MOVING

with

Rita H. Lung, M.Ed.
EFMP Liaison
Naval Hospital Pensacola

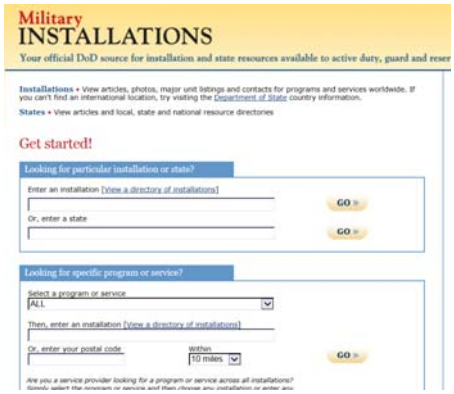
EFMP

- Make sure EFMP enrollment is updated
  - Every 3 years UNLESS diagnosis/treatment changes.

- Contact current case liaison for a referral to the gaining command's EFMP staff.

Destination: Home

- Destination FFSC & EFMP staff
- www.militaryinstallations.dod.mil
- TRICARE provider search



MOVING *with* EFMP

Schools

- Ask for a **LETTER OF INTRODUCTION** describing student's personality, strengths, challenges...etc.
- School Liaison Officer

Records

HAND CARRY ALL RECORDS

- Military
- Civilian
- Medical
- Educational (IEP)

Preparing the Family

- Speak to specialists
  - ex: ABA therapist for techniques to help a child with autism cope with the changes
  - ex: Doctor for medical considerations or travel limits
- Anticipate needs during move
  - ex: enough prescription refills
  - ex: frequent stops/rests. Limited amount of steps. Limited time sitting.

During the Move

Contact information for not only new doctors but also doctors you are leaving, in case you need the advice of someone familiar with your EFM.

After the move

- Establish childcare so parents can concentrate on settling in.

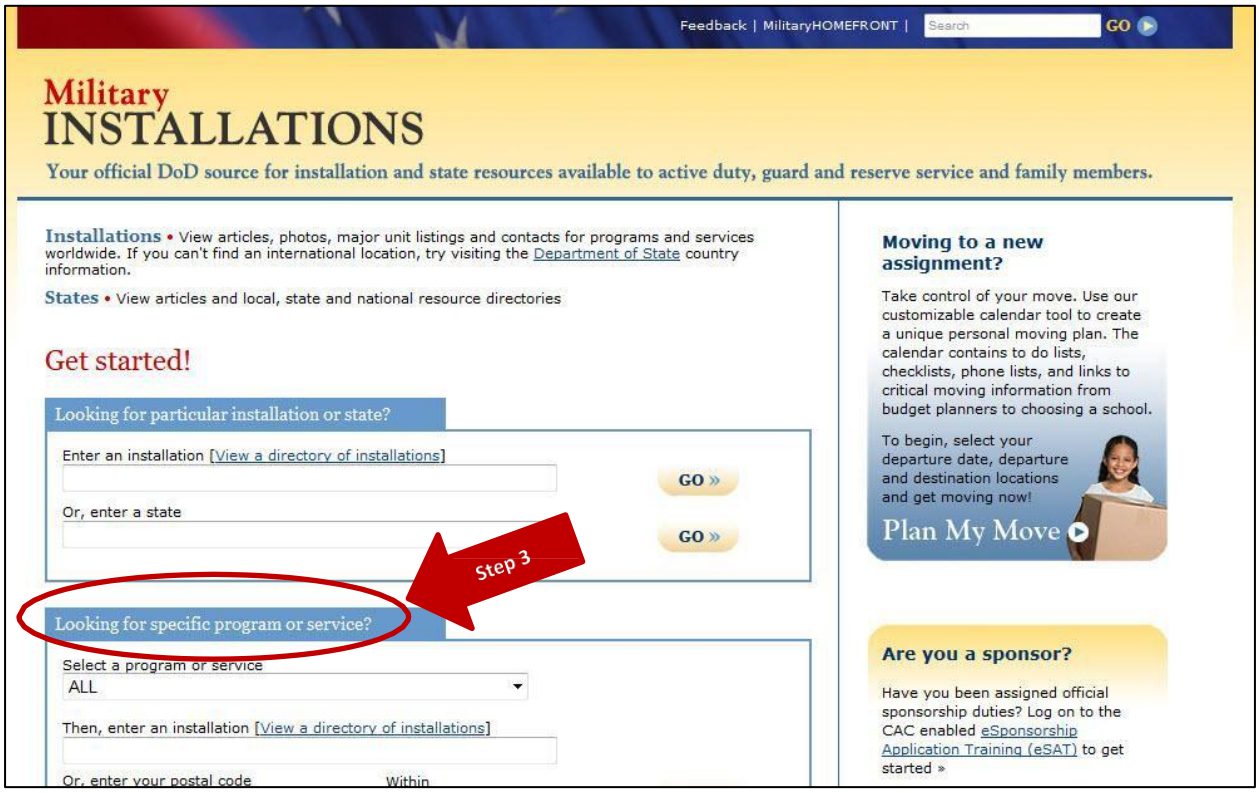
- Introduce the neighborhood to your EFMs & family
- Consider letting neighbors know about EFM's needs so they can help in an emergency
  - Example: introducing your child with autism that may wander & asking neighbors to keep an eye out if they see the child.

