



AUGUST 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.navylifew.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

Various Dates



EFMP MIRAMAR'S SUNNY SERIES: AUGUST – HEALTH AND NUTRITION

Various Dates
FREE

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

4 Aug: 1 pm to 3 pm, Join us for an
EFMP "Luau" at the 50m pool! *Parents
must attend with their registered
children!*

11 Aug: 1 pm to 2:30 pm, Join EFMP and
base nutritionist, Julie Burks, for an
edible snack-time art, and read aloud!

Register:

<https://www.eventbrite.com/e/efmp-sunny-series-august-tickets-629601062727?aff=ebsdoporgprofile>

EFMP RESPITE CARE

Tue, Aug 8th, 9:00 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:

<https://www.eventbrite.com/e/efmp-respite-care-tickets-483967548967?aff=ebsdoporgprofile>



EFMP Family
Support

8/8 @ 0900

Upcoming Events

8/9 @ 1000



EFMP Family Support

SPECIAL EDUCATION SERIES: INTRO TO SPECIAL EDUCATION

Wed, Aug 9th, 10:00 AM
FREE

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

Join EFMP Miramar and our sister EFMP programs as EFMP Attorney Karen Taylor presents important need to know information about Special Education laws, and the rights that gives you as parents, when working with your children's schools. For questions, call (619) 524-0916 or email ombfamilycaresd@usmc-mccs.org.

Register:

<https://www.eventbrite.com/e/special-education-series-intro-to-special-education-tickets-520568001907?aff=ebdsoporgprofile>

RELAXATION BRICK BUILDING SESSION

Mon, Aug 15th, All Day
FREE

Balboa Liberty Center, Bldg. 26,
Floor 1B, NAVMED Center San
Diego, San Diego, CA 92134

Take some time to unwind and channel your inner child! Choose from various brick building kits or design your own masterpiece to display proudly at the Liberty Center. No registration required.



8/15 @ All Day

Upcoming Events

8/23 @ 1000



EFMP Family Support

SPECIAL EDUCATION SERIES: CRAFTING IEP GOALS

Wed, Aug 23rd, 10:00 AM
FREE

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

Join EFMP Miramar and our sister EFMP programs as EFMP Attorney Karen Taylor explains the processes of creating, implementing and assessing IEP goals for your children. For questions, call (619) 524-0916 or email ombfamilycaresd@usmc-mccs.org.

Register:

<https://www.eventbrite.com/e/special-education-series-crafting-iep-goals-tickets-520592465077?aff=ebsdoporgprofile>

SPECIAL EDUCATION SERIES: IEP ASSESSMENTS

Wed, Aug 30th, 10:00 AM
Free

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

Join EFMP Miramar and our sister EFMP programs as EFMP Attorney Karen Taylor explains the processes of IEP assessments and how to navigate them! For questions, call (619) 524-0916 or email ombfamilycaresd@usmc-mccs.org.

Register:

<https://www.eventbrite.com/e/special-education-series-iep-assessments-tickets-520603798977?aff=ebsdoporgprofile>



EFMP Family Support

8/30 @ 1000