



RESOURCES AND INFORMATION

INDEX

GENERAL INFORMATION / CAMP PENDLETON RESOURCES

SECTION 1

Camp Pendleton Base Map

Map of Camp Pendleton Main Side

Useful Numbers

- MAG-39 HQ Squadron Numbers
- Family Readiness Contact Information
- Emergency Numbers

Camp Pendleton Directory

Website Links

Locations for Special Events

Camp Pendleton Resources

- Deers & ID Information
- Tricare
- Tricare Dental Information – United Concordia
- Medical Information
 - Naval Hospital Pharmacy Hours & Information
- Base Housing
- Readiness & Community Support
- Information and Referral Services – Marine & Family Services
- Legal Assistance
- Military One Source
- Vehicle Registration
- Base Library Services

FAMILY SUPPORT PROGRAMS & RESOURCES

SECTION 2

New Parent Courses

- Baby Boot Camp
- Parenting Classes
- Our First Friends
- Play morning
- Single Parent Support
- Budget for Baby – Navy Marine Relief Society
- WIC – Women, Infants and Children

New Parent Courses - Naval Hospital

- First, Second & Third Trimester
- Postpartum, Newborn Care
- Big Brother, Big Sister
- Breastfeeding 101

Children's Program

- Mommy & Me
- Kids Story time
- Children, Youth & Teen Program (CYTP)

FINANCIAL SUPPORT / FOOD SOURCES

SECTION 3

Financial Support

- Financial Fitness
- Navy Marine Corps Relief Society

Food Sources

- Military Outreach Ministry (MOM)
 - Mobile Food Pantry



- Discount Food Resources
- Emergency Food Distribution

EDUCATION, EMPLOYMENT & PERSONAL ENRICHMENT

SECTION 4

Spouse Educational Assistance

- Joint Education Center
- Colleges on base
- Career Advancement Accounts

Spouse Employment Assistance

- Family Member Employment Assistance Program

Personal Enrichment Programs

- L.I.N.K.S. for Spouses, Marines and Parents
- Lifeskills/SLS
- CREDO
- PREP

RELOCATION & TRANSPORTATION INFORMATION

SECTION 5

Relocation Assistance Program (RAP)

- Loan Locker
- TMO Information

Lodging Information

Transportation Information

CAMP PENDLETON RECREATIONAL ACTIVITIES

SECTION 6

Auto Skills Center

Base Hobby & Craft Shop

Lake O'Neill

Marina – Sailing Courses

Stables

Pistol Range

Paint Ball

Beach Cottages

Scuba Lessons

Bowling

Golf Course Information

ITT

WHERE TO SHOP

SECTION 7

MCX Information

Malls Located Off-Base

Flyers of Interest for Families

RELIGIOUS SERVICES

SECTION 8

Services available on Camp Pendleton

Schedule of Church Services



SECTION 1

USEFUL PHONE NUMBERS

MAG-39 HQ SQUADRON NUMBERS

Duty Number (760) 725-3900
Family Readiness Officer (760) 725-8681
(760) 468-7435

CAMP PENDLETON BASE INFORMATION HOTLINE (760) 725-9045

EMERGENCY SERVICES

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

NAVAL HOSPITAL EMERGENCY (760) 725-3258

NAVAL HOSPITAL APPOINTMENT (760) 725-4357

BIRTH OF A CHILD

American Red Cross (message to Active Duty member)
USNH (24 hours) (800)-951-5600

TRICARE office at Naval Hospital Camp Pendleton (888) TRIWEST
(To enroll child in DEERS if born in civilian hospital)

TRICARE DENTAL PROGRAM – United Concordia (800) 866-8499

CAR REPAIR

Base Auto Hobby Shop (760) 725-5963

CHILD CARE

Emergency Child Care (760) 725-3888
(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) 725-7555
Suicide Prevention Hot Line (800) 273-talk
Military One Source (800)342-9647

MEDIA REQUESTS

Public Affairs Office (PAO) (760) 725-5011
(contact for assistance when approached by media for interview)

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)	(760) 754-5757
Friends of San Onofre Marines	(949) 369-9929
Military Outreach Ministries (food/no money)	(760) 908-7043
Navy Marine Corps Relief Society	
Mainside	(760) 725-5337
San Onofre	(760) 725-7497

