

# FSC Services, Programs, and Resources

Provided by  
**Family Service Center**  
Naval Station San Diego

Did you know that there are more than 450 Family Service Centers at military installations around the world? And that there are six of them in the San Diego area to serve you -- whether you're a single or married service member, active duty or retired; active reservist; DoD civilian; or family member? This eligibility allows you to use any of the Navy, Marine Corps, Army, or Air Force FSCs.

Normally, you would use the FSC serving your command. However, if another FSC is more convenient or offers a program not available at your FSC, you are welcome to use any FSC. (Commands desiring services are requested to contact their servicing FSC for assistance or referral.)

**Family Service Center**  
**Buildings 259 and 263**  
**Naval Station San Diego**  
**619/556-7404**

**SERVICES**

Personal and Marital Counseling  
Family Growth and Development  
Relocation Assistance  
Information and Referral  
Navy Information School  
Retired Activities Office  
Transition Assistance  
Employment Assistance  
Consumer Education  
Financial Counseling  
Deployment Support



**San Diego Area**  
**Family Service Centers**

**Naval Station**  
556-7404

**Naval Base Coronado**  
545-6071

**Submarine Base**  
553-7505

**Marine Corps**  
**Recruit Depot**  
524-5728

**MCAS Miramar**  
537-4099

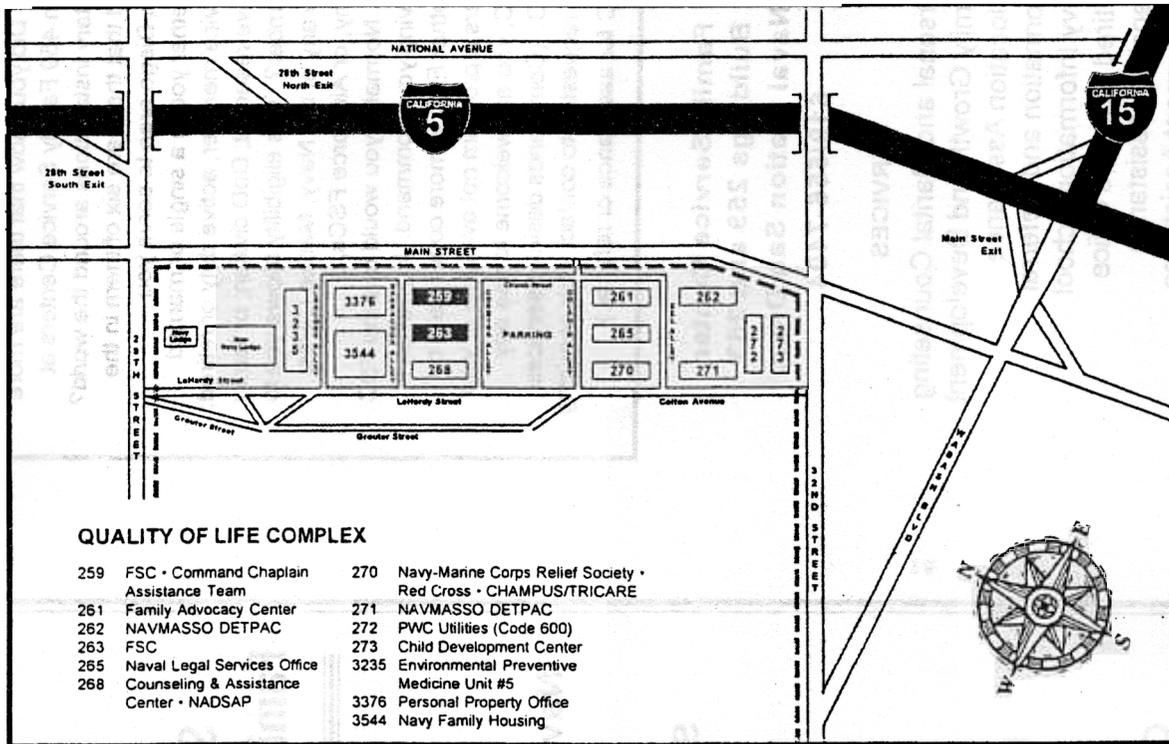
**Camp Pendleton**  
725-5361

**F**amily  
**S**ervice  
**C**enter

*Naval Station San Diego*



**FAMILY SERVICE**  
**WORLD-WIDE**



**From I-5 Southbound:**

1. Take the 28th Street South exit off I-5. Follow 28th Street to first traffic light.
2. At the traffic light, turn LEFT onto Main Street. Follow Main Street until you reach 32nd Street.
3. Turn RIGHT onto 32nd Street and . . .

