



April 2021 Newsletter

Metro San Diego EFMP Case Liaisons

Naval Base Coronado

619-346-3771

Naval Base
San Diego

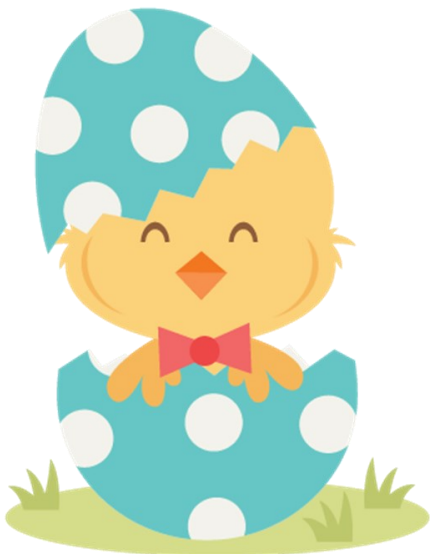
619-536-3253

619-536-3468

Naval Base
Point Loma

619-536-3286

We know the system.
We can help.



COVID—19

- Your EFMP case liaison is STILL available for support. Please email your case liaison to request a phone call if desired. Your liaison contact information can be found in the EFM tab in NFAAS.
- For questions about enrollment, call the Regional MTF Coordinators Office at Naval Medical Center San Diego 619-532-8586.
- To submit enrollment packages electronically, submit your EFMP forms to: usn.san-diego.navmedcensanca.list.nmcsd-efmp@mail.mil
- If you are in the process of PCSing and have questions about moving forward with orders or remain in current location, please contact your detailer and/or call MNCC AT 833-330-MNCC (6622) or email askmncc@navy.mil. We suggest that you also email your detailer to establish written dialogue.

EFMP Resources

- **EFMP & Me:** The Exceptional Family Member Program launched an online tool, EFMP & Me, providing 24/7 support to military families with special needs. Through tailored checklists, EFMP & Me users can navigate services, connect with resources and advocate for themselves or family members with special needs.
Visit: <https://efmpandme.militaryonesource.mil/>
- **EFMP on APAN:** Learn about resources, events and activities available within Metro San Diego for EFMP families. Visit <https://community.apan.org/wg/nrswn91/ffsc-nbsd/efmp-san-diego/>

Tax Services

- Military OneSource offers military families free tax preparation and e-filing through their MilTax software. The easy to use, self-paced software will walk you through a series of questions to help you complete and electronically file your federal return and up to three state tax forms.
- Visit militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services for more information or to access the program.



Upcoming Events

Free events to get connected and stay connected.

- **Respite Reimbursement and Intro to EFMP:** April 14th at 1500, virtual. Hosted by MCAS Miramar, this workshop will discuss who's eligible, how to enroll, where to get support and more. Info/RSVP: 858-307-4588 or mcasmiramar-efmp.eventbrite.com.
- **Virtual Fire House Tour:** April 25th at 1000, virtual. Community Recreation has partnered with the Burn Institute to bring you a guided tour of Fire Station 44. Virtual Tours will post on the San Diego Navy Community Recreation Facebook Page @comrecsd.
- **EFMP Family Connections:** April 27th from 1500-1600, virtual. Topics include special education and distance learning. Info/RSVP: 619-524-0916 or ombfamilycaresd@usmc-mccs.org.
- **Thrive: Free Online Program for Parents:** Thrive is a new online parenting-education program for parents of children from birth to age 10, with the final program for ages 10-18 available in 2021. Thrive gives parents 24/7 access to interactive modules promoting positive parenting, stress management, and healthy lifestyle practices
Visit: <https://thrive.psu.edu/for-parents/resources/>
- **Caring for Kids While Working from Home:** As COVID-19 pandemic restrictions start to relax and some businesses gradually reopen, many parents are still working from home while caring for their children. Get some virtual activities for kids and self-care resources. Find online learning resources for kids and tips for homeschooling.
Visit: <https://www.militaryonesource.mil/more-parenting-resources-for-managing-at-home-during-covid-19>
- **Tutor.com** is offering its services free to military families for extra assistance for your children.
- **Visit:** <http://www.tricare-west.com/> for important updates and information from the CDC.
- **Visit** <https://www.navylifew.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.

Month of the Military Child Fun Box

(Cost \$5 per box)

Naval Base Coronado Community Recreation & Child Youth Programs love to celebrate Month of the Military Child! They want to help your family enjoy themed Friday's throughout the month of April. The kit will contain a joke book, paint by number sticker book, sidewalk chalk, cake supplies, popcorn, bubbles and play-doh.

Pick up box on Friday, April 2 from 1300-1700 at Coronado Preschool 199 6th St. Coronado, CA 92118

Info: 619-437-3190 and nbccr@mwrsw.com