TRANSPORTATION (LOCAL)

Armed Services YMCA	(760) 385-4921
Taxi Service	
• Del Mar Taxi	(760) 632-8888
• Coastal Cab	(760) 722-7472
• Yellow Cab	(760) 722-4214
Bus Services	
• Breeze Route Info	(800) 266-6883
Train Services	
• Coaster	(800) 262-7837



SECTION 1

CAMP PENDLETON DIRECTORY

Bowling Pro Shop	725-5945	
Commissary	430-1701	
Cottages & Campsites		
• San Onofre	725-SURF	
• Del Mar	725-2134	
Game Warden	725-3360	
Golf Course (Marine Memorial)	725-4704	
Hobby/Crafts Shop	725-4880	
ITT – Ticket Office		
• Mainside	725-5864	
• Del Mar	725-2218	
Latitudes Travel	763-3183	
Marine Corps Association Book Store	385-0383	
MAINSIDE		
All Seasons Store	725-4189 ext 193	
Country Store	725-3585 ext 126	
Electricity	725-6233 ext 187	
GNC	385-5056	
Home Store	725-3557	
Semper Spirit Gifts & Apparel	725-6233 ext 199	
Star Cuts	725-5938	
Sports Center	725-6233 ext 191	
Mainside Automotive Service Center	725-5828	
Mulligan's Golf Course Restaurant	725-5331	
Pacific Plaza (20 Area Next to Commissary)		
Appliance Center	763-1750	
Beverages, Etc.	763-1698	
Garden Center	763-1753	
Gas Station	763-3840	
Hallmark	763-1748	
Paws Pet Store, Pet Supplies	763-4586	
Star Cuts	763-1747	
OTHER NUMBERS		
Scout Newspaper	725-9376	
South Mesa Club	725-2231	
Stables & Rodeo Grounds	725-5094	
Theater	725-9217	
Thrift Store	725-1800	
Youth Sports	725-4188	
The Zone-Movie Rental		
	Mainside	725-4784
	Pacific Plaza	725-2049



SECTION 1

USEFUL WEBSITE LINKS

www.usmc.mil

www.marforres.usmc.mil

www.navy.mil

www.militarycity.com

www.militaryhomefront.dod.mil

www.usmc-mccs.org

Camp Pendleton Web Sites

www.mccscp.org

www.pendleton.usmc.mil

www.cpen.med.navy.mil

For Marines, Spouses & Families

www.militaryonesource.com

www.marinewives.com

www.4militaryfamilies.com

www.cinchouse.com

www.camppendletonowc.org

www.marineparents.com

MEU Web Sites

192.156.19.109/11thmeu

192.156.19.109/13thmeu

192.156.19.109/15thmeu

192.156.19.109/31stmeu

Other Helpful Websites

www.commissaries.com

www.tun-tavern.com

www.thefew.com

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

Marine Corps Community Services

MCCS – Camp Pendleton Website

Official Camp Pendleton Website

Naval Hospital Camp Pendleton

Military One Source

Marine Spouses Web Site

For Military Families

Military Website

Officers Wives Club

For parents of Marines

11th MEU Home Page

13th MEU Home Page

15th MEU Home Page

31st MEU Home Page

Commissary Information

History & Military References

Offers Support & Resource Information



SECTION 1

CAMP PENDLETON RESOURCES

LOCATIONS FOR SPECIAL EVENTS

<u>FACILITY NAME</u>	<u>TELEPHONE NUMBER</u>
Abby Reinke Center @ Wire Mountain, Bldg. 201019	(760) 763-0649
Air Station Tower Classroom, Bldg. 2399	(760) 725-4219
Air Station Classroom, Bldg. 23156	(760) 725-8386
Base Theater, Bldg. 1330	(760) 725-9076
Bowling Alley or Bldg. 1482	(760) 725-6109
Del Mar Beach & Reservation's Line	(760) 725-2134
Fisher Center, Bldg. 16102	(760) 725-0845
Flight Line Training Room, Bldg. 23166	(760) 725-8386
Joint Reception Center (JRC), Bldg. 1331	(760) 725-6662
Lake O'Neill	(760) 725-5611
Religious Development Center, Bldg. 1344	(760) 725-4700
San Onofre Beach & Ball Field	(760) 725-7935 / 725-7629
San Onofre Community Center	(760) 725-4310
Side Winder Club, Bldg 326(for a fee)	(760) 731-3442
SOI Training Facility	(760) 725-7127
South Mesa Chapel Multi-Purpose Room,	(760) 725-2929
South Mesa Club (20 Area)	(760) 725-2231 / 725-2294
Stuart Mesa Community Center, Bldg. 31003	(760) 725-9717 / 725-9719
Wire Mountain Youth Center	(760) 725-2102



