



Navy Region Southwest Locations

NAVAL AIR FACILITY EL CENTRO

3rd St, Building 401, Rm 117, El Centro, CA 92243
760-339-2442

NAVAL AIR STATION FALLON

4755 Pasture Rd, Building 309, Fallon, NV 89496
775-426-3333

NAVAL AIR STATION LEMOORE

966 Franklin Ave, Building 966
Lemoore, CA 93246
559-998-4042

NAVAL AIR WEAPONS STATION CHINA LAKE

610 Blandy Ave, Building 02308
China Lake, CA 93555
760-939-4545

NAVAL BASE VENTURA COUNTY

1000 23rd Ave, Building 1169
Port Hueneme, CA 93043
805-982-5037
and
3rd St, Building 225
Point Mugu, CA 93042
805-989-8146

NAVAL SUPPORT ACTIVITY MONTEREY

1280 Leahy Rd, Monterey, CA 93940
831-656-3060

NAVAL BASE CORONADO

Buildings 318 & G Saufley Rd
San Diego, CA 92135
619-545-6071

NAVAL BASE POINT LOMA

Buildings 211 & 212, 140 Sylvester Rd
San Diego, CA 92106
619-553-7505

NAVAL BASE SAN DIEGO

Buildings 259, & 263, 3005 Corbina Aly, Suite 1
2730 McKean St., Bldg 118
San Diego CA, 92136
619-556-7404

BAYVIEW HILLS BRANCH

1967 Sky Harbor Rd, San Diego, CA 92139
619-556-1275

GATEWAY VILLAGE BRANCH

3207 Rosecrans Pl, San Diego, CA 92110
619-222-5548

MURPHY CANYON BRANCH

4867T Santo Rd, San Diego, CA 92124
858-277-4259

SANTEE BRANCH

8120 Arlette St, Santee, CA 92071
619-258-4818

THE VILLAGE AT SERRA MESA BRANCH

3141 Afton Rd, San Diego, CA 92123
619-556-1277

Here for You!

How can we be of assistance to you?

Want to learn secrets of stress management and parenting? Want to enhance your communication skills?

Our counselors can help!

Don't know where to go for resources or questions?

Information & Referral can assist.

Want to make your money work for you? Learn how you can be a Million Dollar Sailor or family.

See our Financial Counselors.

Retiring or leaving the military and need to find a job? Are you a military family member searching for work?

A Work & Family Life Consultant can help you achieve your goals.

Fleet & Family Support provides Deployment Readiness programs, Return & Reunion briefings, Ombudsman training, GMTs and more.

Your Command Representative is your liaison to FFSC programs and services.

All Fleet & Family Support services are free and confidential.

SERVICES and PROGRAMS



ONE CALL SERVES ALL!

For clinical counseling, relocation assistance, résumé assistance and financial consultation appointments at any Navy Region Southwest FFSC call the Centralized Scheduling Center at the 24-hour toll free number 1-866-923-6478.

Fleet & Family Support is the one-stop shop for all your quality of life needs!



VISION: To provide superior programs and services that enhance fleet and family readiness and resiliency in order to meet the unique challenges of military life.

MISSION: Empower individuals, families and units to strengthen their resiliency by providing optimized fleet and family programs and services at the right time and place.



4/15



Meeting Your Needs. At Home. At Sea.

WWW.NAVYLIFESW.COM



FLEET & FAMILY SUPPORT CENTER



DEPLOYMENT SUPPORT

Resources and assistance during all cycles of the deployment process:

- 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 and Assessment System (NFAAS) support

INFORMATION AND REFERRAL / RELOCATION ASSISTANCE

Wide range of local community resources and assistance relocating to and from various duty stations:

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

COMMAND AND OMBUDSMAN SUPPORT

Variety of training for command leadership and ombudsman:

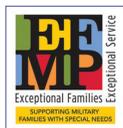
- Command Representative program
- Ready Navy / Crisis Intervention / Disaster Preparedness
- Ombudsman training and support
- Customized command briefs on a wide range of topics
- Command Leadership Resource Training
- Leadership spouse training



LIFE SKILLS PROGRAMS

Variety of workshops and resources to help service members and families develop skills that will enhance interpersonal relations

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



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Assistance in connecting with key community resources:

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



PERSONAL FINANCIAL MANAGEMENT

Wide range of resources to help military service members and families manage their money:

- Individual financial counseling
- Personal Financial Management workshops
- Home buying and car buying seminars
- Million Dollar Sailor / Spouse workshop
- Command Financial Specialist (CFS) Training



RETIRED ACTIVITIES OFFICE

Support for Retirees and their families:

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

CAREER AND TRANSITION GOALS, PLANS, SUCCESS (TGPS) SERVICES

Resources for career planning:

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

FAMILY MEMBER EMPLOYMENT

Resources for career planning:

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



SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

Prevention education and support for victims of sexual assault:

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



NAVY GOLD STAR PROGRAM

Support and commitment to families of service members who have died while on active duty:

- 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



COUNSELING SERVICES

Short-term, solution-focused counseling and resources for military life challenges:

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