

## Resources for Military Families

**Military Interstate Children's Compact Commission** – The Compact, recognized in all 50 states, the District of Columbia, and at OCONUS locations, deals with educational challenges of military children due to their frequent relocations. The primary goal of the Compact is to level the playing field by providing uniform treatment of military children as they transfer between school districts in member states. Several articles encompass the Compact: enrollment, immunizations, unofficial school records, special education, high school graduation, and more. If you have any questions, please contact your Navy School Liaison or review the following website: <https://mic3.net/>.

**Exceptional Family Member Program (EFMP)** – The Navy's EFM Program is a mandatory program and requires enrollment of all dependents (adults and children) with special medical, educational, developmental, and/or emotional needs or concerns. <https://sandiego.navylifefsw.com/programs/c45db64a-1859-4a16-818b-8695079ac19c>, 1-866-923-6478 or [ffsc\\_efmp@us.navy.mil](mailto:ffsc_efmp@us.navy.mil)

**EFMP assists Navy families with special needs to include:**

- Specialized medical and dental care
- Developmental requirements
- Special education requirement
- Accessibility/Adaptive equipment
- Assistive technology devices and services
- Specific mental health conditions

**Special Ed Connection** - Provides easy to use resources and tools to help parents gain a clear understanding of special education requirements and services. From student referrals to individualized education programs (IEPs), this resource explains specific procedures and provides real-world application strategies to help parents learn the complexities surrounding special education supports and services. For free login access, contact your Navy School Liaison:

- NBSD School Liaison: Chanin Massaglia, 619-556-9499 (O) or 619-247-9082 (WK), [chanin.m.massaglia.naf@us.navy.mil](mailto:chanin.m.massaglia.naf@us.navy.mil) or [NBSDSLP@us.navy.mil](mailto:NBSDSLP@us.navy.mil)
- NBC School Liaison: Mindy Hayes, 619-991-2509, [mindy.e.hayes.naf@us.navy.mil](mailto:mindy.e.hayes.naf@us.navy.mil) or [NBCSLO@us.navy.mil](mailto:NBCSLO@us.navy.mil)

**Fleet & Family Support Center (FFSC)** – Resources and information for active duty, retired and reserve members. Deployment, financial counseling, relocation, and exceptional family member support are just a few of the many services provided by FFSC. <https://sandiego.navylifefsw.com/fleet-family/support-center/ffsc-services> or 866-923-6478

**On Base FFSC Locations**

- Naval Base Coronado, 318 Saufley Rd, San Diego, CA 92135, 619-545-6071
- Naval Base Point Loma, 140 Sylvester Rd, San Diego, CA 92106, 619-553-7505
- Naval Base San Diego, 3005 Corbina Alley, Suite 1, San Diego, CA 92136, 619-556-7404
- Naval Base San Diego Counseling Services, 147 Eel Alley, San Diego, CA 92136, 619-556-8809

**Off Base FFSC Locations**

- Bayview Hills Branch, 1967 Sky Harbor Rd, San Diego, CA 92139, 619-267-1720
- Gateway Village Branch, 3207 Rosecrans Pl., San Diego, CA 92110, 619-222-5548

- Kearny Mesa Branch, 3950 Calle Fortunada, San Diego, CA 92123, 619-987-9499
- The Village at Serra Mesa Branch, 3141 Afton Rd, San Diego, CA 92123, 858-505-1369

**Navy Child & Youth Programs (CYP)** – A wide variety of programs for military children, ages 6 weeks to eighteen years (still in high school). Programs offered include, child development centers, family childcare, recreation facilities where children can participate in field trips, open recreation, teen programming, special events, and more. For locations visit:

<https://sandiego.navylifefsw.com/fleet-family/child-youth-programs/youth-programs>

**MilitaryChildcare.com** – A certified and accredited website providing military families a streamline process to search for quality childcare, such as on-installation child development centers, school age centers, and family childcare. <https://militarychildcare.com/>

**Military Child Care in Your Neighborhood (MCCYN)** – a DoD and U.S. Coast Guard fee assistance program for eligible families who cannot access military-operated childcare due to distance or waitlists. With fee assistance, a portion of your childcare costs is paid to offset the costs of community-based care. This makes it easier for families to afford quality childcare from local community providers.

