

Accessing Programs & Workshops Booklet Online

Go to: <https://sandiego.navylifesw.com/>

Hover over “Fleet & Family”, go down to “Support Center” and click on “Life Skills”.

The PDF version will be available for download in the yellow “Details” box.



Details

Address

Bldgs. 259, 263, 271, 3544
3005 Corbina Alley
Naval Base San Diego
San Diego, CA 92136-5518
[Get Directions](#)

Phone

[619-556-7404](tel:619-556-7404)

Hours

Mon-Fri: 7:30 am-4:30 pm
Sat, Sun & Holidays: Closed

Downloads

[FFSC_Workshops Oct-Dec 2019.pdf](#)
[Programs & Workshops Jan-Mar.pdf](#)
[Kearny Mesa January Workshops.pdf](#)

FLEET AND FAMILY SUPPORT CENTER



To Make an Appointment
Call 866-923-6478



Find us on:
facebook®

www.facebook.com/ffscsd

<http://sandiego.navylifesw.com/ffsc>

FLEET AND FAMILY SUPPORT CENTER

COUNSELING LOCATIONS

NAVAL BASE CORONADO
Buildings 318 & G
Saufley Road
San Diego, CA 92135-7138
619-545-6071

NAVAL BASE POINT LOMA
Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-7505

NAVAL BASE SAN DIEGO
Buildings 259 & 263
3005 Corbina Alley, Suite 1
San Diego CA, 92136-5190
619-556-7404

NAVAL BASE SAN DIEGO
Counseling & Family Advocacy
3147 Eel Alley, Building 271
San Diego, CA 92136
619-556-8809

BAYVIEW HILLS BRANCH
1967 Sky Harbor Road
San Diego, CA 92139
619-267-1720

GATEWAY VILLAGE BRANCH
3207 Rosecrans Place
San Diego, CA 92110
619-222-5548

VILLAGE AT SERRA MESA BRANCH
3141 Afton Road
San Diego, CA 92123
858-505-1369



<http://sandiego.navylifesw.com/ffsc>

FLEET AND FAMILY SUPPORT CENTER



**Individual, Child, Couple
and Family Counseling**
Private and Confidential



<http://sandiego.navylifesw.com/ffsc>

Will Counseling Help?

The answer depends on your personal situation. Our customers often report feeling more equipped to deal with such issues as:

- Adjusting to military life
- Relationship challenges
- Divorce
- Blended family
- Infidelity
- Deployment reintegration
- New marriage and family
- Grief & Loss
- Communication and conflict resolution
- Parenting skills
- Anger management
- Other personal issues

Often, just knowing an experienced professional is listening to you can provide a great feeling of relief. That relief can lead to productive problem solving.

Our counselors will:

- *Listen to you*
- *Be honest*
- *Have your interests and welfare at heart*
- *Help you find a solution that best meets your needs*



Why Child Counseling?

Just like adults, sometimes kids can benefit from counseling. Counseling can help kids develop problem-solving skills and also teach them the value of seeking help. Counselors can help children and families cope with stress and a variety of emotional and behavioral issues.

A professional counselor can help by being an objective party who can provide guidance, information about parenting topics, and a neutral person for your child to talk with.

Counseling becomes important when children no longer respond to the parents in an expected way or when the parents have just run out of ideas on how to guide their children through situations.

Signs Your Child May Need Counseling:

Parents are likely to be the first to recognize changes in their children's behavior. Some of these behaviors might include:

- Changes in school performance, such as dropping grades, missed homework, and skipping school
- Excessive worry or anxiety
- Loss of interest in usual activities
- Change in sleeping habits or frequent nightmares
- Mood changes, including temper tantrums, depression, anger, and aggression
- Low self esteem
- Not following directions
- Increased conflicts with parents and siblings

Myths About Counseling

MYTH 1: Seeking counseling is a sign of weakness.

FACT: There is nothing weak about a person who seeks counseling. In fact, it takes courage to explore sensitive feelings and painful experiences. Permitting someone to help you is actually a sign of personal strength.