SECTION 1

CAMP PENDLETON RESOURCES

DEERS/PASS & ID INFORMATION

Main Gate – Bldg 20250
General Information/Appointments: Mon-Fri 0730-1530
(760) 725-2768/2013/2633/2865/2768

Joint Reception Center – Bldg. 130132
(760) 725-2442 Monday-Friday 0730-1530
DEERS Verification: 1-800-538-9552 or www.tricare.osd.mil/deers
Hours: Monday – Friday 0730-1530

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.

Services:

- Enroll/disenrollment or update sponsor and dependent's DEERS files.
- Temporary issuance of ID cards: Dependents may get a temporary ID card good for 60 days if DEERS database indicates that the sponsor is eligible. DD 1172 paperwork will then need to be forwarded to sponsor for signature.
- Enrollment in DEERS: Enrollment can be done for a newborn child while sponsor is afloat, stationed overseas or otherwise on official deployment or TAD.

Needed for appointments:

- Driver's license or picture ID.
- DD Form 4 (Enlistment Contract) for Active Duty members and CHIT signed by personnel officer.
- If sponsor is not present, Pass & ID will assist with completion of form DD 1172.

Marriage certificate, divorce decree, adoption decree, legal name change papers, Social Security number change, birth certificate as appropriate.



SECTION 1

CAMP PENDLETON RESOURCES

TRICARE

1-888-TRIWEST (1-888-874-9378)

TRIWEST Service Center:
Naval Hospital Camp Pendleton
6th floor, Room 6041 (760) 725-1262

Hours: 0700 – 1700 (M-F)

Also located at Joint Reception Center – walk in only

www.triwest.com

Tricare Prime

- Provider locator: 1-888-TRIWEST or www.tricare.com
- Cost- No deductibles, no enrollment fees, no co-pays
- Service- Access to Military Treatment Facilities or TRICARE network providers
- Advantage- Portability- when you PCS or go TDY, TRICARE Prime moves with you

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

Tricare Standard

- Provider locator- 1-888-TRIWEST OR www.triwest.com
- Cost- varies for E-5 and above and E-5 and below. Deductible 20% negotiated fee
- Service- Greatest flexibility to choose provider and medical facility
- Advantage- Freedom to choose any Tricare authorized provider, so you have the largest choice of doctors

Eligibility Requirements

- Active duty family member
- Military retiree
- 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.



SECTION 1

CAMP PENDLETON RESOURCES

TRICARE DENTAL – UNITED CONCORDIA

CONUS Customer Service
Telephone Inquires: (800) 866-8499
24 hours/day Monday – Friday

OCONUS Customer Service
Telephone Inquires: (800) 418-0466
www.tricareprogram.com

The Tricare 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.



SECTION 1

CAMP PENDLETON RESOURCES

MEDICAL– NAVAL HOSPITAL & PHARMACY INFORMATION

DIRECTIONS TO NAVAL HOSPITAL – CAMP PENDLETON

From San Diego and areas south of Camp Pendleton:

Take Interstate 5 north to the Camp Pendleton exit. After passing through the main gate of the Base, stay on Vandegrift Blvd. for approximately 10 miles until you get to the intersection of Santa Margarita. Turn left on Santa Margarita and follow the road approximately 1.5 miles until you see the hospital.

From North of Camp Pendleton:

Take Interstate 5 south to the Basilone Road exit. After passing through the San Onofre gate, follow Basilone Road until you reach the intersection of Vandegrift Blvd. This is approximately a 30 minute drive. Turn left on Vandegrift and continue until you reach the intersection of Santa Margarita. Turn left on Santa Margarita and travel approximately 1.5 miles until you see the hospital.

