



Troops & Families

Leadership

Service Providers

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move Booklet for Naval Base San Diego

Overview



Location

Naval Base San Diego (NBSD) is located in the city of San Diego in the Sunshine State of California. San Diego, an all Navy town, has a higher cost of living than most cities in America but it is also known as "America's Finest City." San Diego is beautiful and the near perfect weather is unbelievable. The base operator's phone number is 619-556-1011 or DSN 312-526-1011.

History

The property on which NBSD is now located was deeded to the U.S. government by the city of San Diego in 1919, to build a docking and fleet repair base. The property consisted of 21 water acres and 77.2 land acres with the former being mostly tidelands and marsh flats. After World War II, the name of the Repair Base was changed, for the last time, to NBSD. The mission was expanded to support the ships of the Pacific Fleet. NBSD is homeport for a multitude of Navy ships and tenant commands, each with specialized missions and purposes. For more information, please visit our [homepage](#).

Mission

Today's mission is to provide appropriate logistical support for the operating forces of the U.S. Navy and for dependent activities and other commands as assigned.

Population Served

NBSD is home port for approximately 60 Navy ships and home base to 50 separate commands, each having specific and specialized fleet support purposes. It is the workplace for approximately 48,000 military and civilian personnel. Three thousand men and women are housed in modern, attractive bachelor quarters.

Base Transportation

Currently, there is no base transportation on this installation. Stop by the Fleet and Family Support Center and inquire about the RIDESHARE program (TIP), which issues vouchers so transportation to and from work is free for active duty personnel. Taxi, shuttle, and MTS services are available to bring you to the main gate of Naval Base San Diego.

Sponsorship

You may request a sponsor in several different ways. We cannot stress enough the importance of having a Sponsor in San Diego to assist in your PCS move. Your Sponsor is your link to your specific needs in the San Diego area. You may contact your new command to request a sponsor (see Major Unit Listings) or you may visit the Stay Navy [web site](#) and click on Sponsor Assignment Aid (SAA). The SAA will e-mail your request (with an assigned tracking number) to your gaining command's sponsor coordinator, who will assign a sponsor based upon the information you provide. Once your sponsor is assigned, be sure to ask about your command's specific check-in policy. This is especially important if you will be checking in while the ship is underway. Don't forget to ask your sponsor about forwarding your mail while in route or

simply ask your local Post Office for other options, in regards to holding and forwarding your mail.

Temporary Quarters

San Diego has no temporary housing, so military families must depend on Navy and Marine Corps Lodge or local hotel/motel accommodations for temporary lodging. You must make reservations at the Navy Lodge well in advance because San Diego is a very large duty station and demand far exceeds availability. When making your reservations mention you are on PCS orders and you may receive priority availability. Please note that lodging on this military installation does not allow pets. For more information and reservations, call the Navy Lodge at 1-800/628-9466 or visit the Navy Lodge [web site](#). If you are traveling with pets you will need to make reservations in town at the local hotels and motels. The San Diego area has most of the known major hotels such as Ramada Inn, Marriott, Motel 6, and Travel Lodge just to name a few.

Relocation Assistance

The Relocation Assistance Program at the Fleet and Family Support Center (FFSC) provides assistance in pre-move planning, workshops and seminars, one-on-one relocation assistance counseling, destination specific information and Welcome Aboard Packages. Visit the FFSC for a Newcomer's briefing, your Welcome Aboard Package, and information on the area. Some house hold items are available through the FFSC Loan Closet. Loan Closet items are available by appointment. To make an appointment call 619-556-7404 or DSN 312-526-7404.

Critical Installation Information

San Diego is a high cost of living area, especially in terms of real estate. Help in managing high costs is available through the FFSC which offers a variety of financial classes including budgeting, home buying and investing classes.

As of January 2008 in order to make a clinical counseling appointment at all FFSC San Diego area, call CNRSW Centralized Scheduling at 1-866-923-6478.

Childcare in the San Diego area is in high demand. Our best recommendation is to register for childcare as soon as you have orders to San Diego. There are two types of Navy Sponsored Child Care available in the San Diego area: the first option is the on base child care facilities or Child Development Centers (CDC), however these facilities are not located at all area installations. Second option is the Navy's network of in home child care providers, who are licensed and regulated by the CDC as well as the State of California. To check availability of Navy Child Care call the Childcare Resource and Referral Office, listed in the contact section.

Sponsorship

Settling into your new location and your new unit takes time. [Plan My Move](#) is designed to assist you with information about your new location. Complimenting Plan My Move each of the military Services has a Sponsorship Program which is very helpful in providing new unit information. Sponsors can make your transition smoother. The purpose of the Sponsorship program is to:

- Provides a sense of belonging
- Ease the transition for inbound service members or civilians and their family members
- Increase productivity
- Reduce culture shock
- Help newcomers make informed decisions
- Cultivate new friendships
- Improve morale

A sponsor is someone from your new unit who is assigned to assist you settling into your new location. You can request a sponsor through your unit, or with help from the Relocation Assistance Program or the Family Center at your new installation.

Your Service will appoint your sponsor in writing. He/she will be the same or close to your rank and the same marital status, if at all possible. This person will be knowledgeable about the local community and the installation; available to assist you and your family for at least two weeks post arrival, and be someone who is positive and outgoing.

A sponsor's duties include:

- Contacting you and your family by letter of introduction or e-mail upon learning of your assignment to the installation.
- Following up with a personal phone call after contact has been made.
- Sending information about the installation/area which you may require, or putting you in touch with the resources on the web and at the installation that provide current, complete and up-to-date information such as those provide by the Relocation Program.
- Answering any questions which you or your family may have, or, again, providing the proper resources to answer those questions.
- Confirm transportation and lodging arrangements.
- Assisting with obtaining a Post Office Box for your mail.
- Meeting you and your family upon arrival.
- Accompanying you to your check in point for the unit.
- Introducing you to the Family Center and lending closet
- Providing essential service locations such as commissary, exchange, gas station, bank.
- Being available when you arrive at your installation to meet you, show you around, and help you through in-processing.

If you have not been assigned a sponsor, or have not been contacted as of yet, request one by contacting your gaining command or unit. If after contacting your new command you find difficulties in obtaining a sponsor, contact your Relocation Assistance Personnel for additional help with your move.

Service specific processes for requesting a Sponsor include:

- **Army and Defense Logistics Agency:** AR 600-8-8 outlines procedures for DA Form 5434, Sponsorship Program Counseling and Information Sheet. Sponsorship is mandatory for first term Soldiers. All Soldiers, private through colonel (excluding those completing advanced individual training (AIT) and those PCSing to long term schools) and civilian employees through grade 15 may participate in the advance arrival sponsorship program. Reactionary Sponsorship is available for individuals arriving at an installation without a sponsor. Contact the gaining unit to request a sponsor.

- **Air Force:** Gaining Unit Commander Support Staff/Military Personnel Element will assign a sponsor upon receipt of assignment notice. Assigned sponsor will then make contact with the inbound member.
- **Navy:** OPNAV INSTRUCTION 1740.3B prescribes procedures regarding Command Sponsor and Indoctrination Programs. This Program is designed to facilitate the adaptation of Sailors and their families into new working and living environments, to minimize the anxiety associated with a Permanent Change of Station (PCS) move, and afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.

Command sponsor and indoctrination responsibilities begin upon receipt of PCS orders and continue until the Sailor has become an integral part of the new command and is fully cognizant of all policies, programs, services, and responsibilities available through the command. Commanding Officers shall establish a Command Indoctrination Program to include the delivery of the Navy Pride and Professionalism training per this instruction. COs should ensure all incoming personnel receive command indoctrination training within 30 days of arrival or within 3 drill weekends.

Enclosures (1) and (2) of OPNAVINST 1740.3B outline responsibilities and provide guidance for these programs. Assistance to local commands regarding the Command Sponsor Program is through the Fleet and Family Support Center (FFSC) Relocation Assistance Program staff.

- **Marine Corps:** Gaining Unit Commander will assign a sponsor on request. Overseas commands should assign a sponsor automatically, however if one is not assigned, send a request to the gaining command. A sample request form is available on our website that can be filled out and sent to the gaining command. See the following [website](#).

Sponsors' responsibilities and abilities to be available will vary from installation to installation, depending upon the priority which the installation and unit commanders give to the program; however, the Services are making the Sponsorship program a priority as research has shown the many benefits of good sponsorship to service, family members and youth.

Youth Sponsorship

The Youth Sponsorship Program depends on the availability of youth who volunteer to become sponsors. Contact your Relocation Manager to inquire about a youth sponsor.

Directions to Installation

Directions to Naval Base San Diego (NBSD)

Airport

Located at 3225 North Harbor Drive, the San Diego International Airport / Lindbergh Field (SAN) is conveniently located three miles northwest of downtown San Diego and approximately 8 miles from Naval Base San Diego (NBSD).

Shuttle Service

The United Services Organization (USO) office is located in Terminal 2 (across from Northwest Airlines). Visit the USO Office in Terminal 2 of the airport for availability of discounted shuttles, San Diego information, and validation for the cost of short-term airport parking. The USO is staffed 7 days/week 9:00am - 11:00pm and 24 hrs on the first eve of a long holiday weekend. The USO provides a shuttle to all bases at a discounted price. Military personnel arriving after 11:00pm should go to the Shuttle Island and ask for the Cloud 9 Shuttle at the USO rate. NBSD does not sponsor a shuttle from the airport to the base; however, check with your command to see if a duty driver or your Command Sponsor can provide transportation.

Taxi Service

Taxi rates from the airport to the base vary between \$14 and \$18; it is important that you negotiate the rate for the total cost before you get into the taxi.

Local Bus or Trolley

The Metro Transit System (MTS) travels to and from the airport and downtown San Diego, which can connect you to the trolley, train, and other bus stops. For public transportation and ground transportation, visit the Volunteer Airport Ambassadors at the Information Desks located in the baggage claim area of Terminals 1 and 2.

If you choose, visit the San Diego commuter [website](#) to plan which methods of public transportation you will use from the airport to your destination.

Bus routes, fare and schedule information may be obtained by calling 619-233-3004. The San Diego Trolley also serves the Naval Base San Diego and is an excellent form of transportation for day-to-day transportation in getting to the base. Review the transportation section for more information.

Driving Directions

From the North:

- Take I-15 South.
- Take the I-5 N / MAIN STREET exit toward HARBOR DRIVE.
- Take the exit on the left toward HARBOR DRIVE.
- Merge onto S 32ND STREET and proceed to the Main Gate (6) of Naval Base.

From the South:

- Take I-15 North.
- Merge onto HARBOR DRIVE via EXIT 11A toward CIVIC CENTER DRIVE.
- Turn sharp left onto S 32ND STREET and proceed to the Main Gate (6) of Naval Base.

Entering the Main Gate

All visitors are required to enter the base via the Main Gate. The following basic rules apply: proceed directly to the Main Gate (gate 6) and be prepared to stop, provide a U.S. Department of Defense identification card, and state your business (i.e. "reporting for duty"). Base security can assist you toward your destination or simply ask for the nearest base directory. Also note to visit the nearest CNRSW Fleet and Family Support Center to obtain a base map.

Check-in Procedures

Travel Planning

Temporary Lodging Reservations

Temporary lodging is not available on San Diego military bases. While seeking permanent housing, military and their families are recommended to make advance reservations in either a local hotel/motel or at a Navy or Marine Corps Lodge. Navy Lodges accept reservations up to one year on advance with PCS orders.

There are Navy Lodges at Naval Base San Diego (NBSD), Naval Base Coronado (NBC) and Naval Air Station North Island. Reservations can be made at Navy Lodges all over the world, including the two in San Diego, by calling (800) 628-9466 or by visiting the [Navy Lodge homepage](#). The Miramar Inn is located on Marine Corps Air Station (MCAS) Miramar, which is approximately 30 minutes by highway from Naval Base San Diego. The Miramar Inn can be reached by phone at 858-271-7111 x0 or [online](#).

San Diego hotels and motels are available in all price ranges, often more expensive than the military lodges/inns. Morale, Welfare, and Recreation (MWR) offers discounted Southern California hotel vouchers through their Ticket Offices. Individuals can access more information on these vouchers and other MWR discounts by calling 619-556-2180 or at the [MWR web page](#). When making a hotel/motel reservation, ask if they offer a military discount.

Service members are strongly encouraged to ask their detaching or gaining command about Temporary Lodging Expense or Temporary Lodging Allowance, which can off-set the cost of temporary housing at the losing or gaining duty station. This financial entitlement is obtained at the command and should be applied for before expecting reimbursement for lodging costs.

Command Sponsorship

A sponsor is someone from your new command who is assigned to assist with settling into your new location. A sponsor is usually assigned through your gaining unit.

A sponsor's duties include:

- Contacting you and your family by letter of introduction or e-mail upon learning of your assignment to the installation.
- Sending any information about the installation/area, which you may require, or putting you in touch with the proper authorities, which can supply the information.
- Answering any questions which you or your family may have, or, again, providing the proper resources to answer those questions.
- Being available when you arrive at your installation to meet you, show you around, and help you through in processing.

Command Sponsors provide invaluable information to incoming personnel and their families. Check with your gaining command to identify your Command Sponsor or request one online by entering your gaining command's Unit Identification Code (located on the PCS Orders) at the [Naval Personnel Command \(NPC\) Sponsor Assignment Aid website](#).

Fleet and Family Support Center (FFSC) offers relocation information, referrals, Welcome Aboard Packages, Spouse Readiness information, local area information, hospitality kits, and assistance in locating your Command. Contact information 619-556-7404; DSN 312-526-7404 or visit us [online](#) for more information and support.

Document to Hand Carry

During a Permanent Change of Station (PCS) move, individuals should maintain important paperwork with them at all times to decrease the potential for loss or identity theft. Examples would include the service member's service record, military ID cards, Powers of Attorney, PCS Orders, travel documentation, travel receipts, marriage certificates, immunization records of children or pets, household good inventory lists, credit card statements, tax records, Social Security Cards, bank information, mortgages, vehicle information, drivers' licenses, bills, address book with information

for the Command Sponsor, credit cards, a copy of the "Page 2" or proof of dependents, and any copies of family member medical records.

The original family medical records are typically shipped from the current Military Treatment Facility to the new servicing Military Treatment Facility. Family members traveling separately from the service member should maintain a copy of the service member's "Page 2" (second page of the service record which lists dependent data) and may also need a Power of Attorney.

When receipts and travel documents are submitted to the command or any military agency, the member or family should maintain a copy for their own records.

Reporting Procedures

Naval Base San Diego/Ships Present/Shore Tenant Commands:

Locations to check in vary according to the command to which you are assigned. Call your command or check their website for specific information. Generally, your first stop will be at the Naval Base San Diego (NBSD) Quarterdeck, Building 29, Main Gate (Gate 6). Gate 6 is located at the intersection of Harbor Drive and 32nd Street. This is the best place to get current information on ships in port and directions to your ship or command.

Personnel reporting to NBSD during normal working hours will typically be directed to Building 72. If reporting to another command, the personnel at Gate 6 can assist the service member in locating their command. The NBSD Officer of the Day can be reached by phone at 619-556-1247; DSN 312-526-1247 for additional assistance.

Deployed Ships:

Personnel reporting for duty to a deployed unit will be directed to the Transient Personnel Unit (TPU) located at Brunton Hall on the "Dry Side" of NBSD.

What to do if you get married en route?

If you get married before you PCS, you must inform your commander and follow the procedures exactly as you are given them. The military **will not pay** for travel and housing of your spouse if you do not follow proper procedures.

Relocation Assistance

Programs and Services

While moving is always stressful, your stress can be drastically reduced if you take full advantage of the information, education, and personal assistance provided to you by the Relocation Program. This is the place to find answers and get referral to other installation resources as well as assistance with in-transit emergencies. The most important thing you can do to ensure a smooth move is to start planning early using the many Relocation Assistance program services and tools available.

Individual PCS Planning -- Most relocation programs offer one-on-one consultation for anyone needing assistance. In particular those making their first military move, first overseas move, or those with challenging and complex situations such as special needs family members or financial problems should call the Relocation Program for an appointment.

Military Installations and Plan My Move -- For managing and planning your move, use these two DoD sponsored web-based relocation tools with information on over 250 installations worldwide. You can estimate expenses, find the forms necessary for housing and household goods, keep a calendar of events and take other necessary actions to ensure a successful move.

Loan Closet -- Basic household goods items are available to borrow while waiting for your personal property pre-departure or upon arrival. The typical items in stock include: pots and pans, dishes, silverware, irons, ironing boards, portacribs, high chairs, and infant/toddler car seats. Generally, towels and bed linens are not available, so these should be packed in your hold baggage.

Workshops and Briefings -- The classes offered vary from installation to installation but you can generally find classes on buying, selling and renting smart, budgeting and finance, moving with children, general moving preparation and many other moving related topics.

Pre-departure Briefings -- Sometimes called Smooth Move or PCS Briefings, you and your spouse will want to attend for sure. These briefings provide essential information that can prevent you from making uninformed and costly decisions before your move.

Settling-in Services -- These may include welcome wagon services, local area tours with childcare often provided, or basic household items to use until your goods arrive. Overseas arrival services may include introductory language classes and cultural awareness training.

Deployment Support -- The Family Center assists unit family readiness groups and Ombudsman programs during the entire deployment cycle. Support includes services for special needs, classes on deployment preparation, managing finances, helping children adjust, family separation, return and reunion, and information on resources available locally and on-line.

Foreign Born Spouse Support -- Whether your question concerns immigration and naturalization, learning the English language or how to take local transportation, the Relocation Program provides assistance, classes and referrals.

Emergency Assistance -- From time-to-time emergencies occur while moving, the Relocation Program office has the resources to provide emergency financial assistance and referrals.

Transition Assistance -- This is a mandatory program available to assist personnel and family members when they separate from the military. The Relocation Assistance office will establish your individual transition plan and refer you to all the installation and community resources necessary to complete a successful transition.

Installation Specific Information

Welcome to San Diego! The Fleet and Family Support Center (FFSC), Relocation Assistance Program (RAP) provides a number of services for qualified personnel being assigned to the San Diego area. If you have not yet received a "Welcome Aboard Package" from your sponsor, contact our Relocation staff to request one. Please allow one to two weeks for delivery as the packages are sent fourth class mail. Other services available upon arrival in the San Diego area include:

For more information on the programs and services listed below, please call any of the four CNRSW Fleet & Family Support Centers at 619-556-7404 (Naval Base San Diego), 619-545-6071 (Naval Base Coronado), 619-553-8306 (Naval Base Point Loma), or 858-277-4259 (Murphy Canyon Branch). You can also visit the [website](#).

Relocation Assistance Program (RAP) -- RAP was designed to assist military personnel and their families who are relocating to a new duty station, being deployed, or who are separating or retiring from the service.

"Welcome Aboard Packages" -- These packages from Navy and Marine Corps installations worldwide are available at the CNRSW Fleet and Family Support Center (FFSC). The service member or his/her spouse may review them during a relocation counseling session. RAP Counselors at the FFSC will be happy to request a Welcome Aboard Package from another installation for you.

Lending Lockers (Loan Closets) - The CNRSW Fleet & Family Support Centers have Lending Lockers available at the following bases, Naval Base Coronado, Naval Base San Diego, and Naval Base Point Loma.. Available for check out are hospitality kits, which contain basic kitchen needs for a family of 4. Futon mats are also available. The lending lockers do not have furniture. There is a 2-week maximum checkout.

Other services available in the San Diego area include:

Information and Referral (I&R) -- Local community I&R as well as assistance with travel plans, research on new duty stations and vacation spots are available. I&R (RAP) Counselors are available at your nearest CNRSW FFSC, open Monday - Friday 7:30 am -4:30 PM to assist you. A number of workshops are presented to inform and prepare new arrivals, transferring families, those moving overseas or just a state away.

Transferring Overseas -- This workshop will help in preparing for an overseas move and for a positive experience living in another culture. Topics include countdown to international PCS move, passport and visa requirements, cultural adjustment, budgeting overseas, special family needs, relatives left behind working with your sponsor, moving your personal property, and emotional cycles of relocation. In addition you will be provided information on relocation assistance available to you at any of the FFSC's and how to receive your own "Welcome Aboard Package" from your new command.

Transferring CONUS -- This workshop is available at all 3 bases monthly and runs for about one hour and assists both inexperienced as well as experienced military and families moving within the Continental United States (CONUS). Topics in this workshop include travel pay and entitlements, working with your sponsor, moving your personal property, Personal Procured Move (PPM), filing personal property claims, and the emotional cycles of relocation. In addition you will be provided information on relocation assistance available to you at the Fleet and Family Support Centers and how to receive your own "Welcome Aboard Package" from your new command.

Resources for the Military Spouse -- This is a two hour workshop for newly married and seasoned spouses in the area. Items covered are military benefits and entitlements, health and dental care for family members, the navy culture and social traditions and ceremonies. Also covered is the role of the ombudsman, deployment, support groups, employment resources, and volunteering. Learn your way around the military without getting lost.

Emergency Assistance

Planning for Emergencies

If you experience an emergency while in transit to your new duty station, look for the nearest military installation for help. If there isn't a military installation listed for the area, then call AAA if you are a member, or ask the local information operator for a hospital or road service, depending on the emergency. Contact your new command to tell them about the situation and request advice if needed.

Navy Marine Corps Relief Society

The Navy-Marine Corps Relief Society provides emergency financial assistance to active duty and retired members of the Navy and Marine Corps, their eligible family members, and survivors. While in transit to your new duty station, if you experience a need for emergency financial assistance, please call the American Red Cross at 1-877-272-7337, who will assist on behalf of Navy-Marine Corps Relief Society (NMCRS). Once you arrive in the greater San Diego area, please call NMCRS NB San Diego 619-556-8283, NB Coronado 619-545-7202, and MCRD 619-293-3730 for information and assistance.

American Red Cross Armed Forces Emergency Services

As a community-based military man or woman you and your family are entitled to the same valuable Red Cross emergency services as full-time active duty military personnel. We're always there to help you with staying in touch with loved ones, getting verification of emergency leave information, securing emergency financial assistance, obtaining counseling, information, referrals, and other social needs, and receiving veterans services to which you are entitled.

Today's American Red Cross is keeping pace with the changing military. Using the latest in computer and telecommunications technology, the Red Cross sends communications on behalf of family members who are facing emergencies or other important events to members of the U.S. Armed Forces serving all over the world. These communications are delivered around-the-clock, 7 days a week, 365 days a year. American Red Cross Armed Forces Emergency Services workers provide emergency communication services regarding births, deaths, and illnesses to individuals in the military and their families in our community. While providing services to 1.4 million active duty personnel and their families, the Red Cross also reaches out to more than 800,000 members of the National Guard and the Reserves and their families who reside in nearly every community in America. The Armed Forces Emergency Services (AFES) branch of the American Red Cross is continuing to provide a vital link between service members and their families, relaying emergency messages from home to remote locations around the world.

