

# March 2022 Newsletter

## SPRING FORWARD



Sunday, March 13, At 2 a.m. the  
clocks turn forward one hour

### EFMP Resources

- For questions about enrollment, call the Regional MTF Coordinator's Office at (619)532-8586.
- To submit enrollment packages electronically, Email to: [usn.san-diego.navmedcensanca.list.nmcسد-efmp@mail.mil](mailto:usn.san-diego.navmedcensanca.list.nmcسد-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: [efmpandme.militaryonesource.mil/](http://efmpandme.militaryonesource.mil/)
- Visit <https://www.navylifesw.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  
858-431-6452

We know the System.  
We can help.



# Upcoming Events

- **Special Education Workshop Series Unlocking the Keys to Assessment**– Tues, March 1, 2pm, via Zoom. Proper assessments are crucial when moving forward with education plans. Join EFMP and EFMP lawyer, Karen Taylor, for discussions on types of assessments and how to be prepared. Open to all DoD patrons. [Register Today!](#)
- **Storytime, Craft & Play**-Wed, March 2, 10am, Cost: FREE, at SAY San Diego Military Resource Center, 3487 Santo Rd., San Diego, 92124. Join us for toddler storytime, craft & play! This month's theme is St. Patrick's Day. [Sign Up today!](#)
- **Paint STEM & Movie**- Sat, March 5, 10 am, Cost: \$10, at Bldg. 337 Naval Base Coronado Community Recreation Coronado, CA 92155. Skip the paint brushes and create your own pendulum paint project! All supplies provided. Family-friendly movie to follow. [Register today!](#)
- **Shipped Wrecked Pirate's Scavenger Hunt**- Sat, March 12, 10 am, Cost: \$10 per child (ages 4-8) , at Bldg. 337 Naval Base Coronado Community Recreation Coronado, CA 92155. Treasure maps await all who participate! Day includes pirate attire, pirate games, and a pirate's scavenger hunt followed by pirate grub! Your little Scallywag will dig up a treasure chest, walk the plank, and hunt down their lunch from a run-away Captain Jack! Costumes encouraged! [Register Today!](#)
- **Kids Craft & Cooking**- Sun, March 13, 2pm, Cost: \$12, at NBSD Waterfront Community Recreation Center. Join us for a shrinky dink craft, followed by learning how to make and enjoying fruit bites! [Sign up today!](#)
- **Special Education Workshop Series IEP Tactics and Strategies**– Tues, March 15, 2pm, via Zoom. Join SoCal EFMP for Part 4 of the Special Education Series - IEP Tactics and Strategies. The USMC EFMP Attorney, Karen Taylor, will present information on how best to prepare for an IEP meeting. Open to all DoD patrons. [Register Today!](#)
- **Family BINGO**- Sun, March 20, 2pm, Cost: FREE, at NBSD Waterfront Community Recreation Center. B-I-N-G-O! Join us for a fun day of bingo, family friendly prizes to be won each game. [Sign up today!](#)