<https://militarychildcare.com/>

**Military Child Care in Your Home (CCYH)** - a DoD fee assistance pilot program that helps military families with the cost of full-time childcare (30–60 hours per week) in their own homes. This program was designed to support families with nontraditional work hours, such as evenings, weekends, or rotating schedules. <https://militarychildcare.com/>

**Navy Fleet & Family Readiness** – Various programs to support Navy families stationed in Navy Region Southwest, such as Moral Welfare and Recreation programs, movies, fitness, childcare, school liaison, fleet and family support, dining, housing, and more. <https://www.navylifefsw.com>

**Navy-Marine Corps Relief Society** – Financial assistance and counseling, quick assist loans, education assistance, emergency travel, disaster relief and more. <https://www.nmcrs.org> or 619-767-6800 or 619-545-4477

**Marine Corps Community Services, MCAS Miramar** – Various programs to support Marine Corps families, such as recreation, family care, school liaison, shopping, dining. <https://miramar.usmc-mccs.org/>

**Military OneSource** - Life topics, confidential help, children, youth and teens, deployment and other topics and resources. <https://www.militaryonesource.mil/> or 1-800-342-9647

**Military OneSource: Special Needs Consultations** - An Exceptional Family Member Program resource that provides military families with special needs resources, options and consultations.

<https://www.militaryonesource.mil/specialty-consultations/military-onesource-special-needs-consultants/>

**Military Child Education Coalition (MCEC)** - MCEC identifies unique challenges facing military-connected children, increases awareness of these challenges in military and educational communities.

<https://www.militarychild.org>

**Tutor.com** – Free online tutoring available to military families 24/7. <https://military.tutor.com>

**Veteran Affairs San Diego Healthcare System** - <https://www.sandiego.va.gov/> or 858-552-8585

**Courage to Call** – Courage to Call is dedicated to improving mental wellness for Veterans, Active Duty, Reservist, National Guardsmen, and their families via a countywide outreach and education 8 am-8 pm peer line, as well as individual, short-term, solution-focused prevention-oriented plans, led by Veterans and their family members. <https://www.courage2call.org/> or Helpline: 877-698-7838 available 8 am-8 pm. After hours crisis dial 988, option 1 or text 838255

**Operation BIGS** – Big Brothers Big Sisters of San Diego’s mission is to create and support one-to-one mentoring relationships that ignite the power and promise of youth. <http://sdbigs.org/> or 858-536-4900

**San Diego Military Family Collaborative** - Several resources, information and free events available to military families. <https://sdmilitaryfamily.org/>, 858-496-0044 or [info@sdmilitaryfamily.org](mailto:info@sdmilitaryfamily.org)

**San Diego Armed Services YMCA** – The San Diego Armed Services YMCA serves the families of those who serve in our military, offering specialized counseling, educational, and social programs that help them cope, connect, and thrive. <https://www.asymca.org/san-diego-home> or 858-751-5755

**United Through Reading Military Program** – United Through Reading was founded in 1989 and connects military families who are separated for deployment or military assignment by providing the bonding experience of shared story time. <https://unitedthroughreading.org/>, 858-481-7323 or [info@utr.org](mailto:info@utr.org)

**Zero8Hundred** – Delivers individualized support to service members, spouses, and their families before, during and after transition to thrive in their post-military life. <https://www.zero8hundred.org/> or 858-309-4412

**Family Forces Counseling** – Family Forces has been providing outpatient counseling services for the military community in the San Diego region and surrounding areas for over a decade. <https://www.familyforces.org/> or 858-277-7907

**Operation Homefront** – a nonprofit organization with several programs dedicated to assisting military families for over 15 years. Program support includes critical financial relief, housing support, and various programs throughout the year. <https://operationhomefront.org> or 858-242-4995