EFMP FAMILY SUPPORT CONTACT INFORMATION

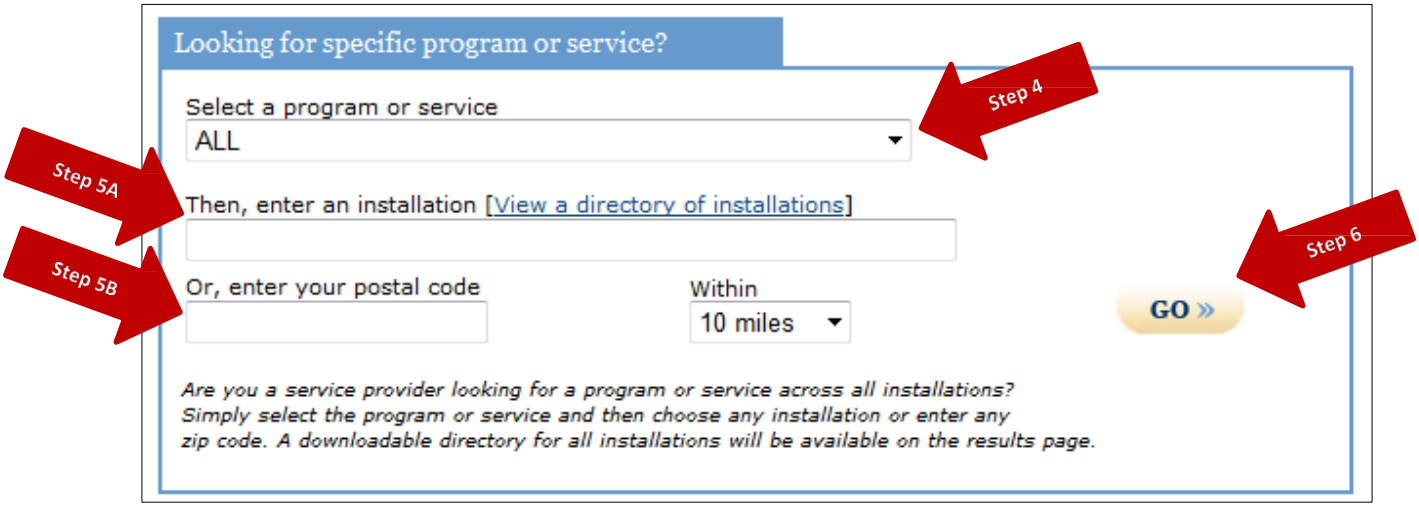
1. Open your Internet Browser (for example, Internet Explorer).
2. Type the following **web address** into your Internet browser: www.militaryinstallations.dod.mil/

   Enter the **web address** in the **address bar**, as shown below (Step 2 Arrow):

3. This will bring you to the Military Installations homepage, displayed below. Locate the "**Looking for specific program or service?**" box (Step 3 Arrow).



4. In the **Looking for specific program or service?** box (*shown below*), select **EFMP-Family Support** in the drop down menu under "Select a program or service," (Step 4 Arrow).
5. Then, **enter your installation** in the field displayed (Step 5A Arrow) or **enter your postal code** in the field displayed (Step 5B Arrow) to find EFMP Family Support information for your installation.
6. Click **"Go"** to view results (Step 6 Arrow).



TRICARE MILITARY TREATMENT FACILITY CONTACT INFORMATION

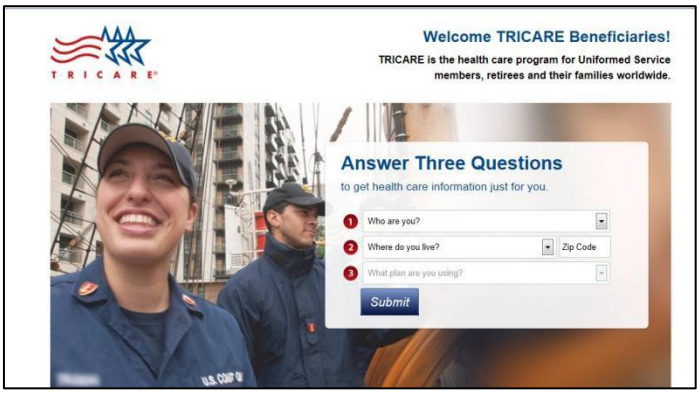
If you are familiar with the TRICARE website, go to www.tricare.mil/mtf and skip to Step 8. Otherwise, please start with Step 1.

1. Open your Internet Browser (for example, Internet Explorer).
2. Type the following **web address** into your Internet browser: www.tricare.mil

   Enter the **web address** in the **address bar**, as shown below (Step 2 Arrow):

3. This will bring you to the TRICARE homepage (displayed below).

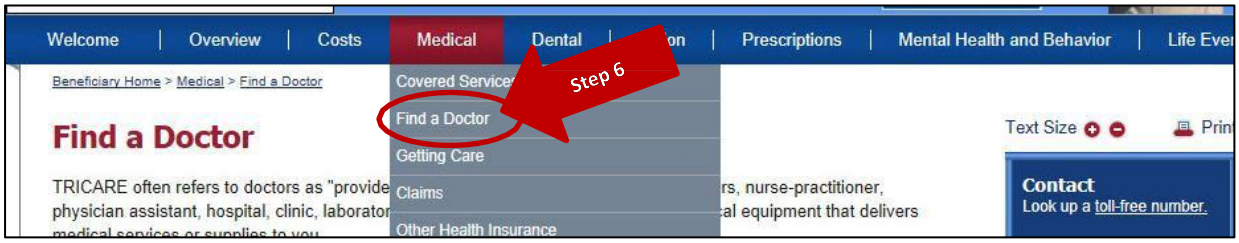
   NOTE: The website image will not always match the picture below due to rotating background image on the home screen.



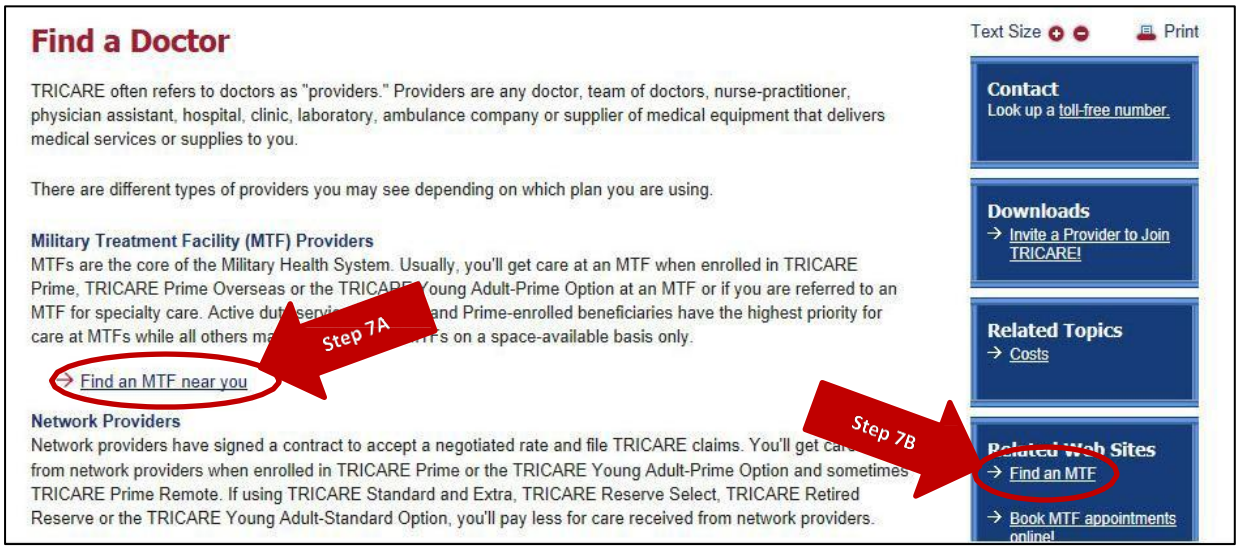
4. Locate the "**Which TRICARE plan is for you?**" box (displayed below) and click the "**Find out now!**" link (Step 4 Arrow).

