Station, and the 3<sup>rd</sup> and Broadway Transit Store are two who will accept vouchers.

### Notification of Voucher Distribution. What if I can't make a distribution?

The Installation or command POC will inform you when vouchers are being distributed. To find out your POC or if you are unable to pickup vouchers, please contact the Installation POC. Taking this step prevents you from having to pay for your commute.

### How do I get more vouchers?

Vouchers are distributed during Mass Distribution to all members on a quarterly basis; February, May, August, and November. Each member will receive three months of vouchers at a time. Your POC will know the time and place of the distribution nearest you. Notify your POC BEFORE a quarterly distribution if you cannot pick up vouchers during the distribution.

### Who is DOT?

The Installation POC works with the Department of Transportation (DOT) to provide this service DOT sends representatives out to distribute transit vouchers at Mass Distributions.

### How do I sign up?

Contact the Installation Point of Contact (POC) at your base:

**Broadway Complex**  
(619) 532-472

**Camp Pendelton**  
(760) 725-5829

**Human Resources Service Center, SW**  
(619) 615-5570

**MCAS Miramar**  
(858) 577-6602

**MCRD**  
(619) 524-1721

**Naval Base Coronado, NAS North Island, Naval Amphibious Base, San Clemente Island, Imperial Beach, ALF**  
(619) 545-8132

**Naval Base San Diego**  
(619) 556-2110/3553

**Naval Medical Center San Diego**  
(619) 532-5334

**Naval Base Point Loma, Pt. Loma Sub Base, Fleet ASW Training Center, Pt. Loma Auxiliary Medical Clinic**  
(619) 556-0570

**SPAWAR**  
(619) 524-7752

Or go on line at: [www.fmo.navy.mil/services/tip/tip.htm](http://www.fmo.navy.mil/services/tip/tip.htm) and fill out an application, and turn it into your POC.

# New Spouses?

## Here's What's Available!

**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 Group:** Are you a foreign born spouse? This group meets for activities and social events! Don't miss this opportunity to network and make new friends with other spouses from all over the world! Contact your 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 more from your Ombudsman today!

## Get to Know San Diego – America's Finest City

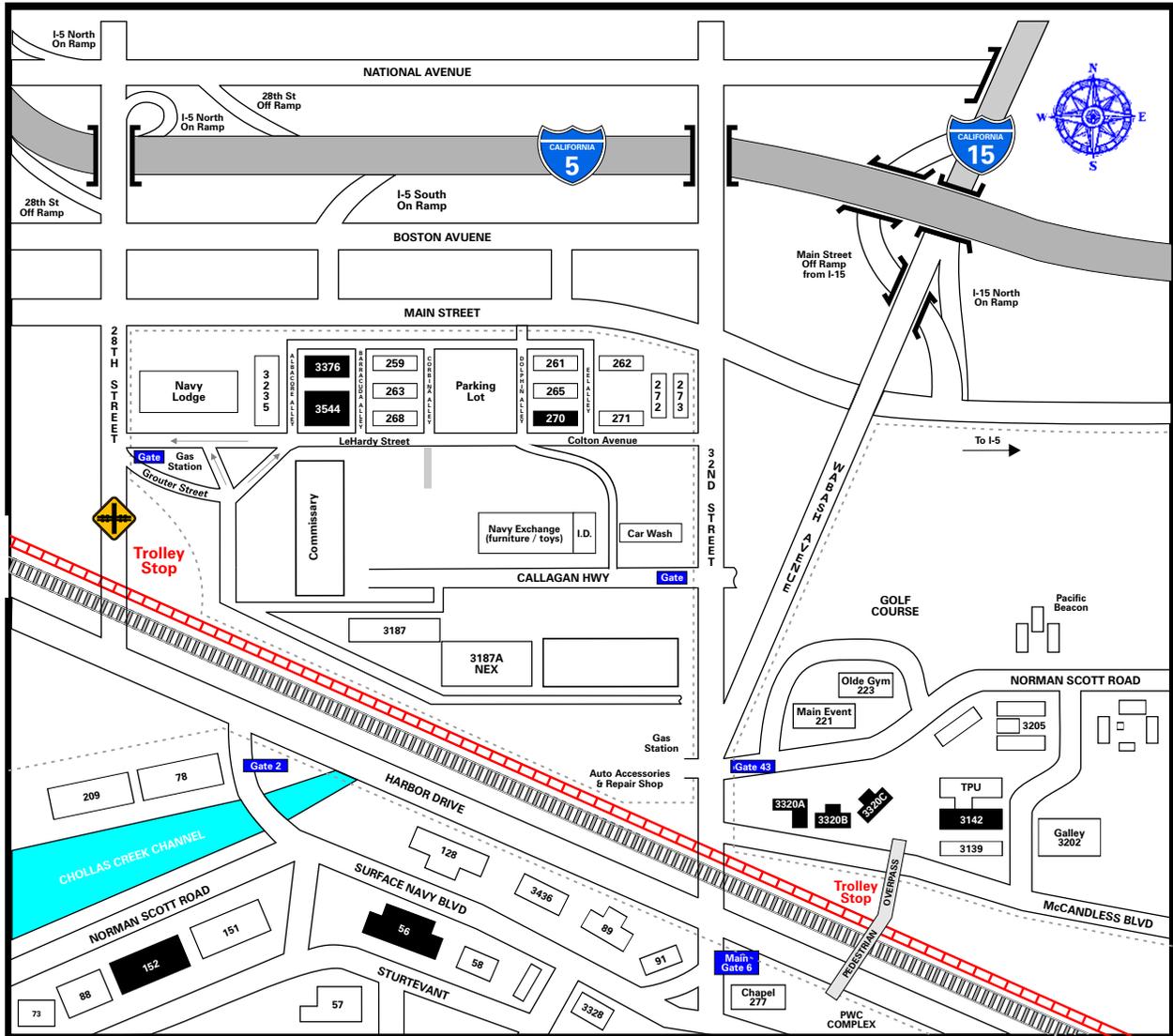
Subscribe to FREE MWR Wavewinds magazine! Sign up when you have your new address! Access [www.mwrtday.com](http://www.mwrtday.com) for subscription information and so much more! Also, MWR can offer you discounted hotels in Southern CA, discounts for tickets and tours to local attractions, free base theaters and gyms, and so much more! Check out the website for more information.

