



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.nmcscd-efmp@mail.mil
- 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>
- Visit <https://www.navylifew.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.

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



Upcoming Events

- ◆ **Family Game Night— Friday, Dec 3rd 5 pm Cost: Free at Community Recreation NMCS D Building 26, Floor 1B San Diego, CA 92134**, Challenge your friends and families to a game of Catan and Monopoly. Games are available in the Liberty Center. Register Now! <https://runsignup.com/gamenightdec3bcr>
- ◆ **Message from Santa— Saturday, Dec 4th Cost : Free at Community Recreation NMCS D Building 26, Floor 1B San Diego, CA 92134**, Have Santa send a personalized video to your child this Christmas. Register Now! <https://runsignup.com/Race/CA/SanDiego/MessageFromSanta>
- ◆ **Family Holiday Party—Saturday, Dec 4th 9am-1 pm, Cost: Free at Community Recreation NBSD Brinser St., Bldg. 45, Pier 2, NBSD Admiral Prout Fields, EFMP MEMBERS RECEIVE HEAD OF THE LINE PRIVILEGE FROM 10AM—12 PM** Join us for a fun day of activities that includes rides, inflatables, resource fair, Santa’s Village, snow, and more! Don’t miss out, San Diego Zoo Animal Encounters will be there! Food will be available for purchase. FREE LEGOLAND California child vouchers* with the purchase of an adult ticket inside Santa’s Village, for ages 3-12 yrs. only. *Only while supplies last. The child must be present to receive a voucher.
- ◆ **Magical Holiday Party— Monday, Dec 6th 3:00PM – 6:00PM, Cost: Free at Murphy Canyon Chapel 3200 Santo Road, San Diego CA 92124**, The Magical Holiday Party creates a special opportunity for families with similar circumstances to bond, embrace the common challenges of raising a child with special needs and celebrate together as a family.
- ◆ **Story Time Merry Christmas, Curious George (in-person)- Monday, Dec 6th 3:30 PM , Cost: Free at USO Liberty Station Center 2790 Truxtun Road, Suite 110, San Diego, CA 92106**, Join us for an IN-PERSON Story Time Reading through our Bob Hope Reading Program and fun craft after the story telling! For questions please call (619)235-6503.
- ◆ **Stocking Coloring— Tuesday, Dec 7th 9:30 AM, Cost: Free at USO Liberty Station Center 2790 Truxtun Road, Suite 110, San Diego, CA 92106**, Join us for a fun stocking coloring at USO Liberty Station Center! For questions please call (619)235-6503.
- ◆ **Bowling with Santa— Sunday, Dec 12th 11am-1pm, Cost: \$15 at Community Recreation NBSD Brinser St., Admiral Robinson Recreation Center, San Diego, CA 92136**, Enjoy 2 hours of bowling, shoe rental, 2 slices of pizza and a soda. And of course a visit from Santa! Register Now! <https://runsignup.com/Race/CA/SanDiego/BowlingwithSanta121221>