



APRIL 2023 NEWSLETTER

EFMP RESOURCES

- For questions about enrollment, call the Regional MTF Coordinator's Office at Naval Medical Center San Diego at (619)532-8586.
- To submit enrollment packages electronically, email your forms to: usn.san-diego.navmedcensanca.list.nmcسد-efmp@health.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.navylifefsw.com/at-home> to find resources, activities, webinars and more. Resources range from counseling services, education help, entertainment, and finances, to fitness, health, kids, library, and recreation.



JOINT NAVY EFMP CASE LIAISONS

Naval Base Coronado
619-545-6071

Naval Base San Diego
619-556-7404
619-536-2996
619-987-8148
619-536-3726
619-672-6509

Naval Base Point Loma
619-553-7505

We know the System.
We can help.
Give us a call.

Need help with food?

FFSC has food distributions regularly available every Wednesday at 11:30 AM at our Gateway Village Branch. Call 619-222-5548 for more info!



Upcoming Events

4/1 @ 0900



SPRING FLING

Sat, April 1st, 9:00 AM – 1:00 PM
FREE

NBSD Admiral Prout Field 2375
Recreation Way, San Diego
CA 92136

Come early for the largest egg hunt
in San Diego with over 60,000
eggs, a car show, and other fun
activities!

INTRO TO EFMP WORKSHOP

Tue, April 4th, 9:00 AM – 10:00 AM
FREE

MCAS Miramar EFMP Bauer Road,
Building 2525 San Diego, CA 92145

Join us for details into the benefits of
the Exceptional Family Member
Program, and how becoming a
member benefits your family!

Register:

<https://www.eventbrite.com/e/intro-to-efmp-tickets-483931130037?aff=ebdsoporgprofile>



EFMP Family
Support

4/4 @ 0900

Upcoming Events

4/5 @ 1000



EFMP Family Support

EARLY INTERVENTION WORKSHOP

Wed, April 5th, 10:00 AM
FREE

MCAS Miramar EFMP Bauer Road,
Building 2525 San Diego, CA 92145

Join sister programs MCRD San Diego & MCAS Miramar EFMP along with Rady Children's Hospital - San Diego, and the New Parent Support Program to learn about the system of support services available to address developmental delays and learning disabilities in children aged 0 to 5 years.

Register today:

<https://www.eventbrite.com/e/early-intervention-workshop-tickets-593225582687?aff=ebsdoporgprofile>

NASNI FAMILY EGG HUNT

Sat, April 8th, 10:00 AM
FREE

Naval Station North Island,
Building X, Coronado, CA 92118

Before they visit your house, join Mr. & Mrs. Bunny for photo opportunities and an egg hunt on the grass at the Island Club. Some eggs have golden tickets for extra special prizes. Will you be the one to find one? Family registration per timeslot. Only register children!

Sign up here:

<https://runsignup.com/Race/CA/Coronado/anybunnysday>



4/8 @ 1000

Upcoming Events

4/14 @ 1300



EFMP Family Support

MANAGING DEPLOYMENTS WITH EFMP

Fri, April 14th, 1:00 PM – 3:00 PM
FREE

MCAS Miramar EFMP Bauer Road,
Building 2525 San Diego, CA 92145

Whether your service member is pre-deployment, deployed, or currently re-integrating back to the family unit, this workshop will provide strategies, tools, and resources that you can use to help the stress of whatever stage of the deployment cycle you find yourself.

An added bonus, Participants will receive FREE DaddyDoll/Hug-A-Hero doll(s) while supplies last!

Register:

<https://www.eventbrite.com/e/managing-deployments-tickets-570081969517?aff=ebsdoporgprofile>

EARTH DAY BEACH CLEAN UP

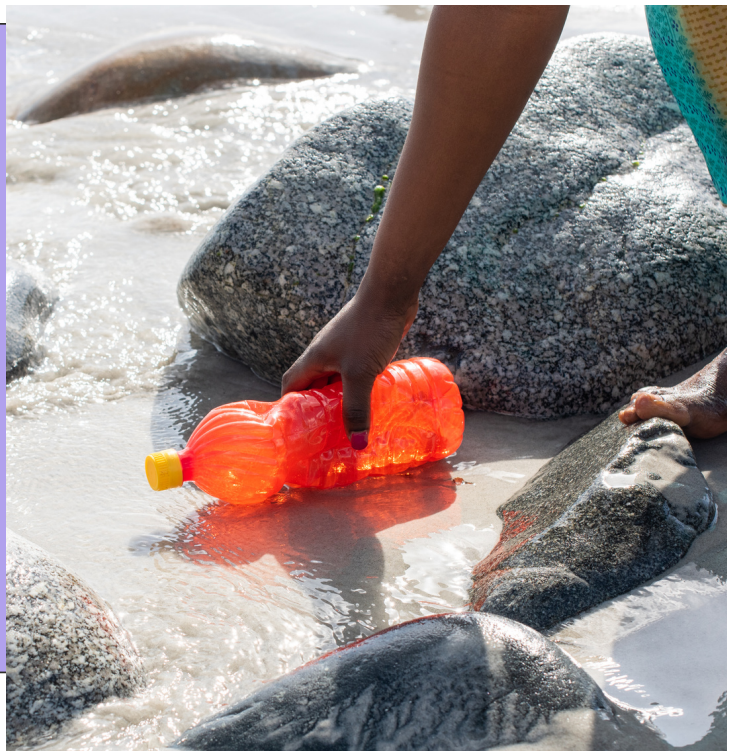
Sat, April 22nd, 9:00 AM
FREE

The RECYARD; Bldg. 221; Naval
Base San Diego, San Diego, CA
92136

Be an ambassador to the community by volunteering at one of San Diego's beautiful beaches!

Sign up today:

<https://runsignup.com/beachcleanupRecyard>



4/22 @ 0900