**From I-15 Southbound:**

1. Take the Main Street exit off I-15. Continue down ramp to the traffic light.
2. At the traffic light, turn RIGHT onto Main Street. Follow Main Street until you reach 32nd Street.
3. Turn LEFT onto 32nd Street and . . .

**From I-5 Northbound:**

1. Take the 28th Street North exit off I-5. Turn LEFT from exit onto National Avenue. Follow National Avenue to first traffic light.
2. At the traffic light, turn LEFT onto 28th Street. Follow 28th Street to the next traffic light.
3. At the traffic light, turn LEFT onto Main Street. Follow Main Street until you reach 32nd Street.
4. Turn RIGHT onto 32nd Street and . . .

- ❖ Make an immediate RIGHT onto Colton Avenue. Continue down Colton Avenue to the stop sign.
- ❖ At the stop sign, turn RIGHT into the parking lot. Continue straight, turn LEFT into the last row of cars, and park in any undesignated space.
- ❖ Building 259, Family Service Center, will be directly in front of you once you have turned into that last row of parking.
- ❖ Building 263, also Family Service Center, is right beside Building 259.

**Family Service Center \* Naval Station San Diego**

Buildings 259 and 263 • 619/556-7404

Do you need the . . .

**NAVY**

**EXCEPTIONAL**

**FAMILY MEMBER PROGRAM**



The Exceptional Family Member Program (EFMP) is designed to identify family members with long-term medical or special education needs.

EFMP mandates enrollment for any family member who meets the following criteria:

- ◆ Disabled by a long-term physical or emotional condition and/or long-term special education needs
- ◆ Enrolled in DEERS
- ◆ Residing with sponsor

*Call today for more information about EFMP,  
its benefits, or enrollment details.*

**Family Service Center \* Naval Station San Diego  
(619) 556-7404**

# *Exceptional Family Member Support Groups*

## **Birth and Beyond Years ❖ B.A.B.Y.**

First Tuesdays ♦ 6:30 pm

Naval Medical Center, Building 2, Pediatrics Conference Room

*A parent-to-parent support program for military families who have children with special needs.*

## **Healing Hearts**

First Tuesdays ♦ 7:15 pm

Naval Medical Center, Building 4, Chapel Memorial Hall

*A parent-to-parent support program for military families experiencing the loss of a fetus, infant, or child. Call Healing Hearts' 24-hour crisis hotline at 557-1293, enter your phone number and then the # sign. Your call will be returned immediately.*

## **Understanding Autism Together**

Third Mondays ♦ 7:15 pm

Naval Medical Center, Pediatrics Conference Room, Building 2,  
enter through Pediatric Acute Care or from the Children's Waiting Room.

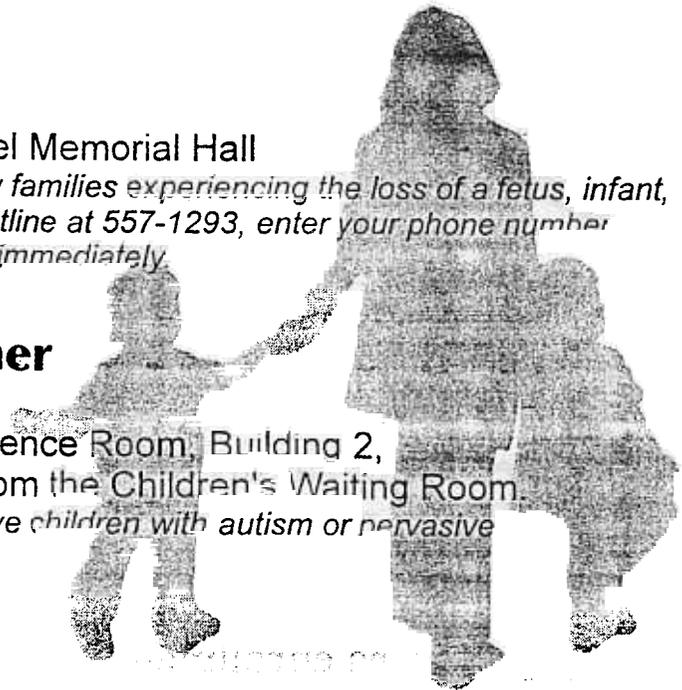
*A support program for military parents who have children with autism or pervasive developmental disorder (PDD).*

## **You Are Not Alone ❖ Y.A.N.A.**

First Tuesdays ♦ 6:00 pm

Naval Medical Center, Pediatrics Sub-Specialty, Building 2

*A support program for children with cancer, survivors of childhood cancer, and their families. Free dinner is available. For additional information, call 532-6669.*



Child care is available by calling 532-6665 in advance.