5. This will bring you to the Overview page (displayed below). Locate the **Medical** tab (Step 5 Arrow).

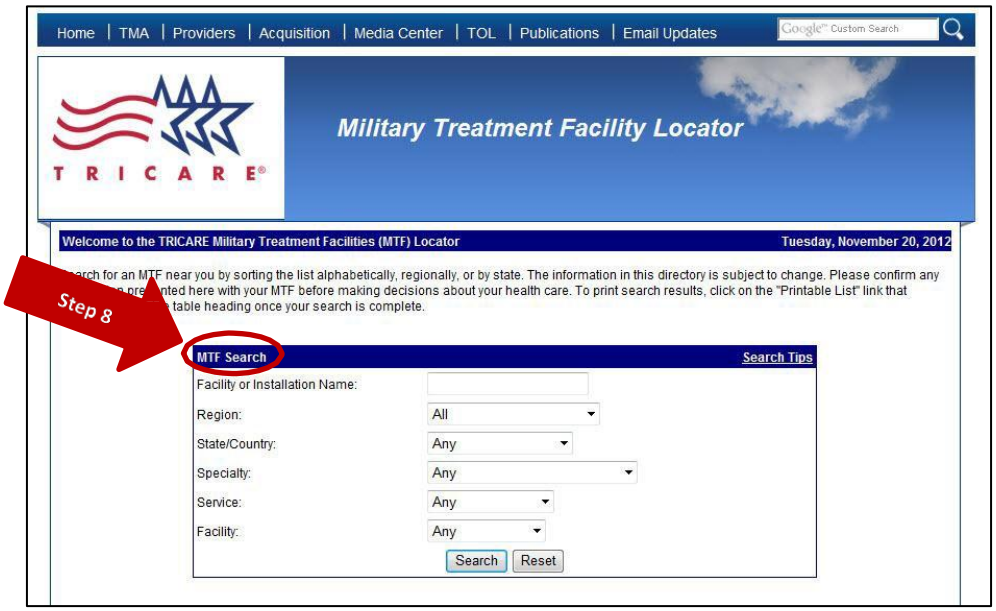
6. In the Medical drop down menu, click "**Find a Doctor**" (Step 6 Arrow).



7. This will bring you to the Find a Doctor page, displayed below. Please click on one of the two Military Treatment Facility links, either "**Find an MTF near you**" (Step 7A Arrow) or "**Find an MTF**" (Step 7B Arrow).



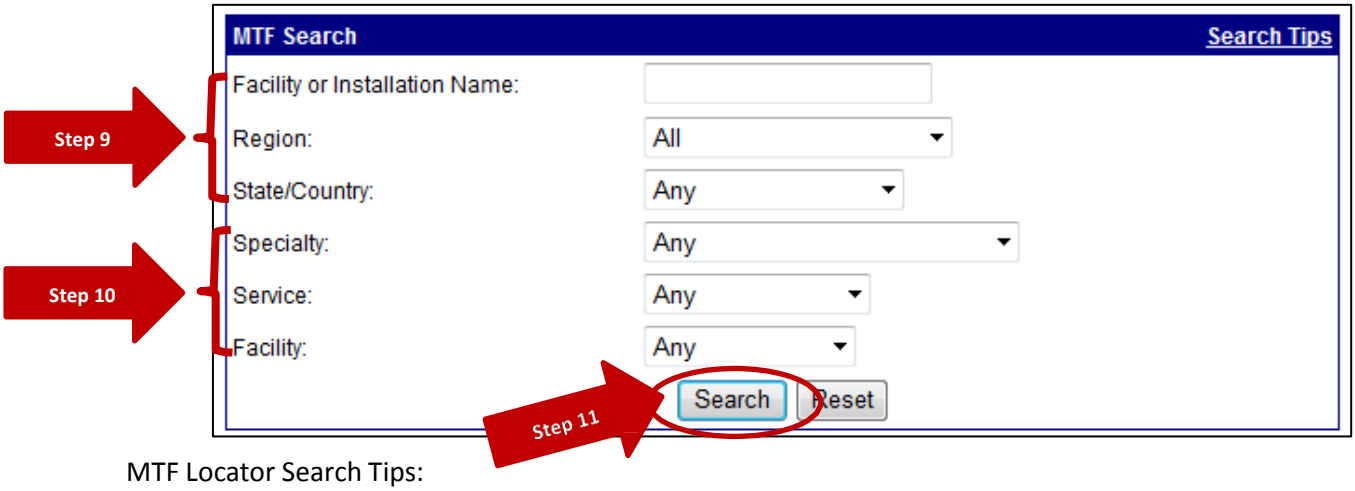
8. This will bring you to the TRICARE Military Treatment Facility (MTF) homepage, displayed below. Locate the "**MTF Search**" box (Step 8 Arrow).



9. In the MTF Search box (displayed below), search for a MTF by entering your **Facility or Installation Name, Region,** and/or **State/Country** (Step 9 Arrow).

Use the **Specialty, Service,** and/or **Facility** options to narrow your search (Step 10 Arrow).

Click "**Search**" to view results (Step 11 Arrow).



MTF Locator Search Tips:

- When searching for Facility Name or Installation Name, the search will find ALL of the words that you enter. For example, naval health will find anything containing the word naval and health.
- Do not use abbreviations, for example, ft. instead of Fort. Using abbreviations will reduce the accuracy of the search. If you would like to search for a phrase, use quotation marks. For example, "Walter Reed" will find anything containing the phrase Walter Reed.

