

HEADQUARTERS & SUPPORT BATTALION MCI-WEST



“My vision is for the Marine Corps to be manned, trained, and equipped as the world’s premier naval expeditionary force-in readiness; forward-postured with the fleets to deter conflict and respond to crisis; and globally recognized as an elite Corps of Marines of exceptional talent and virtue... Success requires that we all ask and work to answer a handful of basic questions. What are we not doing today that we should be doing? What are we doing that we should be doing differently – a better way? What are we doing that we should stop doing...?”

~ General David H. Berger
38th CMC Planning Guidance

Welcome Aboard Package

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Welcome Aboard!

Marines, Sailors and Families of Headquarters and Support Battalion,

I wish to extend to you our most heartfelt welcome. The Sergeant Major and I want to welcome you to Headquarters and Support Battalion, Marine Corps Installation-West (HqSpt Bn MCI-W), Marine Corps Base Camp Pendleton. Our mission is to provide administrative, training and disciplinary support for personnel assigned to MCIWEST-MCB Camp Pendleton affiliated organizations in order to increase operational and functional effectiveness, simplicity and utility. When you joined the Marine Corps, you joined a close-knit family. We encourage you to be an active part of our battalion family.

The success of this battalion requires our Marines and Sailors to be ready physically, mentally, emotionally, and spiritually. That kind of balanced fitness requires the support of families. For that, we thank you immensely. Our Marines and Sailors are the core of this battalion, and I welcome your input on how we can take care of our Marines, Sailors, and military families. If you can think of anything that you feel would enhance our family readiness, I would love to hear it.

During your tour, you are encouraged to take advantage of the vast array of MCCS programs on base and the incredibly enriching activities off base. We are confident that if you take full advantage of all this tour has to offer, you will realize why our Marines continue to reenlist.

For those with dependent family members, our Unit Readiness Coordinator, Gunnery Sergeant Ada Earle, is your advocate. She will provide you with the information about the bountiful resources available through MCCS here on base. These resources include information for family care and readiness, recreation programs, behavioral health, physical and mental health, personal and professional development, and activities both on board Camp Pendleton and in southern California. If you have any questions, you can reach Gunnery Sergeant Earle at (703) 763-7459 or at email ada.earle@usmc.mil.

The Sergeant Major and I are confident you will find this a rewarding tour of duty, we look forward to meeting you and hearing and your experience.

Semper Fidelis,

M. E. CEDENO
SgtMaj, U. S. Marine Corps
Sergeant Major

T. A. PERRY
Colonel, U. S. Marine Corps
Commanding Officer

Unit Readiness Coordinator



On behalf of the Commanding Officer, I would like to take this opportunity to welcome you to the Headquarters and Support Battalion Family. My name is Gunnery Sergeant Ada Earle, and I am the Headquarters and Support Battalion Unit Readiness Coordinator (URC). Alongside the Family Readiness Command Team, I am here to carry out the Commander's vision for the Unit, Personal and Family Readiness Program (UP&FRP) and assist you and your family with all aspects of family readiness.

The Marine Corps defines “family” as any unit the Marine is born into, sworn into, or married into. This change has allowed us to incorporate all family members. So whether you are an active duty member, parent, spouse, child, significant other or an extended family member, please know that I am here to assist you and your family with information, resources and referrals. Family readiness equals mission readiness.

As such, the UP&FRP or Family Readiness Program is a Marine and family member’s one-stop-shop for *Official Command Communication*, Resources and Referral Information, Readiness and Deployment Support, and UP&FRP Volunteer Management. Our goal is to equip and assist Marines and their families in becoming well-informed and self-sufficient, and to improve their quality of life so as to ensure that family readiness on the home front ensures the Marine’s mission readiness.

As your URC, I am dedicated to providing you with the support you need to successfully balance the challenges of a military lifestyle. Family readiness directly affects the fundamental purpose of the Marine Corps by building commitment and raising morale, thereby increasing unit readiness. Spouses, parents and all family members play an important role in the lives of our Marines and your contribution to Headquarters and Support Battalion is vital. I’m here to help everyone be proactive and ready at all times.

There are several ways in which you can participate and make meaningful contributions to the Family Readiness Program. We continuously seek Family Readiness Assistant volunteers, to help welcome new families and to provide the Family Readiness Command Team with valuable input and information for continued growth. Such activities include assisting with Family Days, New Join Briefs, Family Days, Spouse Socials, etc. Everyone is encouraged to participate in our Family Readiness Program; this benefits the entire unit.

As always, feel free to call me or stop by my office anytime; my door is always open and I am readily available to assist.

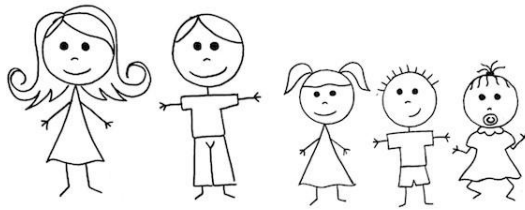
Again, welcome to the Headquarters & Support Battalion family!

Ada Earle

GySgt Ada Earle Phone:

760-763-7459

Ada.Earle@usmc.mil



UNIT, PERSONAL AND FAMILY READINESS PROGRAM (UP&FRP)

The Family Readiness program requires that all newly joined Marines complete a UP&FRP form, and update their Family Readiness contacts in Marine Online (MOL) within 10 working days. Please be assured that all personal information will be kept in the strictest compliance with all policies regarding Personally Identifiable Information and the Privacy Act of 1974. **PLEASE OBTAIN YOUR OFFICIAL UP&FRP AUTHORIZATION FORM FROM THE Headquarters and Support Battalion** or download and fill out the form and submit it to the FRO **DURING YOUR CHECK-IN PROCESS**. This is the Marine's responsibility.