Information & Referral

The CNRSW Fleet & Family Support Center (FFSC) offers Assistance which includes San Diego information, automated worldwide destination information, resource books and videos, and take-home brochures as well as counseling. Special workshops are targeted toward arriving or departing personnel and families. For more information please call 619-556-7404 or visit the [website](#).

2-1-1 San Diego offers information and referral as well. Your free, confidential one-stop service for community, health, and disaster related resources. Please feel free to dial 2-1-1 to speak to a live phone specialist, around the clock, if you don't find what you are looking for. Looking for resources and referrals regarding community, health or disaster related services in the San Diego region? We have access to more than 2,000 agencies to get you the assistance you need in the San Diego region. For more information please dial 2-1-1 or visit the [website](#).

Salvation Army

At the Salvation Army their work is to meet human needs without discrimination in your community. The goal and promise is to do the most good possible. The programs include services to pregnant teens, those lost in alcohol and drugs, families and individuals in financial, physical, and spiritual distress, seniors needing a nutritious meal and fellowship. They reach out to the homeless, who need a warm bed for the night or a new start with counseling. They offer job training and a place to stay for up to a year.

Salvation Army Corps Community Centers offer social services which vary according to the needs of the community. All corps offer food and food boxes for those in need. All offer help with clothing and shelter or referrals and vouchers. Some corps includes day care, senior nutrition, and a place of shelter. Many community centers include before and after

school programs, scouting programs, music opportunities, tutoring, senior activities, and classes. All corps provides scholarships for summer camp for children and teens. For more information please call 858-483-1831 or visit the [Salvation Army's website](#).

Sexual Assault Victim Intervention (SAVI) Program

The Sexual Assault Victim Intervention (SAVI) Program is designed to reduce sexual assault incidents experienced by or perpetrated by Navy personnel. The SAVI Program also focuses on ensuring that sexual assault victims are responded to in a sensitive manner that honors the victim's rights.

The SAVI Program consists of four primary components:

- Prevention
- Education
- Victim Advocacy
- Statistical Data Collection

Basic sexual assault awareness training covers issues including: myths and facts about sexual assault, acquaintance rape, alcohol and sexual assault, prevention techniques, etc. Additionally, SAVI offers general military training and briefs.

A second component of SAVI is the Victim Advocate Program. SAVI Victim Advocates provide accompaniment, assistance, support, and resources to victims of sexual assault during investigative, medical, and legal procedures. SAVI Advocates also provide supportive services to family members and friends of sexual assault victims. Advocacy services are available 24 hours a day. Victim Advocates are active duty men and women volunteers who have applied and been selected to the program after completing at least 20 hours of training.

The SAVI Program provides sexual assault awareness education as a means for preventing sexual assault incidents collection is another requirement of the SAVI Program. The purpose of the reporting requirement is to monitor sexual assault cases and track their legal outcomes. The collected data will provide guidance for future prevention techniques and will assist with the continued development of policies regarding sexual assault issues.

SAVI also offers assistance to commands following sexual assault incidents, as well as information and resources regarding sexual assault. For more information about the SAVI Program, or to apply to be a SAVI Victim Advocate contact the SAVI Coordinator at your command or CNRSW FFSC at 619-553-7505 or visit our [website](#).

Motor Vehicles

Registration & Licensing Requirements

California State law requires you to have sufficient liability insurance and a valid driver's license in order to operate a vehicle. The term "vehicle" generally includes automobiles, motorcycles, vans, trailers and boats regularly parked or garaged overnight. Further, your vehicle must be properly registered. Even though you are in the Military, you may be required to register your vehicle in-state and obtain an in-state license within a few months of moving. Access complete information on insurance, driver's licensing, and where and how to register your vehicle by visiting the [State Department of Motor Vehicles](#) website.

State Laws

You and your passengers must always wear seatbelts while driving, you will be ticketed and issued heavy fines if seatbelts are not secured. State law requires that all children under 6 years of age be properly restrained in child seats. Some states also require younger, smaller children to sit in the back seat.

Motorcycles and their operators are subject to special laws. If you own and operate a motorcycle, you must comply with those laws. Visit the State Department of Motor Vehicles website for more information.

Many States and local jurisdictions have strict laws about the use of cell phones and other digital devices while driving. Research these laws on the State Department of Motor Vehicles website. Tickets will be issued and fines assessed for violating these laws. Play it safe and always use a "hands free" device if you must use a cell phone or other PDA while driving. Hands-free devices must be used while operating a motor vehicle on ALL military installations worldwide.

California Driver's License

A standard class "A" driver's license for motorcycles or automobiles is \$34. There are seven Department of Motor Vehicle (DMV) locations in the San Diego area. The DMV maintains that lawful family members are entitled to the same non-resident status as their active duty sponsors. Therefore, the DMV has determined that a California driver's license is not required of a family member as long as the following criteria are met:

- The family member's home state driver's license remains valid.
- The family member is age 18 or older.
- The family member does not establish permanent residency in California.
- The family member is not employed for compensation for the purpose of driving a motor vehicle.

Registering Vehicles in California

Out of state license plates will generally be valid until their expiration date. The California DMV has a special form to be filled out by the service member to receive a military rate on the basic annual registration and vehicle fee. The three-state rule applies in California - a person cannot be a resident in one state, have a driver's license in another, and have his/her car registered in another.

If you are going to register your car in California, you may have to pay an additional transportation fee of \$300 and some vehicles must be fitted with emission control devices.

Out-of-state vehicle registration for military personnel is valid until it's regular expiration date. Upon expiration, the vehicle registration may be renewed in your home state or an application can be made for a California vehicle registration. DMV will request the out-of-state title, last issued registration and the license plates.

An odometer disclosure is required to register or transfer a motor vehicle. The law authorizes the DMV to refuse to register, renew or transfer a vehicle when the odometer reading is not provided.

Registering Vehicles on Base

A smog certificate and proof of car insurance is also required to register vehicles and obtain a base decal. This applies whether your vehicle is registered in California or out of state.

Pass and Decal

All military installations issue Department of Defense decals that are honored on all other stations. To get a decal for naval installations in the area, you'll need to go to the Pass and Decal Office at your particular base.

For either a decal or a temporary pass, you will need to show:

- your automobile registration
- driver's license
- military identification card
- proof of insurance

Liability insurance is mandatory in California, and you must be insured for a minimum of \$15,000 bodily injury (per person), \$30,000 bodily injury (per accident), and \$10,000 property damage (per accident).

Motorcycles

If you ride a motorcycle on military installations, you must wear an ANSI-approved helmet with the chin strap firmly fastened, shoes or boots with leather sides and hard rubber or leather soles, full finger gloves, full-length trousers and a long-sleeve shirt or jacket. A yellow or orange reflective vest with a 1 1/2-inch to 2-inch wide vertical or horizontal reflective stripe in front and back must be worn as an outer garment. You must also have the headlight on.

All motorcycle drivers on Naval Base San Diego must attend a motorcycle safety course. Temporary decals, valid for 30 days, may be obtained if the rider has written proof they registered for the safety course.

Bicycles

Helmets are required for bicyclists on Naval Base San Diego. Bicycles must be registered with the state of California. There are several locations for the mandatory safety checks and registration: Any fire station in San Diego from 8 a.m. to noon, 1 to 5 p.m. and 6 to 8 p.m. every day. Registration costs \$2 and is good for two years.

Another location is any fire station in Chula Vista or Chula Vista Police Department from 8 a.m. to 5 p.m., Monday to Friday. Registration costs \$4 and is good for three years.

Cell Phones

Defense Department installations have begun implementing new cell phone restrictions for drivers on military bases. The new regulation, published in the Federal Register in April 2005, states that anyone driving a motor vehicle on a DoD installation cannot use a cell phone unless the vehicle is safely parked or the driver is using a hands-free device.

Loan Closet

Items Available

Many times when PCSing to San Diego or any duty station for that matter, you arrive prior to your household goods arriving. The FFSC is here to assist in that situation. The FFSC does loan out a "Welcome Kit," full of the basic household necessities, such as dishes, pots, pans and utensils. Futons mats, irons and ironing boards are also available for check out.

How to Borrow

The Welcome Kits are based on availability and are loaned out for 2 weeks at a time. Items are available for checkout at FFSC NBSD, Naval Base Point Loma and Naval Base Coronado. There is no loaner furniture or major appliances available at the FFSC San Diego.

Housing - Overview

Government Housing

The CNRSW Family Housing Welcome Center at Naval Base San Diego is responsible for assignment of all military families in San Diego, including Marine Corps Air Station Miramar and Marine Corps Recruit Depot. It is highly recommended that each service member and family check-in to the CNRSW Family Housing Welcome Center upon arrival to San Diego. For more information, please contact the CNRSW Housing Welcome Center at 619-556-8443 or visit their [website](#).

There are over 33,000 military families in the San Diego area. Approximately 25% of these families are housed in government quarters. There are 9,130 government homes located at 38 housing sites throughout San Diego. Of these homes, 8,580 are enlisted units and 550 are officer units. The largest single housing site is Murphy Canyon Heights with 2,319 units. Depending on the housing site selected, waiting times can be as little as 0-3 months, or as long as 18-24 months or more. Please see the [CNRSW San Diego Military Family Housing web site](#) for more information on housing availability, size of quarters, waiting time, pet restrictions, etc.

San Diego has entered into a Public Private Venture (PPV) with Lincoln BP Management, Inc., a private property management company. Members who reside in a PPV unit are required to sign a six-month lease and pay - via allotment - the equivalent of the member's monthly Basic Allowance for Housing (BAH) rate. The Navy has joined both Lincoln and Clarke Construction to improve and expand housing for service members and their families. Remember to consider rental insurance for when occupying government housing to cover your personal property. For more information and details on the housing neighborhoods in the San Diego area, visit the [Lincoln Military Housing San Diego website](#).

All officers and enlisted personnel with accompanying dependents are eligible to apply for Military Family Housing (MFH). MFH is limited and must be applied for at the Assignment/Referral Office, located at **Naval Base San Diego (NBSD)**. In order to apply, you are required to have the following:

- DD Form 1746 (Application for Assignment to Housing). Please contact the local housing office to obtain a DD Form 1746.
- A copy of orders showing your detachment date
- Certification of bona fide family members. Examples of acceptable forms of documentation are the Emergency Data application (Page 2) or a Record of Emergency Data (RED).

Application may be made in person or submitted by mail. Those submitted by mail must be confirmed within 30 days of reporting to San Diego.

Your control date (effective date of application) determines your placement on the housing waiting list. The control date will usually be your date of detachment from your last permanent duty station if you apply within 30 days of reporting to San Diego.

All personnel are required to renew their applications every six months. Renewal may be made in person, by e-mail or by telephone. The CNRSW Family Housing Center recommends the service member or spouse periodically checks with the Center regarding the status of your application. Failure to provide current information may result in a delay in your assignment to housing.

Single Service Member Housing

Naval Base San Diego offers the Single Service Members both enlisted and officer's barracks and DV suites style of housing. It is the responsibility of the service member to check into the Billeting office/Combined Bachelor Housing (CBH) for room assignment. Contact information for the Billeting Enlisted Quarters (BEQ) and Billeting Officer Quarters (BOQ) is listed below.

We cannot stress enough the importance of having a Sponsor in San Diego to assist in your PCS move. Your Sponsor is your link to your specific needs in the San Diego area. You may contact your new command to request a sponsor or you may visit the [Stay Navy web site](#) and click on Sponsor Assignment Aid (SAA). Once your sponsor is assigned, be sure to ask about your command's specific check-in policy. This is especially important if you will be checking in while the ship is underway.

[Navy Housing OneStop](#) is the official Navy website for sailors who need information about Unaccompanied Personnel Housing (UPH). It includes both comprehensive and quick-reference information for 80+ Navy installations worldwide. Floor plans, photo tours, policies and procedures, programs and services, waiting list information, forms, contact information, and much more!

The cost of renting a home in San Diego is above average compared to other locations in the United States. There are many housing options available in the San Diego area for single service members who want to live in the local community, including furnished and unfurnished apartments, homes, and condos, all with various lease options, including short and long-term.

Exceptional Family Member (EFM) Housing

There are six categories of EFM identifying the level of special care the EFM requires. Family members designated as Categories IV and V EFMs are severely handicapped and permanency in living arrangements is desirable. Personnel being assigned under EFM Category IV or V priority status are not permitted to choose a site. EFM assignments are made at the discretion of the local Housing Office to those sites where the impact is minimal on personnel currently waiting for assignment. Category VI is a temporary designation and not considered to be more severe than Categories IV or V. Once an EFM family has been assigned to MFH, they are not automatically eligible for priority relocation when they have a change in status such as family composition or pay grade. Requests for priority relocation should be submitted in writing via the service member's command to the appropriate housing office. Some more details on EFM in CNRSW San Diego Family Military Housing:

- Single level and ADA units available at various housing locations. For specific housing area's contact Lincoln General Management office 858-874-8100.
- Exceptional Family members (EFM) category 4 and 5, injured active duty warriors, and active duty medical entitled to family housing allowance (BAH) with special needs are placed directly below the freeze zone (top 10%). Personnel being assigned under EFM category 4 or 5, or special medical priority status are not permitted to choose a site. Assignments are made at the discretion of the local housing office to sites where there is minimal impact on current waiting personnel.
- Housing is located on base as well as in community areas throughout San Diego county. Air conditioning is provided in over half of the housing sites. For specific housing area's contact Lincoln General Management office 858-874-8100.
- Generator information can be obtained from Lincoln General Management office 858-874-8100.

Non-government Housing

The Department of Defense relies on the local community to provide the majority of housing occupied by military personnel and their families. Since military family housing is only built when there is a shortage of suitable, affordable housing in the private sector, most military families live in off-base rental or privately-owned properties. In San Diego, 80 percent of military families live in housing in the private sector. Many prefer to become homeowners.

Basic Allowance for Housing (BAH) is tax-free housing allowance that is provided to military members (with and without dependents) who are authorized to reside off base at government expense. BAH amounts are determined by location, rank, and whether or not the member has dependents.

The cost of purchasing a home in San Diego has dropped recently, however the average cost of housing in San Diego is still high compared to other locations around the country. Opportunities to purchase or rent are available throughout the county. The types of housing available are as varied as the communities within the county. Single-family homes, condos, townhouses and apartments are available throughout the private sector.

Military housing tenants are protected by the same state and federal fair housing and consumer protection laws as civilian tenants. Due to the DoD's authority to relocate military members to new assignments without their consent, Congress enacted legislation that permits military tenants to lawfully terminate rental contracts early without penalty when they receive military orders to relocate. In time of war, members may be deployed for extended periods without the worry of owing back rents on rental units that they could not occupy.

Rental/Purchase Options

AHRN Rental Options

DoD Automated Housing Referral Network (AHRN)-- Visit AHRN.com or ask at your local housing office to learn about this DoD program that is currently available for more than 75 installations. The program allows military members and families to:

- Search listings and pictures of available rentals near military installations
- List their own properties for rent to other military families
- List their homes for sale by owner (FSBO) to other military members
- Contact installation housing offices
- Receive one-on-one real estate counseling and assistance from the AHRN partner, [Military Moving Station](#) on how to buy and sell smart.

AHRN is not currently available at all installations but the phased program is adding new installations every month. Check the AHRN website to see if your next assignment is an AHRN base and check out other features to assist you in your home search.

CNRSW Family Housing Welcome Center (FHWC) --The FHWC is your contact for any problems you may encounter such as discrimination complaints, tenant/landlord disputes, or any questions or problems about off-base housing is the FHWC. The FHWC will provide you a list of rentals with corresponding locator maps and give you information regarding the communities in which the rentals are located. All renters should carry renters insurance against fire, theft and other damages. The property owner's insurance will cover the property but not the renter's personal property. Be sure to transfer coverage from your previous home after you arrive. Ask about the availability of a Rental Partnership Program if you are planning to rent.

Availability

While the average cost of housing in San Diego is high, opportunities to purchase or rent are available throughout the county. The types of housing available are as varied as the communities within the county. Single-family homes, condos, townhouses and apartments are available throughout the private sector.

Deposits and Fees

Many realtors/landlords require an application fee to process your application. This fee offsets their expense for verifying your credit references, employment history, etc. If the application fee is \$20.00 or less it does not have to be refunded if you do not take the rental. If the application fee exceeds \$20.00 and you do not rent the unit, you may be entitled to a refund.

A landlord cannot demand a security deposit of more than an amount equal to two months rent for an unfurnished apartment, or three months rent if the unit is furnished. The rent for the first month is additional, but rent for the last month is considered part of the total. In a month to month rental agreement, a clause which states that part or all of the security deposit will be forfeited if you move out before a specified period of time, (e.g. six months) is in violation of Section 1950.5 of the California Civil Code.

Pet Deposits

Many San Diego landlords prohibit pets; others will allow them with an additional deposit or non-refundable fee. The amount may vary according to the type, size, and number of pets. There may also be an additional monthly charge for allowing your pets.

Mobile Homes

There are many and varied mobile home communities in the San Diego local community. To find out more information, speak with the Family Housing Welcome Center. There are no government mobile home parks in the San Diego area.

Housing - Temporary

Temporary Lodging Facilities

Temporary Navy and Marine Corps quarters are not available in the San Diego area. Military families must depend upon local hotels and motel accommodations or the Navy and Marine Corps Lodge. Civilian hotels and motels are available in all price ranges. Many of them exceed the cost of the Navy and Marine Corps Lodge especially during the summer months. Some civilian hotel/motel accommodations offer special military rates and some are available on a weekly basis. We recommend you make advance hotel reservations in order to ensure you have a place to stay while seeking permanent housing. For more information about the Navy and Marine Corps Lodge in the San Diego area, and around the world, or to make a reservation, please call 1-800-NAVY INN or visit the [website](#).

Eligibility/Orders

Reservations are accepted for all eligible personnel on an as-received basis. Official guests and visitors of the command may stay at Navy Lodges. Reservations are to be made and guaranteed by the sponsor. Family members, staying at Navy Lodges without the military member, are required to show their identification at check-in. Guests of military personnel may stay at Navy Lodges provided the military member is present at check-in. Once a reservation is made it will be firm and you cannot be bumped. Reservations and room assignments are made without regard to rank or rate, or time of reservations. You may make advance reservations based on your classification, keep in mind you may receive priority based on PCS orders.

Availability/Costs/Registration

We recommend you make advance hotel/motel reservations in order to ensure you have a place to stay while seeking permanent housing. The approximate cost of a unit at any of the three Navy and Marine Corps Lodges in the area is \$46.00 - \$80.00 per day. Civilian hotels are available in all price ranges. Many of them exceed the cost of the Navy and Marine Corps Lodge, especially in the summer months. Some civilian hotels offer special military rates, are available on a weekly basis, have small kitchens in the suite and some may accept pets.

Maximum Length of Stay

Length of stay depends on the availability. Please contact Navy and Marine Corps Lodge for more information.

Location

There are three Navy and Marine Corps Lodges in the area; Naval Base San Diego (32nd Street), Naval Air Station North Island, and Marine Corps Air Station Miramar.

Pet Restrictions

Unfortunately, pets are not allowed in the Navy Lodge. Kennel information is available by calling the Navy Lodge where you will be staying.

Overseas Clearance/Special Needs

Overseas Clearance is not required at Navy and Marine Corps Lodges in the San Diego area. There are units that can accommodate handicap accessibility. A unit accommodates a maximum of five people if one child is of crib age. Families larger than this must rent two units, if available.

Housing - Government

Family Housing

The CNRSW Family Housing Welcome Center at Naval Base San Diego is responsible for assignment of all military families in San Diego, including Marine Corps Air Station Miramar and Marine Corps Recruit Depot. It is highly recommended that each service member and family check-in to the CNRSW Family Housing Welcome Center upon arrival to San Diego. For more information, please contact the CNRSW Housing Welcome Center at 619-556-8443.

Availability

There are 9,130 government houses located at 38 housing sites throughout San Diego area. Of these homes, 8,580 are enlisted units and 550 are officer units. The largest single housing site is Murphy Canyon Heights with 2,319 units.

Depending on the housing site selected, waiting times can be as little as 0-3 months, or as long as 18-24 months. Please see the [CNRSW San Diego Military Family Housing web site](#) for more information on housing availability, size of quarters, waiting time, pet restrictions, etc.

Eligibility

All officers and enlisted personnel with accompanying dependents are eligible to apply for Military Family Housing (MFH). MFH is limited and must be applied for at the Assignment/Referral Office, located at **Naval Base San Diego (NBSD)**.

Sponsors with family members designated as Category IV or V in the Exceptional Family Member Program (EFMP) will be housed on a priority basis. Service members whose families are experiencing severe hardships should call the Housing Office for special assistance and services available to them.

Application Procedures

To apply for Military Family Housing, you will need the following:

- Local housing application form or DD Form 1746 (Application for Assignment to Housing). Please contact the local housing office to obtain a DD Form 1746.
- A copy of orders showing your detachment date.
- Certification of bona fide family members. Examples of bona fide family members are those individuals listed on an Emergency Data Application (Page 2 & RED)

Application may be made in person, faxed or submitted by mail. Those faxed or submitted by mail must be confirmed within 30 days of reporting to San Diego.

If you have a family member in need of a physically challenged or wheelchair access unit, documentation from your family member's physician should be included along with your housing application form and transfer orders. You should identify any other medical requirement at the time you submit your application.

Control Date

Your control date (effective date of application) determines your placement on the housing waiting list. The control date will usually be your date of detachment from your last permanent duty station if you apply within 30 days of reporting to San Diego.

All personnel are required to renew their applications every six months. Renewal may be made in person, by e-mail or by telephone. The CNRSW Family Housing Center recommends the service member or spouse periodically checks with the Center regarding the status of your application.

Other Options

Privatization

San Diego has entered into a Public Private Venture (PPV) with Lincoln BP Management, Inc., a private property management company. Members who reside in a PPV unit are required to sign a six-month lease and pay - via allotment

- the equivalent of the member's monthly Basic Allowance for Housing (BAH) rate. The Navy has joined both Lincoln and Clarke Construction to improve and expand housing for service members and their families. This joint venture has produced a total of 9,218 units. For more information and details on the housing neighborhoods in the San Diego area, visit the [Lincoln Military Housing San Diego website](#).

There are no government mobile home parks in the San Diego area.

