



Exceptional Service

Exceptional Families

SUPPORTING MILITARY
FAMILIES WITH SPECIAL NEEDS



July 2021 Newsletter

Metro San Diego EFMP Case Liaisons Naval Base Coronado

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619-726-1742

Naval Base San Diego

619-536-3253

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619-536-2996

619-536-3025

619-536-3726

619-247-3598

Naval Base Point Loma

619-536-3286

858-431-6452



EFMP Resources

- For questions about enrollment, call the Regional MTF Coordinator's 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 have questions about PCSing, 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 & 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/>
- **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/>
- **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 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:** Many parents are still working from home while caring for their children. Access virtual activities for kids and self-care resources.
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: <https://military.tutor.com/home>
- Visit <https://www.navylifsw.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.

Upcoming Events

Free events to get connected and stay connected.

- **Sunny Series Day 2—Pitch, Hit, Run—T-ball/Baseball Basics:** July 1st from 1000-1100 at CYP Field 1, MCAS Miramar Moore Street, San Diego, CA 92145 (across from theater). Miramar Youth Sports and EFMP are joining forces to present an inclusive, interactive t-ball/baseball opportunity. Staff and volunteers will guide children through the mechanics of pitching, hitting and running the bases. An overview of equipment will be provided. Group directions, as well as one-on-one instructions, will assist your child throughout this event. Children will have an opportunity to try on gloves and helmets, play catch, learn to hold and swing a bat safely, and run the bases! GIVE AWAYS for each participant! All ages and skill levels invited. Registration required. Sibling participation encouraged. Parent attendance required. Info: 858-307-4588.
Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **4th of July:** For a list of 4th of July Fireworks and celebrations across San Diego County, visit: <https://patch.com/california/san-diego/4th-july-fireworks-2021-san-diego-county>
- **Sunny Series Day 3—Nutrition Fun!** July 8th from 1300-1400 at MCAS Miramar Team Building Training Center Elrod Ave, Building 2273, San Diego, CA 92145. Join EFMP and Miramar's dietician for some hands-on food fun! Discuss a variety of nutrition topics and you'll leave with a healthy snack! Registration is required. Info: 858-307-4588. Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **Sunny Series Day 4—Grab-N-Go Fun:** July 15th from 1000-1100 at 2525 Bauer Rd, San Diego, CA 92145. Miramar Station Library is the first across all installations to create a dedicated, unstructured design space with the intent to nurture unfulfilled potential, explore emerging technologies, and encourage entrepreneurial, scientific, and engineering hands-on learning. They've created special Grab-N-Go kits just for you! Info: 858-307-4588. Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **Outdoor Movie—The Croods 2-A New Age:** July 16th at 1930 at Admiral Baker Picnic Grounds, 2400 Mission Gorge Rd, San Diego, CA 92124. Spaces will be marked off for each family. Space is limited and families must remain in designated space. Register: <https://runsignup.com/Race/CA/SanDiego/OutdoorMovieNight71621>
- **Sunny Series Day 5—Side Walk Chalk Art Walk:** July 22nd from 1000-1100 at 2525 Bauer Rd, San Diego, CA 92145. Come color! MCAS Miramar EFMP will provide the materials and space for children to beautify the sidewalks in front of building 2525. Info: 858-307-4588. Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **EFMP Family Connections—Introduction to EFMP and Respite Reimbursement:** July 27th from 1500-1600 at 2525 Bauer Rd, San Diego, CA 92145 or virtually. MCAS Miramar EFMP is hosting this event that will provide an EFMP overview and cover respite reimbursement. Info: 858-307-4588.
Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM
- **Sunny Series Day 6—At the Miramar Pool!** July 29th from 1300-1500 at Semper Fit Aquatics MCAS Miramar—50 Meter Pool, 6360 Bauer Road, San Diego, CA 92145. Join us for some pool time! MCAS Miramar EFMP will have sunscreen and pool toys to give away on a first come, first serve basis. Info: 858-307-4588.
Register: MCASMIRAMAR-EFMP.EVENTBRITE.COM