AIR FORCE FAMILY SUPPORT CONTACT INFORMATION

INSTALLATION	PHONE	WEBSITE
MAJCOM: ACC		
Beale, CA	530-634-2863	http://www.bealefss.com/afrc
Davis Monthan, AZ	520-228-5690	http://dmforcesupport.com/AFRCenter/AFRC.html
Dyess, TX	325-696-5999	http://www.dyessfss.com/afrc.html
Ellsworth, SD	605-385-4663	http://ellsworthefmp.org/
Holloman, NM	575-572-7754	http://www.hollomanfss.com/ComFam/ComFam.html
Joint Base Langley-Eustis (Langley), VA	757-764-3990	http://langley.jbleforcesupport.com/airman.html
Joint Base Langley-Eustis (Eustis), VA	757-878-1954	http://eustismwr.com/index.php/2011-11-16-17-10-33/exceptional-family-member-program
Moody, GA	229-257-4789	http://www.moodyfss.com/content.asp?pid=13&id=474
Mt Home, ID	208-828-2458	http://www.mhafbfun.com/afrc/index.html
Nellis, NV	702-652-3327	http://www.nellis.af.mil/shared/media/document/AFD-111116-043.pdf
Offutt, NE	402-294-4329	http://v4.offuttafrc.com/programs.php?pullid=exceptional
Seymour Johnson, NC	919-722-1123	http://newpreview.afnews.af.mil/seymourjohnson/library/airman&familyreadinesscenter/index.asp
Shaw, SC	803-895-1163	http://www.20thfss.com/family-youth/airman-family-readiness-center/family-life
MAJCOM: AETC		
Altus, OK	580-481-7922	http://altusfss.com/youth-family/airman-family-readiness/
Columbus, MS	662-434-2701	http://www.columbus.af.mil/library/factsheets/factsheet_print.asp?fsID=5221&page=1
Joint Base San Antonio - Fort Sam Houston, TX	210-221-9826	http://www.fortsammwr.com/home-family/efmp.html
Goodfellow, TX	325-654-3893	http://www.goodfellow.af.mil/shared/media/document/AFD-120926-101.pdf
Keesler, MS	228-376-8505	http://www.keesler81fss.us/AFRC.html
Joint Base San Antonio - Lackland, TX	210-671-3722	http://www.lacklandfss.com/airman_exceptional_family.html
Laughlin, TX	830-298-4788	http://www.laughlin.af.mil/library/factsheets/factsheet_print.asp?fsID=19558&page=1
Luke, AZ	623-856-6378	http://lukeafrc.com/articles/view/exceptional-family-member-program-4f63aa90-e1b8-4d71-8677-4c9b0abbf82f
Maxwell, AL	334-953-3799	http://www.42fss.us/airmanfamilyreadiness.html

INSTALLATION	PHONE	WEBSITE
Joint Base San Antonio - Randolph, TX	210-652-5321	http://www.randolphfss.com/cm/templates/outdoor_rec.asp?articleid=36&zoneid=21
Sheppard, TX	940-676-4358	http://www.facebook.com/SheppardAFRC
Tyndall, FL	850-283-4204	http://325fss.com/index.php?page=SLO
Vance, OK	580-213-6330	http://www.vance.af.mil/shared/media/document/AFD-090820-031.pdf
MAJCOM: AFDW		
Andrews, MD	301-981-7088	http://www.facebook.com/pages/Exceptional-Family-Member-Program-EFMP-Joint-Base-Andrews/202744383133244
Pentagon, VA	703-693-9460	http://www.facebook.com/pages/Pentagon-EFMP/240798852640021
MAJCOM: AFGSC		
Barksdale, VA	318-456-8400	http://www.barksdaleservices.com/index.php?submenu=AirmanFamily&src=gendocs&ref=AirmanFamilyReadinessCenter&category=Airman_and_Family
FE Warren, WY	307-773-5943	http://www.funatwarren.com/services/airman-family-readiness/
Malmstrom, MT	406-731-4900	http://341fss.com/afrc1
Minot, ND	701-723-3950	http://www.5thforcesupport.com/activities/afrc/programs/exceptional.html
Whiteman, MO	660-687-7132	http://www.whitemanfss.com/#!miltary-support/vstc2=afrac
MAJCOM: AFMC		
Edwards, CA	661-277-0723	http://edwardsfss.com/wordpress/family/airman-family-readiness-center
Eglin, FL	850-883-4342	http://www.eglinforcesupport.com/activity/index.html?AFRC_?refreshed20130506155925
Hanscom, MA	781-225-2765	http://www.hanscomservices.com/AirmanAndFamilyReadinessCenter.asp
Hill, UT	801-586-2611	http://75thforcesupport.com/aafrc/download/EFMP%20Quick%20Reference%20Listing.pdf
Kirtland, NM	505-853-1717	http://kirtlandforcesupport.com/pages/airmanfamily.htm
Warner Robins, GA	478-926-1259	http://www.robins.af.mil/library/airman&familyreadinesscenter/index.asp
Tinker, OK	405-734-5690	http://tinkerliving.com/exceptional-family-member-program/
Wright Patterson, OH	937-656-0946	http://www.wpafb.af.mil/afrf/index.asp
MAJCOM: AFSOC		
Cannon, NM	575-784-4228	http://www.cannon.af.mil/helpingagencies/airman&familyreadinesscenter.asp
Hurlburt Field, FL	850-884-6830	http://www.hurlburt.af.mil/families/airmanfamilyreadinesscenter/
MAJCOM: AFSPC		
Buckley, CO	720-847-9038	http://www.460fss.con/family-services/airman-family-readiness.services/