### San Diego Attractions & Resources (A Few Links of Interest)

Area School Info & Report Cards	<a href="http://www.greatschools.net">www.greatschools.net</a> <a href="http://www.sdcoe.k12.ca.us">www.sdcoe.k12.ca.us</a> <a href="http://www.schoolwiseexpress.com">www.schoolwiseexpress.com</a> <a href="http://www.ed-data.k12.ca.us">www.ed-data.k12.ca.us</a> <a href="http://www.caisca.org">www.caisca.org</a> <a href="http://www.militarychild.org">www.militarychild.org</a>	San Diego Union Tribune	<a href="http://www.signonsandiego.com">www.signonsandiego.com</a>
Armed Services YMCA	<a href="http://www.asymcasd.org">www.asymcasd.org</a>	Knott's Berry Farm	<a href="http://www.knotts.com">www.knotts.com</a>
Balboa Park (Free Museums)	<a href="http://www.balboapark.org">www.balboapark.org</a>	Libraries (Find Locations)	<a href="http://www.sandiego.gov">www.sandiego.gov</a>
Base Information	<a href="http://www.cnrsw.navy.mil">www.cnrsw.navy.mil</a>	Legoland	<a href="http://www.legoland.org/california.htm">www.legoland.org/california.htm</a>
Beach & Surf Report	<a href="http://www.sannet.gov/lifegaurds/beaches">www.sannet.gov/lifegaurds/beaches</a>	Petco Park (Home of the Padre's)	<a href="http://www.petcoparkevents.com">www.petcoparkevents.com</a>
Camping & Parks	<a href="http://www.sdcounty.ca.gov/parks">www.sdcounty.ca.gov/parks</a> <a href="http://www.sannet.gov/park-and-recreation">www.sannet.gov/park-and-recreation</a>	Qualcomm Stadium	<a href="http://www.sannet.gov/qualcomm">www.sannet.gov/qualcomm</a>
Chamber of Commerce	<a href="http://www.sdchamber.org">www.sdchamber.org</a>	Restaurant Guide	<a href="http://www.sandiegan.com">www.sandiegan.com</a>
Commuting Options	<a href="http://www.sdcommute.com">www.sdcommute.com</a>	San Diego Visitor Center	<a href="http://www.local.com/visitorcenters">www.local.com/visitorcenters</a>
Disneyland	<a href="http://www.disneyland.disney.go.com">www.disneyland.disney.go.com</a>	Official Visitors Bureau	<a href="http://www.sandiego.org">www.sandiego.org</a>
Fleet & Family Support Center	<a href="http://www.cnrsw.navy.mil/fsc">www.cnrsw.navy.mil/fsc</a>	Sea World	<a href="http://www.seaworld.com">www.seaworld.com</a>
Fuel Cost Calculator	<a href="http://www.fuelcostcalculator.com">www.fuelcostcalculator.com</a>	San Diego (Government)	<a href="http://www.sandiego.gov">www.sandiego.gov</a>
Gaslamp/Downtown	<a href="http://www.gaslamp.org">www.gaslamp.org</a>	San Diego Union Tribune	<a href="http://www.signonsandiego.com">www.signonsandiego.com</a>
Sports Arena	<a href="http://www.sandiegoarena.com">www.sandiegoarena.com</a>	San Diego Zoo	<a href="http://www.sandiegozoo.org">www.sandiegozoo.org</a>
		San Diego Wild Animal Park	<a href="http://www.sandiegozoo.org/wap">www.sandiegozoo.org/wap</a>
		USO (Downtown & Airport)	<a href="http://www.usosandiego.org">www.usosandiego.org</a>