*For additional information on Exceptional Family Member Support Groups,  
please call the EFM Advocate at 556-7407.*

---

**Family Service Center ❖ Naval Station San Diego**  
**Buildings 259 and 263**



# Food

RESOURCES

## Family Service Center

We are not a food distribution center. But if you are in immediate need or it is an emergency situation, we can refer you to resources that can help out on a temporary basis. Call 556-7404 and ask for Information & Referral.

**Are you in need of food?  
Take advantage of the  
resources listed here!**

## SHARE

SHARE is Self Help And Resource Exchange. For only \$14 and two hours of community service (such as packaging the food, visiting the lonely, donating blood), get a food package worth \$30-35. Each SHARE package includes 12-21 pounds of meat, produce, and staples. There is also a vegetarian SHARE package. Call SHARE for the name of a host organization in your area. Not a charity! Not a government program!

➤ 3350 "E" Street • San Diego CA 92102 • 525-2200

## FOOD STAMP PROGRAM

In order to qualify:

1. Family must meet gross pay amount according to family size.
2. Family can't have a car valued at more than \$4,500.
3. If family owns a house, they must live in that house. Call 514-6885 for information.

## WIC

Women, Infants, Children (WIC) is the special supplemental food program for women, infants, and children. WIC supplies extra food for pregnant women and women who are breast-feeding. Children up to five years of age are also eligible. Contact WIC for specific qualifications and income guidelines.

➤ 5821 University Avenue • San Diego CA 92105  
583-6051 or 583-6052

➤ 220 Euclid Avenue • San Diego CA 92114  
262-8562 or 262-8216

## FOOD OUTLETS

There are many food bargains to be found in the San Diego area. These range from packaged food outlets to bakery thrift stores and farmers markets. For names, addresses, and phone numbers of these thrifty resources, please see reverse side of this flyer.



**Family Service Center \* Naval Station San Diego**

**Buildings 259 & 263 • 619/556-7404**

# San Diego Food Bargains

## East County

Fornaca Bros / Holsum /  
Bohemian Hearth Thrift Store  
8926 Carlton Hills Boulevard  
Santee CA • 449-2500

La Mesa Farmers' Market  
*Fridays (3:00-6:00pm)*  
8500 Allison Street  
La Mesa CA

Orowheat Thrift Store  
1090 E. Washington Avenue  
El Cajon CA • 442-3404

Weber Thrift Store  
1215 N. Cuyamaca Street  
El Cajon CA • 448-0214  
7285 Broadway  
Lemon Grove CA • 460-1830

## South Bay

Chula Vista Farmers' Market  
*Thursdays (3:00-6:00pm)*  
Third Avenue and "E" Street  
Chula Vista CA

Chula Vista Grocery Outlet  
660 "L" Street  
Chula Vista CA • 422-2995

Orowheat Thrift Store  
465 "C" Street  
Chula Vista CA • 427-5030

Weber Thrift Store  
2817 Main Street  
Chula Vista CA • 425-6800

## Coronado

Coronado Farmers' Market  
(Old Ferry Landing)  
*Tuesdays (2:30-6:00pm)*  
Corner of First and "B" Streets  
Coronado CA

## San Diego

Continental Baking Co.  
171 14th Street • 233-7174

Farmers' Bazaar  
215 7th Avenue • 233-0281

Fornaca Bros / Holsum /  
Bohemian Hearth Thrift Store  
2828 National Avenue • 233-5908

Mission Valley Farmers' Market  
(Hazard Center)  
*Thursdays (3:00-6:30pm)*  
Friars Road at Highway 163

Ocean Beach Farmers' Market  
*Wednesdays (4:00-8:00pm)*  
*WINTER (4:00-7:00pm)*  
4900 Newport Avenue  
(west of Sunset Cliffs Boulevard)

Old Country Bakery Outlet  
5660 Eastgate Drive • 558-5991

Orowheat Thrift Store  
7051 Clairmont Mesa Boulevard  
277-6886

Pacific Beach Farmers' Market  
(Promenade Mall)  
*Saturdays (8:00am-Noon)*  
Mission Avenue between Reed  
and Pacific Beach Boulevard