The form may be downloaded at:

https://www.tecom.marines.mil/Portals/147/H&S%20BN/NAVMC_11654_check_in_form.pdf

FAMILY CARE PLAN

To keep in compliance with MCO 1740.13C, ALL MARINES WITH DEPENDENTS and/or Dual Active Married Couples must complete a comprehensive Family Care Plan (FCP). This plan must provide for all contingencies both long and short term and in emergency situations that may possibly arise in the event that the Service Member is away and the Remain Behind Parent/Guardian becomes unable to care for a child or other adult dependent. FCPs are the individual Marine's responsibility. Failure to produce an FCP may be grounds for disciplinary actions and/or administrative separation from the Marine Corps if a situation causes a Marine to miss training or a deployment. **This is mandatory.**

For further information refer to: <https://www.marines.mil/Portals/1/Publications/MCO%201740.13C.pdf>

HOSPT BN Family Readiness Command Team

Commanding Officer: Col Tracy A. Perry

Executive Officer: LtCol Jon B. Livingston

Sergeant Major: SgtMaj Michael Cedeno

HQSPT BN Unit Readiness Coordinator: GySgt Ada Earle

Single Marine Program Rep: Cpl Kelsie Jones

Command Team Advisors:

Alpha Co: First Sergeant Luigi Morillas

Bravo Co: First Sergeant Udberto Rivas

Headquarters & Support Co: First Sergeant Octavius Stone

Chaplain: Lieutenant Tianna Ren

GENERAL BASE INFORMATION

Checking In

PCS Marines will report to the Headquarters and Support Battalion S-1, Building 13107. A duty is on post 24-hours a day to receive Marines reporting aboard. For more information call the S-1 at (760) 725-6505 or Duty after hours at (760) 815-3280. The S-1's hours of operation are: 0730 - 1630 Monday – Friday (after hours, Saturdays and Sundays please check in with the duty).

Travel Claim Information

All Marines reporting from aboard with funded PCS orders are required to complete a travel claim. It is the responsibility of the Marine to complete their travel claim via the Inbound Module in MOL. Therefore, to expedite payment of travel expenses, please ensure you have the following (if applicable):

- Web Orders
- Original Order Endorsement
- A command endorsement for all temporary instruction (TEMINS) completed - All commercial lodging and travel receipts
- Flight itinerary
- Portcall/TMO endorsement (overseas only)
- Receipts for expenses over \$75.00

Reporting Unit

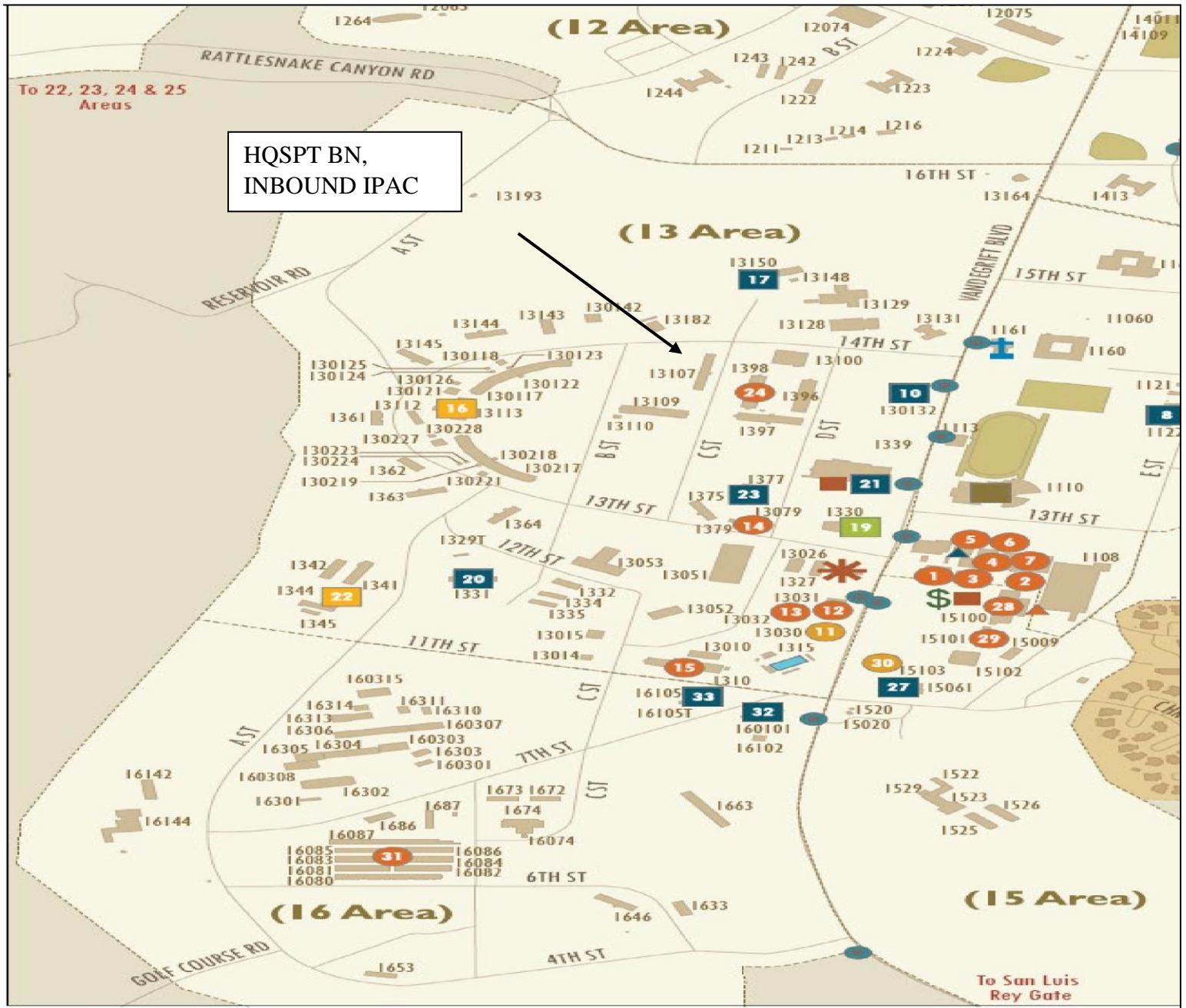
Headquarters and Support Battalion - Building 13107 - business hours 0730 – 1630