Single Service Member Housing

Naval Base San Diego offers the Single Service Members both enlisted and officer's barracks and DV suites style of housing. It is the responsibility of the service member to check into the Billeting office/Combined Bachelor Housing (CBH) for room assignment. Contact information for the Billeting Enlisted Quarters (BEQ) and Billeting Officer Quarters (BOQ) is listed below.

We cannot stress enough the importance of having a Sponsor in San Diego to assist in your PCS move. Your Sponsor is your link to your specific needs in the San Diego area. You may contact your new command to request a sponsor or you may visit the Stay Navy [web site](#) and click on Sponsor Assignment Aid (SAA). The SAA will e-mail your request (with an assigned tracking number) to your gaining command's sponsor coordinator, who will assign a sponsor based upon the information you provide. Once your sponsor is assigned, be sure to ask about your command's specific check-in policy. This is especially important if you will be checking in while the ship is underway.

Availability

[Navy Housing OneStop](#) is the official Navy website for sailors who need information about Unaccompanied Personnel Housing (UPH). It includes both comprehensive and quick-reference information for 80+ Navy installations worldwide. Floor plans, photo tours, policies and procedures, programs and services, waiting list information, forms, contact information, and much more!

Naval Base San Diego Single Service Member Housing

Address Naval Base San Diego
2450 McHugh Street
San Diego, California 92136
United States

Phone Number(s) Front Desk/Reservations: 619-556-8672
Fax: 619-556-7263
DSN 312-526-8672

ADA Facilities yes

Check In Time 2:00 PM

Check Out Time 12:00 PM

Time Space Available 4:00 PM

Accommodations E1-E4: shared room/shared bath. E5-E6: private room /private bath. E7-E8: private room/private bath. E9 and above: private room/private bath, DV suites.

Amenities Iron/ironing board, clock radio, TV, refrigerator, microwave, and centralized laundry room. Free DSL Sprint Services in Private room/private bath, DV suites and Multiple Occupancy VQ lounge.

Directions From San Diego International Airport, take Harbor Drive South, towards downtown. Turn left on Grape Street. Take I-5 south to the 28th Street exit. Turn right on 28th Street, then make an immediate left onto Main Street. Follow Main Street to 32nd Street.

Attractions Sea World, Seaport Village, Balboa Park, Wild Animal Park, San Diego Zoo, Old Town, Cabrillo National Monument, beaches, Tijuana.

Walking Distance To Bowling alley, recreation center, commissary, exchange, fast food.

Short Drive To Naval Base Coronado (NAS North Island), Tijuana, downtown San Diego.

Web Links [Commander Navy Region Southwest](#)

Naval Medical Center Single Service Member Housing

Address Naval Medical Center
 34800 Bob Wilson Dr.
 Ste 1800
 San Diego, California 92134-5001
 United States

Phone Number(s) BQ: 619-532-6272/6273
 FAX: 619-532-5195

Permanent Party Only
 (No Transient) yes

Directions I-5 North to Pershing Drive Exit, turn left on Florida Canyon Drive, turn left on Bob Wilson Drive and enter the Hospital Compound. See the signs for Building 26 - check in is on the 2nd deck.

Attractions Sea World, Seaport Village, Old Town, San Diego Zoo, and Balboa Park.

Walking Distance To Exchange, Gym, McDonalds, bus transportation.

Short Drive To Naval Base, Naval Mine and Anti-Submarine Warfare, Admiral Kidd Club.

Eligibility

Navy transient facilities are for authorized military and DoD civilians and contractors on official travel orders. Non-duty military and military retirees may stay on a space available basis.

SPACE A reservations can be made up to 5 days in advance of the arrival date for up to seven-night accommodations, space permitting based on actual and projected occupancy. A confirmed Space A reservation cannot be bumped.

Accommodations:

- E1-E4 -- two per room
- E5-E9 -- private room and bath
- O1 and above -- private room and bath
- DV Suites -- Iron/ironing board, clock radio, TV, VCR, refrigerator, microwave and a telephone
- Rooms Available -- Shared room, Private room with Private Bath, Regular Suite, and DV Suites

Application Procedures

Navy Region Southwest Combined Bachelor Housing Program manages and operates all bachelor-housing complexes within the San Diego metropolitan area. This includes facilities in Naval Base San Diego, Naval Base Coronado, and Naval Base Point Loma.

Naval Base San Diego's "One Team, One Voice, One Mission" commitment to the welfare of Naval Base San Diego (NBSD) Combined Bachelor Housing (CBH) residents is the cornerstone to customer and quality service.

All personnel with Navy funded orders on temporary duty should check-in with TPU or their servicing Personnel Support Detachment (PSD) for Scheduled Airlines Traffic Office (SATO) for reservations. Please contact our reservations clerk if you have any questions:

- Central Assignment Front Desk: 619-556-8672/8673/8674
- Donnelly Hall Front Desk: 619-556-8972
- Group Reservations (10 or more people): 619-556-8959

Household Goods - Overview

Arranging Household Goods Shipments

As soon as you are alerted to your upcoming PCS move, you can start getting your house and family ready. Clean up and get rid of junk. Hold a yard sale or take serviceable items you no longer need to a thrift shop or donate to charity. Get important family records together in one place. You can even estimate the weight of your household goods before you visit your transportation office to set up the move. If you are going overseas, you should begin to plan what items you will take in your hold baggage, in your household goods shipment and what might need to go into storage. Remember for overseas assignments electricity is different and houses are generally much smaller and cannot handle large furniture.

Set up an appointment with your transportation office as soon as you have a copy of your PCS orders. The earlier you call or visit your transportation office, the greater your chances of moving on the date you desire. The counselors will explain all your PCS move entitlements in detail. Your first decision is whether to have the government move you or whether to move yourself. There are pros and cons to each type of move. Your counselor will answer all of your questions. If you choose a government move, they will book your shipment and let you know the exact dates the movers will come. If you choose to move yourself, the counselor can assist with recommendations and tips on how to do a personal move.

Automobile

The government may ship one Privately Owned Vehicle (POV) at their expense to your new overseas location. This is handled through your transportation office. Remember to discuss your POV needs at your initial counseling session. The shipping contractor has established a [website](#) where you can track the location of your POV through the shipping process.

Shipping Pets

Planning for shipment of your pet includes researching airline requirements and quarantine and restriction laws in your new location. You will need to ask the airlines the requirements for size, weight, number of animals, kennel construction, documentation and season of the year limitations. Occasionally, small pets can be shipped on military flights but availability and regulations are always changing as well as fees. Checking the [SDDC website](#) will provide details on shipping pets.

Many international locations have strict importation laws including extended quarantines and restrictions on breeds or types of animals that can be brought into the country. Carefully research these rules as they could impact your moving schedule. Not only do overseas locations have strict rules but many locations have restrictions on dangerous dogs as well.

Delivery of Household Goods Shipments

It is your responsibility to contact the transportation office as soon as you arrive at your new duty station. Let them know how you can be contacted, phone, mobile phone and e-mail. If you already have new quarters, they will help arrange delivery of your personal property shipments. Otherwise they will arrange for temporary storage until you have permanent housing.

Customer Satisfaction Survey

Once your personal property is delivered, you'll be asked to [rate the customer service](#) you received from the movers. Make sure you take the time to do this. Your feedback will make the process better for everyone.

Claims

If you have any loss or damage to your personal property you may need to file a claim. Use the front of [DD Form 1840/1840R](#) to notify the mover of any loss or damage you find at the time of delivery. If further loss or damage is discovered after the transportation provider departs, use the reverse side of the form, DD Form 1840R. You must **file DD Form 1840/1840R within 70 days of delivery**. Completing and submitting the DD Form 1840/1840R does not constitute filing a claim. A claim is separate and distinct from these forms. Your local personal property office and claims office will give you complete instructions on where and how to file DD Form 1840/1840R and your claim.

Household Goods - Shipping Pets

Boarding

There are no kennels located onboard the base. There are numerous kennels located in the San Diego area. Please check the yellow pages and the Internet for kennels near the installation. For full contact details for local kennels in the San Diego area please visit the local [yellow pages website](#).

Transportation/ Pet Travel

For overseas transfers, please remember that you are responsible for obtaining all required documentation, immunization, and border clearance requirements of the host nation.

Commercial Air Transportation

ALL pet transportation arrangements are made by you with the airline you intend to use anytime you travel on PCS orders by commercial air, regardless of whether the PCS is domestic or overseas. The alternative to commercial air is discussed below in "Military Air Transportation".

If your pet is traveling by air, keep in mind that most airlines allow only a limited number of pets in cargo per flight. Call at least three days before the flight to make arrangements. When transporting a pet by air, health certificates are a must. Any licensed veterinarian can issue health certificates. If you have to change planes, you - not the airline - are responsible for seeing that the pet is transferred at the connecting point.

Be sure to have your name and address on the outside of a regulation airline kennel. Give your pet a drink of water within two hours of takeoff. If your flight is more than twelve hours long for young pets, or 24 hours for adult pets, you must send food with your pet. Federal law requires the airline to provide water every twelve hours.

Military Air Transportation

Military transportation will be provided to those transferring overseas, if it is available. Pet shipment is restricted to a maximum of 2 pets per family (dogs or cats only). You must present a rabies vaccination certificate or veterinary health certificate to Navy Passenger Transportation Office (NAVPTO) as proof of ownership. Pets may travel if accompanied by a veterinary certification stating that the animal is fit to travel and there is no risk of birth occurring during the journey.

You should be aware that pet space is limited on all flights. The Personnel Support Detachment will determine if you will be booked on commercial or military transportation. You should inform PSD that you intend to bring pets with you so they can make appropriate arrangements. Keep in mind that shipment of pets is not an entitlement - it is a convenience. If PSD arranges military transportation, you may obtain additional pet information from NAVPTO.

Quarantines

There are currently no quarantine laws or regulations in the county of San Diego, including area military installations.

Vaccinations, Licensing & Registrations

The county of San Diego requires that your pets be registered whether you're on base or off. Contact the San Diego Humane Society or Animal Control office for information about pet registration, licensing and locations. Please visit the [San Diego Humane Society's](#) website.

Vaccinations

Dogs and cats are required to have Rabies vaccination. California will only accept the three-year vaccine. The only exceptions are for dogs and cats less than one year old. In these instances, the one-year vaccine is acceptable. The Northern and Smith/Claim/Beach vaccines ARE NOT ACCEPTABLE IN CALIFORNIA.

General Information

No pets are permitted in Navy and Marine Corps Lodges. Commercial pet boarding facilities are convenient to Navy and Marine Corps Lodges. More information is available at the Housing Referral Office.

Except for Seeing Eye Dogs, pets are not allowed on trains, buses, or commercial vans.

Veterinary Services

The Point Loma Veterinary Treatment Facility on SUBASE offers yearly vaccinations for both dogs and cats at a fraction of the cost you might find in town. Since the Point Loma Veterinary Treatment Facility is one-of-a-kind in Navy Region Southwest, the schedule fills up fast, so call ahead for an appointment. In addition, the clinic offers wellness exams, medications and surgeries on a limited basis. For more information please call 619-553-8582

There are several other veterinary services in the San Diego region, for more information please visit the [local yellow pages](#), the following veterinary services listed below are just some of the clinics listed from the above website.

- CARMEL VALLEY PET CLINIC, 3890 Valley Centre Dr # 101, SAN DIEGO, CA 92130, 858-259-8881
- HILLCREST VETERINARY HOSPITAL, 246 W WASHINGTON ST., SAN DIEGO, CA 92103, 619-298-7714
- NORTH PARK VETERINARY HOSPITAL, 4054 NORMAL ST., SAN DIEGO, CA 92103, 619-299-6020
- SAN DIEGO CAT CLINIC, 2646 UNIVERSITY AVE., SAN DIEGO, CA 92104, 619-295-2287
- PACIFIC VETERINARY SERVICES, 2646 UNIVERSITY AVE., SAN DIEGO, CA 92104, 619-295-9025

Education - General Overview

Introduction

There are no DoD schools in the San Diego area. In all, San Diego County has 42 independent school districts, according to the San Diego County Office of Education.

The school your child attends is determined by where you live. If you live in the city of San Diego you should call the San Diego Unified School District. To find the name of the public schools serving your area if you live outside the city of San Diego contact the San Diego County Office of Education.

Enrollment

To enroll your child, you must go to the front office of the elementary or secondary school serving the area in which you live. You must present the following documentation for your child to the school official: 1) proof of age, 2) proof of residency and 3) immunization records.

At registration, parents are required to show proof of immunization for polio, diphtheria, hepatitis B, pertussis (whooping cough), measles, mumps, rubella and tetanus. If the child is seven or older, it's not necessary to show proof of immunization for mumps and whooping cough. Check with your particular school district to make certain your child is properly immunized.

Calendar Year

Calendar years for most schools, including all high schools, vary, but most start in early September and end about the middle of June. There are 176 schools operating on year-round schedules. These schools also begin their year in September, but stagger the 180 days of instruction over the entire year, rather than nine months. Most students receive a minimum of three vacation periods during the year.

Transportation/Bus Service

Each district determines what levels of bus transportation it provides to students in its boundaries. Students and their families are responsible for transportation if attending a school other than their assigned school.

Meals

Every School District in the San Diego County's Food Services Department believes that **Healthy Bodies Make Healthy Minds** and is focused on offering meals designed to be both healthy and well-received by students. Meals are served to students through the federally-funded USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP). Food is also served during the summer through the Summer Food Service Program (SFSP). Each District also participates in a federally subsidized program and your child or children may be eligible to receive free or reduced-price meals. If you would like more information please contact the San Diego County Office of Education at 858-292-3500 or visit their [website](#).

Before and After School

Most San Diego area schools offer a Before and After program for children. Please contact the San Diego County Office of Education, Safe Schools Unit, 5404 Napa Street, San Diego, CA 92110.

Before and After School Programs

Name	Phone	Fax
Administration	619-718-6665	619-299-0265
Interim Regional Lead	619-718-4992	619-299-0265
Project Specialist, High School ASSETs	619-718-4998	619-299-0265
Program Assistant	619-718-6781	619-718-4999
Program Assistant	619-718-6671	619-718-4999
Program Secretary	619-682-5259	619-718-4999

The MWR Youth Programs Department operates eight housing area recreation centers and offers a wide variety of recreation programs for children ages three to seventeen. Some of these programs include open recreation, contract classes, field trips, teen programming, building rentals and special events, as well as the programs listed below. For additional information on any of these programs or services, contact your local Housing Area Recreation Center or call 619-556-6165.

Before and After School Program -- This program is designed to meet the needs of school-aged youth (five to twelve years) in the hours before and after school. Organized and supervised activities are planned and conducted at specific times before and after regular school hours.

Day Camp / Intercession -- This program is offered for youth between the ages of five and twelve and is conducted during school holidays and summer vacation/intercession periods. Day camp activities include arts and crafts, sports, games, swimming, field trips, outdoor recreation, cultural programs and special events.

Tiny Tot Program Tiny Tot classes are offered to children ages three to five years old. This part-time program provides an open environment where your child can participate in arts and crafts, music and rhythm, story time, social games, movement and much more.

Sports Program

Each district in the County of San Diego has its own specialized sports program. Please contact the San Diego County of Education at 858-292-3500 for more information. Don't forget to check out MWR Youth Programs as well for additional sport programs in the local Military Housing areas. Visit the [MWR website](#) for more information.

Special Needs

The California Education Code is compliant with the federal code that provides for the "least restrictive environment" for any children with special needs. The goal is always to keep students with special needs in regular classrooms. When appropriate, students may need to supplement their studies with the assistance of a resource specialist, speech pathologist or speech therapist that can work in or outside the classroom with them. Children with severe learning disabilities may be placed in separate classrooms that can better accommodate their individual learning needs. Each school district in San Diego County has a school psychologist who conducts individual assessment of students to determine eligibility for a special needs program. That psychologist works in conjunction with an Individualized Education Program (IEP) team that is composed of both education professionals, and parents to develop a custom plan, which is regularly reviewed and updated. Testing is conducted every three years.

Grading System

To encourage the highest achievement of every student, each School District has similar Content Standards, which define the knowledge, concepts, and skills that students should acquire at each grade level. Each District's curriculum, student-level assessment, textbooks, instructional materials, and professional development activities are all aligned with the standards. This ensures, among other benefits, that the knowledge students acquire in the classroom is directly related to the statewide assessments they take each year. State-mandated tests help measure student performance in relation to the expectations of the standards. For more information on your particular district please contact the San Diego County Office of Education at 858-292-3500 or visit their [website](#).

School Accountability Report Card (SARC)

California state law requires every public school and school district to issue an annual School Accountability Report Card (SARC).

SARCs should include:

- Demographic information
- School safety and climate for learning
- Academic data
- Class size
- Teacher and staff information

- Curriculum and instruction
- Fiscal and expenditure data

Most (but not all) school districts in San Diego County have school accountability report cards posted on the web.

Local Schools and/DoD Schools

Public Schools

In San Diego County, there are three types of school districts: elementary, high school and unified. Each of San Diego County's 42 school districts is governed by a locally elected board of education. School district and city boundaries are not necessarily contiguous.

Unified school districts contain both elementary and secondary grades. All school districts offer basic education programs as well as special programs and services. Personal contact with an individual school district is the best way to learn about school calendars, facilities, curriculum, graduation requirements, extracurricular activities and other areas that differ from district to district.

The San Diego Unified School District is the largest in the county, and the eight-largest urban school district in the nation. The district serves most of the metropolitan area within the San Diego city limits and provides a variety of educational programs and options for students in kindergarten through high school. It operates a system of neighborhood schools, with all children eligible to attend the school serving their residential address unless the school is severely overcrowded. In such instances, the district assigns new students to a school with adequate space and provides free transportation.

Magnet Schools and School Choice Program

Parents also have options to send their children to schools outside the neighborhood by enrolling eligible students in the district's magnet programs or the School Choice Program. Magnet schools generally have a particular focus, such as art or technology, or follow a different structural organization, such as mixing different grade levels within one classroom, or operating on a year-round schedule. Magnet schools are not governed by neighborhood boundaries; they draw students from throughout the school district and must accept students on a nondiscriminatory basis. Magnet programs are operated as part of the district's voluntary integration program and the district provides free transportation.

The School Choice Program provides enrollment options for students who reside within the district boundaries and who wish to attend a school other than the school of residence. Although some schools in the district are operating at capacity and cannot accept Choice Program students, others have space available for interested families. The district does not provide transportation for this program.

The district also operates an extensive program for students with exceptional needs including programs for academically gifted students and programs for students with special needs.

School Transfers

School districts generally set their own policies for intra-district transfers (from one school in the district to another) and inter-district transfers (to a school outside the district). Preferences are often given to children whose childcare provider is near a particular school, or whose parents work in the city where the school is located. Most school districts have an appeals process if your request is denied. Space limitations often make transfers difficult, and each district's process has its own regulations, so be sure to check with your local district for specific requirements.

Charter Schools

There are approximately 57 charter public schools in the San Diego region. The "charter" in charter schools is a performance contract detailing the school's program, goals, students served, methods of assessment and ways to measure success. Local business leaders, high-tech companies, teachers' unions, parents, educators and community members develop the schools, which are free to exercise increased flexibility in school management in return for fiscal and academic accountability to sponsors, parents and the public. Charter school enrollment is voluntary and is not governed by neighborhood boundaries, which means your child can choose to attend any charter school within your district, or outside your district, that has space.

Alternative Schools

These are generally schools whose educational philosophies are different from traditional programs. Typically, alternative schools have small classes, social and emotional development curriculum, and self-paced academic curriculum. This title is used officially as well as informally to describe a wide range of schools, so it's important to ask specific schools why they are classified as "alternative."

Home Schooling

Another option is for parents to teach their children at home instead of sending them to a public or private school. Each state has different laws governing home schooling. Many communities have organizations that assist home schooling families with curriculum and opportunities to meet other home schoolers. To home school your child, you can register with the local school district or the San Diego County Office of Education. You'll be given a standard curriculum to follow and an assigned teacher who will monitor your child's progress. If you wish to home school independently, you must file a private school affidavit with the State of California and create your own curriculum, or purchase it from a private company.

Private School

Private schools are schools that do not receive funding from the state and therefore do not have to follow the state's Education Code. Families of the students pay tuition or, in some cases, students receive scholarships to attend. The teachers, principal, board of directors (and sometimes the parents and students) decide upon curriculum, teaching methodology and enrollment requirements.

San Diego County is home to more than 200 private primary and secondary schools. Such options to public schools offer families a learning atmosphere tailored to their own philosophies and their children's specific needs. In addition to the many church affiliated schools, there are a number of private schools that serve students who are handicap impaired or possess learning disabilities or emotional and behavioral problems.

Accreditation by independent agencies is available to private schools. Schools volunteer to have their programs inspected and evaluated. Accreditation is not necessary in order to be considered a good school, but it indicates a school's desire to be accountable to its own expectations.

Private schools vary widely, from highly structured to self-directed learning environments, to college prep and curriculum strong in artistic expression. Most private schools are church affiliated; however, they often accept students of any religious background.

Values are integrated into the curriculum at private schools whether they are centered around religious faith or individual responsibility. With such a large variety of educational choices in the San Diego area, parents have only to inquire as to what the emphasis is, what the social atmosphere is like and what teacher qualifications are and they are sure to find a good fit for their children. Parents should also inquire about scholarships, entrance requirements and waiting lists.

Adult Education

Visit the Navy College Office and find out how to:

- Complete a high school diploma
- Work on a technical or occupational certificate
- Improve your academic skills in reading, math, and English
- Earn a college degree

Please see the Education-Training (College/Technical) section for more information.

Education - Training (College/Technical)

Installation Education Center

To assist in the preparation for college courses, the Navy College Program provides instruction in basic subjects. Sailors may work on your English, Mathematics, and Reading skills ashore at either the Navy College Learning Centers (NCLCs) computer labs or in the Navy College Learning Program (NCLP) instructor taught classes. In either program, you will be given diagnostic tests and will begin your instruction at a level appropriate to your needs. Instruction in academic skills is available at no cost to you or your command.

At the NCLCs, you may also work in the following subjects: algebra, calculus, geometry, trigonometry, chemistry, physics, science, social studies, life and job skills, and parenting skills. Professional Education Services Specialists, Education Technicians, and Guidance Counselors advise Navy members on all matters relating to academic programs, authorize tuition assistance, and administer all on-base education programs.

The Navy College Program, NCP, provides opportunities to Sailors to earn college degrees by providing academic credit for Navy training, work experience, and off-duty education. The Navy College Program integrates all components of Voluntary Education. While the NCP is primarily geared toward enlisted Sailors, some NCP components are also available to officers. The NCP services include: educational counseling, apprenticeship opportunities, distance learning, college credit by examination/experience, tuition assistance and much more.