MYTH 2: The counselor will tell you what to do and how to "fix" your problems.

FACT: Counseling is not a "quick fix" cure to your problems. The counselor will assist your exploration of relevant thoughts and feelings as you examine your opinions and choices.

MYTH 3: If I were a better parent my child would not need counseling.

FACT: Children like adults have times of stress in their lives. Counselors can provide a neutral place for children and families to talk.

Resources

- Fleet and Family Support Center
- Ombudsman
- Child and Youth Programs
- School Liaison Officer
- Exceptional Family Member Program
- FOCUS (Families Overcoming Under Stress)
- ASYMCA
- Navy Marine Corps Relief Society
- Church and youth programs

Counseling Services



EFMP FAMILY CONNECTION

Navy Region Southwest's Exceptional Family Member Program, focuses on improving the quality of life for our families with an exceptional family member through support, resources and providing a social forum to network and share information.

Please check out the FFSC Facebook for this quarter's topic!

Visit www.facebook.com/ffscsd

FREE Childcare with RSVP. For additional information and to RSVP, email ffscsdefmp@navy.mil or call 619-553-7516

**6-8 pm • Murphy Canyon Chapel
3200 Santo Road, San Diego, CA 92124**

**2020 SCHEDULE
January 28 • April 28 • July 21 • October 27**



FLEET & FAMILY SUPPORT CENTERS

FLEET & FAMILY SUPPORT CENTER
NAVY REGION SOUTHWEST



Navy Region Southwest Locations

NAVAL AIR FACILITY EL CENTRO

3rd St, Building 401, Rm 117, El Centro, CA 92243
760-339-2442

NAVAL AIR STATION FALLON

4755 Pasture Rd, Building 309, Fallon, NV 89496
775-426-3333

NAVAL AIR STATION LEMOORE

966 Franklin Ave, Building 966
Lemoore, CA 93246
559-998-4042

NAVAL AIR WEAPONS STATION CHINA LAKE

610 Blandy Ave, Building 02308
China Lake, CA 93555
760-939-4545

NAVAL BASE VENTURA COUNTY

1000 23rd Ave, Building 1169
Port Hueneme, CA 93043
805-982-5037
and
3rd St, Building 225
Point Mugu, CA 93042
805-989-8146

NAVAL SUPPORT ACTIVITY MONTEREY

1280 Leahy Rd, Monterey, CA 93940
831-656-3060

NAVAL BASE CORONADO

Buildings 318 & G Sauffley Rd
San Diego, CA 92135
619-545-6071

NAVAL BASE POINT LOMA

Buildings 211 & 212, 140 Sylvester Rd
San Diego, CA 92106
619-553-7505

NAVAL BASE SAN DIEGO

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3207 Rosecrans Pl, San Diego, CA 92110
619-222-5548

THE VILLAGE AT SERRA MESA BRANCH

3141 Afton Rd, San Diego, CA 92123
858-505-1369

KEARNY MESA BRANCH

3950 Calle Fortunada
San Diego, CA 92123
619-987-9449

Here for You!

How can we be of assistance to you?

Want to learn secrets of stress management and parenting? Want to enhance your communication skills?

Our counselors can help!

Don't know where to go for resources or questions?

Information & Referral can assist.

Want to make your money work for you?

Learn how you can be a Million Dollar Sailor or family.

See our Financial Counselors.

Retiring or leaving the military and need to find a job? Are you a military family member searching for work?

A Work & Family Life Consultant can help you achieve your goals.

Fleet & Family Support provides Deployment Readiness programs, Return & Reunion briefings, Ombudsman training, GMTs and more.

Your Command Representative is your liaison to FFSC programs and services.

All Fleet & Family Support services are free and confidential.

SERVICES and PROGRAMS



2/18ks

ONE CALL SERVES ALL!