INSTALLATION	PHONE	WEBSITE
Los Angeles, CA	310-653-5193	http://www.laafbforcesupport.com/family-programs/airman-family-readiness
Patrick, FL	321-494-5676	http://www.facebook.com/patrickafbairmanandfamilyreadinesscenter
Peterson, CO	719-556-0458	http://www.21fss.com/about/airman-family-readiness/exceptional-family-member-program-efmp-coordinator/
Schriever, CO	719-567-3920	http://www.schrieverfss.com/afrc_08.asp
Vandenberg, CA	805-606-0039	http://30svs.com/Downloads/A&FRC/EFMP%20Booklet_Feb11.pdf
MAJCOM: AMC		
Joint Base Charleston, SC	843-963-4411	http://www.jbcharleston.com/youth-and-family/air-base/airman-a-family-readiness
Dover, DE	302-677-6383	http://www.dover.af.mil/units/436thairmanandfamilyreadiness/index.asp
Fairchild, WA	509-247-2246	http://fairchildfamilysupport.org/articles/view/exceptional-family-member-program-efmp-4c2142e6-0fc4-4ae0-aed0-0965ac100ba0
Grand Forks, ND	701-747-6434	http://www.grandforks.af.mil/shared/media/document/AFD-120126-031.pdf
Little Rock, AR	501-987-8480	http://www.littlerock.af.mil/units/airman&familyreadiness/index.asp
MacDill, FL	813-828-0122	http://www.macdillfrc.com/index.php?p=1_6_Exceptional-Family-Member-Program-EFMP
McConnell, KS	316-759-3182	http://refuelmcconnell.com/youth-a-family
Joint Base McGuire-Dix-Lakehurst, NJ	609-754-2023	http://gomdl.com/2011/10/exceptional-family-member-program-efmp/
Pope, NC	910-394-2538	https://www.usafservices.com/home/spousesupport/specialneeds.aspx
Scott, IL	618-256-8668	http://www.scottafrc.com/efmp/
Travis, CA	707-424-4342	http://travisspecialneeds.com/
MAJCOM: PACAF		
Eielson, AK	907-377-2178	http://eielsonforcesupport.com/index.php?option=com_content&view=category&layout=blog&id=64&Itemid=100
Joint Base Elmendorf-Richardson, AK	907 552-0671	http://www.elmendorf-richardson.com/mfrc/index.php?id=109
Joint Base Elmendorf-Richardson, AK	907 384-0225	http://www.elmendorf-richardson.com/ACS/index.php?id=87
Kadena, Japan	011-81-98-961-3366	http://kadenafss.com/efmp
Misawa, Japan	011-81-317-77-4735	http://www.35fss.com/afrc.html
Osan, Korea	011-82-31-661-5440	http://www.51fss.com/afrc.htm

INSTALLATION	PHONE	WEBSITE
Yokota, Japan	011-81-311-755-8725	http://yokotafss.com/page.php?153
MAJCOM: USAFA		
AF Academy, CO	719-333-3444	http://www.usafasupport.com/
MAJCOM: USAFE		
Aviano and Moron, Italy	39-0434305407	http://www.31fss.com/afrc/EFMP.jpg
RAF Alconbury, England	44-1480843470	http://www.rafalconbury.com/airman-and-family-readiness
Geilenkirchen, Germany	49-2451633791	http://apps.militaryonesource.mil/MOS/f?p=MI:CONTENT:0:::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:1525,EFMP - Family Support,30.90.210.30.65.0.0.0.0,16
Incirlik, Turkey	90-322-3166755	http://www.39fss.com/afrc.html
Lajes Field, Azores	351-295574138	http://www.lajesfss.com/Airman--Family-Readiness-Center.html
RAF Lakenheath, England	44-1638523847	http://www.48forcesupport.com/Family/AirmanFamilyReadinessCenter/tabid/101/Default.aspx
RAF Menwith Hill, England	44-1423-777730	http://apps.militaryonesource.mil/MOS/f?p=MI:CONTENT:0:::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:4695,EFMP - Family Support,30.90.210.30.65.0.0.0.0,16
RAF Mildenhall / RAF Croughton, England	44-1638543406	http://100fss.com/afr.html
Ramstein, Germany	49-6371475100	http://www.86fss.com/index.php/family-and-youth/airman-a-family-services/efmp-family-support
Spangdahlem, Germany	49-6565616422	http://52fss.com/NewFiles/afrc.html

ARMY FAMILY SUPPORT CONTACT INFORMATION

INSTALLATION	PHONE	WEBSITE
IMCOM		
IMCOM G-9	210-466-1137	http://www.imcom.army.mil/Organization/G9FamilyMWRPrograms.aspx
HQ, DIRECT REPORTING UNIT (DRU)	210-466-1154	http://www.armymwr.com/family/efmp.aspx
Fort Belvoir, VA	703-805-3436	http://www.belvoirmwr.com/Facilities/ACS/index.php#efmp
Fort Leavenworth, KS	913-684-2838	http://www.fortleavenworthfmwr.com/index.php/army-community-service/exceptional-family-members-program-efmp
Fort Hamilton, NY	718-630-4460	http://www.hamiltonmwr.com/efm.php
Carlisle Barracks, PA	717-245-3775	http://carlislebarracks.carlisle.army.mil/acs/efm.cfm
Fort Detrick, MD	301-619-3385	http://www.detrick.army.mil/efmp/
Fort Meade, MD	301-677-5590	http://ftmeademwr.com/acs/efmp.php
USAG Miami, FL	305-437-2734	http://www2.southcom.mil/usag-miami/sites/mwr/mwr-fsc-efmp.htm
West Point, NY	845-938-5655	http://www.westpointmwr.com/acs/EFMP.htm
Presidio of Monterey, CA	831-242-7960	http://www.pom-fmwr.com/fmwr/index.php/family/acs/efmp
Joint Base Myer-Henderson Hall, VA	703-696-3510	http://www.jbmhh.army.mil/WEB/JBMHH/Services/ACS.html
IMCOM CENTRAL		
IMCOM CENTRAL	210-295-2188	http://www.imcom.army.mil/Organization/G9FamilyMWRPrograms.aspx
Fort Bliss, TX	915-569-4227	http://www.blissmwr.com/efmp/
Fort Carson, CO	719-526-4590	http://community.carson.army.mil/ACS/programs_EFMP.html
Detroit Arsenal, MI	586-282-0475	http://www.detroitarsenalfmwr.com/community/efmp.htm
Dugway Proving Ground, UT	435-831-2834	http://dugwaymwr.com/dpg_acs_prog_descripts_efmp.html
Fort Hood, TX	254-287-6070	http://hoodmwr.com/acs/efmp.html
Fort Huachuca, AZ	520-533-6871	http://www.huachuca.army.mil/pages/acs/efmp.html
NTC/Fort Irwin, CA	760-380-3698	http://fortirwinfmwr.com/army-community-services/exceptional-family-member-program/
Fort Leonard Wood, MO	573-596-0212	http://www.fortleonardwoodmwr.com/acs_sfro.php#efmp
Fort Polk, LA	337-531-2840	http://www.jrtc-polk.army.mil/ACS/ExceptionalFamilyMemberProgram(EFMP).htm

