



SUPPORTING MILITARY FAMILIES WITH SPECIAL NEEDS



# May 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](mailto: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 remaining in current location, please contact your detailer and/or call MNCC AT 833-330-MNCC (6622) or email [askmncc@navy.mil](mailto: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/nrsw91/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](https://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.

- **Warehouse on Wheels—Rancho Bernardo:** May 8th from 1000-1300 at 11740 Bernardo Plaza Court, San Diego, CA 92128. Register for Support the Enlisted Project's (STEP) free food and diaper distribution. Open to all military, veterans, reservists, national guard and their families. Registration required. Info/RSVP: <https://www.teamstepusa.org/wow>
- **MWR Digital Library:** The MWR Digital Library offers over 30 different resources from digital books, audio books, music streaming, language learning and more. Visit: <https://www.navymwrdigitallibrary.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.navylifesw.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.

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## Military Spouse Appreciation Day

Friday May 7th



The FOCUS (Families OverComing Under Stress) Project San Diego is hosting a virtual Spouse Self-Care Workshop available on two different days. This event is open to all active duty spouses and will discuss making time for yourself, the importance of self-care, problem solving and making a commitment.

May 6th from 1200-1300 register at: [bit.ly/3guYYL2](https://bit.ly/3guYYL2)

May 21st from 1000-1100 register at: [bit.ly/3xd3DaR](https://bit.ly/3xd3DaR)

Goodie bags available for pick up at FOCUS Naval Base San Diego. Info: [sandiego@focusproject.org](mailto:sandiego@focusproject.org)