Combining the various components listed above, the Navy College Program serves the needs of our mobile Sailors. They provide uncomplicated access to information along the path to a degree including transferability of college credit and access to education regardless of the Sailors' location or duty station. Participation is voluntary. Sailors participate at their own pace when they are ready.

SMART

The Sailor/Marine American Council on Education Registry Transcript (SMART) is now available to document American Council on Education (ACE) recommended college credit for military training and occupational experience. SMART is an academically accepted record that is validated by ACE. The primary purpose of SMART is to assist service members in obtaining college credit for their military experience.

All active duty and reserve Sailors (enlisted and officer) and those who separated or retired from active duty on or after 1 January 1975 are eligible.

Eligible personnel should be able to register via the [SMART Web site](#) and have a transcript generated on-line. Eligible personnel who cannot access their transcript on-line may fax a "certified to be true" copy/notarized copy of their DD214 to 850-452-1281.

Contact the Navy College Center at toll free DSN 312-922-1828 or 1-877-253-7122, COM 850-452-1828. You may fax to DSN 312-922-1281 or 850-452-1281, or Commercial 850-452-1051. You may also access the Navy College Center [online](#).

Navy College Offices form a network of professional Education Services Specialists, Education Technicians, and Guidance Counselors located at 54 installations around the world. These professionals counsel and advise Navy members on all matters relating to academic programs, authorize tuition assistance, and administer all on-base education programs. Each major shore installation has a Navy College Office (NCO) which forms the backbone of the Navy College Program organization.

Your local Navy College Office supports the Defense Activity for Non-Traditional Education Support (DANTES) Examination Program offering a wide range of exams. Contact your [Navy College Office](#) for information on how to prepare and schedule the examinations you need.

Effective immediately, Sailors are no longer required to take practice CLEP or actual CLEP exams prior to obtaining approval for TA. However, Sailors are encouraged to pursue credit through College Level Examination Program (CLEP) and Defense Activity for Non-Traditional Education Support (DANTES) Subject Standardized Tests (DSST) where applicable, to save time toward completing a degree and reduce Tuition Assistance cost.

For example, when working to complete college degree requirements, if a Sailor needs a year of Social Science or History credits, he or she may take the practice exam for the CLEP Social Science/History test. If the results of the practice exam indicate the Sailor may pass the test, the Navy College Office can schedule the Sailor to take the CLEP Social Science/History test. The test represents 6 semester hours of college credit. If the Sailor passes the test, then this is the equivalent of completing two college courses. The Sailor has reduced the time to complete all the courses required in his or her degree program by two - just by passing one test! CLEP/DSST exams are offered at NO COST to active duty military. They are administered by Navy College Offices or through National Test Centers. Some on-base institutions have become National Test Centers and can offer 35 different computer delivered CLEP tests. Navy College Offices have paper tests which are limited to 14 tests. Sailors may also take CLEP exams from National Test Centers located off-base at local colleges. These sites charge an administration fee that must be paid by the Sailor, however, the actual test is provided at no cost to Sailors.

To help the likelihood of successfully passing the tests, Sailors must complete applicable practice CLEP/DSST exams which are available on the [Navy Knowledge Online \(NKO\) website](#) or from the Navy College Office. Sailors who score well on practice exams should take the actual CLEP/DSST exams for academic credit. Testing is available through local Navy College Offices, Reserve Centers, National Test Centers, and onboard some ships. Sailors passing the CLEP/DSST save both time and money and can progress on to enroll in courses funded by Tuition Assistance. Sailors who do not pass the CLEP/DSST exams may enroll in the corresponding courses, funding them with Tuition Assistance.

Contact your [Navy College Office](#) and discuss whether a CLEP/DSST exam exists that would count for credit in your degree program. If so, work with your Navy College Office to determine the best method to take/schedule the practice exam and actual test.

Navy College Program for Afloat College Education (NCPACE)

NCPACE gives Sailors the opportunity to experience challenging education and continue their personal and professional growth while on sea duty assignments. NCPACE is a part of the Navy College Program and provides both academic skills and college (undergraduate and graduate) courses. All courses are offered by colleges and universities accredited by an accrediting agency recognized by the Department of Education. NCPACE courses, including academic skills courses, are provided to Sailors tuition-free. Academic skills instructional materials are provided at no cost; however, Sailors must pay the cost associated with their college textbooks and other educational materials.

Courses are taught via technology and by traditional classroom instruction. All undergraduate courses are from institutions with Servicemembers Opportunity College - Navy (SOCNAV) affiliation ensuring Sailors the opportunity to transfer credits and complete degrees.

Service members Opportunity Colleges (SOC) Consortium colleges and universities are dedicated to helping service members and their families get college degrees. Military students can take courses in their off-duty hours at or near military installations in the United States, overseas, and on Navy ships.

SOC was created in 1972 to provide educational opportunities to service members, who, because they frequently moved from place to place, had trouble completing college degrees. Today SOC is a consortium of [more than 1800 colleges and universities](#) that provide educational opportunities for service members and their families. SOC is cosponsored by the American Association of State Colleges and Universities ([AASCU](#)) and the American Association of Community Colleges ([AACC](#)), in cooperation with 13 other educational associations, the Military Services, the National Guard, and the Coast Guard. SOC is funded by the Department of Defense (DoD) through a contract with AASCU.

SOCNAV is the Service members Opportunity Colleges (SOC) degree program for the Navy. It consists of colleges that offer associate and bachelor's degree programs on or accessible to Navy installations worldwide. These colleges have joined together to form networks in which each college accepts credits from all the others. This guarantees that Navy students and their adult family members can continue toward completion of their degrees even though the Navy may transfer them several times.

An ACME, or Advisory Council on Military Education, is an organization that brings military educators and academic leaders together to work collaboratively on improving education opportunities, policies, or procedures that impact military personnel and their family members within the state or region.

Additional options for Service Members and their families

The San Diego County ROP has been offering occupational training programs since 1969. It is the largest County ROP in the state of California serving 45,000 students per year who are at least 16 years of age through adult. Teachers are credentialed by the California Commission on Teacher Credentialing and the program is accredited by the [Western Association of Schools and Colleges \(WASC\)](#).

San Diego County ROP provides leadership for other career preparation initiatives in order to develop a comprehensive School-to-Career system. These include Tech Prep, Carl Perkins, School-to-Career, Post-Secondary Articulation, Career Academies, worksite learning and the development of career paths and career majors.

San Diego ROP has a yearly budget in excess of 34 million dollars. Funds are generated through ADA (one unit of ADA equals 525 hours of attendance).

ROP courses are available to anyone age 16 through adult. Over 265 tuition-free courses are offered per year. ROP college courses taken specifically for college credit may require payment of a tuition fee to a local community college; however, all ROP courses are available as tuition free.

Adults: Enroll at the ROP Service Center where the course is offered. There are 22 locations for your convenience. San Diego County Office of Education Regional Occupational Program is located at 6401 Linda Vista Road, Room 408. They can be reached at 858-292-3529, Fax 858-268-9726. Hours of operation are Monday - Friday 8:00 AM - 5:00 PM.

The Department of Labor (DOL) and the Department of Defense (DoD) have entered into a partnership to address the education and credentialing challenges of our military spouses: the DOL and DoD Military Spouse Career Advancement Account Demonstration Project. DOL and DoD are committed to military spouses and want to ensure their access to the education and resources needed for good jobs and career pathways in the 21st century economy.

The goals of the demonstration are to:

- Provide targeted military spouses with financial assistance to pursue post-secondary education and training and to obtain credentials/licenses required for obtaining and retaining employment and advancing in their careers;
- Provide highly-skilled, well-trained workers to employers in high-growth, high-demand industries and sectors;
- Increase the financial stability of military families; and
- Support the retention and readiness of the U.S. Armed Forces.

Tuition Assistance

Tuition Assistance (TA) is the Navy's educational financial assistance program. It provides active duty personnel funding for tuition costs for courses taken in an off-duty status at a regionally, nationally or professionally accredited college, university, or vocational/technical institution recognized by the Department of Education. Navy TA pays for both classroom and independent study/distance learning courses, regardless of course length.

Navy Tuition Assistance pays up-front the tuition and fees charged by educational institutions for course enrollments. It is no longer necessary for Navy students to pay tuition and show successful completion before they are reimbursed. Navy TA pays 100% of tuition costs for courses applicable to the completion of a high school diploma or equivalency certificate. For other education levels, there is a fiscal year credit limit of 12 Semester Hours, 18 Quarter Hours, 180 Clock Hours or 18 CEUs per individual.

Payment for tuition and fees vary please contact Navy College in your area for more information.

Requesting a waiver remains a viable option for those Sailors who want to take more than 12-semester hours per fiscal year, and have a compelling reason to do so.

Veterans' Affairs (VA) educational assistance is financial aid available for eligible veterans and active-duty personnel to attend school. Veterans' educational assistance is available primarily through the Post-Vietnam Era Veterans' Educational Assistance (VEAP) and the Montgomery GI Bill (MGIB). For more detailed information, contact your local Navy College Office, the VA office at the college or university you are attending, or the Navy Personnel Command, PERS-604, at DSN 312-882-4258/59 or 901-874-4258/59.

College Classes

There are several classes offered at the Navy College Learning Center, for example you can take Organizational Development, Human Resource Strategies, Earth Science, Introduction into Humanities, Advanced Statistics, and Culture Diversity to name a few. There are several institutions that offer degrees such as AA, AS, BS, BA, BBA, MA, MS, & MBA in the specific area of study.

Some of the institutions available at the Navy Learning Center are:

[Central Texas College](#)

[Embry Riddle Aeronautical University](#)

[National University](#)

[Southern Illinois University at Carbondale](#)

[Vincennes University](#)

Visit the Financial Aid Office at the college you plan to attend for more information on fees and tuition assistance.

Education - Local Schools

Choosing the right school for their children is a priority for military families. This article describes excellent resources for your use in planning for your child's educational needs. Parents can find current information about public, charter and private schools by using the tools below:

1. How do I choose a good school?

[Choosing a School for Your Child](#) is a U.S. Department of Education publication that will help families identify what is important in selecting a school.

[The School Visit: What to Look For, What to Ask](#) Whether you are choosing a school for the first time, or because you are in transition, this site will provide you with information about what to do and what to ask.

2. What schools are in my area (or in the area where I may move), and how good are they?

Several high quality commercial tools are available to assist in making decisions about which school to choose for your child. Listed below are these website tools along with information on how you access the information and what type of information each site provides.

Both [Great Schools](#) and [School Matters](#) provide a wealth of information for parents:

- School contact information
- Distance from zip code (provide the installation zip code, or the zip code of the area where you will be living)
- Public, private or charter school designation
- Student/teacher ratios
- Free and reduced school lunch program (an estimate of economic disadvantage)
- Great Schools provides a rating of schools and a parent comment section
- Percentage of students meeting or exceeding the state standards in math, reading and language arts
- Teachers - average number of years teaching experience, % of first year teachers on the staff
- Students: Average percentage of students absent from school for more than 15 days
- Ethnic breakdown and percent of students with English as a second language
- School Matters provides college prep scores (PSAT, SAT, ACT test scores)-for high schools only
- Great Schools also provides parents the ability to rate the schools and make comments on the schools.

For both sites, the user must enter the State and zip code to find schools in the area.

[SchoolQuest](#) was developed by the [Military Child Education Coalition](#) to help military families select schools. SchoolQuest also offers an Online Library that provides resources for families in transition. At this time, the SchoolQuest data base covers 99 military installations. The Military Child Education Coalition also provides a [data base of information](#) on each State's educational system.

[The School Report Tool](#) is available from Military OneSource that list names and locations of public, public charter, private, virtual and home schooling choices around major installations. [Charter Schools](#) are nonsectarian public schools of choice that operate with freedom from many of the regulations that apply to traditional public schools. Use this site to find one in your area.

3. How can I help plan for a successful transition in this new school and for my child's school career?

Parents often want to know about the availability of extra curricular activities and sports, or the availability of advanced classes. For these questions, it is best to contact the schools directly. It is important to ask the right questions. The following resources can help with these questions and others.

The [Toolkit for Parents](#) was developed by the Department of Defense, especially for Military Families. This 85 page booklet walks parents through preparing for the move and the first two weeks of school....what to ask, what to take, etc..

The [Military Impacted Association](#) has [checklists](#) available for military kids who are leaving or entering a new school.

The Military Child Education Coalition has a [checklist for transferring students](#) that will be helpful. Additionally, through [SchoolQuest](#), MCEC provides parents with the ability to develop a profile for each of their children, which then will provide them with a report on issues related to transferring to a new school district.

4. Question? What happens if I need help during the school year?

During the school year, there are always questions that parents have, such as "What is the best way to help with homework?" or "What if my child needs to see a counselor because my spouse is deployed?" Military OneSource helps with these questions and has 24/7 access. You can call them at 1-800-342-9647, connect to them at the website [Military OneSource](#), or [e-mail a consultant](#).

Education - Local Schools/Overseas

Overseas Schools -- What You Should Know

Moving your family from one installation to another in the U.S. can be challenging enough; but moving your family overseas presents an even more complex situation. One of the most important challenges can be summed up by this question, "Where are my children going to go to school?"

This article will provide resources to help guide military families through the many questions and decisions regarding local schools abroad.

Where do I start?

Start with the information on your new installation. Visit [Plan My Move](#) and review the installation's Education - Overview article. All of the overseas installations have dedicated a portion of the Education Overview to discussing the education options available in the local community as well as the DoD schools located on the installation, if available. Most installations overseas that allow accompanied family travel have one or more DoD schools.

What is the difference between a DoD school and an international or national school?

[DoDEA](#) is the Department of Defense Education Activity. DoDEA operates DoD schools in 12 foreign countries, Guam and Puerto Rico. All DoDEA schools are fully accredited by U.S. accreditation agencies and maintain high academic standards with well rounded educational programs.

In addition to DoDEA, the [U.S. Department of State's Office of Overseas Schools](#) mission is to promote quality educational opportunities for dependents of American citizens overseas at the elementary and secondary level. If a DoD school is not available on your installation there may be a school in the local community that is an American-Sponsored Elementary and Secondary School.

International schools are English-language schools whereas National schools are schools where courses are taught in the native language. The curriculum and grading system of an International school tends to be similar to the traditional American education system. This is a consideration if your family will be returning to the U.S. prior to your child or children graduating high school. Remember, when choosing a school it is best to try to match the school with your child's needs and expectations.

Where can I find a list of International schools in the country where my family is moving?

The Internet can be an excellent resource for finding International Schools overseas. You can find a complete directory of overseas schools on the [International Schools Services' website](#).

In addition, the [World Wide Schools](#) website is an excellent resource. From the homepage you can select the country. Once you have done this, a list of schools will appear and you can then choose which one you are interested in researching. All of the information appearing on this website is provided by the schools directly. Some of the information you may find on a school includes: a background summary about the school, the school's address, phone number, website, and even the email address of the director of the school. This information should be explored so that you can make comparisons with other International schools in the area to determine the best place for your child/children.

How do I decide what school is best for my child?

This process is much the same as it would be in the U.S. You may not have as many choices but it is important to make a list of possible schools and then begin to ask around. This is a daunting task since it is likely that there will be a language barrier. However, talk to the Relocation Personnel in the Family Center and your sponsor at your new installation who may be able to put you in touch with other families with children around the same age as your child/children. Always contact the school directly and ask for references.

Once you have narrowed down your options, interview the school or schools directly. This is best done in person, if possible. Ask about: attendance, atmosphere, curriculum; grading system, tuition, accreditations, the staff and administration; as well as other practical details such as, does the school provide meals, what types of extra curricular programs are available, is there transportation, holidays and schedule, sports programs, before and after school care programs, and how is the facility maintained.

Now that I have chosen a school, how do I successfully facilitate the transition for my child?

A successful transition should be a priority during planning the move and once the move has been completed. The more knowledge you provide your child with the more confident he/she will feel once he/she arrives at the new school. Allow your child to be a part of the decision making process, if he/she is old enough, and take his/her opinions into account.

MilitaryStudent.org provides several valuable tools to facilitate the transition process. Although many of these tools are not geared specifically to an international move the resources provided do apply to any military student transitioning to a new school in the U.S. or overseas.

Employment - Overview

Spouse Career Advancement Initiative

The Military Spouse Career Advancement Initiative is designed to advance military spouses into portable careers by providing them with education and training in high-growth, high-demand occupations. Career Advancement Accounts, also known as CAAs, are flexible education funding accounts to pay for expenses directly related to post-secondary education and training, including tuition, fees, books, equipment, and credentialing and licensing fees necessary for portable careers. High-growth industries include financial services, education, healthcare, information technology and construction. High-demand occupations can be found in human resources, hospitality, homeland security and business administration.

The Department of Labor (DOL) and the Department of Defense (DoD) are jointly funding this demonstration in eight states (California, Colorado, Florida, Georgia, Hawaii, Maine, North Carolina, and Washington) targeting 18 military installations. Voluntary Education Centers and One-Stop Career Centers are collaboratively providing career counseling, guidance and assessments to support military spouse career and education choices.

CAAs, are self-managed accounts that must be used with approved local education and training institutions. CAA funds must be used for expenses directly related to career preparation. There is a limited amount of funds available in the CAA demonstration. The maximum amount of the CAA demonstration is \$3,000 for one year. The accounts may be renewed for one additional year, for a total two-year account amount of up to \$6,000 per spouse. Call Military OneSource at 1-800-342-9647 or visit <http://caa.milspouse.org/> for more information.

Employment Options

The minimum wage for the state of California is \$8.00 per hour. San Diego unemployment rate hovers around 6.1. The top 50 occupations with the most job openings will generate almost 54 percent of all job openings in San Diego County during 2004-2014. These occupations are expected to generate over 289,000 total job openings. Occupations requiring a year or less of training make up 80 percent of the top 50. These jobs are typically lower paying, ranging from \$8.03 to \$16.18 median hourly wage. Included are such jobs as Retail Salespersons, Cashiers and Waiters and Waitresses. Higher-skilled and higher paying occupations such as Teachers, Registered Nurse, Managers, Carpenters, and Accountants will also have a substantial number of job openings.

The 50 fastest growing occupations are all expected to grow at an annual rate of 2.2 percent or more. Occupations in Hi-Tech, Education, Health and Scientific fields make up the majority of the top fifty occupations. Of the 50 occupations 74 percent require education beyond high school with 52 percent requiring a BA/BS or above. Most jobs requiring a Bachelors degree or above pay above \$30.00 an hour.

For employment federal opportunities on base installations in the area, please go to the USA Jobs website for a list of job openings. The NAF Human Resources Department is the starting block for non-appropriated fund job opportunities on base. To apply for NAF job openings, submit a completed SF-171, OF-612, NAF Application or resume in person to the Regional NAF Human Resources, Building 3210 (Anchors Catering & Conference Center), Naval Base San Diego, Main Street & Yama Street, National City, California, or Fax to 619-556-9537. Hours are Monday - Friday 8:00 a.m. - 4:00 p.m. Visit the [website](#) for current job openings or an application.

DoD Spouse Employment Programs

The Department of Defense has actively engaged private partners and other government agencies to enhance employment and career opportunities for military spouses. As a result of a partnership with Monster.com, the virtual Military Spouse Career Center was created to provide career networking services and employment information to military spouses. The center provides information on spouse-friendly employers, education and scholarships, licensing and certification, job search skills, and much more. The center enables employers to post jobs for military spouses at no cost. Spouses can also create and post resumes and explore thousands of job openings around the world. In addition, the Department of Labor and the Department of Defense co-sponsor the MilSpouse.org website to provide military spouses easy access to information, resources, and opportunities related to education, training, and employment within the United States.

Military Spouse Preference (MSP) Program for Overseas Assignments

You are eligible for MSP if you are the spouse of an active duty military member, who makes a PCS overseas and you accompany him/her. To apply for MSP you must follow the procedures as outlined by the servicing DoD Human Resources Office and you must have been married prior to the move and be listed on the orders as a dependent. You must also be among the most qualified for the position. MSP positions apply to appropriated fund vacancies that are filled competitively for U.S. citizen occupancy. Preference also applies to some nonappropriated fund positions. You will be referred for positions using your MSP until such time as you accept or decline a position. In addition, you may accept or decline an unlimited number of non-continuing (temporary) positions without loss of your military spouse preference. For more information on MSP, contact the Family Employment Readiness Program at the top of this page, the nearest DoD Human Resources Office or NAF Human Resources Office at your overseas installation. General information can be found at MilSpouse.org.

Your Installation Spouse Employment Counselor can help you with:

- Employment prospects in the new location
- Preparing a new resume
- Obtaining job search materials
- Information on training and education
- Obtaining a listing of current job openings
- Learning about unemployment compensation

Employment Documentation

For job hunting purposes it is important and may be necessary to hand carry employment records and documents, including current civilian and federal resumes, transcripts, certificates and licenses as applicable.

Unemployment Benefits

Personnel separating or retiring and military spouses may be eligible for unemployment benefits in the state of California. However, not every state offers unemployment insurance to military spouses. Please check with the state you are relocating from to find out if you are eligible for unemployment benefits. When you are unemployed, or working less than full time, and ready, willing, and able to work, you may be eligible to receive unemployment insurance benefits. The Unemployment Insurance Program, commonly referred to as UI, provides weekly unemployment insurance payments for workers who lose their job through no fault of their own. The amount for benefits available is based on the claimant's earnings in the base period. Refer to the California Employment Development Department (EDD) for more information.

Transition Assistance

CNRSW Fleet and Family Support Centers

CNRSW Fleet and Family Support Center (FFSC) has an incredible Transition Assistance Management Program (TAMP) and Family Employment Readiness Program (FERP) department. TAMP and FERP offers information on California Employment Development Department, Employer information packages, employment library, job fair information, mock interviews, job listings and resume writing.

The Family Employment Assistance Program (FERP) and the Transition Assistance Management Program (TAMP) located in San Diego targets military spouses and retiring/ separating military personnel. There are four basic classes offered, which aid in the development of career/educational goals. The classes include:

- **Resume Writing:** Focuses on resume development, soliciting letters of recommendation and thank you letters.
- **Winning Interviewing Techniques:** Designed to provide information on how to effectively present yourself before, during and after an interview. You will gain information on appropriate attire, common interview questions and effective responses.
- **Finding Federal Employment:** The course provides information on obtaining vacancy announcements, completing federal applications, distinguishing who can apply, hiring authorities, eligibility and hiring preference.