INSTALLATION	PHONE	WEBSITE
Fort Riley, KS	785-239-9435	http://www.riley.army.mil/UnitPage.aspx?unit=ACS.efm
Rock Island Arsenal, IL	309-782-4736	http://www.riamwr.com/acs/exceptional-family-member/
Fort Sill, OK	580-442-4916	http://www.sillmwr.com/soldier-family-programs-2/exceptional-family-member-program/
White Sands Missile Range, NM	575-678-6767	http://www.wsmrmwr.com/exceptional_family_member_program.php
Yuma Proving Ground, AZ	928-328-3224	http://www.yumamwr.com/efmp.html
Joint Base Lewis-McChord, WA	253-967-9704	http://www.jblmmwr.com/acs_efmp.html
Joint Base San Antonio, TX	210-916-5721	http://www.fortsammwr.com/home-family/efmp.html
Fort McCoy (USAR), WI	608-388-3505	http://www.mccoymwr.com/home/army-community-service/exceptional-family-member.html
CSTC, Fort Hunter Liggett (USAR), CA	831-386-2378	http://www.liggett.army.mil/sites/acs/acs.asp
IMCOM ATLANTIC		
IMCOM ATLANTIC	757-501-8173	http://www.imcom.army.mil/Organization/G9FamilyMWRPrograms.aspx
Aberdeen Proven Ground, MD	410-278-2420	http://www.apgmwr.com/community/acs_12.html_pop-up
Anniston Army Depot, AL	256-235-7971	http://www.anad.army.mil/community.shtml
Fort Benning, GA	706-545-5521	http://www.benningmwr.com/acs-efmp.php
Fort Bragg, NC	910-907-3395	http://www.fortbraggmwr.com/acs/exceptional-family-members/
Fort Campbell, KY	270-798-2727	http://www.fortcampbellmwr.com/acs/efmp/index.html
Fort Drum, NY	315-772-5476	http://www.drummwr.com/ExceptionalFamilyMemberProgram.htm
Fort Gordon, GA	706-791-4872	http://www.gordon.army.mil/acs/EFMP/index.htm
Fort Jackson, SC	803-751-5256	http://fortjacksonmwr.com/acs_exp/index.html
Fort Knox, KY	502-624-5419	http://www.knoxmwr.com/ArmyCommunityServices/ExceptionalFamilyMemberProgramEFMP/tabid/113/Default.aspx
Fort Lee, VA	804-734-6393	http://www.leemwr.com/Comm/ACS/com_acs_efmp.htm
Natick, MA	508-233-5377	http://www.natick.army.mil/garrison/directorates/acs/familymem/index.html
Picatinny Arsenal, NJ	973-724-2145	http://www.pica.army.mil/garrison/directorates/ACS/EFMP.aspx
Redstone Arsenal, AL	256-876-5397	http://www.redstonemwr.com/family/army_community_service/exceptfamily.php

INSTALLATION	PHONE	WEBSITE
Fort Rucker, AL	334-255-9277	http://www.ftruckermwr.com/acs/exceptional-family-member-program/
Fort Stewart, GA	912-767-5058	http://www.stewart.army.mil/acs/efmp.asp
Tobyhanna Army Depot, PA	570-615-7069	http://www.tobyhanna.army.mil/community/acs/except%20family%20plan.html
Joint Base McGuire-Dix-Lakehurst (Air Force), NJ	609-754-2023	http://gomdl.com/2011/10/exceptional-family-member-program-efmp/
Joint Base Langley-Eustis (Air Force), VA	757-878-1954	http://www.eustismwr.com/index.php/2011-11-16-17-10-33/exceptional-family-member-program
Joint Base Little Creek-Story (Navy), VA	757-462-7563	http://www.cnic.navy.mil/JEBLCFS/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Fort Buchanan (USAR), PR	787-707-3295	http://www.buchananmwr.com/centerArmybrCommunitybrServicescenter/ExceptionalFamilyMemberProgram/tabid/104/Default.aspx
Fort Devens (USAR), MA	978-796-3023	https://www.devens.army.mil/For_the_Family/Support_Services.htm
EUROPE REGION		
EUROPE REGION	49-6302-67-5627	http://www.armymwr.com/famil/efmp.aspxl
USAG Ansbach, Germany	49-9802-83-3629	http://www.ansbach.army.mil/webpages/newcomers.aspx#Army_Community_Service_(ACS)
USAG Bamberg, Germany	49-951-300-8397	http://www.bamberg.army.mil/directorates/dfmwr/acs/efm.asp
USAG Schweinfurt, Germany	49-9721-96-61207/6933	http://www.schweinfurt.army.mil/directorates/acs/efmp.htm
USAG Baden-Wuerttemburg (Heidelberg), Germany	49-6221-57-6883/6975	U.S. Army Garrison Baden-Württemberg remains committed to providing a high quality of life during our last year, but services will end at the latest when the garrison deactivates on September 30, 2013.
USAG Kaiserslautern, Germany	49-631-3406-4094	http://www.kaiserslautern.army.mil/Directorates/ACS/klefmp.html
USAG Benelux, Belgium	32-65-44-7461	http://usagbeneluxfmwr.wordpress.com/army-community-service/exceptional-family-member-program/
USAG Brussels, Belgium	32-2-717-9725	http://usagbeneluxfmwr.wordpress.com/army-community-service/exceptional-family-member-program/
USAG Schinnen, Netherlands	31-46-443-7453/7269	http://www.usagschinnen.eur.army.mil/sites/services/efmp.asp
USAG Grafenwoehr, Germany	49-9662-83-2881	http://www.grafenwoehr.army.mil/sites/newcomers/acs.asp
USAG Hohenfels, Germany	49-9472-83-4907	http://www.hohenfels.army.mil/sites/community/acs/efmp.asp