For clinical counseling, relocation assistance, résumé assistance and financial consultation appointments at any Navy Region Southwest FFSC call the Centralized Scheduling Center at the 24-hour toll free number 1-866-923-6478.

VOLUNTEERS WANTED!

Volunteering at FFSC provides an opportunity to network with other professionals while building valuable experience for your next paying job. You need only a yearning to learn, flexibility, and a desire to help Sailors, Marines and their families.

OPEN TO ALL:

- Military Spouses • Retirees
- Active Duty (in an off-duty status)

For more information, call the Volunteer Coordinator at 619-267-1720

VISION: To provide superior programs and services that enhance fleet and family readiness and resiliency in order to meet the unique challenges of military life.

MISSION: Empower individuals, families and units to strengthen their resiliency by providing optimized fleet and family programs and services at the right time and place.



Meeting Your Needs. At Home. At Sea.

[SANDIEGO.NAVYLIFESW.COM/FFSC](https://sandiego.navalifsw.com/ffsc)

[Facebook.com/FFSCSD](https://facebook.com/FFSCSD)



FLEET & FAMILY SUPPORT CENTER

DEPLOYMENT SUPPORT

Resources and assistance during all cycles of the deployment process:

- Deployment readiness briefs, fairs and workshops
- Individual Augmentee family support
- Family Readiness Group (FRG) training
- Mid-deployment support
- Return and Reunion / Homecoming / Workshops
- Navy Family Accountability and Assessment System (NFAAS) support

INFORMATION AND REFERRAL / RELOCATION ASSISTANCE

Wide range of local community resources and assistance relocating to and from various duty stations:

- New spouse workshops
- Military and civilian community resources
- Family Care Plan support
- Active duty pregnancy resources workshop
- Worldwide relocation information
- Transferring workshops
- Sponsor Coordinator and Sponsor training
- Welcome Aboard packages

COMMAND AND OMBUDSMAN SUPPORT

Variety of training for command leadership and ombudsman:

- Command Representative program
- Ready Navy / Crisis Intervention / Disaster Preparedness
- Ombudsman training and support
- Customized command briefs on a wide range of topics
- Command Leadership Resource Training
- Leadership spouse training



LIFE SKILLS PROGRAMS

Variety of workshops and resources to help service members and families develop skills that will enhance interpersonal relations

- Communication and conflict resolution classes
- Stress and anger management workshops
- Parenting workshops
- Suicide prevention briefs
- Operational Stress Control training



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Assistance in connecting with key community resources:

- Networking opportunities with other families enrolled in program
- Program education for commands
- Personalized liaison assistance
- Enrollment guidance
- Referrals to resources



PERSONAL FINANCIAL MANAGEMENT

Wide range of resources to help military service members and families manage their money:

- Individual financial counseling
- Personal Financial Management workshops
- Home buying and car buying seminars
- Million Dollar Sailor / Spouse workshop
- Command Financial Specialist (CFS) Training



RETIRED ACTIVITIES OFFICE

Support for Retirees and their families:

- Resources, referrals and consultation
- Information on benefits, including the Survivor Benefit Plan

CAREER AND TRANSITION GOALS, PLANS, SUCCESS (TGPS) SERVICES

Resources for career planning:

- TGPS seminars and CAPSTONE events
- Instructional Tracks including: Career Technical Training Track, Entrepreneurial Track and Accessing Higher Education Track

FAMILY MEMBER EMPLOYMENT

Resources for career planning:

- Individual career counseling and résumé assistance
- Federal and civilian job search strategies
- Employment resource center and job postings



SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

Prevention education and support for victims of sexual assault:

- Response and support for victims of sexual assault
- Commander toolkit training
- Sexual assault prevention and response training
- Military and Community resources



NAVY GOLD STAR PROGRAM

Support and commitment to families of service members who have died while on active duty:

- Serve as advocates for surviving family members providing information about benefits and resources
- Connect survivors with each other and the Navy by coordinating events throughout the year



COUNSELING SERVICES

Short-term, solution-focused counseling and resources for military life challenges:

- Individual, couple, family and child counseling
- Crisis counseling and support groups
- New Parent Support in-home visitation
- Deployed Resiliency Counselors
- Family Advocacy Program
- Domestic Abuse Victim Advocates
- Sailor Assistance & Intercept for Life (SAIL)



THE NAVY'S EMERGENCY PREPAREDNESS PROGRAM

Information, tools, and resources that empower the Navy family to more aptly prepare for, react, and recover when faced with any emergency — with or without advanced warning.





