



OCTOBER 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.



NATIONAL
DOMESTIC VIOLENCE
AWARENESS MONTH
OCTOBER

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

Mondays @ 1000



SPANISH-SPEAKING TODDLER PLAY GROUP

**Mondays, 10:00 – 11:00 AM
FREE**

**FFSC Kearny Mesa Branch, 3950 Calle
Fortunado, San Diego, CA 92123**

Come and join us for our New Parent Support Team's Spanish Speaking Toddler Playgroup for skill-based fun using the "ages and stages" skills. One week will feature a gross motor activity, and the next week will focus on fine motor skills, and problem solving and communication skills will be developed along the way! No registration is necessary.

TRANSITION TO ADULTHOOD SERIES

**Various Dates
FREE**

**MCAS Miramar EFMP, 2525 Bauer
Road San Diego, CA 92126**

**Navigating Tricare: Oct. 5th at 10:00
AM**

**Special Needs Trust: Oct. 12th at 1:00
PM**

**Guardianship and Conservatorship:
Oct. 19th at 2:00 PM**

**For more information or to register,
please visit:**

**[https://www.eventbrite.com/o/mcas-
miramar-efmp-8005578503](https://www.eventbrite.com/o/mcas-miramar-efmp-8005578503)**



**EFMP Family
Support
Various Dates**

Upcoming Events

10/17 @ 1400



EFMP Family Support

SSI/SSDI WORKSHOP

Tue, Oct 17th, 2:00 PM
FREE

MCAS Miramar EFMP, 2525 Bauer
Road San Diego, CA 92126

Join EFMP Miramar, and Legal Aid Society of San Diego Senior Attorney, Dana Deane, for information and assistance with Supplemental Security Income (SSI) and Social Security Disability Insurance claims for both adults and children.

Register:

<https://www.eventbrite.com/e/ssisdi-workshop-tickets-520650899857?aff=ebsdoporgprofile>

NBPL FALL FAMILY FESTIVAL

October 20th & 21st, 4-8 PM,
FREE

Community Recreation NBPL,
Community Recreation, Naval Base
Point Loma, San Diego, CA 92106

It's never too early to celebrate Halloween! Join us at the NBPL Subase to kick off spooky season with some family-friendly fun.

Ghouls and goblins of all ages can enjoy the Pumpkin Patch Swim, Costume Run/Walk, Trick or Treat Trail, and more. If you're feeling brave, venture into The Haunt...if you dare! This curiosity-themed attraction is sure to test even the toughest adults, and is recommended for ages 13+. No registration necessary.



10/20-21 @ 1600

Upcoming Events

10/28 @ 1330



SAN DIEGO THERAPEUTIC RECREATION SERVICES – FALL FESTIVAL

Sat, Oct 28th, 1:30 – 4:00 PM
FREE

MCAS Miramar EFMP, 2525 Bauer
Road San Diego, CA 92126

San Diego TRS will have carnival games, a costume contest, and an opportunity drawing! This event is fun for the whole family and all inclusive. Participation in the costume contest is for all ages and split into age groups. For more information please call (619) 525-8247. This is a family and friends' event; no direct supervision provided.

Register an account at
SDRecConnect.com and use code
109752 for event!

MCRD TRUNK OR TREAT

Fri, October 27th, 4:30pm-7:00pm
MCRD-San Diego, Jerry Coleman
Lawn

Come join us for Trunk or Treat 2023 at MCRD-San Diego! Families will enjoy trunk-or-treating, story time with the School Liaison Program, activities, crafts, photobooth, Trunk and Costume Contest, and MUCH MORE! If you are interested in registering a trunk, please visit

<https://www.eventbrite.com/e/trunk-or-treat-2023-trunk-registration/tickets-> or call 692549842167. For questions, please contact OMBFamilyCareSD@usmc-mccs.org.

We hope to see you there!



10/27 @ 1630