

JANUARY 2022

Newsletter



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
- 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.navylifefsw.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.

Metro San Diego
EFMP Case Liaisons

Naval Base Coronado

619-536-3361

Naval Base San Diego

619-536-3253

619-536-2996

619-536-3025

619-536-3726

619-247-3598

Naval Base Point Loma

619-536-3286

858-431-6452

*"The time is always right to do
what is right."*

- Martin Luther King, Jr



Upcoming Events

- **EFMP Walk-N-Talk— Thu, January 6, 10am – 11am at Miramar Sports Complex, 5702 Bauer Rd, San Diego, CA 92145**, Come out and enjoy the sunshine with EFMP. We will walk the track, meet new friends and enjoy some sun. Bring the littles so they can get the wiggles out! **Sign up** <https://www.mcasmiramar-efmp.eventbrite.com>
- **Story time, Craft & Play— Tues, January 11, 10am-11am, FREE at Admiral Baker Picnic Grounds, 2400 Admiral Baker Rd.** Join us for a fun morning! This month's theme is animals! This event is Outdoor, *weather permitting . **Sign up today** <https://runsignup.com/Race/CA/SanDiego/storytimecraftplay11122>
- **Intro to EFMP/Respite Care— Thu, January 20, 10am – 12pm at Marine & Family Programs Building MCAS Miramar; Conference Room Building #2525 San Diego, CA 92145**, Combining our two EFMP basic classes in one to highlight all that the program has to offer families from paperwork submission to respite. Learn the basics of the Exceptional Family Member Program - who is eligible, what are the benefits, assignment coordination, family support, what respite entails and common misconceptions. **Sign up** <https://www.mcasmiramar-efmp.eventbrite.com>
- **COMMUNITY RECREATION TRIP DISNEY ON ICE: DREAM BIG- Fri, January 21, 7 pm, Cost: \$40/ticket (ages 2+) at Pechanga Areana San Diego, CA** , Believing is just the beginning at Disney on Ice presents Dream Big. All guests age 2+ years and older are required to have a mobile ticket that will be sent to you from the Community Recreation team. **Register today!** <https://runsignup.com/Race/CA/SanDiego/mickyonice>
- **FAMILY GARDENING CLASS AT OLIVEWOOD GARDENS- Sat, January 22, 10am, Cost: \$15 Adults, \$5 Child (2-12yrs) at Olivewood Gardens, 2525 N Ave, National City, CA 91950**, Join Olivewood Gardens as they teach you all about composting, plant parts, how to garden at home and take home select herbs, flowers or vegetables to plant! **Sign up today!** <https://runsignup.com/Race/CA/SanDiego/FamilyGardeningClass12222>
- **KIDS CRAFT AND COOKING—Sun, January 23, 2pm, Cost : \$12 at NBSD Waterfront Community Recreation Center** Kick off the year right by making your own piggy bank and decorate a calendar, and then learning how to make and enjoy eating pigs in a blanket! **Sign up today!** <https://runsignup.com/Race/CA/SanDiego/KidsCraftCooking12322>
- **National Spouses Day Paint Night!- Wed, Jan 26, 4:30 PM PST at USO Liberty Station , 2790 Truxtun Road, Suite 110 San Diego, CA 92106**, Join us for a fun Spouses Paint Night! Kids will not be allowed to attend this event. REGISTRATION REQUIRED/ LOTTERY BASED EVENT. **Register Today!** <https://forms.gle/VfHuXgBotUbuh1sg9>