Phone # (760) 725-6505 / OOD is on duty 24/7

Sponsorship

The HQSPT Bn Marine Corps Sponsorship Program (MSCP) will assign a sponsor to assist transferring service members and their families prior to arrival at the new duty station. The welfare and morale of the service members and their families are essential factors which influence career motivation. An effective sponsorship program benefits both the individual service member and the Marine Corps by easing anxieties associated with PCS assignments that will lead to personnel readiness.

13 AREA SITE MAP



Directions from the back gate (San Luis Rey):

1. From Interstate 5, EXIT onto Eastbound Hwy 76.
2. Take Hwy 76 to College Blvd. and make a LEFT.
3. Take College Blvd., go over the bridge, and turn RIGHT onto North River Rd / Vandergrift Blvd.
4. Take Vandergrift Blvd. all the way down to the front gate.
5. Take Vandergrift Blvd. and make a LEFT on 14th street.
6. Take 14th St. down and make a LEFT on C St.
7. Headquarters and Support BN on the Right.

Directions from the front gate:

1. Enter the main gate of Camp Pendleton off HWY 5 (Camp Pendleton Exit).
2. Travel on Vandergrift Blvd. past the Air Station towards the Naval Hospital.
3. Exit RIGHT onto Rattlesnake Canyon Rd.
4. Go up the hill to the 3rd light and make a RIGHT back onto Vandergrift Blvd.
5. Take Vandergrift Blvd and turn RIGHT onto 14h St.
6. Take 14th St. down and make a left on C St.
7. Headquarters and Support BN on the Right.

USEFUL PHONE NUMBERS

CAMP PENDLETON NUMBERS

HQSPT BN OOD Number (760) 815-3280
HQSPT BN Unit Readiness Coordinator (760) 763-7459
HQSPT BN Chaplain (760) 763-4339

EMERGENCY SERVICES

Base Police (760) 725-3888
Off Base Emergency 911

NAVAL HOSPITAL APPOINTMENT (760) 725-1288

BIRTH OF A CHILD/FAMILY DEATH (877) 272 -7337
American Red Cross (message to Active Duty member)

TRICARE office at Naval Hospital Camp Pendleton (760) 725-1288
(To enroll child in DEERS if born in civilian hospital)

TRICARE DENTAL PROGRAM – United Concordia (866) 984-2337

CAR REPAIR

Base Auto Hobby Shop (760) 725-5963

CHILD CARE

Emergency Child Care (760) 725-9723
(provided by Children, Youth & Teen Program)

National Association of Child Care,
Resources & Referral Agency (800) 424-2246
Fisher Center (Daytime hours only) (760) 725-0845

COUNSELING

Base Chaplain (760) 725-4700
Counseling Services (760) 725-9051
Naval Hospital Mental Health (760) 719-3312
Suicide Prevention Hot Line (800) 273-talk
Military One Source (800) 342-9647

USEFUL PHONE NUMBERS

I.D. / LOST I.D. CARD

DEERS / Pass & I.D. (760) 725-2442
DEERS Verification (800) 334-4162

FINANCIAL/ SUPPLEMENTAL FOOD RESOURCES

Community Resource Center (Encinitas, CA) (760) 753-8300
Food Stamps (North County) (858) 694-3900
Friends of San Onofre Marines (949) 388-2812
Military Outreach Ministries (food/no money) (619) 461-4164
Navy Marine Corps Relief Society
Camp Pendleton South (760) 725-5337
Camp Pendleton North (760) 725-7497

USEFUL WEBSITE LINKS

www.marines.mil
www.marforres.marines.mil
www.navy.mil
www.militarytimes.com
www.operationhomefront.com

Camp Pendleton Web Sites

www.mccscp.com
www.mcpcamp Pendleton.com
www.cpen.med.navy.mil

For Marines, Spouses & Families

www.militaryonesource.mil
<http://usmclife.com/>
www.militaryspouse.com
www.militaryfamily.org
www.spousebuzz.com
www.osccp.org
www.marineparents.com

Other Helpful Websites

www.commissaries.com
www.usmcpres.com
www.thefew.com
www.nmcrcs.org
www.singlemarine.com
www.mybaseguide.com
<https://www.tricare.mil>