- Introduction to Owning Your Own Business: Provides basic knowledge of business plan development, types of business (including franchising), start-up/operating costs and resources for additional information.

The Transition Assistance Management Program (TAMP) includes Transition Assistance Programs for military personnel that are separating or retiring from the service. Classes offered are: TAP (any personnel separating), RETAP (any personnel transferring to the Fleet Reserves or Retiring), JOTAP (Separating Junior Officers, 01-04) and SETAP (For all Officers, LDOs, Chief Warrants, E8 & E9 personnel transferring to the Fleet Reserve or Retiring). Retirees may attend classes up to 24 months prior to retirement and separating personnel may attend classes 12 months prior to separating. Spouses are also encouraged to attend the seminar. For enrollment you should contact your Command Career Counselor, complete a pre-separation counseling checklist and request no-cost TAD orders.

There are also several additional employment resources for retirees/separating military. In September 2004 the Home Depot partnered with the U.S. Department of Defense, Labor and Veterans Affairs to provide career opportunities for interested members of the military community. The initiative, Operation Career Front, is intended to support job seekers to include: veterans, separating, active duty service members, guardsmen, reservists and military spouses.

Military personnel and family members may also find employment assistance through various companies that are "military friendly" and frequently place exiting military personnel with civilian companies.

CNRSW Fleet and Family Support Centers offer two Career Fairs per year and a Marketing Yourself For a Second Career Conference annually. The conference is a free two and a half hour professional lecture designed for Officers, Senior Enlisted, NCOs and Military Spouses. It is recommended to attend the class if planning to leave the service in the next one to five years.

Another option is Career Options and Navy Skills Evaluation Program (CONSEP). A four-day course that assists in making informed career and lifestyle decisions in order to remain competitive throughout your Navy career and thereafter. The course helps to identify individual skills and talents, develop long-term professional and personal goals, plan for financial stability, research related civilian skills and qualifications, and establish long-term career planning objectives. To register for this class, see your Command Career Counselor.

Additional resources include; libraries, computer access, copy machines, fax machines, tutorial programs and employment opportunities at the CNRSW Fleet and Family Support Center. For more information contact CNRSW FFSC at 619-556-7404 or visit our [website](#).

Tuition Assistance

Service members Opportunity Colleges (SOC) Consortium colleges and universities are dedicated to helping service members and their families get college degrees. Military students can take courses in their off-duty hours at or near military installations in the United States, overseas, and on Navy ships.

The San Diego County ROP has been offering occupational training programs since 1969. It is the largest County ROP in the state of California serving 45,000 students per year who are at least 16 years of age through adult. Teachers are credentialed by the California Commission on Teacher Credentialing and the program is accredited by the Western Association of Schools and Colleges (WASC).

San Diego County ROP provides leadership for other career preparation initiatives in order to develop a comprehensive School-to-Career system. These include Tech Prep, Carl Perkins, School-to-Career, Post-Secondary Articulation, Career Academies, worksite learning and the development of career paths and career majors.

The Department of Labor (DOL) and the Department of Defense (DoD) have entered into a partnership to address the education and credentialing challenges of our military spouses: the DOL and DoD Military Spouse Career Advancement Account Demonstration Project. The goals of the demonstration are to provide targeted military spouses with financial assistance to pursue post-secondary education and training and to obtain credentials/licenses required for obtaining and retaining employment and advancing in their careers; provide highly-skilled, well-trained workers to employers in high-growth, high-demand industries and sectors; increase the financial stability of military families; and support the retention and readiness of the U.S. Armed Forces.

Many universities offer two tuition rates, in-state and out-of-state, giving a financial break to the residents of that state.

However, military families are often not residents in the state where they live, but keep a permanent home of record elsewhere. Some states recognize this extraordinary circumstance and allow military family members to pay the in-state tuition rate. Others do so with some restrictions, and some require out-of-state tuition.

Child Care

Child Development Program, Navy Region Southwest

Finding childcare takes time but planning ahead can alleviate some of the stress on your family. The Regional Childcare Resource and Referral Office (CCRR) maintains the consolidated Wait List for all six centers in Metro San Diego located on Naval Base San Diego, Naval Base Point Loma, MCRD, MCAS Miramar, Naval Medical Center and Murphy Canyon housing area and for spaces in Navy licensed Child Development Home providers (in-home care). There are three Child Development Centers in the San Diego area located at Naval Base San Diego, Naval Base Point Loma, and the Naval Medical Center San Diego. See Contact Information for phone listings. NEW CHILD and Youth Program. The Navy School Transition Services (STS) Program will be used to prepare transitioning students, schools and installations to respond confidently to the complexities of transitions by providing families the assurance that their children's academic well being is a priority. There are three Child Development Centers in the San Diego area located at Naval Base San Diego, Naval Base Point Loma, and the Naval Medical Center San Diego. See Contact Information for phone listings. The CCRR office is located in Building 3320B Naval Station and can be reached by calling 619-556-8491 or 1-877-235-6002.

Child Development Center (CDC)

All Child Development Centers (CDC) in San Diego are DoD certified. The goal of the CDC is to provide children with developmentally appropriate childcare following all instructions set forth by Bureau of Personnel. Hours of operation are 6a.m. to 6pm, Monday-Friday with limited drop-in care provided. Contact the CDC for more information.

Eligibility

All active duty military personnel, DOD civilians, contractor employee working in the Navy Region Southwest, reservists on active duty or in training (with orders) are eligible. They will assist families enrolled in the Exceptional Family Member Program. Priority care may be given to Dual Active Duty families, Single parents, and members on Individual Augmentee (IA) assignment.

Registration

A DD Form 2606, Request for Care Record, is required to apply for the Child Development Program Central Enrollment and Waiting List (CEWL) and is used for all the Regional Child Development Centers, Child Development Homes (CDH) and the School Age Care (SAC) Program. Military families relocating to Navy Region Southwest can mail in the DD Form 2606 upon receipt of orders, upon arrival in San Diego, or as soon as you know you are pregnant. Waiting lists vary based upon the age of your child. Please contact the CDC, CDH or SAC for more information. Registration Date is important and you must update your request to be on the wait list every 60 days by phone, email or fax.

Costs

Weekly child care fees for the CDH Program are set by DoD and are determined by total family income. There is a subsidy program for Single Sailors, Dual Military couples or Service member whose spouse works full time or is a full-time student and have children up to age 3. Hourly or drop in care is limited.

Child Development Home (CDH) Program

A Department of Navy offered program that is defined as care provided by private individuals in their government or civilian housing unit. Providers can be active duty family members or civilian. Care is for children on a regular basis, full-time or part-time, for more than 10 hours per week. Maximum number of children is limited to six, including the provider's own who are under 8 years old. CDH has been in existence in the San Diego area since 1986 as a part of the Child Development Program that is within the administrative and operational oversight of the Regional MWR Department. Hours vary by provider. Contact CDH for more information on drop-in care.

Eligibility

Eligible patrons include children of military personnel, DoD civilian personnel, reservists on active duty or inactive duty for training and retired members on a regular basis.

Costs

Weekly child care fees for the CDH Program are set by DoD and are determined by total family income.

School Age Care (SAC) Program

Programs Offered

The SAC program offers before/after school care as well as day camps:

- Before and After School Program - This program is designed to meet the needs of school-aged youth (five to twelve years) in the hours before and after school. Organized and supervised activities are planned and conducted at specific times before and after regular school hours.
- Day Camp / Intercession - This program is offered for youth between the ages of five and twelve and is conducted during school holidays and summer vacation/intercession periods. Day camp activities include arts and crafts, sports, games, swimming, field trips, outdoor recreation, cultural programs and special events.
- Tiny Tot classes are offered to children ages three to five years old. This part-time program provides an open environment where your child can participate in arts and crafts, music and rhythm, story time, social games, movement and much more.
- Fees vary; please contact the SAC Program for more information.

Respite Care

Families enrolled in our free and confidential in-home counseling program have access to limited, short term child care to provide parents dealing with medical or other issues time to care for their own needs. Respite child care is provided based on the needs of the family as determined by the Family Outreach social worker assigned to the family. Call 858-751-5755 and ask to speak with a [Family Outreach](#) social worker.

New Parent Support Program

All New Parent Support services are FREE and part of your Navy benefits for parents with children 0-5 years of age. All expecting and new parents are eligible, even if this is not your first baby. Every expecting and new parent feels different about his or her upcoming new arrival, even if it is the second or fourth child. NPS provides information, resource referrals, education, and home visiting services. Service members and family members are put in uniquely stressful situations, such as lengthy deployments and frequent moves, often with limited support. Add the normal anxieties of pregnancy and a new baby, and the stress can be overwhelming. New Parent Support is designed to help you with your transition into parenthood. The Community Health Nurse and professional, experienced Home Visitors can provide confidential assistance. They will assist families enrolled in the Exceptional Family Member Program.

The CNRSW Fleet and Family Support Center (FFSC) provides various workshops and information for new parents. The Effective Parenting class includes building positive communication skills, how and when to use effective discipline techniques, and encouraging your child to develop responsible and healthy attitudes. Also, the Active Duty Pregnancy Resource workshop is designed for the pregnant active duty member. It explains rights and responsibilities under the pertaining OPNAVINST(s) and provides the opportunity to learn useful information about available resources, and discuss some of the unique issues of becoming a parent on active duty, including financial management by offering a Budgeting for Baby section in coordination with the Navy-Marine Corps Relief Society (NMCRS).

In addition, Naval Medical Center's Health Promotions Department provides the following workshops for new parents: Boot Camp for New Dads, Mom's Survival Training & Newborn Care, and Sibling class for new sisters and brothers. For more information, contact Health Promotions at 619-532-6846.

Youth Services

Youth Services

The MWR Youth Programs Department operates eight housing area recreation centers and offers a wide variety of recreation programs for children ages three to seventeen. Some of these programs include open recreation, contract classes, field trips, teen programming, building rentals, youth sports, and special events, as well as the programs listed below.

- Before and After School Program - This program is designed to meet the needs of school-aged youth (five to twelve years) in the hours before and after school. Organized and supervised activities are planned and conducted at specific times before and after regular school hours.
- Day Camp / Intercession - This program is offered for youth between the ages of five and twelve and is conducted during school holidays and summer vacation/intercession periods. Day camp activities include arts and crafts, sports, games, swimming, field trips, outdoor recreation, cultural programs and special events.
- Tiny Tot Program - Tiny Tot classes are offered all year to children ages three to four years old. This part-time program provides an open environment where your child can participate in arts and crafts, music and rhythm, story time, social games, movement and much more.

For additional information on any of these programs or services, contact the MWR Youth Center in your San Diego Military Housing area or call 619-556-6165.

Eligibility

Youth Programs' patrons include children of active duty military, reservists on active duty, DoD civilian personnel (those personnel who are paid from either appropriated funds (APF) or non-appropriated funds (NAF), and DoD contractors).

Fees

A sliding scale is used to determine parent fees based on total family income (TFI). Fees are set by the Department of Defense and are intended to make care accessible to all families, regardless of their situation. No fee reductions are made for absences due to illness, vacation or other reasons that your child may not be in attendance. The fee structure already takes into account government holidays.

Youth Recreation and Sports

Visit your Youth Center and sign up now to participate in the Navy's newest free health and fitness program called FitFactor for youth and teens ages 6-18. It's easy to do and it isn't just about exercising....it's all about making healthy choices and establishing a healthy lifestyle path that can be followed throughout your adult years.

MWR Youth Sports offers seasonal sports for children ages 6 - 11 yrs. The Youth Sports Program emphasizes participation for all players. Sports leagues, skills clinics, fitness classes and special sporting events. Sports offered include: basketball, indoor soccer, tee-ball, softball, tennis, flag football & cheerleading. A wide variety of contact classes are offered to all active duty and their dependents. Classes include: Karate, Jazzercise and Low-impact Aerobics.

Activities offered are free of charge or at a nominal fee. Contact Youth Sports; 4867 Santo Rd., Monday - Friday; 9:00 am - 5:00 pm, 619-556-6167 for more information on these programs.

Youth Social Programs

MWR has several Youth Activities going on through out the year. Open Recreation is a program available for youth 10-18 (18 if still in high school) to entertain themselves with billiards, board games, movies, tournaments, arts & crafts projects and special events. The Teen Program is designed for Middle and High School aged youth. Activities include: special events, field trips, personal development programs and community involvement. Carnivals, Kids Night Out and Haunted Houses are just a few of the special events that are offered year round for all family members.

For more information, including if there are any fees associated with the programs, visit the [youth center website](#) or call one of the centers listed below.

Youth Activity Centers

- Bayview Hills Community Center, 1876 Sky Harbor Rd. (Paradise Hills), Mon-Fri; 9 am - 7 pm / Sat; Noon - 4 pm, 619-556-0771
- Chesterton Community Center, 7427 Linda Vista Rd., Mon - Fri; 6 am - 6 pm, 619-556-5045
- Gateway Village Recreation Center, 2741 Mendonca Dr., Mon-Fri; 6 am - 6 pm, 619-225-5628
- Hartman Recreation Center, Address: 4649 Donaldson Dr., Mon - Thurs; 6:30 am - 7 pm / Fri; 6:30 am - 6 pm, 619-553-5145
- Murphy Canyon Community Center, 3493 Santo Rd., Mon - Fri; 6 am - 6 pm, 619-556-0719
- Murphy Canyon Youth Center, 4867 Santo Rd., Mon - Fri; 6 am - 8 pm / Sat; 9 am - 3 pm, 619-556-6165
- Silver Strand Recreation Center, 1302 Leyte Road, Mon - Fri; 6:30 am - 6 pm, 619-435-5056
- Village at Serra Mesa Recreation Center, Address: 8420 1/2 Krenz St., Hours: Mon - Fri; 6:30 am - 6 pm, 858-571-3853

Armed Services YMCA (ASYMCA)

ASYMCA offers the children of deployed parents are the ones who suffer most; confusion, loneliness, and depression is common. ASYMCA programs educate, entertain, stimulate, and comfort young minds, helping them understand and cope with the absence of their parent. ASYMCA has several local and national programs for military children, including: Summer Camps, Military Children's Fair, Teen Programs, Kids Zone Parties, Late Night Recreational Activities, After School Enrichment, Chess/Game Tournaments, Pre-school on Wheels, Healthy Kids Day, Child Care, Children's Waiting Room, Kids In Action, Support Group for Siblings of Special Needs Children, Kids Olympics, Sign Language Classes, and Y on Wheels.

For information on services offered in the San Diego area, including any fees associated with the programs, contact ASYMCA at 858-751-5755 or [online](#).

Youth Religious Programs

The Navy Region Southwest Chaplain's Office offers several free youth programs including catechism, baptisms, and pre-marriage counseling for youth of all religious backgrounds. There are additional programs available through the community churches. Check with local synagogues and churches for information on their individual offerings.

Boys and Girls Scouts

Boy Scouts/Cub Scouts of America

The Boy & Cub Scouts are available to join in the San Diego area. Currently there are 11 districts in San Diego County.

Cub Scouting means "doing." Everything in Cub Scouting is designed to have the boys doing things. Activities are used to achieve the aims of Scouting—citizenship training, character development, and personal fitness. Many of the activities happen right in the den and pack. The most important are the weekly den meetings and the monthly pack meetings. Apart from the fun and excitement of Cub Scout activities, the Cub Scout Promise, the Law of the Pack, and the Cub Scout sign, handshake, motto, and salute all teach good citizenship and contribute to a boy's sense of belonging.

Boy Scouting, one of the traditional membership divisions of the Boy Scouts of America (BSA), is available to boys who have earned the Arrow of Light Award and are at least 10 years old or have completed the fifth grade and are at least 10, or who are 11, but not yet 18 years old. The program achieves the Boy Scout's objectives of developing character, citizenship, and personal fitness.

For more information please call 619-298-6121 or visit the Boy Scout [website](#).

Girl Scouts of America

The Girl Scouts are available to join in the San Diego area. There are several districts in San Diego County.

Girl Scouts of the USA is the world's preeminent organization dedicated solely to girls—all girls—where, in an accepting and nurturing environment, girls build character and skills for success in the real world. In partnership with committed adult volunteers, girls develop qualities that will serve them all their lives, like leadership, strong values, social

conscience, and conviction about their own potential and self-worth. For more information please call 619-298-8391 or visit the [Girl Scout website](#).

Youth Sponsorship

Believing that the best support a transitioning student could have is from another student, the Military Child Education Coalition created a unique initiative called the Student 2 Student (S2S)™ program. It is a curriculum-based program aimed at making new students feel welcome and accepted. Students are mentored in ways to assist students as they transition in or out of the school. The following schools are currently utilizing the S2STM program (as of April 2007): California, Fallbrook Union SD - Fallbrook Union HS, Monterey Peninsula Unified SD - Monterey HS, San Diego Unified SD - Serra HS, and Oceanside Unified SD - Oceanside HS.

To find out more about MCEC's™ S2S©, call 254-953-1923 or visit our [Website](#).

The Navy School Transition Services (STS) Program available through the Navy Child and Youth Program, is used to prepare transitioning students, schools, and installations to respond confidently to the complexities of transitions by providing families the assurance that their children's academic well being is a priority.

Youth Employment Programs

CNRSW FFSP Murphy Canyon Branch host Teen Job Fairs as well as a class to teach teens about job applications, interview techniques, customer service and more! This is a great opportunity for teens who hope to work in the summer! Contact the CNRSW FFSC Murphy Canyon Branch at 858-277-4259 or visit our [website](#) for more information.

Financial Assistance

Personal Financial Management Program

The CNRSW Fleet and Family Support Center's Personal Financial Management (PFM) Program goals are to: (1) assist Navy personnel in establishing and maintaining sound money management practices; (2) empower service members and their families to better manage financial resources and meet financial goals by developing their skills and increasing their knowledge; and (3) provide a continuum of training, information and counseling services. CNRSW Fleet & Family Support Center provides individual financial counseling sessions to all service members and their families. To assist you and your family in being Financial Prepared the CNRSW FSSC offers workshops on topics including basic money management, investing, home buying, credit card management, car buying, consumer awareness, and much more.

Protect your Financial Health - it is important to You and Your Career. Need help with Finances? Seek help inside the Navy/Marine Corps Life Lines:

- Talk to your Command Financial Specialist - they have tools to help and will respect your privacy
- Visit CNRSW Fleet and Family Support Centers for valuable and confidential advice and assistance 619-556-7404
- Your on-base Banks and Credit Unions are tasked to help you - let them work for You!
- Navy-Marine Corps Relief Society - budget counseling and emergency financial assistance NB San Diego 619-556-8283, NB Coronado 619-545-7202, and MCRD 619-293-3730.
- Visit [Military OneSource](#) or 800-342-9647 for advice and assistance 24/7

To help prepare for the move, stop by your local Personnel Support Detachment (PSD) and ask about the following travel entitlements: Advance Pay, Per Diem, Temporary Lodging Allowance (TLA) for OCONUS, Temporary Lodging Expense (TLE) for CONUS, Mileage in Lieu Transportation (MALT), and most importantly Dislocation Allowance (DLA). Keep in mind that if Advance Pay is taken, repayment starts immediately reducing your monthly income, in some cases, drastically.

Cost of Living

In any place in the world cost of living depends on various factors like real estate prices, local taxes etc. But generally you could say that cost of living in San Diego is high. The Median price for a one-bedroom apartment of San Diego comes in the range of \$800 to \$1,600. You can find two bedroom apartments for rent within \$950 and \$2,000 having all the basic amenities like refrigerator, disposal, stove, dishwasher, picnic area, underground parking, easy freeway access etc. Here some people allow pets and some don't. So if you are pet lover, keep in mind most rentals charge a pet deposit which varies in cost for your pets.

San Diego Gas & Electric is committed to providing you with safe, reliable energy and exceptional customer service. For more information on SDG&E programs and services, estimate usage and cost for your apartment/home, including requirements, income qualifications or referral to community agencies, contact SDG&E at 1-800-411-7343.

SDG&E offers Energy Bill Discounts

- Based on your income and the number of people living in your home, you may qualify to receive a 20% discount on your monthly energy bills. This discount program is helping thousands of SDG&E customers, and it can help you too.
- Households with three or more persons, who do not qualify for the 20% discount, may be eligible for a discount on electricity costs once energy usage reaches certain levels. Income requirements must be met.

Military Housing is another option for housing in the San Diego area. Please see the Housing Overview article in Plan My Move for more information.

Minimum Car Insurance Coverage

Minimum liability insurance requirements for private passenger vehicles (California Insurance Code §11580.1b)

- \$15,000 for injury/death to one person.
- \$30,000 for injury/death to more than one person.
- \$5,000 for damage to property.

Liability insurance compensates a person other than the policy holder for personal injury or property damage (comprehensive or collision insurance does not meet vehicle financial responsibility requirements). Check your policy or talk to your agent or broker to make sure you have sufficient liability insurance coverage for each vehicle you own.

California Low-Cost Automobile Insurance Program information is available on the [Department of Insurance website](#).

Things to keep in mind while transferring

When traveling emergencies happen, just in case here are some resources that can assist you in your travels.

For vehicle emergencies:

- While in transit to your new duty station, if you experience a need for emergency financial assistance, please call the American Red Cross at 1-877-272-7337, who will assist on behalf of Navy-Marine Corps Relief Society (NMCRS). Once you arrive in the greater San Diego area, please call NMCRS NB San Diego 619-556-8283, NB Coronado 619-545-7202, and MCRD 619-293-3730 for information and assistance.
- If there isn't a military installation listed for the area, then call AAA if you are a member
- Ask the local information operator (4-1-1) for a hospital or road service, depending on the emergency.
- Dial 2-1-1 from any land line phone for a hospital, road service, depending on the emergency. 2-1-1 is not Nation Wide, however is available in most areas.
- Contact your new command to tell them about the situation and request advice if needed.

In case of a life, limb, or eye sight Medical emergency, go to the nearest hospital and remember to call TRICARE within 24 hours after for authorization. For other medical care, please call TRICARE before seeking Medical Assistance. TRICARE will be able to assist you in locating a provider for you to see in the area. For more information visit their [website](#) or call your previous TRICARE Region:

- TRICARE North Region (HealthNet) 1-877-874-2273
- TRICARE South Region (Humana) 1-800-444-5445 or 1-800-403-3950
- TRICARE West Region (TriWest) 1-888-874-9378
- TRICARE Overseas (WPS) 1-888-777-8343

Let's recap the financial entitlements

Stop by your local Personnel Support Detachment (PSD) and ask about the following travel entitlements: Advance Pay, Per Diem, Temporary Lodging Allowance (TLA) for OCONUS, Temporary Lodging Expense (TLE) for CONUS, Mileage in Lieu Transportation (MALT), and most importantly Dislocation Allowance (DLA). Keep in mind that if Advance Pay is taken, repayment starts immediately reducing your monthly income, in some cases, drastically.

