



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.sandiego.navmedcensanca.list.nmcsd-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.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.

Metro San Diego

EFMP Case Liaisons

Naval Base Coronado

619-536-3361

Naval Base San Diego

619-536-3253

619-536-2996

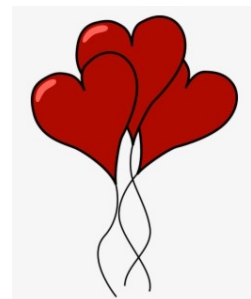
619-536-3025

619-536-3726

619-247-3598

Naval Base Point Loma

619-536-3286



Upcoming Events

- **Toddler Tuesdays– Every Tuesday of the month- @1000-1100 Virtual** Navigating through the toddler years can be stressful and frustrating. Let Toddler Tuesday help! Join us for parent/toddler friendly courses where you will learn about your child’s development, gain useful behavior management techniques and engage in fun activities with your toddler. **Call 866-923-6478 to Sign up.**
- **MILTAX: TAX SERVICES FOR THE MILITARY-** This tax season, start with MilTax from Military OneSource and the Department of Defense. MilTax free tax services include tax prep and e-filing software and personalized support that address the realities of military life – deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more. **Visit Militaryonesource.mil**
- **The Special Education Series: Special Education Overview- Feb 1, at 2pm via Zoom** Join the SoCal EFM Programs and Karen Taylor, Esq. for the special education overview workshop. We will discuss the process and dive into your rights as a parent or guardian of a special needs child.

RSVP TODAY



- **VALENTINE'S DAY WREATH-**



Wed. Feb. 2, 5:30 pm, Cost \$15 at Community Recreation NBC Bldg. 337 Coronado, CA 92155. Check out this fabulous seasonal wreath! All supplies provided.

Register Today! Navylifesw.com

- **CANDY GRAMS**

Feb. 9-11, Cost \$15 at pick up locations: NAB Community Recreation Center or NASNI ITT Office. Grab a sweet mug to delight someone special! Your choice of a small stuffed bear or a small stuffed

gnome. **Register today!**

www.navylifesw.com

- **FIRE STATION VISIT**

Sat, Feb. 5, 10am, FREE at NBSD Fire Station, 3657 Norman Scott Road. Join us for a tour of the fire station, a chance to meet firefighters, paramedics and emergency medical technicians, and see the equipment used to keep us safe!

Sign up today! www.navylifesw.com