INSTALLATION	PHONE	WEBSITE
USAG Garmisch, Germany	49-8821-750-3572	http://www.garmisch.army.mil/Directorates/F%20M%20W%20R/A%20C%20S/default.asp
USAG Stuttgart, Germany	49-7031-15-3344	http://www.stuttgartmwr.com/acs/efmp/
USAG Vicenza, Italy	39-0444-71-8582	http://vicenza.armymwr.com/index.php/europe/vicensz/programs/acs/
Darby Army Community (Livorno), Italy	39-50-54-7486	http://www.vicenzamwr.com/livorno_acs_fap.html
USAG Wiesbaden, Germany	49-611-408-5234	http://www.wiesbaden.army.mil/sites/mwr/efmp.asp
USAG Baumholder, Germany	49-678368184/ 678368188	http://www.baumholderacs.blogspot.com/p/exceptional-family-member-program.html
IMCOM PACIFIC		
IMCOM PACIFIC	808-438-5492	http://www.imcom.pac.army.mil/
USAG Daegu, South Korea	011-82-53-470-8329	http://daegu.korea.army.mil/acs.asp
Fort Greely, AK	907-873-4385	http://www.greely.army.mil/services/community.aspx
USAG Schofield Barracks, HI	808-655-4385	http://www.himwr.com/home-a-family-life/exceptional-family-member
USAG Camp Zama, Japan	011-81-46-407-4572	http://www.mwrjapan.army.mil/acs/efmp.aspx
USAG Torii Station, Japan	011-81-611-744-4106	http://toriimwr.com/acs.html#efmp
USAG Red Cloud/Camp Casey, South Korea	011-8231-869-4805	http://www.mwrkorea.com/acs/family.php
Fort Wainwright, AK	907-353-4243	http://ftwainwrightfmwr.com/acs.html
Joint Base Elmendorf-Richardson (Air Force), AK	907-384-0225	http://www.elmendorf-richardson.com/mfrc/index.php?id=87
USAG Yongsan, South Korea	011-822-7918-5311	http://www.mwrkorea.com/myinstallation/yongsan.php
USAG Humphreys, South Korea	011-8231-690-3742	http://www.mwrkorea.com/acs/family.php

NAVY FAMILY SUPPORT CONTACT INFORMATION

INSTALLATION	PHONE	WEBSITE
COMMAND: CNRSW		
Navy Region Southwest	619-556-6899	http://www.cnic.navy.mil/CNRSW/FleetFamilyReadiness/index.htm
China Lake, CA	760-939-4545	http://www.cnic.navy.mil/ChinaLake/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Monterey, CA	831-656-3060	http://www.cnic.navy.mil/Monterey/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
El Centro, CA	760-339-2442	http://www.cnic.navy.mil/ElCentro/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Fallon, NV	775-426-3333	http://www.cnic.navy.mil/Fallon/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Lemoore, CA	559-998-4042	http://www.cnic.navy.mil/Lemoore/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Ventura County/Point Mugu, CA	805-982-5037	http://www.cnic.navy.mil/Ventura/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
San Diego, CA	619-556-7404	http://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Murphy Canyon, CA	619-556-1277	http://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Coronado, CA	619-571-4718	http://www.cnic.navy.mil/Coronado/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
COMMAND: CNR HAWAII		
Joint Base Pearl Harbor-Hickam, HI	808-474-1999 x6108	http://auth.cnic.navy.mil/PearlHarbor-Hickam/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
COMMAND: CNR MID-ATLANTIC		
Navy Region Mid-Atlantic	757-322-9109	http://www.cnic.navy.mil/CNRMA/FleetFamilyReadiness/SupportServices/index.htm
Newport, RI	401-841-2283	http://www.cnic.navy.mil/Newport/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
New London, CT	860-694-3383	http://www.cnic.navy.mil/NewLondon/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Earle, NJ	732-866-2115	http://www.dodhousingnetwork.com/navy/nws-earle/base-directory.php?i=23

INSTALLATION	PHONE	WEBSITE
Saratoga Springs, NY	518-886-0200	http://www.cnic.navy.mil/Saratoga/FleetAndFamilyReadiness/SupportServices/index.htm
Portsmouth NSY, ME	207-438-1835	http://www.cnic.navy.mil/pnsy/FleetAndFamilyReadiness/SupportServices/index.htm
Norfolk, VA	757-444-2102	http://www.cnic.navy.mil/NorfolkSta/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
JEB Little Creek Fort Story, VA	757-462-7563	http://auth.cnic.navy.mil/JEBLCFS/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Oceana, VA	757-433-2912	http://www.cnic.navy.mil/Oceana/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Yorktown/Newport News, VA	757-887-4606	https://www.cnic.navy.mil/Yorktown/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Portsmouth, VA	757-444-2102	http://www.cnic.navy.mil/nnsy/FleetAndFamilyReadiness/SupportServices/index.htm
Sugar Grove, WV	304-249-6519	http://www.cnic.navy.mil/nioc_sg/FleetAndFamilyReadiness/index.htm
NSA Norfolk Northwest Annex, VA	757-421-8770	http://www.cnic.navy.mil/Norfolk/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
COMMAND: CNREURAFSWA		
CNR EURAFSWA	011-39-081-568-6951	http://www.cnic.navy.mil/Europe/FleetFamilyReadiness/index.htm
Naples, Italy	011-39-081-811-6372	http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness/SupportServices/index.htm
Souda Bay, Greece	011-30-28210-21690	http://www.cnic.navy.mil/SoudaBay/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Rota, Spain	011-34-356-82-3232	http://www.cnic.navy.mil/Rota/FleetAndFamilyReadiness/SupportServices/index.htm
Sigonella, Italy	011-39-095-56-4291	http://www.cnic.navy.mil/Sigonella/FleetAndFamilyReadiness/SupportServices/index.htm
Bahrain, Kingdom of Bahrain	011-973-1785-4046	http://www.cnic.navy.mil/Bahrain/FleetAndFamilyReadiness/SupportServices/index.htm
COMMAND: CNRSE		
Navy Region Southeast	904-542-9838	http://www.cnic.navy.mil/cnrse/FleetFamilyReadiness/SupportServices/Families/index.htm
Corpus Christi, TX	361-961-2372	http://www.cnic.navy.mil/corpuschristi/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Gulfport, MS	228-871-2581	http://www.cnic.navy.mil/gulfport/FleetAndFamilyReadiness/SupportServices/index.htm
Guantanamo Bay, Cuba	011-5399-4141	http://www.cnic.navy.mil/guantanamo/FleetAndFamilyReadiness/SupportServices/index.htm

