



KEY RESOURCES



Centralized Scheduling: 866-923-6478
www.navalifesw.com/sandiego/families/ffsc
www.facebook.com/FFSCSD

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

FOOD, CLOTHING, HOUSEHOLD ITEMS, AND MORE!

FLEET & FAMILY SUPPORT CENTER (FFSC)

FFSC has information on Information & Referral, Relocation, Deployment, Career Services, Counseling, Personal Financial Management, and more. Call 866-923-6478 to book an appointment with an FFSC Consultant. Visit www.navalifesw.com/sandiego/families/ffsc/

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

NMCRS provides financial counseling, thrift shops, Budget for Baby workshop and scholarships. Financial assistance available in the form of no interest loans and support to qualifying individuals. Call 619-767-6800 or visit www.nmcrcs.org

MILITARY ONE SOURCE

Military OneSource has helpful resources, products, articles and tips on numerous topics related to military life. Services are available 24 hours a day by telephone and online. Call 800-342-9647 or visit www.militaryonesource.mil

211

By calling 211, client's needs are assessed and then connected to the best and closest resource in their community. Assistance is confidential and offered in more than 200 languages and dialects. Visit www.211sandiego.org for more information.

CHAPLAIN'S OFFICE

Information on worship services at base Chapels, spiritual workshops, religious services, resource referrals, counseling, and additional support from the caring Chaplain team. For more information call or visit Navy 311 at 855-628-9311 or visit www.navy311.navy.mil

UNITED SERVICE ORGANIZATION (USO)

USO provides ticket giveaways, holiday programs, community chest food program, and FREE Tuesday night dinner. Call 619-235-6503 or visit www.usosandiego.org for more information.

WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM

WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income. Call 800-500-6411 or visit www.sandiegowic.org

SAN DIEGO FOOD BANK

Call 866-350-3663 or visit www.sandiegofoodbank.org for information about food assistance.

CALFRESH PROGRAM/ SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

For enrollment call 877-847-3663 or visit www.cdss.ca.gov/foodstamps

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

Call 619-461-4164 or visit www.sandiegomom.org for gently-used furniture warehouse information and weekly food and bread distribution schedule.

SUPPORT THE ENLISTED PROJECT (STEP)

Provides emergency financial grants and transition assistance to junior enlisted military and their families. Call 858-695-6810 or visit www.stepsocal.org for more information.

TRICARE

Call 877-988-WEST (988-9378) or visit www.uhcmilitarywest.com for medical care concerns and enrollment questions.

BE DEPLOYMENT READY ALL THE TIME!

UNITED THROUGH READING

This program helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home. To learn more or participate visit www.unitedthroughreading.org/

AMERICAN RED CROSS

Call 24/7 for emergency messages, which can be sent for: death or serious illness, birth of a child and are needed for emergency leave situations. Call toll free: 877-272-7337 or visit www.sdark.org

OPERATION HOMEFRONT

Qualifying deployed military families can access assistance with car repairs, computers, moving costs, childcare costs, and commissary vouchers when available. Certain restrictions apply. Call 855-282-0960 or visit www.operationhomefront.net

UNITED STATES POSTAL SERVICE (USPS) CARE PACKAGE PROGRAM

Provides flat-rate postage when mailing packages to FPO or APO boxes. The USPS will send FREE packing materials to U.S. residents to use when mailing packages to their deployed service member. To order call: 800-610-8734.

SCHOOL LIAISONS PROGRAM

School liaison officers network, educate and work in partnership with local schools to enhance the education experience for military children. To find a school liaison for your child visit www.navalifesw.com/sandiego/families/cyp/schoolliaison/

ARMED SERVICES YMCA (ASYMCA)

ASYMCA provides in-home social work visits, emergency food, volunteer opportunities, and other outreach. Operation Kid Comfort creates custom-made photo transfer quilts for children of deployed U.S. military service men and women. Call 858-751-5755 or visit www.militaryymca.org

MILITARY KIDS CONNECT (DEPLOYMENT SUPPORT WEBSITE)

Provides a website specifically designed to enhance the resilience of military children of all ages throughout the deployment cycle. It is a place for kids to connect online in a secure and private virtual environment. Visit <http://militarykidsconnect.dcoe.mil/> for more information

FAMILIES OVER COMING UNDER STRESS (FOCUS) PROJECT

FOCUS provides resiliency training to military children and families. Teaching practical skills to meet the challenges of deployment and reintegration. Call 619-556-6075 or visit www.focusproject.org

TUTOR.COM

Tutor.com offers one-to-one learning solutions for students and professionals. All of our services are live, on demand and online. Homework help, tutoring, peer coaching, professional development, training, career help – we do it all. Visit www.tutor.com/military

REGION LEGAL SERVICE OFFICE

Appointment only attorney services include wills, divorce information, adoption information, Service Member's Civil Relief Act and more. On a walk in basis they also provide special powers of attorney and notary services. General powers of attorney require an appointment. Appointment hotline 619-556-2211.