Headquarters United States Marine Corps
Marine Forces Reserve
Navy Web Site
Military Times
Department of Defense website for official Military
community and Family Policy program information

MCCS – Camp Pendleton Website
Official Camp Pendleton Website
Naval Hospital Camp Pendleton

Military One Source
USMC Life
Marine Spouses Web Site
For Military Families
Military Website
Officer's Spouse Club Camp Pendleton
For parents of Marines

Commissary Information
History & Military References
Offers Support & Resource Information
Navy Marine Corps Relief Society
Single Marine Program
Camp Pendleton Base Guide
Tricare Website for Medical/Dental

CAMP PENDLETON RESOURCES

RELOCATION & TRANSPORTATION INFORMATION

Distribution Management Office
BLDG. 2263 9th St. Camp Pendleton, CA 92055-5404
<https://www.pendleton.marines.mil/Main-Menu/Services/DMO/>

If you have problems with a personal property move in progress, please call the Camp Pendleton Quality Assurance at (760) 725-8666 Monday-Friday from 0800-1630 (except Federal Holidays). For assistance at other times please call the Camp Pendleton NCO on-call, at (760) 207-5081. If you have an emergent freight issue, please call (760) 212-3979; if you have an emergent passenger travel issue, please call (760) 212-3978.

RELOCATION ASSISTANCE PROGRAM

RELOCATION ASSISTANCE SERVICES – CAMP PENDLETON: (760) 725-3400/5704
<http://www.mccscpdmo.com>

Mainside Transition Readiness & Career Center
Bldg 1101/1102
(760) 725-4395

The Relocation Specialist taps a variety of resources to assist service members and families with relocation or transition. Offered are:

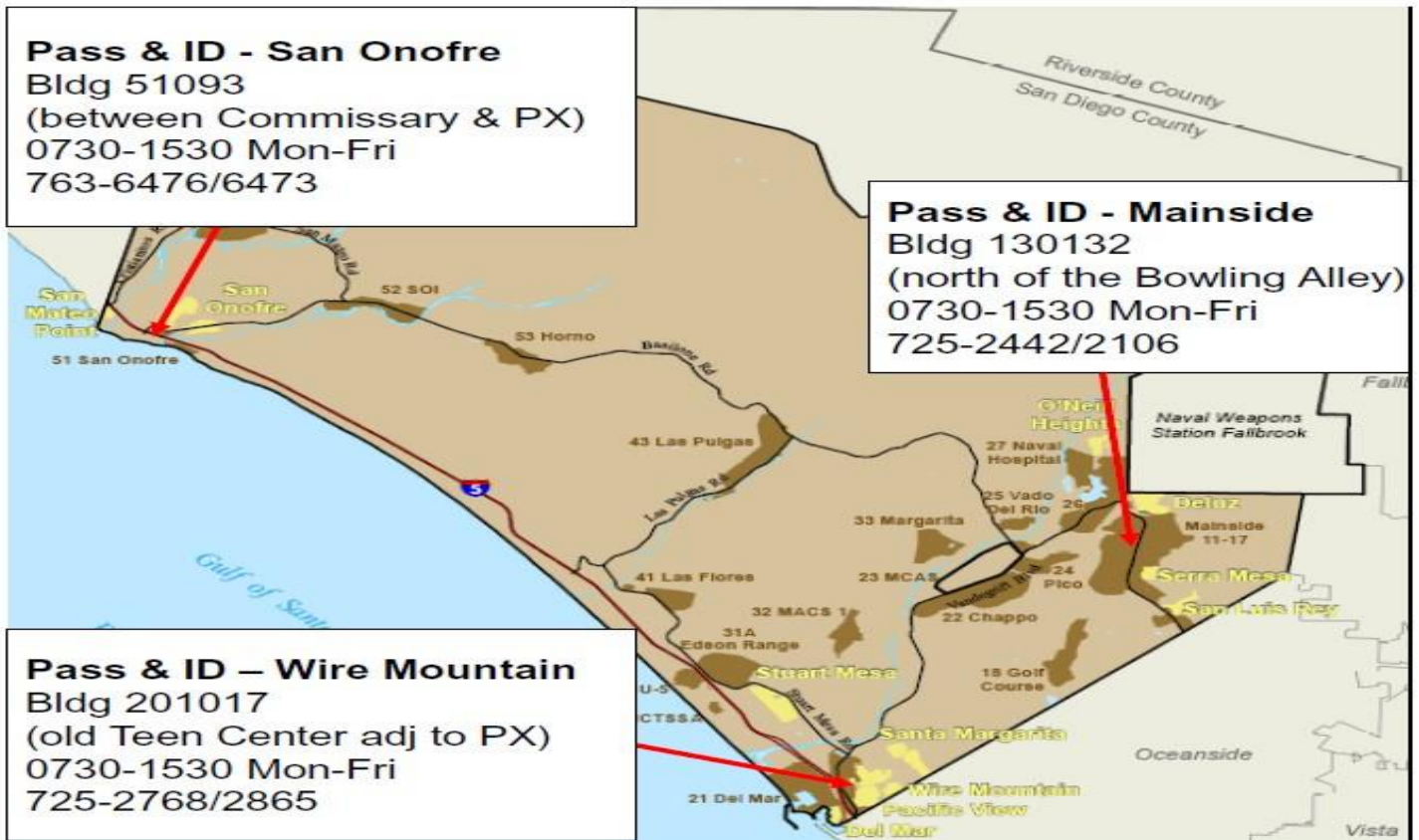
- International Culture Group
- Loan Locker – (provides pots/pans for use)
- Plan Your Move Seminar
- Sponsorship Training
- Distribution Management Office
- Youth Sponsorship

HOUSEHOLD GOODS OVERDUE / LOST / DESTROYED

Loan Locker (no furniture-just pots/pans)	(760) 725-3802
Military Outreach Ministries (furniture, clothing, etc)	(760) 908-7043
Distribution Management Office (DMO)	(760) 725-8177

DEERS/PASS & ID INFORMATION

Please note that full ID Card and Vehicle Registration services, to include registration of motorcycles, are available at all three Pass & ID locations.