Legal Assistance

Legal Services

Naval Legal Service Office (NLSO) Southwest's mission is to provide comprehensive legal support to Navy commands and individual service members throughout their extensive area of responsibility. Legal Assistance is available to eligible clients seeking assistance with personal civil legal matters. Assistance may include advice, analysis, research, negotiation, notary services, and document review or preparation. Legal Assistance also provides services to educate eligible persons and command representatives regarding personal legal rights and responsibilities.

Eligibility for Services

People eligible for NLSO services are Active Duty, Retirees, Reservists on Active Duty, and dependents with ID card. Proper valid military ID is required to receive services. An ID check is conducted at the legal assistance check-in desk.

Not Eligible for Services

People not eligible for NLSO services are Civilians or Department of Defense Employees that are stationed at a command in the continental United States.

Legal Assistance Office Locations

Naval Base San Diego

Naval Base Coronado (North Island) - Marriage dissolution, immigration and adoption services are not provided at this office.

NLSW SW Legal Assistance Department operates with walk-in hours. There are no appointments. Please note that estate planning issues (e.g. wills, living wills) will not be addressed during walk-in hours. Such issues will be handled as noted below under "Seminars".

	Attorney Walk-in Hours	Paralegal Walk-in Hours
Monday	8:00 a.m. - 11:00 a.m.	8:00 a.m. - 3:00 p.m.
Tuesday	8:00 a.m. - 11:00 a.m. 1:00 p.m. - 3:00 p.m.	8:00 a.m. - 3:00 p.m.
Wednesday	8:00 a.m. - 11:00 a.m.	8:00 a.m. - 3:00 p.m.
Thursday	8:00 a.m. - 11:00 a.m. 1:00 p.m. - 3:00 p.m.	8:00 a.m. - 3:00 p.m.
Friday	8:00 a.m. - 11:00 a.m.	8:00 a.m. - 3:00 p.m.*

*Paralegal services at the satellite office at Naval Base Coronado (North Island) are 8:00 a.m. - 1:00 p.m. on Fridays.

Volunteer immigration attorney is available 9:00 a.m. - 3:00 p.m. for immigration services at Naval Base San Diego.

Paralegal Services

Paralegal services which do not require the consultation of an attorney include:

- General & Special Powers of Attorney
- Affidavits
- Notarizations
- Name Changes
- Real Estate Powers of Attorney

Attorney Services

Legal assistance is provided regarding the following issues on a walk-in basis only and requires consultation with an attorney:

- Adoptions

- Small Claims Court
- Military Rights & Benefits
- Landlord/Tenant
- Bankruptcy
- Debtor/Creditor Matters
- Sales Contract Problems
- Service members' Civil Relief Act
- Civil Litigation Advice
- Family Law - Dissolution, Child Custody & Support

Legal Assistance Services by Appointment Only

The following services are provided on an appointment only basis. Please contact the Legal Assistance Office to make an appointment.

- Immigration ("green cards", citizenship, visas, etc.)
- Estate Planning (Drafting of Wills, Living Wills & Durable Powers of Attorney for Health Care and Financial Affairs)

Legal Assistance Seminars

The Legal Assistance Department provides seminars (no appointment necessary) on a weekly basis on certain legal issues. Please try to arrive early, as parking may be limited.

Divorce

There are two seminars, which are conducted on a walk-in basis at Naval Base San Diego only.

1. Dissolution Overview (Tuesdays at 1:30 p.m.) - provides comprehensive overview of the dissolution process, issues to consider (including child support & custody), and a focus on dissolution in California.
2. Dissolution Paperwork overview (Thursdays at 1:30 p.m.) - goes line-by-line through the dissolution paperwork (except summary dissolutions) required by California courts.

The Seminars are designed to teach the fundamentals of California divorce law (with an emphasis on special military issues such as retirement) to an audience too large for the attorneys to handle on an individual basis. Seminars usually last for 2 hours. Legal Assistance attorneys will assist clients through the uncontested divorce process only after they have attended the seminars. Legal Assistance attorneys will also advise client involved in contested divorces.

Please keep in mind that the Legal Assistance attorneys can only advise and assist one party to the divorce. Ethical rules prohibit representation of husband and wife. The other party is free to consult with attorneys at MICR, Camp Pendleton, or Miramar. Contact numbers are available through our office.

Wills

The will seminar is held every Wednesday at 8:30 a.m. at Naval Base San Diego and Monday at 8:30 a.m. at Naval Base Coronado (North Island). This seminar provides an overview of estate planning issues, particularly wills. At its conclusion, you may consult with an attorney and submit an input regarding the contents of your will and any other estate planning documents. You will then generally be asked to return to execute your will and associated documents, if any.

Limitations of Service

The Legal Assistance Department will not provide assistance on the following Services:

- Command advice
- Defense advice (except civilian misdemeanors)

- Business advice
- Financial planning advice
- Drafting of living trusts
- Representation in court (except in extremely unusual cases)
- Advice over the telephone (unless underway or in remote locations)
- Advice to individuals already represented by an attorney
- Assistance where there is a conflict of interest (e.g. divorce advice to both husband and wife)

Locations of the NLSO Offices

Naval Base San Diego Main Office; the main office is located at Building 56 aboard Naval Base San Diego. Coming into the main gate, turn right. At the first stop sign, turn left. Enter the first parking lot on the right, and Building 56 will be the second building on your right. While there are certain spaces designated for clients, parking is often challenging, and it may be necessary to use adjacent parking lots. Please call the main number at 619-556-2349 if you have questions.

Naval Base Coronado (North Island) Satellite Office; the NLSOSW North Island Branch Office is located at Building 318 aboard Naval Base Coronado (North Island). Continue straight after main gate until you reach the flag circle. Turn right on Quentin Roosevelt Blvd. Continue straight and turn left onto Saufley Rd. Building 318 will be on your right, next to the North Island Federal Credit Union (NIFCU) and directly across from the pool (behind the CNRSW FFSC). The parking lot is located across from Building 318 on your left. The stairwell access is on the pool-side of the building. The office is located on the second floor.

Please note, the Naval Base Coronado (North Island) branch office is not wheelchair accessible. Please use the Naval Base San Diego location instead. Please call 619-545-6437 if you have questions.

Household Goods Claims Services

Deadlines you cannot afford to miss are listed below.

70 DAYS FROM DELIVERY: You must deliver the DD Form 1840/1840R (Notice of Loss or Damage) to your local Personal Property Office or if mailed, it must be received by the Personal Property Office within 70 days of delivery of your household goods or your claim will be reduced or denied. At the time of delivery, you should have been provided with three copies of the DD Form 1840 (Joint Statement of Loss or Damage at Delivery) on which you noted any obvious damage or missing items and signed the form. On the reverse side of the DD Form 1840 is the DD Form 1840R. The Government will dispatch the form to the responsible commercial carrier. As agreed upon between the commercial carrier industry and the Armed Services, loss of or damage to household goods discovered and reported by the member more than 70 calendar days after delivery will be presumed not to have occurred while the goods were in possession of the carrier. The money the Government could have recovered from the commercial carrier must be deducted from the amount payable on your claim. This is why your failure to provide timely notice can result in a reduction of the amount payable to you or the denial of your claim.

TWO YEARS FROM DATE OF DELIVERY: Federal law requires that you deliver your claim packet within two years after it accrues. For household goods shipments, the claim accrues on the date of delivery. This requirement is statutory.

Additional Information

Taking the time to correctly complete the attached claims package and provide the Government with the evidence it needs to pay you and recover those funds from the responsible carrier will ensure a quick response to your claim.

If you need copies of forms referred to in this package, please make them yourself before you file your claim. The claims office does not have a copy machine available for public use.

Claims for loss of or damage to Household Goods and unaccompanied baggage shipped or stored at government expense. More information may be viewed via [website](#).

Deployment Support

Family Deployment Support

Fleet and Family Service Center (FFSC) offers programs and services to heighten the awareness of service members and their families to the roller coaster of emotions. Deployment readiness is a priority for commands, service members and their families. Major changes in one's life, such as deployment, can cause an individual to feel that events are out of his/her control. The more information one has and the more planning that is done before deployment occurs, the more in control one is likely to feel.

The FFSC Deployment Specialist, when requested by a command, offers a Deployment Readiness Brief to the single sailor, single parent, and married sailor by supplying a check list for each to assist in preparing for deployment. The FFSC doesn't stop there they continue to offer ongoing support for their families while the service member is deployed. Contact your command for more information.

Deployment services are educational and support programs that assist family members and deploying commands to successfully manage the separation/reunion cycles associated with military duty. In order to reduce personal and family emergencies, stress of separation, and to assist active duty service members and families in preparing for deployment, services are provided before, during, and after deployments. Deployment services are tailored to the needs of an individual command and include collaboration with command leadership, ombudsman, and family readiness groups to develop the right mix of program subject matter for varied target audiences.

The Expeditionary Combat Readiness Command (ECRC) headquartered at Amphibious Base Little Creek, Norfolk, Va., has established a hotline for active-duty and reserve Sailor's families on Individual Augmentee (IA) orders. The toll free phone number, 877-364-4302, provides IA family members a way to find the information or resources they may need while their Sailors are deployed. The ECRC's hotline aims to alleviate the stress IA family members may experience. There is more information for IAs and family members at [Navy Knowledge Online](#).

Return and Reunion

All forces afloat such as, battle groups (BG), amphibious ready groups (ARG) expeditionary strike groups (ESG) or solo operational ships that are attached to San Diego and are deployed for six months or more may request a Return and Reunion Program onboard training. The Return and Reunion Program (R&R) began in the spring of 1980 in response to the carrier Nimitz requesting assistance for sailors after an exceptionally long deployment. A team of educators, chaplains and clinical counselors from Norfolk, Virginia, boarded the ship at its last liberty port to prepare the crew for return to the States. In the late 1980's, the program was adopted in San Diego, CA as part of the WESTPAC experience, and earned its credibility in 1991 with service members returning from Desert Storm. The purpose of R&R training is to help service members returning from deployment, garner the skills necessary to ease their "returning home adjustment" after extended absences from family and friends. Just to name a few of the topics the R&R team brings to the returning command: Reunion, Stress & Anger Management, Return from Hazardous Operations, Return to Children/Single Parent, Single Sailor Homeward Bound, Consumer Awareness, and Car Buying.

Additional Deployment Resources

There are several organizations that offer services for spouses and children of deployed service members. For example, Military One Source offers programs such as dealing with deployment, preparing for deployment, reservist issues, and returning from deployment. For children, Military One source offers an Elmo DVD kit that is designed to help military families with children ages 3-5 cope with feelings, challenges, and concerns experienced during various phases of deployment: pre-deployment, deployment, and homecoming. For more information please call 1-800-342-9647 or visit the [Military One Source website](#).

Armed Services YMCA provides free Kid Comfort Quilts that are for children of deployed service men and women. The quilts will have up to 9 pictures of your choice in the quilt. You will have to submit nine photographs per child [in email, CD or regular pictures] that will help the child cope during the parent's deployment. As all materials and services are donated, there is no fee for this program. For more information please contact 858-751-5755 or by visiting the [YMCA website](#).

[Navy Lifelines](#)

The LIFELines Services Network (LSN) focuses on the delivery of Quality of Life information and services to Active and Reserve Marines, Sailors, and family members. Articles and information on topics such as Deployment Support, as well as links to numerous other sites.

[American Red Cross](#)

Both active duty and community-based military can count on the Red Cross to provide emergency communications that link them with their families back home, access to financial assistance, counseling, and assistance to veterans. The website includes tips for spouses of deployed military.

[United Through Reading](#)

The Military Program, an underway quality-of-life program for military families, helps keep parents and children connected while separated during long deployments, through the medium of reading aloud on videotape. This program can be utilized by all deployed personnel as they may choose to read aloud to a younger brother or sister, grandchild, or even a child they are mentoring.

Naval Medical Center San Diego (NMCS D)

NMCS D offers a variety of support programs for families and children of deployed service members, including child and adolescent support groups. Please contact the Child Adolescent Mental Health Services Department for more information at 619-532-5666 or visit the [website](#).

Deployed Spouse Support Group

CNRSW FFSC offers support to families of deployed service members including Child and Family Counselors and Toddler Time. Call CNRSW Centralized Scheduling at 1-866-923-6478 for available appointment times.

Family Readiness Groups (formerly family support or spouse support groups) are command sponsored organizations that consist of volunteers, such as spouses, of service members. The purpose of an FRG is to plan and conduct social, informational, and morale building activities to enhance family readiness and enable the Navy family to meet the challenges of the military lifestyle. FFSC offers monthly training for FRG leadership, volunteers and members.

Navy Family Ombudsmen are communications links, information and referral resources, and advocates for command family members. Appointed by the Commanding Officer, Command Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The CNRSW FFSC Ombudsman Coordinator maintains a roster of all area Ombudsmen. Contact your local FFSC to obtain the contact information for your Command Ombudsman. Contact CNRSW FFSC for more information at 619-556-7404.

Health Care - Overview

Moving With TRICARE

Your [TRICARE](#) coverage is completely portable—meaning it moves with you. You're covered worldwide—both in transit to your new duty location and once you arrive—but depending on where you go you may use a different TRICARE health plan option. Additionally, you may have different steps depending on which health plan option you are using now.

When Enrolled in a TRICARE Prime Option

The TRICARE Prime options include TRICARE Prime and TRICARE Prime Remote in the United States, and TRICARE Prime Overseas and TRICARE Global Remote Overseas in regions outside of the United States. Follow these simple steps to ensure you have no break in coverage when you move.

1. Do not disenroll from your TRICARE Prime option before you move.
2. Once you arrive at your new location, update your personal information in the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#) immediately.
3. Select a new primary care manager (PCM), when moving within the same region or submit a new Prime enrollment form within 30 days if you're moving to a new region.

Where you are moving will determine which Prime option you will enroll in.

Prime Options in the United States

TRICARE Prime

TRICARE Prime is offered in Prime service areas—geographic areas typically located around a military treatment facility—throughout the country.

- North Region [Health Net Federal Services, Inc.](#), 1-877-TRICARE (1-877-874 2273)
- South Region [Humana Military Healthcare Services, Inc.](#) 1-800444-5445
- West Region [TriWest Healthcare Alliance](#) 1-888-TRIWEST (1-888-874-9378)

If you move to a new Prime service area, transfer your enrollment by submitting a TRICARE Prime Enrollment and PCM Change Form to your regional contractor. Be sure to include all family members who wish to use Prime on the form.

TRICARE Prime Remote

In non-Prime service areas, TRICARE offers TRICARE Prime Remote. To enroll, submit a TRICARE Prime Enrollment and PCM Change Form to your regional contractor. Any TRICARE-eligible family members living with you in a TRICARE Prime Remote area can enroll in TRICARE Prime Remote for Active Duty Family Members. Be sure to include them on the enrollment form.

Prime Options Outside of the United States

TRICARE Prime Overseas

TRICARE Prime Overseas is offered in overseas areas where there are military treatment facilities or areas in which TRICARE has established a network of qualified host nation providers.

- TRICARE Europe Toll free: 1-888-777-8343; Commercial 011-49-6302-67-7432; DSN 314-496-7432 Fax Numbers: Commercial 011-49-6302-67-6374; DSN 314-496-6374 or [e-mail](#)
- TRICARE Pacific Toll free: 1-888-777-8343; Commercial 011-81-6117-43-2036; DSN: 643-2036; Remote Sites: 011-65-6-338-9277 Fax Numbers: Commercial 011-81-611-743-2037; DSN: 643-2037 or [e-mail](#)
- TRICARE Latin America & Canada (TLAC) Address: TAO-LAC, Bldg 38802, Ft Gordon GA 30905-5650; Toll free 1-888-777-8343; 1-706-787-2424; DSN: 773-2424 Fax Number 1-706-787-3024 or [e-mail](#)

If you move to an area in which TRICARE Prime Overseas is offered, transfer your enrollment by submitting a TRICARE Prime Enrollment Form to the nearest TRICARE Service Center. Command-sponsored family members who reside with you are eligible for TRICARE Prime Overseas. Be sure to include all family members who wish to use TRICARE Prime Overseas on the form.

TRICARE Global Remote Overseas

TRICARE Global Remote Overseas is a Prime option offered in designated remote overseas locations. If you move to an area in which TRICARE Global Remote Overseas is offered, you and any authorized family members living with you may enroll by submitting a TRICARE Prime Enrollment Form to the nearest TRICARE Service Center.

Before you move to another overseas area or to an area within the United States, contact the nearest TRICARE Service Center. Then, when you arrive in your new area, transfer your enrollment.

When Using TRICARE Standard and Extra

TRICARE Standard and Extra are available to family members only. Active duty service members are required to enroll in one of the Prime options described above.

TRICARE Standard and Extra are available throughout the United States and enrollment is not required. Any active duty family member who is registered in DEERS may use these programs by seeing any network or non-network providers that are authorized by TRICARE. In areas outside of the United States, active duty family members who don't want to use a Prime option may use TRICARE Standard Overseas by seeing qualified host nation provider.

If you're already using TRICARE Standard and Extra, moving is easy.

1. Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
2. Then, find TRICARE-authorized providers in your new area.

Here are a few things to remember about using TRICARE Standard and Extra in a new region

- In the U.S.: Visit your new regional contractor's Web site for a list of providers. Remember, if you see network providers, you'll be using the Extra option and pay lower copayments.
- Outside of the U.S.: Contact your TRICARE Service Center for help locating a qualified host nation provider. The TRICARE Extra option is not available in overseas areas.
- If you move to a new region, you'll have a new claims address for submitting your TRICARE claims.
- Learn your new region's prior authorization requirements because these requirements can differ by region.

When Using TRICARE For Life

TRICARE For Life—TRICARE's coverage for those who are eligible for Medicare—requires no enrollment and you'll have a smooth transition when you move. [TRICARE for Life](#) contact information: WPS TRICARE For Life, P.O. Box 7889, Madison, WI 53707-7889; 1-866-773-0404; TDD 1-866-773-0405

- Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
- Find Medicare providers in your new area.

If you move overseas, your TRICARE For Life coverage may change depending on where you move. In U.S. Territories such as Guam, Puerto Rico and the U.S. Virgin Islands, TRICARE For Life coverage works the same as the stateside program. But, in all other overseas locations, TRICARE For Life Overseas works differently because Medicare does not provide coverage in most overseas locations. Therefore, TRICARE is the primary payer. You can get care from any host nation provider and you will be responsible for TRICARE deductibles and cost shares.

Contact the TRICARE Area Office for the overseas area where you are moving or the nearest American Embassy Health Unit for assistance finding a host nation provider.

Getting Care Along the Way

- Routine Medical and Dental Care—Get it before you go.

Before you move, make sure you've received any routine medical or dental care you think you might need during the time you'll be traveling. Or, delay the care until you get to your new duty location.

- Emergency Care in the United States—Call 911 or go to the nearest emergency room.

TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you're traveling near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are hospitalized in a civilian facility for more than 24 hours, contact your regional contractor

- Urgent care in the United States—Coordinate with your PCM and/or regional contractor

TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. If you are in a Prime program, you must coordinate urgent care with your primary care manager and/or regional contractor before receiving care. If you are in TRICARE Standard and Extra or TRICARE For Life, you can receive care as you normally would. You should, however, contact your contractor as soon as possible to coordinate any prior authorizations that are needed.

- Emergency or Urgent care Overseas—Contact closest TRICARE Area Office or TRICARE Global Remote Call Center.

You don't need prior authorization for emergency or urgent care but the TRICARE Area Office or TRICARE Global Remote Call Center will help you find the best care available in the overseas area in which you are traveling.

Filling Prescriptions on the Road

You should have all your prescriptions filled before you leave, but if you need a prescription filled while you're traveling in the United States, you have several options:

- If near an MTF, fill the prescription at the MTF pharmacy.
- Find the closest TRICARE network pharmacy.
- If a network pharmacy is not available, you can visit a non-network pharmacy. In this case, you may have to pay up front for your medications and file a claim with Express Scripts, Inc., for reimbursement. For more details, visit the [TRICARE web site](#)
- The mail-order option is not recommended for a prescription you need right away, but if you'll be traveling for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy.

Your pharmacy coverage is limited overseas:

- TRICARE network pharmacies are only located in the United States, Puerto Rico, Guam and the U.S. Virgin Islands. You can have prescriptions filled at host-nation pharmacies, if necessary. Host-nation pharmacies are treated the same as non-network pharmacies. If you have prescriptions filled at a host-nation pharmacy, you should expect to pay for the total amount up front and file a claim with Wisconsin Physicians Service for partial reimbursement. To learn more about pharmacy claims, visit the [TRICARE web site](#).
- To use the mail-order pharmacy overseas, the prescription must be from a U.S. licensed provider and you must have an APO or FPO address.

If You Have Questions

Your regional contractors and TRICARE Area Offices are available to answer your questions. These offices are listed above. Find even more information about moving, updating DEERS, the TRICARE regions and much more at the [TRICARE web site](#).

Installation Specific Information

Installation Hospital

The Naval Medical Center San Diego (NMCS D) is located on Bob Wilson Drive, adjacent to Balboa Park. The Naval Medical Center San Diego is the largest and most technologically advanced military medical facility in the world. The present hospital was commissioned in 1986.

Nicknamed the "Flagship" of Navy Medicine, the hospital has played a vital role in the history of San Diego for more than 70 years. From the original tent dispensary established in 1917, to the high-tech, ultra modern facility of the 1990's, the mission has remained constant -- to provide the finest medical care available.

There are almost half a million people in San Diego County eligible to receive care at the Naval Medical Center. This care is provided by a military and civilian staff of about 6,000. A leader in the medical field, the hospital is a major teaching center, and also operates a network of clinics located at area military installations. Through these clinics, emergency and ambulatory care is provided to the active duty populations of all San Diego based ship and shore commands.

Naval Medical Center San Diego is first and foremost a military command. The center has five medical mobilization teams including the hospital ship USNS Mercy whose personnel are drawn from the hospital staff. These teams deploy to the Western Pacific and Southeast Asia at various times during the year. It is the center's mission to insure Sailors and Marines onboard those ships have access to quality medical care, if needed.

Throughout its proud history, Naval Medical Center San Diego has established itself as a leader in the field of medicine. That reputation for excellence continues today as the "superstar" staff propels the "flagship" into the 21st century.

