



# Fleet & Family Support Center

## Overview of Services & Programs



# Deployment Support

- Deployment readiness briefs, fairs and workshops
- Individual Augmentee family support
- Family Readiness Group (FRG) training
- Mid-deployment support
- Return and Reunion
- Homecoming workshops
- Navy Family Accountability & Assessment System



# Ombudsman Program

- Ombudsman Coordinator
- Ombudsman Basic Training
- Ombudsman Advanced Training
- Ombudsman Registry (CNIC)
- Guidance on OMB Instruction and Reimbursements
- Ombudsman & FRG Support



# Command Support

- Command Representative program
- Disaster Preparedness
- Customized command briefs
- Command Leadership Resource Training
- Leadership spouse training



# Information & Referral/Relocation Assistance

- New spouse workshops
- Family Care Plan support
- Active duty pregnancy resources workshop
- Worldwide relocation information
- Transferring workshops
- Sponsor Coordinator & Sponsor training
- Welcome Aboard packages



# Counseling Services

- Individual, couple, family & child counseling
- Crisis counseling & support groups
- New Parent Support in-home visitation
- Deployed Resiliency Counselors
- Family Advocacy Program
- Domestic Abuse Victim Advocates



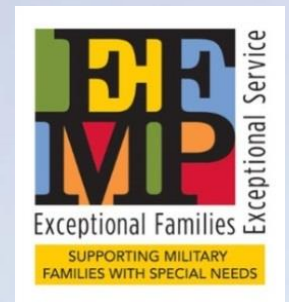
# Life Skills Programs

- Communication & conflict resolution classes
- Stress & anger management workshops
- Parenting workshops
- Suicide prevention briefs
- Operational Stress Control training



# Exceptional Family Member Program (EFMP)

- Networking opportunities with other families enrolled in program
- Program education for commands
- Personalized liaison assistance
- Enrollment guidance
- Referrals to resources





# Personal Financial Management

- Individual financial consultation
- Saving & Investing workshops
- Home buying and car buying seminars
- Million Dollar Sailor/Spouse workshop
- Command Financial Specialist (CFS) Training



# Retired Activities Office

- Resources, referrals & consultation
- Information on benefits, including the Survivor Benefit Plan



# Career and Transition Goals, Plans, Success (TGPS)

- TGPS seminars & CAPSTONE events
- Instructional Tracks including:
  - Career Technical Training Track
  - Entrepreneurial Track
  - Accessing Higher Education Track



# Family Member Employment

- Individual career counseling and résumé assistance
- Federal and civilian job search strategies
- Employment resource center and job postings



# Sexual Assault Prevention & Response

- Response & support for victims of sexual assault
- Commander toolkit training
- Sexual assault prevention & response training
- Military & Community resources



# Navy Gold Star Program



- Serve as advocates for surviving family members providing information about benefits and resources
- Connect survivors with each other and the Navy by coordinating events throughout the year



# Fleet & Family Support Center San Diego

## Centralized Scheduling Center

(866) 923-6478



Naval Base Coronado



Naval Base Point Loma



Naval Base San Diego



Kearny Mesa Branch

Hours  
7:30 – 4:30  
Closed Weekends &  
Federal Holidays



Family Readiness Express



Bayview Hills



Gateway Village



Village at Serra Mesa