Pass & ID – Wire Mountain is currently CLOSED AT THIS TIME. Base Access

Marine Corps Base Camp Pendleton has implemented policies that focus on access control procedure and ensure the protection of Active Duty personnel, residents and civilian employees. These policies are intended to help Marines accomplish their mission and keep families aboard Camp Pendleton safe, while allowing access to authorized personnel and sponsored visitors. For more information click the link below.

<http://www.pendleton.marines.mil/About/BaseInformation/BaseAccess.aspx>

DEERS Verification: (800) 538-9552

DEERS enrollment (Defense Eligibility Enrollment Reporting System) for Marine Corps Base, Camp Pendleton uses an appointment system. The Office is the primary issuing facility for ID Cards for Active Duty Members, Reserve and National Guard Members, retired, former spouses who are not remarried and certain other eligible family members.

TRICARE INFORMATION

Tricare Extra

- Provider locator: 1-(888)-TRIWEST or www.tricare.mil
- Cost varies for E-5 and above and E-5 and below. Deductible 15% negotiated fee
- Service- Care proved by physicians not in Tricare network but still authorized provider • Advantage- Claim paperwork submitted by provider

Eligibility Requirements

- Active duty family member
- Military retiree, to include military retiree family member
- Surviving eligible family member of deceased active duty or retired service member
- Ward, pre-adoptive child or former spouse of an active duty or retired service member • Enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) (800) 334-4162.

METLIFE (DENTAL)

(855) MET-TDP1 (638-8371)

Overseas: (855) MET-TDP2 (638-8372)

TDD/TYY: (855) MET-TDP3 (638-8373)

<https://employeeedental.metlife.com/dental/public/EmpEntry.do>

Dental Program offers all enrolled members comprehensive dental coverage:

- Diagnostic & preventative services
- Basic restorative services
- Endodontics
- Periodontics
- Oral surgery
- Orthodontics
-

Eligibility:

- Family members of active duty service members, including spouses and unmarried children (including stepchildren, adopted children and wards) under 21.
- Full-time student – A family member over age 21 may be eligible for benefits through the end of the month in which he or she turns 23 if they are:
 - Enrolled full-time at an accredited college or university
 - More than 50% dependent on the sponsor for financial support
- If the student terminates his/her education prior to turning 23, eligibility ends at the end of the month in which education terminates.

MEDICAL– NAVAL HOSPITAL & PHARMACY INFORMATION

200 Mercy Circle

(760) 725-HELP (4357)

<https://camp-pendleton.tricare.mil/>

For information on Branch Medical Clinics & Pharmacies:

<https://camp-pendleton.tricare.mil/About-Us/Directory>

DIRECTIONS TO NAVAL HOSPITAL – CAMP PENDLETON

North or South:

Take Interstate 5 north or south to the Camp Pendleton exit. If coming from the north, make a left after the exit. After passing through the main gate of the Base, hospital is immediately on your right.

From Fallbrook and points east of Camp Pendleton:

From Interstate 15, take the Mission Road exit toward Fallbrook. Follow Mission Road for approximately 5 miles until you reach the intersection of Ammunition Road. Make a right on Ammunition Road and proceed through the Naval Weapon Station gate. Make a right turn on Vandergrift Blvd and continue about 7 miles and hospital will be on your left.

Important Numbers

Patient Services Center

(760)-725-HELP (4357)

Options for this number

- Appointment Line/ OBGYN - Make or Change Appointment
- Medical Concerns
- Pharmacy Call-in Refill Requests
- Information

Officer of the Day/Quarterdeck (Main Hospital Phone Number)

(760) 725-1288

PHARMACY INFORMATION

Naval Hospital Pharmacy
(760) 725-1440/41

Pharmacy Refills (Toll Free)
(866) 286-8249

Pharmacy Hours
Monday – Friday 7:30-9:00
Saturday – 8:00 – 3:00
Sunday and Federal Holidays – closed

Pharmacy wait times are posted at www.cpen.med.navy.mil and displays up to the minute CURRENT wait times.

Refills must BE CALLED in by dialing above number or via internet at www.cpen.med.navy.mil.

Prescription refills will be filled in the following time frame:

<u>Called in by:</u>	<u>Pick up after:</u>
Sunday	Wednesday
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Tuesday
Friday	Tuesday
Saturday	Wednesday

BRANCH MEDICAL CLINICS

13 AREA BRANCH MEDICAL CLINIC

Building Location: Camp Pendleton, 13 Area, Bldg. 13127

Phone Number: (760)-763-0306. Appointment line Family Members; 725-7499/7352

Services Provided:

- Pharmacy – **Refill site only**. Original prescription must be filled at Naval Hospital pharmacy first, all refills can then be requested at this clinic.
- Supports active duty, retired military and their family members. Patients are seen on appointment basis only and appointment availability is based on acuity of the illness. This clinic does not have emergency services or after-hour care.