Parisian Bakery Thrift Store  
8049 Arjons Drive • 695-0472

Sons Discount Bakery  
4688 Convoy Street • 279-7999

Uptown S.D. Farmers' Market  
(The Boulevard)  
*Sundays (10:00am-2:00pm)*  
El Cajon Boulevard at  
Marlborough Avenue  
(3 blocks east of 40th Street)

## North County

Carlsbad Farmers' Market  
*Wednesdays (3:00-6:00pm)*  
Roosevelt Street between Grand  
Avenue and Carlsbad Village Drive

Del Mar Farmers' Market  
(City Hall Parking Lot)  
*Saturdays (1:00-4:00pm)*  
Corner of El Camino Del Mar  
and 10th Street

Escondido Farmers' Market  
*Tuesdays (3:00-7:00pm)*  
Grand Avenue and Broadway

Escondido Farmers' Market  
(North County Market)  
*Wednesdays (9:00am-Noon)*  
3660 Sunset Drive  
(across from North County Fair)

Fornaca Bros / Holsum /  
Bohemian Hearth Thrift Store  
2506 S. Santa Fe Avenue  
Vista CA • 598-1774  
13369 Poway Road  
Poway CA • 748-5689

Oceanside Farmers' Market  
(Downtown)  
*Thursdays (9:00am-12:30pm)*  
Corner of N. Hill and 3rd Streets

Orowheat Thrift Store  
800 W. Grand Avenue  
Escondido CA • 741-3773

Poway Farmers' Market  
(Old Poway Park)  
*Saturdays (8:00-11:00am)*  
Corner of Midland Road  
and Temple Street

Rancho Bernardo Farmers'  
Market  
(Bernardo Winery)  
*Fridays (9:00am-Noon)*  
13330 Paseo del Verano Norte

Vista Farmers' Market  
(City Hall Parking Lot)  
*Saturdays (8:00-11:00am)*  
Corner of Eucalyptus and

# Supervised Children's Play Area



**P**arents are invited to have their children enjoy the supervised Child Play Area next door at Military Family Housing.

**T**he Child Play Area, staffed by trained attendants from 8:00 am to 4:45 pm, provides a safe play environment for children aged 2 to 12 years. This free service is available for up to two hours while parents are using Family Service Center, Personal Property Office, or Military Family Housing.

*Please inquire at our front desk, in building 259, about the paperwork procedures required to make use of this service.*



**Family Service Center \* Naval Station, San Diego**  
Buildings 259 & 263 • 619/556-7404

# Stressbusters!



Learn to identify, understand, and *deal* with negative stress in your life.

Join this drop-in group on  
Thursdays from 3:00-4:30 p.m

at the

**Family Service Center**

Naval Station San Diego

Building 259

*For more information, call 556-9798.*



# Children Learn What They Live

If a child lives with criticism,  
He learns to condemn.

If a child lives with hostility,  
He learns to fight.

If a child lives with ridicule,  
He learns to be shy.



If a child lives with shame,  
He learns to feel guilty.

If a child lives with tolerance,  
He learns to be patience

If a child lives with encouragement,  
He learns confidence.

If a child lives with praise,  
He learns to appreciate.

If a child lives with fairness,  
He learns justice.

If a child lives with security,  
He learns to have faith.

If a child lives with approval,  
He learns to like himself.



If a child lives with acceptance and friendship,  
He learns to find love in the World!

**Family Service Center \* Naval Station San Diego**

Buildings 259 and 263 • (619) 556-7404



## WIC...A HELPING HAND FOR SAN DIEGO COUNTY MILITARY FAMILIES!

Sometimes it's hard for military personnel to make ends meet, especially in this high cost-of-living area. The **American Red Cross WIC Program** can help provide the best possible nutrition for you and your family during critical periods of growth and development.

WIC provides vouchers for nutritious food worth from **\$55 to \$130** per month per person on the program. Nutrition education, breastfeeding support and referrals to health care are also provided. WIC helps children stay healthy and women have healthier pregnancies.

### WIC SERVES:

- ♥ Pregnant women and women with new babies
- ♥ Children under age 5



Financial eligibility depends on total family size and income. For example, a family of 4 people can earn \$2,475 per month or less and be eligible for WIC services. VHA and BAQ are not counted as income. Enrolling is easy.

American Red Cross WIC has 16 clinics located conveniently throughout San Diego County, including 6 clinics on military installations.