FINANCIAL RESOURCES



Centralized Scheduling: 866-923-6478
<http://sandiego.navylifesw.com/ffsc>
www.facebook.com/FFSCSD

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

FINANCIAL INFORMATION & EDUCATION

FLEET & FAMILY SUPPORT CENTER (FFSC)

Personal Financial Managers are available for individualized financial counseling, and command GMT and other trainings, as well as offering regularly scheduled classes, all on a wide variety of financial topics.

PHONE: 866-923-6478 (Appointments)
 WEBSITE: www.navylifesw.com/sandiego/families/ffsc/ (current class schedule)
 FACEBOOK: www.facebook.com/FFSCSD/

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

NMCRS provides financial counseling, thrift shops, and Budget for Baby workshops. Financial assistance is available in the form of interest-free loans and support to qualifying individuals. Offices are located aboard NBSD, NASNI, MCRD and MCAS Miramar.

NBSD: 619-767-6800
 NBC: 619-545-4477
 MCRD: 619-524-5734
 MCAS: 858-577-1807
 WEBSITE: www.nmcrs.org

MILITARY ONESOURCE

Military OneSource offers articles and information on a variety of financial and legal topics, and offers specialty consultations online or by phone with trained financial counselors.

PHONE: 800-342-9647 (24/7)
 WEBSITE: www.militaryonesource.mil/financial-legal

SAN DIEGO FINANCIAL LITERACY CENTER (SDFLC)

SDFLC offers free financial literacy seminars, and Boost for Our Heroes, an education and financial grant program for active duty military members.

PHONE: 858-810-7007
 WEBSITE: www.sdfic.org

FEDERAL TRADE COMMISSION

WEBSITE: www.consumer.ftc.gov
 Identity Theft: www.identitytheft.gov

CONSUMER FINANCIAL PROTECTION BUREAU

WEBSITE: www.consumerfinance.gov

FINRA Investor Education Foundation

WEBSITE: www.saveandinvest.org/military

MILITARY SAVES

WEBSITE: www.militarysaves.org

THRIFT SAVINGS PLAN

PHONE: 877-968-3778
 WEBSITE: www.tsp.gov

FREE ANNUAL CREDIT REPORTS

WEBSITE: www.annualcreditreport.com

FINANCIAL ASSISTANCE, FOOD & CLOTHING

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

Interest-free loans and support to qualifying individuals.

NBSD: 619-767-6800
 NBC: 619-545-4477
 MCRD: 619-524-5734
 MCAS: 858-577-1807
 WEBSITE: www.nmcrs.org

NAVY-MARINE CORPS RELIEF SOCIETY THRIFT SHOPS

NMCRS thrift shops offer great prices on clothing, uniforms, and household goods to help you stretch your budget. Three shops are available in the San Diego area: NBSD, NASNI Outlying Field (Imperial Beach) and MCAS Miramar.

SUPPORT THE ENLISTED PROJECT (STEP)

Provides emergency financial grants and transition assistance to junior enlisted military and their families, and free financial workshops for all active duty, veterans and spouses.

PHONE: 858-695-6810
 WEBSITE: www.stepsocal.org

UNITED SERVICE ORGANIZATION (USO)

USO provides ticket giveaways, holiday programs, a food bank, and FREE Tuesday night dinner at the downtown location. The USO airport location offers a lounge for travelers and validates parking for eligible guests.

PHONE: Downtown: 619-235-6503
 Airport: 619-296-3192

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

Free gently-used baby and childrens clothing

and supplies, and food and bread distribution at various military housing communities throughout the San Diego area.

