



MAY 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.navylifesw.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?

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



Upcoming Events

5/8 @ All Day



DROP-IN: MOTHER'S DAY CARD MAKING

Mon, May 8th, All Day
FREE

Q-Zone, Bldg. 337, Naval Amphibious Base (NAB),
Coronado, CA 92155

This special day is fast approaching. Making a card is a great way to show your appreciation for your Mom. No matter what you create, she will appreciate the thought and effort you put into it!

EFMP RESPITE CARE WORKSHOP

Mon, May 8th, 9:00 AM – 10:00 AM
FREE

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

The Respite Care reimbursement program is intended to reduce stress on families by providing temporary rest periods for the primary caregiver(s) of individuals with severe and profound special needs.

We will discuss eligibility, enrollment, completion of proper forms, information on care providers, reimbursement rates, and much more.

Register today:

<https://www.eventbrite.com/e/efmp-respite-care-tickets-483966937137?aff=ebdsoporgprofile>



EFMP Family Support

5/8 @ 0900

Upcoming Events

5/10 @ 1000



EFMP Family Support

SPECIAL EDUCATION SERIES: IEPS AND THE END OF THE SCHOOL YEAR

Wed, May 10th, 10:00 AM – 1:30 PM
FREE

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

Join EFMP Miramar and our sister EFMP programs aboard MCRD San Diego, Camp Pendleton and 29 Palms, as EFMP Attorney Karen Taylor provides best practices and things to keep in mind for IEPs as the end of school year approaches.

Sign up here:

<https://www.eventbrite.com/e/special-education-series-ieps-and-the-end-of-the-school-year-tickets-520631702437?aff=ebsoporgprofile>

EFMP CRAFTING CONNECTIONS: LET'S WINE ABOUT IT!

Fri, May 12th, 9:00 AM – 11:00 AM
FREE

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

Whether you are a Mom or Mr. Mom, have a mom, love a mom, or know a mom- EFMP Miramar invites you to craft and connect with us! Installation Leadership will be in attendance to craft with us, and looks forward to the opportunity to connect with EFMP families and obtain feedback on the Exceptional Family Member Program!

Register:

<https://www.eventbrite.com/e/crafting-connections-tickets-615966029977?aff=ebsoporgprofile>



5/12 @ 0900

Upcoming Events

5/21 @ 0800



NAVY'S 36TH ANNUAL BAY BRIDGE RUN/WALK

Sun, May 21st, 8:00 AM
FREE

Start line: One Park Blvd at Harbor Dr. between the Hilton San Diego Bayfront and the San Diego Convention Center

The Navy's 36th Annual Bay Bridge Run/Walk is hosted by the Navy Region Southwest Morale, Welfare and Recreation (MWR) Program. The unique 4-mile run/walk has a one-of-a-kind spectacular panoramic view as participants make their way to Coronado's beautiful Tidelands Park from downtown San Diego over the Coronado Bay Bridge. Runners receive a Finisher's medal, event T-shirt, and enjoy sponsor booths. All participants are eligible for drawing prizes and complimentary transportation back to downtown.

Register:

<https://runsignup.com/Race/CA/SanDiego/NavysBayBridgeRun>

SERVICE ANIMALS 101

Wed, May 24th, 1:00 PM – 3:00 PM
FREE

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

PAWS FOR PURPLE HEARTS will be joining us, along with some of their furry friends-in-training to teach us about the process a service dog goes through to become certified, what families who are considering a service animal need to know, and how to obtain a service animal. They will be also sharing information about their unique program for fostering puppies in training for a weekend!

Register:

<https://www.eventbrite.com/e/service-animals-101-tickets-619303211577?aff=ebsoporgprofile>



EFMP Family
Support

5/24 @ 1300