

## **Welcome Aboard Sailors and Families of USS Cape St. George!**

As we embark on this new chapter together aboard the USS Cape St. George, I am thrilled to introduce myself as your Ombudsman, Christy Guriddi. It is both an honor and a privilege to serve as a confidential link between our incredible families and the command structure.

My journey in a military family, coupled with over a year of diverse experience as an Ombudsman, has shaped my understanding of the challenges and triumphs that define this life. I recognize that each family endures its own set of challenges during underways and deployments, and I am here to support you every step of the way.

### Your Connection and Support System

My primary goal is to provide a reliable source of information and a comforting presence. Please do not hesitate to contact me for any reason. Your voice is essential, and I am here to help amplify it.

My Response Commitment: I have up to 48 hours to respond, but I typically respond instantly or within an hour.

Resources at Your Fingertips: I am committed to connecting you with vital resources for your families, whether you are home or your Sailor is out to sea. I can serve as a conduit for information and resources, bridging the gap between families and the Command.

Some of the many resources available through your Ombudsman include:

- Fleet and Family Support Center
- STEP (Supplemental Transition for Enlisted Personnel)
- Armed Services YMCA
- Murphy Canyon Bread Ministries
- My Navy Family App (A great resources tool!)

## Community Engagement: Join Our Private Facebook Group

- Facebook Page: <https://www.facebook.com/groups/123079559584775/A>
- Joining: This is a Private group. I will only add members who have been approved via the Microsoft Forms process. This ensures the security and privacy of our community.

## Confidentiality and Mandatory Reporting

Please know that most of your communications with me are held in strict confidence. I am here to listen without judgment.

However, as a mandated reporter, I am legally and ethically required to report any alleged or known incidents of:

- Child neglect or abuse/ Domestic abuse/ Sexual assault/ Suspected or potential suicidal risks

In these circumstances, my priority is the safety of those involved, and I will connect you with the appropriate resources and command immediately.

Warm regards,

Christy Guriddi Your USS Cape St. George Ombudsman

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