

August 2021 Newsletter



Metro San Diego EFMP Case Liaisons Naval Base Coronado

619-346-3771

619-536-3361

619-726-1742

Naval Base San Diego

619-536-3253

619-536-3468

619-536-2996

619-536-3025

619-536-3726

619-247-3598

Naval Base Point Loma

619-536-3286

858-431-6452



EFMP Resources

- For questions about enrollment, call the Regional MTF Coordinator's Office at Naval Medical Center San Diego 619-532-8586.
- To submit enrollment packages electronically, submit your EFMP forms to: usn.san-diego.navmedcensanca.list.nmcsd-efmp@mail.mil
- If you have questions about PCSing, contact your detailer and/or call MNCC AT 833-330-MNCC (6622) or email askmncc@navy.mil. We suggest that you also email your detailer to establish written dialogue.
- **EFMP & Me:** 24/7 support for military families with special needs. EFMP & Me users can navigate services, connect with resources and advocate for themselves or family members with special needs.
Visit: <https://efmpandme.militaryonesource.mil/>
- **EFMP on APAN:** Learn about resources, events and activities available within Metro San Diego for EFMP families.
Visit <https://community.apan.org/wg/nrsw91/ffsc-nbsd/efmp-san-diego/>
- **MWR Digital Library:** The MWR Digital Library offers over 30 different resources from digital books, audio books, music streaming, language learning and more.
Visit: <https://www.navymwrdigitallibrary.org/>
- **Thrive: Free Online Program for Parents:** Thrive gives parents 24/7 access to interactive modules promoting positive parenting, stress management, and healthy lifestyle practices.
Visit: <https://thrive.psu.edu/for-parents/resources/>
- **Caring for Kids While Working from Home:** Many parents are still working from home while caring for their children. Access virtual activities for kids and self-care resources.
Visit: <https://www.militaryonesource.mil/more-parenting-resources-for-managing-at-home-during-covid-19>
- **Tutor.com** is offering its services free to military families for extra assistance for your children.
Visit: <https://military.tutor.com/home>
- Visit <https://www.navylifsw.com/at-home> to find resources, activities, webinars and more. Resources range from counseling services, education help, entertainment, finances, fitness, health, kids, library and recreation.

Upcoming Events

Free events to get connected and stay connected.

- **Sunny Series Day 7—Sensory Friendly Movie:** August 5th from 1000-1230 at Bob Hope Theater, 2242 Moore Avenue, San Diego, CA 92126. MCAS Miramar EFMP is hosting a free sensory friendly movie. Watch Peter Rabbit: The Runaway (PG) at the Bob Hope Theater. Theater entry is free and the concession stand will be open for purchases. Info: 858-307-4588. Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **Forum and Fun:** August 12th from 1000-1130 at MCAS Miramar Conference Room Building 2525, San Diego, CA 92145. Join MCAS Miramar EFMP for an opportunity to pose questions or concerns to some of the experts. Caseworkers will be in attendance. The School Liaison Program, TRICARE and Special Needs attorney Karen Taylor will also be part of the panel. There will be resource tables so you can chat with partners and a bounce house and activities for the kiddos! Info: 858-307-4588. Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **Service Animal vs. Support Animal:** August 12th from 1400-1500, virtual event. MCAS Miramar EFMP is hosting this virtual workshop to discuss the difference between Service Animals and Support Animals with Guide Dogs of America and Tender Loving Canines. They will also go over the qualification process associated with each animal, information about PCSing with an animal and navigating housing restrictions with such animals. Info: 858-307-4588. Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM

Virtual EFMP Resource Fair

Joint Services EFMP is hosting a Virtual EFMP Resource Fair August 9th-12th. This event is open to all DoD Card Holders. Meet community resources, win prizes, and connect with your community! For more information, call: (858) 577-4668 or email: smbmiramarmcas.efmp@usmc.mil

August 9th: 1330-1500 PST

<https://bit.ly/EFMPActivityFairMW>

- EFMP Staff
- EFMP Attorneys
- TRICARE Representatives
- Express Scripts
- Dental



August 10th: 1730-1900 PST

<https://bit.ly/EFMPResourceFairTH>

- Applied Behavioral Analysis
- Speech Therapy
- Occupational Therapy
- Respite Providers



August 11th: 1330-1500 PST

<https://bit.ly/EFMPActivityFairMW>

- Community Resources
- Disability Specific Organizations
- Recreation
- Respite Providers
- Safety



August 12th: 1730-1900 PST

<https://bit.ly/EFMPResourceFairTH>

- Education
- Employment
- Childcare
- Day Programs for Adults