INSTALLATION	PHONE	WEBSITE
Jacksonville, FL	904-542-5745	http://www.cnic.navy.mil/jacksonville/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Key West, FL	305-293-4408	http://www.cnic.navy.mil/keywest/FleetAndFamilyReadiness/SupportServices/index.htm
Kingsville, TX	361-516-6333	http://cnic.navy.mil/kingsville/FleetAndFamilyReadiness/SupportServices/index.htm
Meridian, MS	601-679-2360	http://www.cnic.navy.mil/meridian/FleetAndFamilyReadiness/SupportServices/index.htm
Pensacola, FL	850-452-5990	http://www.cnic.navy.mil/pensacola/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
JRB Forth Worth, TX	817-782-5287	http://www.cnic.navy.mil/fortworth/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
JB Charleston (Air Force Supported), SC	843-963-4406	http://www.jbcharleston.com/youth-and-family/air-base/airman-a-family-readiness
Mayport, FL	904-270-6600	http://www.cnic.navy.mil/mayport/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
JRB New Orleans, LA	504-678-7569	http://www.cnic.navy.mil/jrborleans/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Panama City, FL	850-235-5800	http://www.cnic.navy.mil/panamacity/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Kings Bay, GA	912-573-4512	http://www.cnic.navy.mil/kingsbay/FleetAndFamilyReadiness/SupportServices/index.htm
Whiting Field, FL	850-623-7177	http://www.cnic.navy.mil/whitingfield/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
COMMAND: CNRNW		
Navy Region Northwest (NAVBASE KITSAP, WA)	360-396-4115	http://www.cnic.navy.mil/Kitsap/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Naval Station Everett, WA	425-304-3735	http://www.cnic.navy.mil/Everett/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
Smokey Point, WA	425-304-3367	http://www.cnic.navy.mil/Everett/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
NAS Whidbey Island, WA	360-257-6289	http://www.cnic.navy.mil/Whidbey/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm

INSTALLATION	PHONE	WEBSITE
COMMAND: CNR JAPAN		
Diego Garcia	011-246-370-4421	http://www.cnic.navy.mil/DiegoGarcia/FleetAndFamilyReadiness/SupportServices/index.htm
Atsugi, Japan	81-467-63-3628	http://www.cnic.navy.mil/Atsugi/FleetAndFamilyReadiness/SupportServices/index.htm
Sasebo, Japan	011-81-956-50-3112	http://www.cnic.navy.mil/Sasebo/FleetAndFamilyReadiness/SupportServices/index.htm
Yokosuka, Japan	046-816-3372/6716	http://www.cnic.navy.mil/Yokosuka/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
COMMAND: CNR MARIANAS		
Guam	671-333-2056	http://www.cnic.navy.mil/Guam/WarfighterAndFamilyReadiness/SupportServices/index.htm
COMMAND: CNR MIDWEST		
NSA Mid-South	901-874-5075	http://www.cnic.navy.mil/MidSouth/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/index.htm
Naval Station Great Lakes, IL	847-688-3603	http://www.cnic.navy.mil/GreatLakes/FleetAndFamilyReadiness/SupportServices/index.htm
COMMAND: NAVAL DISTRICT WASHINGTON (NDW)		
Naval District Washington	202-433-6235	http://www.cnic.navy.mil/NDW/FleetFamilyReadiness/index.htm
NSA Annapolis, MD	410-293-2641	http://www.cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/SupportServices/Families/FamilySupportPrograms/ExceptionalFamilyMember/index.htm
NAS Patuxent River, MD	301-342-4911	http://www.cnic.navy.mil/Patuxent/FleetAndFamilyadiness/SupportServices/index.htm
NSA Bethesda, MD	301-319-4087	http://www.cnic.navy.mil/Bethesda/FleetAndFamilyReadiness/SupportServices/index.htm
JB Anacostia-Bolling, DC	202-433-6151 202-767-0450	http://www.cnic.navy.mil/NSAW/FleetAndFamilyReadiness/SupportServices/index.htm
NSA South Patomac, DC (Dahlgren, VA)	540-653-1839	https://www.cnic.navy.mil/Dahlgren/FleetAndFamilyReadiness/SupportServices/index.htm
Naval Support Facility Indian Head, MD	800-500-4947	https://www.cnic.navy.mil/IndianHead/FleetAndFamilyReadiness/SupportServices/index.htm

MARINE CORPS FAMILY SUPPORT CONTACT INFORMATION

INSTALLATION	PHONE	WEBSITE
Twentynine Palms, CA	760-830-7740	www.mccs29palms.com/pages/mFamServices/EFMP/EFMP.html
Albany, GA	229-639-5277	www.marineandfamilyservices.com/efmp/
Barstow, CA	760-577-6287	www.mccsbarstow.com/mfsd/efmp.html
Beaufort/MCRD Parris Island, SC	843-228-2041	www.mccssc.com/efmp/index.html
Camp Butler Okinawa, Japan	011-81-611-745-9237	http://www.mccsokinawa.com/efmp/
Camp Lejeune, NC	910-451-9372	www.mccslejeune.com/efmp/index.html
Camp Pendleton, CA	760-725-1966	www.mccscp.com/efmp
Cherry Point, NC	252-466-7547	www.mccscherrypoint.com/efmp.htm
Hawaii	808-257-7773	www.mccshawaii.com/efmp.shtml
Henderson Hall, VA	703-693-6368	www.mccshh.com/EFMP.html
Iwakuni, Japan	011-81-827-79-5601	www.mccsiwakuni.com/index.php?p=125
MCRD San Diego, CA	619-524-6078	http://mccshawaii.com/efmp/
Miramar, CA	858-577-8644	www.mccsmiramar.com/exceptional_family_member.html
New River, NC	910-449-5248	www.mccsnr.com/efmp.html
Quantico, VA	571-931-0525	www.quantico.usmc-mccs.org/EFMP/
Yuma, AZ	928-269-2425	www.yuma.usmc-mccs.org/index.cfm/family-life1/exceptional-family-member-program/
Camp Allen, VA	757-445-6875	www.mccscampallen.com/EFMP_local.htm
HCMC EFMP, VA	703-784-0298	https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/F_Family%20Care/Exceptional%20Family%20Member%20Program