PHONE: 619-461-4164
 WEBSITE: www.sandiegomom.org

WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM

WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income.

PHONE: 800-500-6411
 WEBSITE: www.sandiegowic.org

SAN DIEGO FOOD BANK

PHONE: 866-350-3663
 WEBSITE: www.sandiegofoodbank.org

CALFRESH PROGRAM/SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

PHONE: 877-847-3663 (enrollment)
 WEBSITE: www.cdss.ca.gov

DEPLOYMENT

OPERATION HOMEFRONT

Qualifying deployed military families can access assistance with car repairs, computers, moving costs, childcare costs, and commissary vouchers when available. Certain restrictions apply.

TOLL FREE: 800-722-6098
 LOCAL: 210-659-7756
 CRITICAL TOLL FREE: 877-264-3968
 CRITICAL LOCAL: 210-549-4600
 WEBSITE: www.operationhomefront.org

DOGS ON DEPLOYMENT

Dogs on Deployment provides an online network for service members to search for volunteers who are willing to board their pets during their owner's service commitments, as well as grants for E6 and below service members with emergency veterinary needs.

PHONE: 619-800-3631
 WEBSITE: www.dogsondeployment.org

PROJECT EVERGREEN

Project EverGreen provides free lawn and landscape services for deployed active duty service members and families through the GreenCare for Troops program.

PHONE: 877-758-4835
 WEBSITE: www.projectevergreen.org/programs/gcft/



FINANCIAL RESOURCES



Centralized Scheduling: 866-923-6478
<http://sandiego.navylifesw.com/ffsc>
www.facebook.com/FFSCSD

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

FREE AND LOW-COST LEGAL SERVICES

REGION LEGAL SERVICE OFFICE

Appointment-only attorney services include wills, divorce information, adoption information, Service Member's Civil Relief Act, general powers of attorney, and more. Notary and special powers of attorney are available on a walk-in basis.

PHONE: 619-556-2211 (Appointment hotline)
 WEBSITE: www.jag.navy.mil/legal_services/riso/riso_southwest.htm

MARINE CORPS RECRUIT DEPOT LEGAL ASSISTANCE OFFICE

PHONE: 619-524-4111
TenantUnits/LegalAssistanceOffice.aspx

MIRAMAR LEGAL SERVICE SUPPORT

PHONE: 858-577-6260
 WEBSITE: www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx

SAN DIEGO LAWYER REFERRAL AND INFORMATION SERVICE & MODEST MEANS PROGRAM

PHONE: 800-464-1529, 619-231-8585
 WEBSITE: www.sdcba.org/index.cfm?pg=MainLRIS

LEGAL AID SOCIETY OF SAN DIEGO

PHONE: 877-534-2524
 WEBSITE: www.lassd.org

VOLUNTEER LAWYER PROGRAM

PHONE: 619-235-5656
 WEBSITE: www.sdvlp.org

MILITARY ONESOURCE LEGAL REFERRALS

PHONE: 800-342-9647
 WEBSITE: www.militaryonesource.mil/financial-and-legal

NON-PROFIT CREDIT COUNSELING

If you are in need of Credit & Debt counseling call the U.S. Department of Housing and Urban Development interactive voice system at 800-569-4287 or search by zip code for a HUD-approved agency at www.consumerfinance.gov/mortgagehelp/.