**Want important phone numbers for the San Diego area?  
Cut out your own tri-fold phone card on the next page!**

# Essential Locations for Military Personnel & Families



Naval Base San Diego (NBSD)

56	Naval Legal Services Office	3187	Food Court & Shops
128	Pass and Decal	3187A	Navy Exchange (NEX)
152	Navy College		Medicine Unit #5
259	FFSC (Relocation / I&R / Counseling)	3320A	CDC (Child Development Ctr)
263	FFSC (Transition / Financial Services)	3320B	CDC (Child Development Ctr)
270	Navy-Marine Corps Relief Society	3320C	CDC (Child Development Ctr)
	American Red Cross w VA/ TRICARE	3376	Personal Property Office
272	PWC Utilities (Code 600)	3379	Commissary
3135	NEX - Furniture & Toys / ID Card Shop	3544	Military Family Housing
3142	TPU (Transient Personnel Unit)		

For directions to Naval Base Coronado, Naval Base Point Loma & Murphy Canyon Branch please visit our website at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc) or call 619-556-7404.

### 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	877/534-2524
Military Outreach Ministries	858/688-5015
MWR Tickets	556-2174
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
Murphy Canyon Branch (MCB)	858/277-4259

#### 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

Counseling Centralized Appointment Scheduling Center  
1 (866) 923-6478

[www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

OCT 2008



**Hotlines**

2-1-1	211 or 858/300-1211
Access + (24-Hour Crisis Line)	800/479-3339
Adult Abuse (Aging & Indep. Svcs)	800/510-2020
American Red Cross (Messages)	800/951-5600
Area Agency on Aging	858/495-5885
Bridge (Home for Runaways)	521-3939
Child Abuse Hotline	858/560-2191
Ctr for Community Solutions (Info)	858/272-5777
(24-Hour Crisis)	858/272-1767
Crime Victim/Witness Assistance	531-4041
Domestic Violence Crisis Line (YWCA)	234-3164
Family Advocacy Center (Navy)	556-8809
Family Stress Counseling (YMCA)	543-9850
<b>Fire/Ambulance/Police/Sheriff</b>	<b>911</b>
Missing Children Hotline	800/222-3463
NMCSD Emergency Room	532-8274
Poison Information Center	800/876-4766
Social Services Public Assistance	557-0422
Sexual Assault Crisis Line (Navy)	692-5909
SAVI Program Info	553-4744
Social Advocates for Youth (SAY)	858/565-4148
Women's Resources (Oceanside)	760/757-3500
Tricare Behavioral Health	877/298-3514

**Military Resources & Assistance**

Child Care Resource & Referral (Enrollment)	556-8491
CREDO /Spiritual Fitness Center	556-2826
DEERS Enrollment Center (DMDC)	800/334-4162
DFAS & Military Pay Center	888/332-7411
Family Advocacy Center (Navy)	556-8809
Healthy Start MFC	858/496-0044
Housing (Referrals & Assignments)	556-8443
Medical (Chula Vista Outpatient Clinic)	585-0099
Medical (Clairemont Outpatient Clinic)	858/569-6664
Medical (NTC Outpatient Clinic)	524-0173
Medical (All TRICARE Appointments)	532-8225
Miramar Youth Center (Drop-ins)	858/577-4136
Naval Legal Services Office (NBC)	545-6437
Naval Legal Services Office (NBSD)	556-2349
Naval Medical Center (Quarterdeck)	532-6400
New Parent Support (NBSD)	556-8812
New Parent Support (MCAS)	858/577-9812
Personal Property (Household Goods)	556-6683
Retired Activities Office	556-8987
Retirement Pay Assistance	800/321-1080
Spiritual Fitness Center	556-2826
TRIWEST	888/TRI-WEST
TRICARE Dental Program	800/866-8499
<b>Lodging</b>	
All Navy Lodges	800/628-9466
CBH Reservations	524-5382

**ID Card Lab**

NBC	437-2199
NBPL	553-4988
NBSD	556-9249

**PSD**

Afloat	556-1647
NBC	545-7932/36
NBPL	553-4978
NBSD	556-1945

**Navy College**

NBPL	553-7194
NBSD	556-4922
NBC	545-9589

**Commissaries**

Imperial Beach	437-9478
MCAS Miramar	858/577-4516
Naval Base San Diego	556-7199
Naval Base Coronado (North Island)	545-6560

**Exchanges**

Imperial Beach	424-2910
Marine Corps Recruit Depot	725-6446
MCAS Miramar	858/695-7288
Naval Base Coronado (NAB)	522-7400
Naval Base San Diego	544-2100
Naval Base Coronado (Air Station)	522-7222
Naval Base Point Loma	221-1099

Note: All 619 area codes unless otherwise indicated.



## **NRSW 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](http://www.cnrsw.navy.mil/fsc)