## CALL WIC TODAY FOR MORE INFORMATION!

**AMERICAN RED CROSS WIC**  
 Administrative Office  
 5911 University Avenue  
 San Diego, CA 92115  
**583-4853**

**AMERICAN RED CROSS WIC**  
 Oceanside Office  
 1906 Oceanside Blvd.  
 Oceanside, CA 92054  
**433-3814**

## WIC...IT'S A HELPING HAND, NOT A HANDOUT!



This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex or handicap, write immediately to the Secretary of Agriculture, Washington, DC.

# Help Prevent Abuse NOW!

*Schedule a GMT for your command:*

- *Child Abuse Prevention*
- *Domestic Violence Prevention*



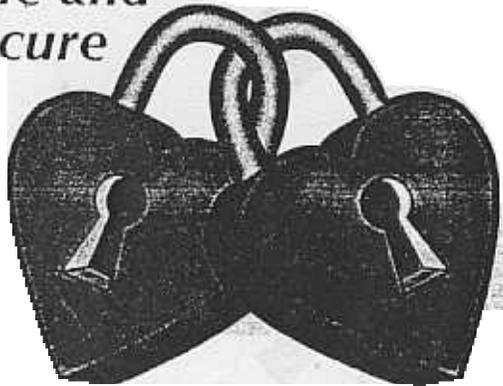
*Call 556-7431, 556-8960, or 556-9015.*

Family Service Center ✪ Naval Station San Diego • Buildings 259 & 263

(9/96)

# *Domestic Violence Prevention*

*Safe and  
Secure*



*Working together  
to prevent Domestic Violence*

## **Family Service Centers**

**Naval Station San Diego ♦ 556-7404**

**Naval Base Coronado ♦ 545-6071**

**Naval Submarine Base ♦ 553-7505**

# Transition Assistance Management Program Spouse Employment Assistance Program

Family Service Center \* Naval Station San Diego  
Building 263 \* 556-9866 \* 8:00 am - 4:00 pm \* Monday-Friday



## Services

- California State EDD Representative\*
- Resume and SF-171 Review\*
- Job Opportunities / Listings  
Employment Resource Library
- Typewriters/Copier/Telephone



## Workshops

- *Résumé Writing*
- *Winning Interviews*
- *Skills & Self Assessment*
- *Small Business Seminars*
- *Finding Federal Employment*
- *Career Insights for Military Spouses*
- *Pre-retirement Exploration & Planning*



## Computer Programs\*

- *Defense Outplacement Referral System (DORS)*
- *Public & Community Services (PACS)*
- *Dictionary of Occupational Titles (EZ DOT)*
- *Automated Labor Exchange (ALEX)*
- *Transition Bulletin Board (TBB)*
- *America's Job Bank (AJB)*
- *Strong Interest Inventory*



- *Laser Printers*
- *Résumé Maker*
- *WordPerfect 6.0*
- *WinWay Résumé*
- *Quick & Easy (SF-171 & OF-612)*

\* BY APPOINTMENT

# Get a Great Start on **Military Retirement**

## **Attend P.R.E.P.** **Pre-retirement Exploration and Planning**

This workshop is designed  
for personnel within five years  
of military retirement.  
(Spouses encouraged to attend!)

### Topics covered:

- ❖ Career Exploration
- ❖ Financial Planning
- ❖ Retirement Benefits
- ❖ Survivors Benefits
- ❖ Transition Stress
- ❖ Education Opportunities
- ❖ Professional Image
- ❖ Volunteering



**Family Service Center \* Naval Station San Diego**  
**Building 263 • 556-9866**

# Obtaining a Copy of Your Credit Report



## Purchased Credit Reports

You may purchase a copy of your credit report by phone, by mail, or in person from the following credit bureaus. You'll need to provide the same information requested in the letter on the reverse side of this flyer. Fees are \$8.00 plus state sales tax. *(The fees for Colorado, Connecticut, and Maine are less. Call for specific information.)*

Experian Information Systems  
PO Box 2104  
Allen TX 75013-2104  
800 / 682-7654

Trans Union Corporation  
Consumer Relations Center  
P.O. Box 390  
Springfield PA 19064-0390  
800 / 933-1200  
216 / 779-7200

Equifax Credit Information  
P.O. Box 105873  
Atlanta GA 30348  
800 / 685-1111

## Free Credit Reports

If you have been denied credit, employment, or insurance within the last 60 days, on the basis of a credit report, the credit bureau issuing the report is required to provide you with a free copy of the report.