Below is a partial list of HUD-approved agencies in the San Diego area:

CLEARPOINT CREDIT COUNSELING SOLUTIONS

PHONE: See Money Management
 WEBSITE: www.clearpoint.org

HOUSING OPPORTUNITIES COLLABORATIVE

PHONE: 619-283-2200
 WEBSITE: www.housingcollaborative.org

MONEY MANAGEMENT INTERNATIONAL

PHONE: 866-232-9080
 WEBSITE: www.moneymanagement.org

WEBSITE: www.navicoresolutions.org

SAN DIEGO URBAN LEAGUE

PHONE: 619-266-6247
 WEBSITE: www.sdul.org

HEALTHCARE

TRICARE

PHONE: 844-866-9378
 WEBSITE: www.tricare.mil

HEALTH NET FEDERAL SERVICES

PHONE: 866-606-8198
 WEBSITE: www.hnfs.com

TRICARE DENTAL

PHONE: 844-653-4061
 WEBSITE: www.tricare.mil/dental

COLLEGE

NAVY COLLEGE

The Navy College office offers information on the Tuition Assistance (TA) program, Navy COOL, GI Bill, financial assistance for spouses, testing, and information on scholarships available for active duty, dependents and veterans.

Naval Base San Diego, 3795 Norman Scott Rd., BLDG 3280, Room B103/104 (in the TSC Complex; dry side)

PHONE: 877-838-1659
 WEBSITE: www.navycollege.navy.mil

GI BILL

PHONE: 888-442-4551
 WEBSITE: <http://www.benefits.va.gov/GIBILL/EBENEFITS>
www.ebenefits.va.gov

SAVING FOR COLLEGE

The FINRA website offers a free college savings calculator and information about various college savings plans, as well as additional information.

WEBSITE: <http://www.finra.org/investors/saving-college>

MANAGE STUDENT LOANS

The Consumer Financial Protection Bureau offers helpful information for future, current and former students including financial guides for students, comparing financial aid, and repaying student debt.

WEBSITE: <http://www.consumerfinance.gov/paying-for-college/>

CHILDCARE & FAMILY RESOURCES

MILITARY CHILD CARE

This secure Department of Defense website provides a single gateway for you to find comprehensive information on military-operated or military-approved child care programs worldwide.

WEBSITE: www.militarychildcare.com

CHILD CARE AWARE OF AMERICA

Childcare subsidies (Formerly NACCRRA.)

PHONE: 800-424-2246
 WEBSITE: <http://usa.childcareaware.org>

FEE ASSISTANCE & RESPITE

WEBSITE: <http://usa.childcareaware.org/fee-assistance/respites/>

SAN DIEGO COUNTY CENTRALIZED ELIGIBILITY LIST

Childcare subsidies.

WEBSITE: <https://www.childcaresandiego.com/>

LICENSED CHILD CARE PROVIDERS IN SAN DIEGO

Database of all licensed child care centers and family child care homes, nanny agencies and license-exempt school based programs in San Diego County.

PHONE: 800-481-2151, 619-521-3070
 WEBSITE: <http://www.ymca.org/crs/programs/resource-and-referral/child-care-referrals.html>

CALIFORNIA DEPARTMENT OF CHILD SUPPORT SERVICES

North San Diego County (Myra Magana): 760-740-5624
 Central San Diego County (Erik Dececchi): 858-650-6617
 South San Diego County (Gisela Licea): 619-731-3591

EMAIL: HereToHelp@sdcounty.ca.gov
 WEBSITE: www.childsup.ca.gov



RESOURCES FOR FOREIGN BORN FAMILIES



Centralized Scheduling: 866-923-6478
www.navylifesw.com/sandiego/families/ffsc
www.facebook.com/FFSCSD

Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only. FFSC offers counseling and consultant service for military families. Services include Information and Referral, Career Services, Deployment, Relocation, and Counseling. Call 866-923-6478 for more information.

NAVY REGION LEGAL

Region Legal offers appointment-only attorney services such as will, adoption and divorce. It also offers walk-in services for special powers of attorney and notary documents. 619-556-2211

CALIFORNIA DEPARTMENT OF MOTOR VEHICLES

California DMV offers foreign language assistance for the Class C written and audio driver's license exam, as well as interpreter services upon request. 800-777-0133

FEDERAL TRADE COMMISSION

The FTC offers resources and referrals for lawyers and accredited representatives for those seeking immigration assistance. www.ftc.gov/immigration