Exceptional Family Member Program

(760) 725-5363

FAMILY HOUSING

Main: 98 San Jacinto Rd

(760) 725-5995

Toll Free: (800)-843-2182

<https://www.pendleton.marines.mil/Family/Family-Housing/>

Forms may also be submitted via email or fax to: pndlfamilyhousing@usmc.mil or (760) 725-5559 DSN: (365) Services:

- On-Base Housing offered for all military families in various locations on Camp Pendleton.
- Off-Base Housing referral services and counseling for persons choosing to live off base or those on a waiting list.
- Special program with apartment landlord who will exchange the security deposit and last month's rent for an allotment paying the landlord directly. A minimum of one year required on the lease. Ask the Housing Office for details.

For information regarding specific Lincoln Housing Unit availability: www.lincolnmilitary.com

LODGING

Temporary Lodging Facilities (TLF)

Temporary Lodging Facilities offer short-term housing accommodations for military members, their families, and guests.

Ward Lodging

Bldg 1310 (across from Mainside Center)

(760) 725-5304 x310

To make reservations: <http://innsofthecorps.com/>

Readiness & Community Support

Abby Reinke Community Center

Building 201019

Telephone: (760) 763-0649

Community Counseling Center

Mainside Bldg. 130193

Telephone: 763- 3222/2222

Community Centers offer a variety of programs, which are tailored to the needs of the individual community.

Marines/Sailors and their families come to the centers to find recreational, leisure and educational opportunities. Many classes taught are Family Team Building & Community Support classes, as well as those provided by other on-base agencies such as the Armed Services YMCA and Children, Youth and Teens Program.

Legal Assistance & Military Magistrate

Building 22161
(760) 725-6172

Services:

- Power of Attorney, Wills and Guardianships
- Divorces
- Name Changes
- Review of Contracts
- Creditor Problems to include landlord/tenant disputes
- Notary Public
- Naturalization Class

Military One Source

Online: www.militaryonesource.com

United States: 800-342-9647

You can create your own user ID and password to order free audio CD's, tapes and booklets and have them sent to your home or office. The web site and phone number can be used 24 hours a day, 7 days a week and can assist you with the following information:

- Relocation
- Legal Issues and Financial Matters
- Education and Schooling
- Relationships to include elder care
- Parenting and Child Care
- Counseling Services
- Everyday issues

*Face-to-Face counseling sessions available with licensed counselors. These sessions are available for Marines and their family. They are confidential and will not be reported to commanders. Confidentiality is not extended to issues of child abuse, spouse abuse, elder abuse, or threat of harm to self or others.

*Telephone Consultation available for those unable to attend face-to-face counseling due to location or other circumstances. Call 800-342-9647 for more information or visit militaryonesource.com and click counseling options link.

*Military One Source Staff include multilingual and multicultural staff. All staff is supported by a simultaneous language translation service that allows you or your family members to speak in your preferred language to the consultants while the translator is on the line.

Vehicle Registration

Mainside, Food & Service Pavillion
Bldg 15102
(760) 512-3222

Services:

- Vehicle Registration (California Transfer/Renewal)

Vehicle Registration Requirements:

- Current vehicle registration information, current driver's license, insurance policy, current Military ID card or Sponsorship Letter
- If vehicle is not licensed in California it will require a smog inspection
- Smog inspections are required every two years for all vehicles except diesel powered vehicles manufactured prior to 1998 and electric, natural gas powered vehicles over 14,000 lbs. Hybrids, motorcycles, trailers, or gasoline powered vehicles 1975 and older are also exempt.

What to bring for Vehicle Registration:

- The Title or Current Registration Certificate
- Smog Certificate
- An application form available at the office or by mail.
- A visual inspection of the Vehicle ID number is also required.

What to bring for Military ID & Base vehicle registration:

- If Military service member cannot be present, spouses can obtain an ID card.
- You must have either Power of Attorney and/or 1172 signed by service member
- The Title or Current Registration Certificate
- Smog Certificate (if required)

WEAPONS REGISTRATION

Police Records Section
Bldg. 1523
(760) 725-0819

Base Regulations require that all privately-owned weapons brought aboard Marine Corps Base, Camp Pendleton for storage must be registered within 72 hours after having been introduced on board the military installation. Personal weapons will be registered at the Police Records section. Additionally, personnel will deregister their weapons within 72 hours of their sale or removal from the base.

Persons living in Base Housing are authorized to store weapons in their quarters. Marines living in BEQs/BOQs are required to store their weapons in their unit armory.

For more information: <https://www.pendleton.marines.mil/Main-Menu/Services/New-Personnel/Weapons-Registration/>

Base Library Service

Mainside Bldg 1146

(760) 725-5104

South Mesa Branch

Bldg 200090

(760) 725-2032

Seaside Square Branch

Bldg 51093

(760) 725-7325

Mission

The libraries aboard Camp Pendleton are dedicated to offering a wide variety of resources to enhance professional and personal learning.

Bookmobile

A bookmobile brings library services to the outlying camps. Call the nearest library for a schedule and route.