Branch Medical Clinics

Also available to military personnel and their families are the Branch Medical Clinics, located on the military installations and throughout the San Diego area. The military member has first priority in obtaining care from the military medical facilities, followed by the family members of active duty personnel, with retired military and family members of retired military following in the eligibility chain. Due to the fact that there are many military families in this area, there are seven TriCare Clinics established for your use. These clinics are operated by Navy and civilians staff. Some clinics are open 365 days a year, operating between the hours of 7 am - 8 pm on weekdays, and 7 am - 4 pm weekends and holidays. For more information and hours, please call 1-888-TRI-WEST (1-888-874-9378), visit the TRICARE Service Center located at NMCS D, Bldg. 2 or visit [NMCS D website](#).

CNRSW Fleet and Family Support Center

If you feel you need mental health counseling, the CNRSW Fleet & Family Support Center (FFSC) offers short-term, confidential counseling. No one but you need know you have sought out assistance. Our counselors are certified and will explicitly brief you on the confidentiality levels that we maintain and are required to do by state, federal, and US Navy requirements. To make a clinical counseling appointment at all CNRSW FFSC San Diego area locations, call CNRSW Centralized Scheduling at 1-866-923-6478.

Dental Care

Comprehensive dental care services are provided for active duty military only. Specialty care in oral surgery, periodontics and endodontics are available. All dental specialties including; orthodontics, oral and maxillofacial surgery and dental hygiene, available to active duty personnel only. Oral and maxillofacial surgery on a space available basis only. Temporomandibular joint (TMJ) services available to all military beneficiaries. Pediatric general dentistry available on a limited basis for special needs (i.e. mental or physically challenged) children only. Oral hygiene services available on a limited basis for head and neck radiation patients.

Naval Dental Center Southwest is the largest dental command in the Navy. In addition to providing dental support to the

fleet and shore commands of the Pacific Fleet and to recruits of Marine Corps Recruit Depot MCRD, it performs a significant dental and operational training mission for dental personnel assigned in the Pacific theater.

For military dependent dental care needs, the TRICARE Dental Program, United Concordia, is available. The service member is required to sign up for this program and pay a monthly fee. For more information on eligibility and services, you may visit the [TRICARE Dental Program website](#).

Health Care - Special Needs

Exceptional Family Member Program

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

Military Treatment Facility

The clinics and services available at [Military Treatment Facilities](#) vary by location. Before you move, identify the MTF that will serve you, visit the MTF's website to learn about the clinics and services available and to get relevant contact information.

Moving to a New TRICARE Region

If you anticipate a move to another [TRICARE region](#), work with your local TRICARE Service Center (TSC) or case manager before your move to ensure the transition is as smooth as possible. On arrival at the new duty location, your sponsor should contact the Beneficiary Counseling and Assistance Coordinator (BCAC) or TSC to ensure the transition plans are in place and to obtain authorizations for TRICARE [Extended Care Health Option](#) (ECHO) services, if applicable.

Beneficiary Counseling and Assistance Coordinator (BCAC)

All TRICARE Regional Offices and most MTFs are staffed with [BCACs](#) (formerly known as Health Benefits Advisors.) [BCACs](#) provide information, guidance and assistance on benefit options, TRICARE Prime enrollment, special authorizations, status of claims and eligibility, plus assistance with referrals and appointments. If you or your family member has a more severe medical need, contact your assigned [case manager](#).

Case Management

Case management involves a team of health care professionals who help you and your family to find solutions to complex health problems. It is important to inform your case manager if you are moving as he/she will connect you with the case manager at your new location.

Extended Care Health Option (ECHO)

TRICARE [ECHO](#) provides financial assistance to beneficiaries of active duty service members who qualify based on specific mental or physical disabilities. ECHO offers an integrated set of services and supplies beyond the basic TRICARE program. ECHO is administered by regional contractors in the TRICARE North, South, and West Regions and by TRICARE Regional Offices in overseas locations.

Transporting Medical Equipment

Your [Installation Transportation Office](#) has special procedures to follow for the transportation of medical equipment that is necessary for medical treatment required by the sponsor or family member. Some types of medical equipment may be shipped in the same manner as Professional Books, Papers, and Equipment (PBP&E).

Federal and State Health Care Programs

Medicaid - [Medicaid](#) pays for medical assistance for certain individuals and families with low incomes and resources. State Medicaid programs are usually administered by departments of social service or departments of medical assistance.

Supplemental Security Income (SSI) - [SSI](#) is a cash assistance program intended to meet basic needs for food, clothing and shelter for those who are aged, blind or disabled. It provides cash to meet basic needs for food, clothing, and shelter. Families must reapply upon each move to another state.

Title V of the Social Security Act - Many states have services for children with special health care needs that are funded by the Maternal and Child Health Services Block Grant, or [Title V](#). State departments of health web sites and local health departments will provide information on state health benefits for children with special health care needs. The Maternal and Child Health Bureaus' web site has Title V information organized by State that provide you with [Title V points of](#)

[contact](#) and other pertinent information.

Other Important Resources

Debt Collection Assistance Officer (DCAO) - TRICARE has a [DCAO](#) assigned to TRICARE Regional Offices and MTFs worldwide to help beneficiaries understand and get assistance with debt collection problems related to TRICARE. Individuals who have received a notice from a collection agency or a negative credit report because of a medical or dental bill should be referred to the nearest [DCAO](#).

Family Voices - [Family Voices](#) is a national, grassroots clearinghouse for information and education concerning the health care of children with special health needs. Family Voices also has [State points of contacts](#) with useful links to State programs and organizations.

Installation Specific Information

Exceptional Family Member Program (EFMP)

The Exceptional Family Member Program (EFMP) was established by the Department of Defense to assist family members with long term emotional, medical, or educational challenges. In order to serve the needs of the family members, early enrollment is mandatory. EFMP enrollment will ensure that the family will be stationed in an area where their proper medical and/or educational needs can be met.

After enrollment and evaluation of the family members condition, the EFMP member will be placed in a category dependent on the severity of the medical, emotional or educational disability. A category 4 or 5 entitles the family to priority housing, which will place you in the top 10% of those on the housing list.

To enroll in the program, an application and literature about EFM can be obtained at the Navy Family Services Centers, or from the EFM Coordinator at any military hospital.

Education - Special Education/EIS

Exceptional Family Member Program

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

Children from Birth to Three Years of Age

The Individuals with Disabilities Education Act (IDEA) requires all States and territories to provide [early intervention services](#) to children from birth to age three who are developmentally delayed, or who are at high risk of being developmentally delayed. Early intervention services may be provided by local school districts or health departments. There is no common name across States for the programs, but you may hear them referred to as Part C programs (because Part C is the section of the IDEA that pertains to early intervention).

The [National Early Childhood Technical Assistance Center](#) provides a list of State Part C directors and funded programs at their web site. [Military OneSource](#) can identify local early intervention programs for you.

- Parents of children who receive early intervention services should hand-carry a copy of the Individual Family Service Plan (IFSP) and most current evaluation reports to the new location.

Children from 3 through 21 Years of Age

The Individuals with Disabilities Education Act (IDEA) requires all States and Territories to provide [special education services](#) to children who are from 3 through 21 year of age. Each local school district has a special education director, and each school should have a case study committee or school based committee (terms differ) that attends to special education students' needs.

Parents of children receiving special education and related services should hand-carry all pertinent school and medical documents to include their children's Individualized Education Program (IEP) and current testing and evaluation reports to the new school.

The IDEA requires that if a child transfers to a district in the same state, the receiving school must provide comparable services to those in the child's IEP from the sending district's until the new school develops and implements a new IEP. If a child transfers to another State, the receiving district must provide comparable services to those in the child's IEP from the sending district until the receiving district completes an evaluation and creates a new IEP.

Others who can help you:

Parent Training and Information Centers Each state is home to at least one Parent Training and Information Center (PTI). PTIs serve families of children and young adults from birth to age 22 with all disabilities: physical, cognitive, emotional, and learning. They help families obtain appropriate education and services for their children with disabilities; work to improve education results for all children; train and inform parents and professionals on a variety of topics; resolve problems between families and schools or other agencies; and connect children with disabilities to community resources that address their needs. [The Technical Assistance Alliance for Parent Centers](#) provides addresses and phone number of the centers in your state.

STOMP (Specialized Training of Military Parents) is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. The staff of the [STOMP Project](#) are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations.

Washington PAVE
STOMP Project
6316 So. 12th St.
Tacoma, WA 98465

253-565-2266 (v/tty)
1-800-5-PARENT (v/tty)
Fax: 253-566-8052
[Email](#)

Installation Specific Information

There are no DoD schools on base. The Exceptional Family Member Coordinator is located at Naval Medical Center San Diego and the Fleet and Family Support Center (FFSC) can assist with the initial paperwork. Please contact FFSC at 619-556-7404 for more information.

Local Community Information

Federal and state laws require all public school districts to provide a "free, appropriate, and individualized education for all disabled children." Both federal and state legislation mandate timeliness for referral, assessment, certification, placement, and provisions of appropriate services to all students with exceptional needs.

The California Master Plan for Special Education is implemented in each district through a variety of educational programs for the learning disabled, communicatively, physically and severely disabled. Instruction is given according to the needs of each student based on an individualized education plan. Parents participate in planning the specific educational program for their special education child.

In the San Diego City Schools, about 10% of the total student enrollment, or over 12,000 students, receives some kind of education services. Disabling conditions range from the very mild, requiring only the occasional involvement of a resource teacher, to the severely impaired student who needs constant attention and care.

An individualized educational program (IEP) is written for each special education student. The program is developed with the participation of the student's parents or guardian, who must approve the program. All special education teachers must be certified by the state for the specific instruction or services they provided to disabled children.

The Special Education Parent Facilitator Program (SPA) has been developed by San Diego City Schools to help parents of disabled children, and facilitators are employed by the district to provide education. The SPA Program provides an important link between the home and the school for the purpose of improving services for the child.

Contact Information

3455 Senn Rd.
San Diego, CA 92136
Phone 619-556-1247
Phone (DSN) 312-526-1247

[Website](#)

Barracks/Single Service Member Housing

Combined Bachelor Quarters
2450 McHugh St
Bldg. 254
San Diego, CA 92136
Phone 619-556-8672 (Front Desk/Reservations) / 619-556-8959 (Group Reservations, 10 or more people) / 619-556-8674 (Reservations)
Phone (DSN) 312-526-8672
Fax 619-556-7263
Fax (DSN) 312-526-7263

[Website](#)

Open 24 hours a day, 7 days a week
New Day/Early Check-In: 7:00 am
Check-Out: 11:00 am
Check-In: 3:00 pm

Chapels

Chaplains Office Naval Base San Diego
Bldg. 272, Naval Station
San Diego, CA 92136
Phone 619-556-1921/2826
Phone (DSN) 312-526-2826
Fax 619-556-3495

[Email](#)

[Website](#)

Roman Catholic:
Daily Mass 11:30 a.m.
Saturday 5:15 p.m.
Sunday 8:00 a.m. & 9:15 a.m.
Protestant:
Sunday 11:00 a.m.

Child Development Centers

Child Development Centers Naval Base San Diego
2375 Recreation Way
Building 3320D
Naval Base San Diego
San Diego, CA 92136
Phone 619-556-8491 / 1-800-235-6002
Phone (DSN) 312-526-8491
Fax 619-556-8473

[Email](#)

[Website](#)

Monday - Friday 6:00 a.m. - 6:00 p.m.
Saturday - Sunday - closed
Holidays - closed

Automotive Services

Auto Skills Shop & Vehicle Storage
Building 3341
San Diego, CA 92136
Phone 619-544-2129

[Website](#)

Monday - Friday 700 a.m. - 6:00 p.m.
Saturday 8:00 a.m. - 6:00 p.m.
Sunday - closed
Holidays - closed

Beneficiary Counseling Assistance Coordinators

Tri-West Benefits Office
3115 Dolphin Alley
San Diego, CA 92136
Phone 888-Tri-West
Fax 866-266-9820

[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.
Saturday - Sunday - closed

Chapels

Murphy Canyon Chapel
3200 Santo Road
San Diego, CA 92124
Phone 619-556-0603
Phone (DSN) 312-526-0603
Fax 619-556-2862

[Website](#)

Roman Catholic Mass
Sunday 11:00 a.m.
Protestant
Sunday 9:00 a.m.

Child and Youth Registration and Referral

Child Care Resource and Referral
Norman Scott Road
Building 3320B
NAVBASE
San Diego, CA 92136
Phone 619-556-7394/8491 / 1-877-235-6002
Phone (DSN) 312-526-7394
Fax 619-556-8473

[Email](#)

[Website](#)

Monday - Thursday 7:30 a.m. - 5:00 p.m.
Friday 7:30 a.m. - 4:00 p.m.
Saturday - Sunday - closed
Holidays - closed

Citizenship and Immigration Services

Navy Legal Service Office-Southwest
 3395 Sturtevant Street, Suite 2
 Bldg. 56, Naval Base San Diego

San Diego, CA 92136

Phone 619-556-2349

Phone (DSN) 312-526-2349

[Website](#)

Monday, Wednesday & Friday 8:00 a.m. - 11:00 a.m.

Tuesday & Thursday 8:00 a.m. - 11:00 a.m. and 1:00 p.m. - 3:00 p.m.

Saturday & Sunday - closed

Holidays - closed

Citizenship and Immigration Services:

Thursdays 9:00 a.m. - 2:00 p.m.

Commissary/Shoppette

Main Commissary Store - Naval Base San Diego
 Naval Station

San Diego, CA 92136

Phone 619-556-8657 / 619-556-7193

Phone (DSN) 312-526-9300

Fax 619-556-9543

[Website](#)

Monday - Sunday 7:30 a.m. - 7:00 p.m.

Early Bird Hours:

Monday - Sunday 7:00 a.m. - 7:30 a.m.

Emergency Relief Services

Navy/Marine Corps Relief Society
 3115 Dolphin Alley

San Diego, CA 92136-5180

Phone 619-556-8283

Phone (DSN) 312-526-8283

Fax 619-531-0083

[Email](#)

[Website](#)

Monday - Friday 8:00 a.m. - 4:00 p.m.

Call for appointment

Saturday - Sunday - closed

Holidays - closed

Exchange(s)

Q Mart Naval Base San Diego
 Harbor Drive
 Bldg 338

Next to Snyder Hall Enlisted Billeting

San Diego, CA 92136

Phone 619-544-8387

Phone (DSN) 312-526-8387

[Website](#)

Monday - Friday 6:00 a.m. - 11:00 p.m.

Saturday and Sunday 7:30 a.m. - 11:00 pm.

Civilian Personnel Office

Human Resources Service Center
 937 North Harbor Drive
 Bldg 1 3rd Floor

San Diego, CA 92132

Phone 619-532-2743

Phone (DSN) 312-522-2743

Fax 619-532-3597

[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday and Sunday - closed

Dental Clinics

Naval Dental Center, Southwest
 2310 Craven St
 Bldg 3230

San Diego, CA 92136

Phone 619-556-8240/7680

Phone (DSN) 312-526-8240/7680

Fax 619-556-8559

[Website](#)

By Appointment for Military Members

Exceptional Family Member Program/Special Needs

CNRSW Fleet & Family Support Center, Naval Base San Diego - Exceptional Family Member Program (EFMP)

3005 Corbina Alley
 Building 259

San Diego, CA 92136

Phone 619-556-7404

Phone (DSN) 312-526-7404

Fax 619-556-7435

Fax (DSN) 312-526-7435

[Email](#)

[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

Exchange(s)

Naval Exchange Main Store
 2260 Callagan Hwy
 Building 3187

San Diego, CA 92136

Phone 619-544-2100

Phone (DSN) 312-526-2100

[Website](#)

Sunday 9:00 a.m. - 7:00 p.m.

Monday - Saturday 9:00 a.m. - 9:00 p.m.

Family Advocacy Program

CNRSW Family Advocacy Center (FAC)
3135 Dolphin Alley
Bldg. 261

Naval Base San Diego
San Diego, CA 92136

Phone 619-556-8809 / 619-692-5909 (SAVI 24-hour crisis hotline)

Phone (DSN) 312-526-8809

Fax 619-556-9473

[Email](#)
[Website](#)

Monday - Friday 7:30 a.m. - 5:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Family Center

CNRSW Fleet and Family Support Programs--Murphy Canyon Branch
4867T Santo Road
San Diego, CA 92124

Phone 858-277-4259 / Centralized Scheduling for Counseling:
1-866-923-6478

Fax 858-277-7052

[Email](#)
[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

Finance Office

Personnel Support Activity Detachment (PSD)
Surface Navy Blvd.
Bldg. 56, Naval Base San Diego

San Diego, CA 92136

Phone 619-556-9249

Phone (DSN) 312-526-9249

[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Golf Courses

Golf Course - Admiral Baker
2400 Admiral Baker Rd
San Diego, CA 92120

Phone 619-556-5520

Phone (DSN) 312-526-5520

Fax 619-528-0227

[Email](#)
[Website](#)

Open daily. Call for a tee time!

Monday - Friday 6:00 a.m. - dusk*

Saturday, Sunday and Holidays 5:30 a.m. - dusk*

*Call for specific closing hours

Family Center

CNRSW Fleet and Family Support Center- San Diego
3005 Corbina Alley
Bldg. 259 and 263

Naval Base San Diego
San Diego, CA 92136

Phone 619-556-7404 / Centralized Scheduling for Counseling: 1-866-923-6478

Phone (DSN) 312-526-7404

Fax 619-556-7435

[Email](#)
[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

Family Child Care/Child Development Homes

Child Care Resource and Referral
Norman Scott Road
Building 3320B

NAVBASE

San Diego, CA 92136

Phone 619-556-7394/8491 / 1-877-235-6002

Phone (DSN) 312-526-7394

Fax 619-556-8473

[Email](#)
[Website](#)

Monday - Thursday 7:30 a.m. - 5:00 p.m.

Friday 7:30 a.m. - 4:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Financial Institutions

Armed Forces Bank, N.A.
2260 Callagan Hwy
Bldg. 3187A, Ste. 1

San Diego NBSD NEX Branch

San Diego, CA 92136

Phone 619-239-3601

[Website](#)

Monday - Saturday 9:00 a.m. - 9:00 p.m.

Sunday 9:00 a.m. - 7:00 p.m.

Holiday Season Extended Hours:

Monday - Saturday 8:00 a.m. - 10:00 p.m.

Gymnasiums/Fitness Centers

Admiral James G. Prout Field House
Division & Norman Scott Rd.
Bldg 3279, Naval Base San Diego

San Diego, CA 92136

Phone 619- 556-7443 / 8471

Phone (DSN) 312-526-7443

[Website](#)

Monday - Friday 5:00 a.m. - 10:00 p.m.

Saturday - Sunday 8:00 a.m. - 6:00 p.m.

Holidays - closed

Gymnasiums/Fitness Centers

The Olde Gym
Norman Scott Rd.
 Naval Base San Diego ("Dry side"), Bldg 223
 San Diego, CA 92136
 Phone 619-556-7450/9509
 Phone (DSN) 312-526-7450
 Fax 619-556-9541
[Website](#)
 Monday - Friday 5:30 a.m. - 9:00 p.m.
 Saturday, Sunday & Holidays 9:00 a.m. - 5:00 p.m.

Hospital/Medical Treatment Facility(s)

Naval Medical Center San Diego
34800 Bob Wilson Drive
 San Diego, CA 92134
 Phone 619-532-6400 / 619-532-6400 Appointments
 Phone (DSN) 312-526-6400
 Fax 619-532-6333
[Website](#)
 Hospital hours vary with service.
 Call or visit website for more information

Household Goods/Transportation Office (inbound)

Personal Property Office
2623 LeHardy Street
 Bldg. 3376
 San Diego, CA 92136-5180
 Phone 619-556-6683
 Phone (DSN) 312-526-6683
[Website](#)
 Monday - Thursday 7:30 a.m. - 4:00 p.m.
 Friday 7:30 a.m. - 2:00 p.m.
 Saturday - Sunday - closed
 Holidays - closed

Housing Office/Government Housing

CNRSW Family Housing Welcome Center
2625 LeHardy Street, Naval Base San Diego
 Building 3544
 San Diego, CA 92136-3544
 Phone 619-556-8443
 Phone (DSN) 312-526-8443
 Fax 619-556-1803
 Fax (DSN) 312-525-1803
[Email](#)
[Website](#)
 Monday - Friday 8:00 a.m. - 5:00 p.m.
 Saturday - Sunday - closed
 Holidays - closed

Gymnasiums/Fitness Centers

Naval Base San Diego Fitness Office
Division and Norman Scott Rd.
 Bldg. 3279 , NBSD
 San Diego, CA 92136
 Phone 619- 556-7444
 Phone (DSN) 312-526-7444
 Fax 619-556-9541
[Website](#)
 Monday - Friday 8:00 a.m. - 4:30 p.m.

Hospital/Medical Treatment Facility(s)

Branch Medical Clinic NBSD
Bldg. 3230
 San Diego, CA 92136
 Phone 619-556-8114
 Phone (DSN) 312-526-8114
 Fax 619-532-8313
 Monday - Friday 7:00 a.m. - 4:00 p.m.
 Saturday - Sunday - closed
 Holidays - closed

Household Goods/Transportation Office (outbound)

Personal Property Office
2623 LeHardy Street
 Bldg. 3376
 San Diego, CA 92136-5180
 Phone 619-556-6683
 Phone (DSN) 312-526-6683
[Website](#)
 Monday - Thursday 7:30 a.m. - 4:00 p.m.
 Friday 7:30 a.m. - 2:00 p.m.
 Saturday - Sunday - closed
 Holidays - closed

Housing Referral Office/Housing Privatization

CNRSW Family Housing Welcome Center
2625 LeHardy Street, Naval Base San Diego
 Building 3544
 San Diego, CA 92136-3544
 Phone 619-556-8443
 Phone (DSN) 312-526-8443
 Fax 619-556-1803
 Fax (DSN) 312-525-1803
[Email](#)
[Website](#)
 Monday - Friday 8:00 a.m. - 5:00 p.m.
 Saturday - Sunday - closed
 Holidays - closed

ID/CAC Card Processing

ID Card Lab #2
3365 Surface Navy Boulevard
San Diego, CA 92136

Phone 619-532-3302
Phone (DSN) 312-526-3302

[Website](#) [Website](#) [Website](#)

Monday - Friday by appointments preferred

Walk-in hours:

Monday - Tuesday 7:30 a.m. - 9:30 a.m.

Wednesday 8:30 a.m. - 10:00 a.m.

Thursday - Friday 7:30 a.m. - 9:30 a.m.