NAVAL MEDICAL CENTER SAN DIEGO

NMCSO offers a wide variety of foreign language interpreting services for beneficiaries. 619-532-6418

U.S. CITIZENSHIP AND IMMIGRATION SERVICES

USCIS offers immigration information and links to resources for members of the military and their families. 877-247-4645

SAN DIEGO CONTINUING EDUCATION

The SDCE provides free English as a Second Language (ESL) classes as well as Computer Labs, Transition to College, Vocational ESL, and Citizenship classes. www.sdce.edu

UNION OF PAN ASIAN COMMUNITIES

UPAC offers health and human services to Asian, Pacific Islander, Latino, Middle Eastern, East African and many other ethnic populations. 619-232-6454

HOUSE OF PACIFIC RELATIONS

House of Pacific Relations represents 33 countries, promoting multicultural goodwill and understanding through educational and cultural programs. www.sdhpr.org

MILITARY ONE SOURCE

Military One Source provides assistance with translation and interpreting services. www.militaryonesource.mil

211

211 connects clients with the best and closest resource in their community. Assistance is offered in more than 200 languages and dialects. www.211sandiego.org

JEWISH FAMILY SERVICES

Jewish Family Services offers citizenship, naturalization and employment assistance to all members of the community. 858-637-3030

CATHOLIC CHARITIES

Catholic Charities of San Diego offers assistance with travel documentation, notary services, translations, citizenship, and naturalization. www.ccdsd.org

ALLIANCE OF AFRICAN ASSISTANCE

The Alliance for African Assistance provides professional and low-cost immigration and naturalization services. 619-286-9052

SAN DIEGO CHINESE CENTER

The San Diego Chinese Center serves as a cultural bridge between the Chinese and non-Chinese communities. It provides social services to the community including translation, interpretation, immigration, naturalization, employment and forms assistance. www.sdchinesecenter.org

SAN DIEGO JAPANESE COMMUNITY CENTER

Japanese Center preserves, shares, and promotes the Japanese and Japanese American culture through providing social, educational and cultural programs to the San Diego community. 858-380-5899

BAYSIDE COMMUNITY CENTER

The Bayside Community Center offers notary and Spanish translation for a fee, as well as tutoring sessions for anyone who wants to learn how to speak, read and write in English. 858-278-0771

WORLD BEAT CULTURAL CENTER

The World Beat Cultural Center promotes, presents and preserves the African Diaspora and Indigenous cultures of the world through music, art, dance, education, sustainability and technology. 619-230-1190

NOW OPEN

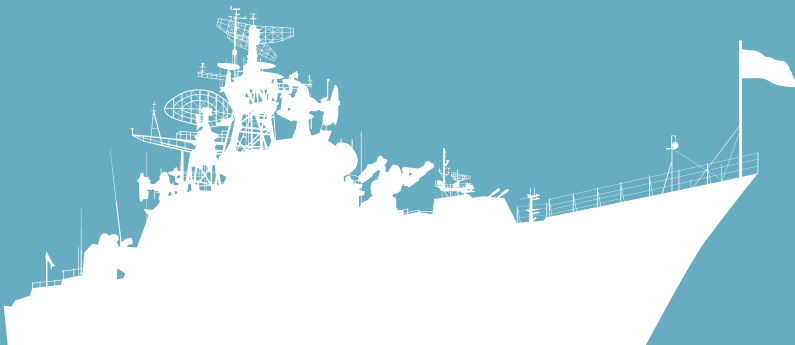
FLEET AND FAMILY SUPPORT CENTER **KEARNY MESA BRANCH**

SAN DIEGO'S NEWEST ONE STOP FOR RESOURCES & NAVY LIFE INFO

VISIT US TODAY!

- Career Center
- Spouse & Family Programs
- Financial Workshops
- Parenting Programs... and more!

3950 Calle Fortunada, San Diego
Inside American Red Cross Building
www.navylifesw.com/FFSC • 619-987-9449



ACTIVE DUTY • SPOUSES • RETIREES