Other Services Available

- Commandant's Reading List
- Free Internet Access and E-mail Services
- Online Card Catalog
- Test Preparation Materials
- Photocopier and Computers
- Books on Audiotape
- Videos
- Equipment

NEW PARENT SUPPORT & COURSES

New Parent Support Program

(760) 725-3884

Courses Offered:

- Mom's Basic Training
- Dad's Baby Boot Camp – Provide parents and those with an infant an understanding of the infant's world and the basic skills necessary for loving care.
- Parenting Classes – Provide “hands on” information for parents to make informed, responsible decisions about their toddlers and young children.
- Home Visits – Help with your concerns as a parent or parent-to-be in the privacy of your home by a warm, caring professional.
- Our First Friends - Support Group for mothers with infants under 12 months.
- Play morning -Interactive play group for families with children 12 months - 5 years.
- Single Parent Support - on the 2nd and 4th Monday of every month from 5:00pm-6:00pm at the Abby Reinke Community Center to express the joys and frustrations unique to being a single parent in the military.

Women, Infants and Children (WIC)

WIC - www.fns.usda.gov

Central Line: (800)-500-6411

The American Red Cross Women, Infants, and Children, better known as WIC, provides a nutrition program to eligible pregnant women, infants, and children up to age 5 to help them eat well, stay healthy, and be active. We provide special checks to buy nutritious foods. WIC brings moms and babies closer by supporting breastfeeding and can also provide nutrition education and resource referral to local and military helping organizations. All WIC services are provided FREE to participants. Please see the website above for current income guidelines for eligibility. Red Cross WIC has 10 locations at local military bases and near military housing. Some locations are open evenings and Saturdays. Please call 1-800-500-6411 for more information or to schedule an appointment.

What is WIC?

- WIC is a nutrition program that helps mothers and young children eat well and stay healthy.
- WIC gives eligible families special vouchers to buy specific foods like milk, cheese, juice, cereal, eggs, dried beans, peanut butter, carrots, canned tuna, baby cereal and formula with iron.
- WIC also provides nutrition and health education, personal counseling about nutrition, support and help with breastfeeding and referrals to health care and other kinds of help for qualifying families.

Locations:

- Mainside Camp Pendleton, bldg 1131
- Abby Reinke Community Center, bldg 201019
- San Onofre Community Center, bldg 51919
- 1906 Oceanside Blvd, Oceanside
- Mesa Margarita WIC – San Luis Rey Valley Police & Resource Center
- 521 Vandergrift Blvd. Oceanside
- WIC – North County (Oceanside, CA) (760) 433-3814 • WIC – Riverside
County – Temecula (951) 358-5435
- WIC- toll free number Camp Pendleton (800) 500-6411

Who is eligible?

- Women who are pregnant, breastfeeding or recently had a baby, infants under 12 months old and children under 5 years old are eligible.
- The family must also meet the WIC income limits and get medical checkups.

What to bring to appointments: (Appointments are required)

- Current LES
- Medical form filled out by doctor
- Proof of address
- Food records of what you or your children eat.

Need a ride to your Appointment?

- Call ASYMCA to reserve transportation to your WIC appt. ASYMCA at (760) 385-4921.

CHILDREN'S PROGRAMS MOM's Club

(760) 763-7394

info@momcp.com

Military Outreach Ministry (MOM) offer MOM's Club programs as an opportunity for active duty military, military spouses and their children to come together in a social atmosphere.

Programs offered:

- Kidz Club – for children 0-5 years of age that meet weekly in a fun, friendly and safe environment.
- Mommy 2B – is a program for active duty military moms to be. This program encourage active duty expectant mothers to eat healthy, work out gently and prepare for motherhood and returning to full duty.*Register on the website to receive emails about free diaper distributions.

Armed Services YMCA

Main Office, Bldg. 16144: (760) 385-4921

- Mommy & Me preschool class for children from 18 months to 5 years old. Classes meet two times a week. The classes emphasize developing socialization skills.
- Operation Hero: After school mentoring program to school age children.
- Camp Flash: Supports families in the EFMP program.
- Operation Appreciation: On Armed Forces Day, service members and their families can enjoy a day of free food, entertainment, and activities

Just For Kids

Base Library Service

(760) 725-KNOW

- Special Children's Reading Areas with the latest children's stories
- Children's Story Time
- Children's After School Hour Reading Club

Children, Youth & Teen Program (CYTP)

CYTP Headquarters – Bldg. 13150

(760) 725-6308

CYTP Resource and Referral – Bldg. 13150

(760) 725-9723 School Age

Child Care, Bldg. 201017

(760) 725-2102

In-Home Child Care Bldg. 13150

(760) 725-7631

Services:

- Full-time child care
- Hourly child care (absentee/space available basis)
- Before and after school care (5-7 year olds)
- Full-time school age summer program
- Camp Pendleton Child Development Centers
- Camp Pendleton Licensed Family Child Care Homes
- Agencies providing in-home service
- Special Needs Child Care Providers
- Resource and referral for Overnight and Weekend care
- 3 Youth centers at Wire Mountain, De Luz and San Onofre.

Childcare is available for special events- Marine Corps Balls, Pre-Deployment Briefs, Return & Reunion Briefs.

Call Child Care Resource & Referral Services for reservations.

Emergency Child Care

- Emergency in-home childcare facilities (760) 725-3888.
- Please note that not all emergency childcare services are free of charge.
- Emergency childcare is for 23 hours 59 min until a legal guardian or family member can pick up the children.