Saturday - Sunday - closed

Information and Referral Services

CNRSW Fleet and Family Support Center - Naval Base San Diego - Information and Referral Services

3005 Corbina Alley
Building 259

San Diego, CA 92136
Phone 619-556-7404
Phone (DSN) 312-526-7404

Fax 619-556-7435
Fax (DSN) 312-526-7435

[Email](#)
[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

MWR (Morale Welfare and Recreation)

Morale, Welfare and Recreation Administrative Office
2375 Recreation Way
Bldg. 3532

Naval Base San Diego
San Diego, CA 92136
Phone 619-556-8906
Phone (DSN) 312-526-8906
Fax 619-556-9537

[Website](#)

Monday - Friday 8:00 a.m. - 4:00 p.m.

Saturday, Sunday & Holidays - closed

Non-appropriated Funds (NAF) Human Resources

Regional NAF Human Resources Office
Main Street & Yuma Street
Naval Base San Diego, Building 3210 (Anchors Catering Center)

San Diego, CA 92136
Phone 619-556-8916/9611
Phone (DSN) 312-526-8916/9611
Fax 619-556-9537

[Website](#)

Monday - Friday 8:00 a.m. - 4:00 p.m.

Saturday - Sunday - closed

Holidays - closed

ID/CAC Card Processing

ID Card Lab
2260 Callagan Highway
Building 3135

San Diego, CA 92136
Phone 619-556-8607
Phone (DSN) 312-526-8607

[Website](#) [Website](#) [Website](#)

Monday - Friday by appointments preferred

Walk-in hours:

Monday - Tuesday 7:30 a.m. - 9:30 a.m.

Wednesday 8:30 a.m. - 10:00 a.m.

Thursday - Friday 7:30 a.m. - 9:30 a.m.

Saturday - Sunday - closed

Legal Services/JAG

Navy Legal Service Office-Southwest
3395 Sturtevant Street, Suite 2
Bldg. 56, Naval Base San Diego

San Diego, CA 92136
Phone 619-556-2349
Phone (DSN) 312-526-2349

[Website](#)

Monday, Wednesday & Friday 8:00 a.m. - 11:00 a.m.

Tuesday & Thursday 8:00 a.m. - 11:00 a.m. and 1:00 p.m. - 3:00 p.m.

Saturday & Sunday - closed

Holidays - closed

Citizenship and Immigration Services:

Thursdays 9:00 a.m. - 2:00 p.m.

New Parent Support Program

Navy New Parent Support Group
3135 Dolphin Alley
Bldg 261, Naval Base San Diego

San Diego, CA 92136-5185
Phone 619-556-8825/8175/8812
Phone (DSN) 312-526-8812
Fax 619-556-9473

Monday - Friday 8:00 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

Personal Financial Management Services

CNRSW Fleet and Family Support Center Naval Base San Diego Personal Financial Management (PFM)
3005 Corbina Alley
Building 259

San Diego, CA 92136
Phone 619-556-9866
Phone (DSN) 312-526-9866
Fax 619-556-9884
Fax (DSN) 312-526-9884

[Email](#)

[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

Personnel Support Office

Personnel Support Activity Detachment (PSD)
3395 Sturtevant Street
Suite 1

San Diego, CA 92136
Phone 619-556-2005
Phone (DSN) 312-526-2005

[Email](#)
[Website](#)

Monday – Friday 7:30 a.m. – 4:00 p.m.
Saturday & Sunday - closed

Restaurants/Fast Food

Navy Exchange Food Court
2260 Callagan Hwy
Bldg 3187

San Diego, CA 92136-5036
Phone 619-544-2100 (Main NEX) / 619-239-6877

Monday - Saturday 8:30 a.m. - 9:00 p.m.
Sunday 8:30 a.m. - 7:00 p.m.
Depending on restaurant

School Age Care

Child Care Resource and Referral
2375 Recreation Way
Naval Base San Diego

Building 3320D
San Diego, CA 92136
Phone 619-556-8491 / 1-800-235-6002
Phone (DSN) 312-526-8491
Fax 619-556-8473

[Email](#)

Monday – Thursday 7:30 a.m. – 5:00 p.m.
Friday 7:30 a.m. – 4:00 p.m.
Saturday – Sunday - closed
Holidays - closed

Spouse Education, Training and Careers

CNRSW Fleet and Family Support Center Naval Base San Diego, Family Employment Readiness Program (FERP)
3005 Corbina Alley
Building 263

San Diego, CA 92136
Phone 619-556-9866
Phone (DSN) 312-526-9866
Fax 619-556-9884
Fax (DSN) 312-526-9884

[Email](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.
Saturday - Sunday - closed
Holidays - closed

Relocation Assistance Program

CNRSW Fleet and Family Support Center Naval Base San Diego, Relocation Assistance Program (RAP)
3005 Corbina Alley
Building 259

San Diego, CA 92136
Phone 619-556-7404
Phone (DSN) 312-526-7404
Fax 619-556-7435
Fax (DSN) 312-526-7435

[Email](#)
[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.
Saturday - Sunday - closed
Holidays - closed

Retirement Services

Regional Retired Activities Office (RAO)
3005 Corbina Alley Suite 1
Bldg 259

San Diego, CA 92136
Phone 619-556-8987/7412
Phone (DSN) 312-526-8987/7412
Fax 619-556-7413

[Email](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.
Saturday & Sunday - closed
Holidays - closed

School Liaison Office/Community Schools

CNRSW School Liaison Officer
3005 Corbina Alley
Building 259, Suite 5

Fleet, Family, and Child Programs
San Diego, CA 92136
Phone 619-556-7404
Phone (DSN) 312-526-7404
Fax 619-556-7435
Fax (DSN) 312-526-7435

[Email](#)
[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.
Saturday - Sunday - closed
Holidays - closed

Temporary Lodging/Billeting

Navy Lodge - Naval Base San Diego
Bldg. 3526, Naval Base San Diego
San Diego, CA 92136

Phone 619-234-6142 / 1-800-NAVY-INN (1-800-628-9466)
Fax 619-238-2704

[Email](#)
[Website](#)

Monday - Sunday 24 Hours
Call for Reservations

Temporary Lodging/Billeting*Combined Bachelor Quarters*

2450 McHugh St

Bldg. 254

San Diego, CA 92136

Phone 619-556-8672 (Front Desk/Reservations) / 619-556-

8959 (Group Reservations, 10 or more people) / 619-556-

8674 (Reservations)

Phone (DSN) 312-526-8672

Fax 619-556-7263

Fax (DSN) 312-526-7263

[Website](#)

Open 24 hours a day, 7 days a week

New Day/Early Check-In: 7:00 am

Check-Out: 11:00 am

Check-In: 3:00 pm

Travel Office*NAV Passenger Transportation Office-NAVPTO*

3085 Dolphin Alley

Building 265, 1st Floor

San Diego, CA 92136-5187

Phone 619-556-2029 / 619-222-3632 (Leisure Travel) / 619-

224-4107 (Office Travel)

Phone (DSN) 312-526-2029

Fax 619-556-5070

Fax (DSN) 312-526-5070

[Email](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Victim Advocate Services*CNRSW Family Advocacy Center (FAC)*

3135 Dolphin Alley

Bldg. 261

Naval Base San Diego

San Diego, CA 92136

Phone 619-556-8809 / 619-692-5909 (SAVI 24-hour crisis

hotline)

Phone (DSN) 312-526-8809

Fax 619-556-9473

[Email](#)[Website](#)

Monday - Friday 7:30 a.m. - 5:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Transition Assistance Program*CNRSW Fleet and Family Support Center, Naval**Base San Diego - Transition Assistance Program*

3005 Corbina Alley

Building 263

San Diego, CA 92136

Phone 619-556-9866

Phone (DSN) 312-526-9866

Fax 619-556-9884

Fax (DSN) 312-526-9884

[Email](#)[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holidays - closed

VA Facilities*Department of Veterans Affairs-Regional Office*

8810 Rio San Diego Drive

San Diego, CA 92108

Phone 800-827-1000

Fax 619-400-5399

[Email](#)[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Victim Advocate Services*CNRSW Fleet and Family Support Center*

3005 Corbina Alley

Building 259

San Diego, CA 92136

Phone 619-556-7404

Phone (DSN) 312-526-7404

Fax 619-556-7435

Fax (DSN) 312-526-7435

[Email](#)[Website](#)

Monday - Friday 7:30 a.m. - 4:30 p.m.

Saturday - Sunday - closed

Holiday - closed

Welcome/Visitors Center

CNRSW Family Housing Welcome Center
2625 LeHardy Street, Naval Base San Diego
Building 3544

San Diego, CA 92136-3544

Phone 619-556-8443

Phone (DSN) 312-526-8443

Fax 619-556-1803

Fax (DSN) 312-525-1803

[Email](#)

[Website](#)

Monday - Friday 8:00 a.m. - 5:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Youth Programs/Centers

Youth Services

Bldg. 71, Naval Base San Diego
San Diego, CA 92136

Phone 619-556-5570

Phone (DSN) 312-526-5570

Fax 619-556-8473

[Email](#)

[Website](#)

Monday - Friday 9:00 a.m. - 5:00 p.m.

Saturday - Sunday - closed

Holidays - closed

Women, Infants, and Children (WIC & WIC-O)

CNRSW Fleet and Family Support Center
3005 Corbina Alley, Suite 1
Bldg 263, 1st Floor

San Diego, CA 92136

Phone 800-500-6411

[Website](#)

Friday 8:30 a.m. - 3:00 p.m.

By appointment only

Major Units

USS HALSEY (DDG 97)

Contact Information:
COM: 619-556-4012
DSN: 312-526-4012
Careline: 888-425-7393

USS MILIUS (DDG 69)

Contact Information:
COM: 619-556-3939
DSN: 312-526-3939
Careline: 619-338-1754

USS PELELIU (LHA 5)

Contact Information:
COM: 619-556-4200
DSN: 312-526-4200
Careline: 619-666-3961

USS TARAWA (LHA 1)

Contact Information:
COM: 619-556-3970
DSN: 312-526-3970
Careline: 619-685-2846

USS DUBUQUE (LPD 8)

Contact Information:
COM: 619-556-4723
DSN: 312-526-4723
Careline: 619-687-5583

USS PREBLE (DDG 88)

Contact Information:
COM: 619-556-4710
DSN: 312-526-4710
Careline: 877-248-4295

Branch Medical Clinic, Bldg. 3300

Contact Information:
COM: 619-556-8084
DSN: 312-526-8084

USS JOHN PAUL JONES (DDG 53)

Contact Information:
COM: 619-556-4390
DSN: 312-526-4390
Careline: 866-310-4650

USS PRINCETON (CG 59)

Contact Information:
COM: 619-556-3904
DSN: 312-526-3904
Careline: 619-685-2791

USS DECATUR (DDG 73)

Contact Information:
COM: 619-556-4660
DSN: 312-526-4660
Careline: 619-685-2814

USS LAKE CHAMPLAIN (CG 57)

Contact Information:
COM: 619-556-4485
DSN: 312-526-4485
Careline: 619-595-3833

USS BONHOMME RICHARD (LHD 6)

Contact Information:
COM: 619-556-4768
DSN: 312-526-4768
Careline: 800-459-5743

USS RUSHMORE (LSD 47)

Contact Information:
COM: 619-556-3820
DSN: 312-526-3820
Careline: 619-685-7624

USNS MERCY (TAH 19)

Contact Information:
COM: 619-556-3278
DSN: 312-526-3278

USS GERMANTOWN (LSD 42)

Contact Information:
COM: 619-556-3984
DSN: 312-526-3984
Careline: 619-515-4826

USS MOBILE BAY (CG 53)

Contact Information:
COM: 619-556-4509
DSN: 312-526-4509
Careline: 866-537-7433

USS BOXER (LHD 4)

Contact Information:
COM: 619-556-4105
DSN: 312-526-4105
Careline: 619-615-5090

USS MCCLUSKY (FFG 41)

Contact Information:
COM: 619-556-4375
DSN: 312-526-4375
Careline: 619-338-8609

USS RENTZ (FFG 46)

Contact Information:
COM: 619-556-4270
DSN: 312-526-4270
Careline: 619-744-8971

USS PEARL HARBOR (LSD 52)

Contact Information:
COM: 619-556-4594
DSN: 312-526-4594

USNS SIOUX (TAFT 171)

Contact Information:
COM: 619-556-4792
DSN: 312-526-4792

USS BUNKER HILL (CG 52)

Contact Information:
COM: 619-556-4195
DSN: 312-526-4195
Careline: 619-230-9093

USS THACH (FFG 43)

Contact Information:
COM: 619-556-4020
DSN: 312-526-4020

USS DENVER (LPD 9)

Contact Information:
COM: 619-556-4240
DSN: 312-526-4240
Careline: 866-253-0645

USS COMSTOCK (LSD 45)

Contact Information:
COM: 619-556-3852
DSN: 312-526-3852
Careline: 619-687-3476

USS VANDERGRIFT (FFG 48)

Contact Information:
COM: 619-556-4070
DSN: 312-526-4070
Careline: 619-237-7876

LSD/LPD 17 Classron

Contact Information:
COM: 619-556-5214/3620 (Classron)
DSN: 312-526-5214/3620 (Classron)

USS HOWARD (DDG 83)

Contact Information:
COM: 619-556-4190
DSN: 312-526-4190
Careline: 619-234-7454

Navy Operational Support Center San Diego

Contact Information:
COM: 858-537-8796
DSN: 312-577-8196

USS BENFOLD (DDG 65)

Contact Information:
COM: 619-556-3866
DSN: 312-526-3866

USS HIGGINS (DDG 76)

Contact Information:
COM: 619-556-3589
DSN: 312-526-3589
Careline: 619-556-3882

Afloat Training Group Pacific (ATGPAC)

Contact Information:
COM: 619-556-0927
DSN: 312-526-0927
COM FAX: 619-556-0887
DSN FAX: 312-526-0887

USS JARRETT (FFG 33)

Contact Information:
COM: 619-556-4515
DSN: 312-526-4515
Careline: 619-699-8724

COMPHIBRON THREE

Contact Information:
COM: 619-556-1450
DSN: 619-526-1450
COM FAX: 619-556-1459
DSN FAX: 312-526-1459

USS ANTIETAM (CG 54)

Contact Information:
COM: 619-556-4495
DSN: 312-526-4495
Careline: 877-767-9752

USS CLEVELAND (LPD 7)

Contact Information:
COM: 619-556-4700
DSN: 312-526-4700
Careline: 619-615-8405

USS PICKNEY (DDG 91)

Contact Information:
COM: 619-556-4545
DSN: 312-526-4545
Careline: 619-237-1605

Explosive Ordnance Disposal Mobile Unit Seven

Contact Information:
COM: 619-556-5401
DSN: 312-526-5401
COM FAX: 619-556-0558
DSN FAX: 312-526-0558

CG Classron

Contact Information:

COM: 619-556-0947

DSN: 312-526-0947

AEGIS Training & Readiness Center Detachment

Contact Information:

COM: 619-556-1786

DSN: 312-526-1786

COM FAX: 619-556-6111

DSN FAX: 312-526-6111

Center for Surface Combat System Detachment San Diego (CSCSD)

Contact Information:

COM: 619-556-1786

DSN: 312-526-1786

COM FAX: 619-556-6111

DSN FAX: 312-526-6111

Commander, Expeditionary Strike Group 3

Contact Information:

COM: 619-556-1450

DSN: 312-526-1450

COM FAX: 619-556-1459

DSN FAX: 312-526-1459

Amphibious Squadron 7 (COMPHIBRON 7)

Contact Information:

COM: 619-556-5217/5223

DSN: 312-526-5217/5223

Center for Personal and Professional Development Detachment San Diego (DAPMA, CMEO, BEARINGS & CCC)

Contact Information:

COM: 619-556-6940

DSN: 312-526-6940

COM FAX: 619-556-7831

DSN FAX: 312-526-7831

Commander, Destroyer Squadron 1

Contact Information:

COM: 619-556-4984

DSN: 312-526-4984

Commander, Destroyer Squadron 23

Contact Information:

COM: 619-556-4537

DSN: 312-526-4537

COM FAX: 619-556-5553

DSN FAX: 312-526-5553

Explosive Ordnance Disposal Mobile Unit 7

Contact Information:

COM: 619-556-5401

DSN: 312-526-5401

COM FAX: 619-556-0558

DSN FAX: 312-526-0558

Fleet and Industrial Supply Center San Diego (FISC San Diego)

Contact Information:

COM: 619-532-2200 (Chief of Staff)

COM: 619-556-4607 (Command Master Chief)

Branch Dental Clinic, Bldg 3232

Contact Information:

COM: 619-556-8240

DSN: 312-526-8240

COM FAX: 619-556-8289

DSN FAX: 312-526-8289

Naval Base San Diego

Contact Information:

COM: 619-556-1247 (OOD)

DSN: 312-526-1247 (OOD)

COM FAX: 619-556-2423

DSN FAX: 312-526-2423

Amphibious Squadron 5 (COMPHIBRON 5)

Contact Information:

COM: 619-556-3940/4426

DSN: 312-526-3940/4426

Construction Battalion Unit 427

Contact Information:

COM: 619-556-5784

DSN: 312-526-5784

Spiritual Fitness Division

Contact Information:

COM: 619-532-1437

DSN: 312-526-1437

COM FAX: 619-532-1441

DSN FAX: 312-526-1441

Commander, Destroyer Squadron 21

Contact Information:

COM: 619-556-1506

DSN: 312-526-1506

COM FAX: 619-556-2105

DSN FAX: 312-526-2105

Destroyer Squadron 7

Contact Information:

COM: 619-556-4738

COM: 619-508-1240 (CDO)

DSN: 312-526-4738

Defense Distribution Depot San Diego

Contact Information:

COM: 619-556-7930

DSN: 312-526-7930

Naval Criminal Investigative Service Southwest Field Office (NCIS)

Contact Information:
COM: 619-556-1364
DSN: 312-526-1364
COM FAX: 619-556-0999
DSN FAX: 312-526-0999

USS CHANCELLORSVILLE (CG 62)

Contact Information:
COM: 619-556-4422
DSN: 312-526-4422
Careline: 619-685-8719

USNS YUKON (TAO 202)

Contact Information:
COM: 619-545-5169
DSN: 312-735-5169

USNS RAPPAHANOCK (TAO 204)

Contact Information:
COM: 619-556-3120
DSN: 312-526-3120

USNS KAISER (TAO 187)

Contact Information:
COM: 619-556-4096
DSN: 312-526-4096

USNS CURTISS (TAVB 4)

Contact Information:
COM: 619-556-4070
DSN: 312-526-4070

USCGC MONSOON (WPC 4)

Contact Information:
COM: 619-437-5029

USCGC CHASE (WHEC 718)

Contact Information:
COM: 619-556-6530
DSN: 312-526-6530

Public Works

Contact Information:
COM: 619-556-8592
DSN: 312-526-8592

Training Support Center San Diego

Contact Information:
COM: 619-556-8372/4
DSN: 312-526-8372/4
COM FAX: 619-556-8977
DSN FAX: 312-526-8977

Naval Media Center

Contact Information:
COM: 619-556-1598
DSN: 312-526-1598
COM FAX: 619-556-1608
DSN FAX: 312-526-1608

Naval Legal Service Office SW

Contact Information:
COM: 619-556-2211/2349
DSN: 312-526-2211/2349

USNS WALTER S. DIEHL (TAO 193)

Contact Information:
COM: 619-556-3120
DSN: 312-526-3120

USNS TIPPECANOE (TAO 199)

Contact Information:
COM: 619-556-3855
DSN: 312-526-3855

USNS PECOS (TAO 197)

Contact Information:
COM: 619-556-3120
DSN: 312-526-3120

USNS GUADALUPE (TAO 200)

Contact Information:
COM: 619-556-4180
DSN: 312-526-4180

USNS NAVAJO (TATF 169)

Contact Information:
COM: 619-556-4044
DSN: 312-526-4044

USCGC ZEPHYR (WPC 8)

Contact Information:
COM: 619-437-5103

USCGC HAMILTON (WHEC 715)

Contact Information:
COM: 619-556-6559
DSN: 312-526-6559

SOPA SUBAREA East

Contact Information:
COM: 619-556-5094
DSN: 312-526-5094

Naval Environmental and Preventive Medicine Unit 5

Contact Information:
COM: 619-556-7070
DSN: 312-526-7070
COM FAX: 619-556-7071
DSN FAX: 312-526-7071

Naval Facilities Engineering Command Southwest Division (NAVFAC SWDIV)

Contact Information:
COM: 619-556-2701
DSN: 312-526-2701

LCS CLASSRON

Contact Information:
COM: 619-556-3620
DSN: 312-526-3620

Transient Personnel Unit (TPU)

Contact Information:
COM: 619-556-2024
DSN: 312-526-2024

PCD USS Freedom (LCS-1)

Contact Information:
COM: 619-556-5214 or 3620 (CLASSRON)
DSN: 312-526-5214 or 3620 (CLASSRON)

USS Gridley

Contact Information:
COM: 619-556-4060
DSN: 312-526-4060

USS SAMPSON (DDG 102)

Contact Information:
COM: 619-556-4712
DSN: 312-526-4712

USS NEW ORLEANS (LPD 18)

Contact Information:
COM: 619-556-4762 ext. 2608
DSN: 312-526-4762 ext. 2608

Operator (Base)

Contact Information:
COM: 619-556-1011 x0
DSN: 312-526-1011 x0

Navy Mobilization Processing Site

Contact Information:
COM: 619-556-6721
DSN: 312-526-6721
COM FAX: 619-556-7361
DSN FAX: 312-526-7361

Southwest Regional Maintenance Center (SWRMC)

Contact Information:
COM: 619-556-1500
DSN: 312-526-1500

Construction Battalion Mobile Unit 303

Contact Information:
COM: 619-556-5784
DSN: 312-526-5784

PCD USS Green Bay (LPD 20)

Contact Information:
COM: 619-556-1011 ext. 0 (operator - no lines)
DSN: 312-526-1011 ext. 0 (operator - no lines)

USS Kidd

Contact Information:
COM: 619-556-3801
DSN: 312-526-3801
Careline: 619-588-1309

PCD USS Makin Island

Contact Information:
COM: 619-556-8725/8726
DSN: 312-526-8725/8726

USS CURTS (FFG 38)

Contact Information:
COM: 619-556-3894
DSN: 312-526-3894

Personnel Support Detachment (Admin), Bldg 56

Contact Information:
COM: 619-556-6749
DSN: 312-526-6749
COM FAX: 619-556-6750
DSN FAX: 312-526-6750

PCD USS Independence

Contact Information:
COM: 619-556-1011 ext. 0 (operator - no lines)
DSN: 312-526-1011 ext. 0 (operator - no lines)