EDUCATION, EMPLOYMENT & PERSONAL ENRICHMENT PROGRAMS

EDUCATION ASSISTANCE

Joint Education Center

Bldg. 1331

Hours of Operation: Mon, Tues, Thurs & Fri 0730-1630

Wed 1000-1630

(760) 725-6660/6414

The mission of the Joint Education Center is to provide a wide range of high quality educational programs to enhance professional and personal learning for all active duty military personnel and their families.

Services:

- College 101 Brief: all first time Tuition Assistance users are required to attend a College 101 Brief before submitting the form for assistance. This brief is designed to help first time, or returning students prepare for college. Held every Wednesday at 1130 and Friday at 0830 in Room 210 of bldg 1331. Appointments are not required for brief.
- Counseling: Academic advisement for both active duty and family members. Appointments available Monday, Tuesday, Thursday, and Friday, 0900-1600.

United States Military Apprenticeship Program (USMAP):

USMAP is a training program that gives service members the opportunity to complete civilian apprenticeship requirements while they're still on active duty. It is a formal military training program that provides U.S.

Army, Navy, Air Force, Marine Corps, Coast Guard, reserve and guard members the opportunity to improve their job skills and to achieve recognition for military service member equal to his/her civilian counterpart.

[USMAP \(osd.mil\)](http://osd.mil)

Colleges on Camp Pendleton:

Central Michigan University: www.cel.cmich.edu

Office Hours: Mon-Thurs 0800-1600, Fri 1000-1800
725-0485 or (760) 385-0412

Central Texas College: www.ctc-pendleton.com

Office Hours: Mon-Thurs 0800-1630, Fri 0800-1500 (760)
(760) 725-6386, (760) 385-4942

Embry-Riddle University:

www.erau.edu/camp Pendleton

After 1600, call (760) 385-4233
(760) 385-0152

National University:

www.nu.edu

(760) 268-1533

Park University: www.park.edu/pendleton

Office Hours: Mon-Fri 0800-1630
(760) 725-6858

Palomar College: www.palomar.edu

Mon-Thurs 0800-1930, Fri 0800-1400
(760) 725-6626

Spouse Scholarship Program:

My Career Advancement Account (MyCAA) Scholarship Program

MyCAA is a workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or Associate's degree in a portable career field and occupation

(760) 725-4737 or (760) 725-6414

<https://aiportal.acc.af.mil/mycaa/>

FINANCIAL ASSISTANCE / FOOD SOURCES

FINANCIAL ASSISTANCE & EDUCATION

Navy Marine Corps Relief Society

(760) 725-5337 / 5338

www.nmcrcs.org

- The Navy-Marine Corps Relief Society provides assistance to active duty and retired Sailors and Marines.
- Assistance is usually given in the form of interest free loans for basic living expenses, emergency travel, medical and dental expenses and auto repair.
- The Society also offers non-financial support such as information on pay and allowances, budget counseling and referrals to community services.
- The “Budget for Baby” class, offered to expectant parents, provides information about the costs associated with a newborn. “Baby’s First Sea bag”, a layette worth approximately \$120, is given to Marine Corps and Navy expectant parents (all ranks) who attend the class.

What to bring to appointments:

- ID Card/ Current LES
- Any documents pertaining to the problems
- Call at 0800 for same day appointment/ Walk- ins for EMERGENCY LEAVE ONLY

Personal Financial Management Program www-usmc.mccs.org/finance

Free of charge financial planning services to the military and their family members.

FOOD SOURCES

Emergency & Free Food Sources - Available to Families within Certain Income Limits

USDA Food Stamps (SNAP)

- www.fns.usda.gov/fsp
- www.hungeraction.net
- Golden State Advantage Cards (EBT) - (Electronic Version of Food Stamps) - www.ebtproject.ca.gov

San Diego Food Bank www.sandiegofoodbank.org

www.wefeedsandiego.org

(858) 527-1419 or (866)-350-3663 TOLL FREE

- Emergency Food Assistance Program (EFAP)

FREE Monthly Food Distribution. Must go to a distribution site within your zip code – only one visit outside your zip code permitted. Distribution sites in Oceanside, Carlsbad, Vista, Fallbrook, and many other areas. Assistance with enrolling in Food Stamp program.

- Commodities Supplemental Food Program (CSFP)

For pregnant women, children under 6, women up to 12 months post-partum, and breastfeeding mothers who reside in San Diego County. FREE Monthly food boxes provide infant formula, produce, cereal, canned foods, cheese, rice, pasta, and milk and fruit juice.

We Connect www.weconnect.net

Links to Food Resources, Coupons, and Money Savers.

Fallbrook Food Pantry:

Serving: M-F 0930 AM-1230 PM

140 N Brandon Rd, Fallbrook, CA 92028

(760)-728-7608

www.Fallbrookfoodpantry.org

Western Eagle Foundation:

40940 County Center Dr, Temecula CA 92591

(951) 695-7206

www.westerneaglefoundation.org

Brother Bennos www.brotherbenno.org

3260 Production Avenue, Oceanside, CA 92058 (760) 439-1244

Free breakfasts and sack lunches daily.

- Free clothing and blankets.
- Thrift store sells low-cost clothing and monthly food pack distribution to qualified individuals.

Interfaith Community Services www.interfaithservices.org

Escondido: (760)-489-6380

550 West Washington Ave, Suite B Escondido,
CA 92025

Oceanside: (760) 721-2117 2195

Oceanside Blvd.

Oceanside, CA 92054