From Fallbrook and points east of Camp Pendleton:

YOU MUST HAVE DOD STICKERS AND A MILITARY ID CARD TO ENTER THE FALLBROOK GATE.
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. Continue until you pass through the Camp Pendleton gate until you reach the intersection of Vandegrift Blvd. Make a right turn on Vandegrift Blvd and continue to the intersection of Santa Margarita. Make a right turn and follow the road approximately 1.5 miles until you see the hospital.

From Oceanside and surrounding cities:

Mission Road (Hwy 76) to Douglas Blvd., or El Camino Real, or College Blvd. Heading west on Mission Road, you would turn right on any of these roads. Heading east on Mission, turn left on any of these roads. Both El Camino Real and Douglas Blvd. will become Vandegrift Blvd. If on College, make a right turn on Vandegrift. Follow Vandegrift through the back gate into the Base and continue until you reach the intersection of Santa Margarita. Make a right turn and follow the road for approximately 1.5 miles until you see the hospital.

Important Numbers

Patient Services Center
760-725-HELP (4357)

Options for this number

- Appointment Line
- OBGYN - Make or Change Appointment
- L&D - Speak to Staff
- Medical Concerns
- Pharmacy Call-in Refill Requests
- Patient Locator
- 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 listed below provide medical and/or pharmacy services in different areas of Camp Pendleton.

BRANCH MEDICAL CLINICS

13 AREA BRANCH MEDICAL CLINIC – PHARMACY REFILL FOR FAMILIES

Building Location: Camp Pendleton, 13 Area, Bldg 13129
Phone Number: 725-6682/6683

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.

31 AREA BRANCH MEDICAL CLINIC

Located on Stuart Mesa Road near Stuart Mesa Housing
Appointment line Family Members; 725-7499/7352

Services Provided:



- 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.

31 AREA BRANCH MEDICAL CLINIC – WOMEN’S HEALTH CLINIC

Location: Edson Range, 31 Area – Building Number 310514

Women’s Health Ranch on Tuesdays and Thursdays: 7:30 – 4:00.

Appointment line Family Members; 725-7499/7352

Services Provided:

- Annual exams, family planning, school physicals and immunizations.

52 AREA BRANCH CLINIC – PHARMACY REFILL FOR FAMILIES

Located at the north end of Camp Pendleton along Basilone Road

Phone: (760) 725-7200/7441/7956

Hours: 7:30 – 4:00 Monday – Friday

Services Provided:

- 52 Branch Clinic pharmacy carries frequently used medications.
- The pharmacy provides pick-up for all refills phones into Naval Hospital Pharmacy refill line. This refill service is provided for all eligible beneficiaries at 760-725-1489. Most refills available in 2 business days.
- Pharmacy – *Refill site only*. Original prescription must be filled at Naval Hospital pharmacy first, as clinic does not have a licensed pharmacist, only a pharmacy technician.

FAMILY MEDICINE – OCEANSIDE CLINIC

2122 El Camino Real, Suite 100, Oceanside

Appointment Line: (760) 725-4326

Front Desk: (760) 754-0974

Hours: 9:00 – 6:00 Monday – Friday, 8:00 – 4:30 Saturday

Services Provided:

- Primary medical care to enrolled active duty family members, retirees and retiree members. Obstetrical and emergency services not provided.

Exceptional Family Member Program

725-5363/SOI 763-0868

- An exceptional family member is one with physical, emotional, developmental or learning disability requiring special services.
- The program is a management tool used to monitor assignments for service members with an exceptional family member to preclude sending a service member and/or families



on orders to a duty station where adequate treatment and care is not available for the family members.

- Services include: Identification and Enrollment, "Bridging the Gap" Support Group, Special Connections, Peer Mentoring Program, Parents Actively Linked for Support (PALS).

NAVAL HOSPITAL COURSES

Diabetic Class

**Series of 4 classes every month held on Tuesday. Introduction to diabetes, low and high blood sugar, avoiding complications Class I: Overview of Diabetes Mellitus Class II: Dietary Management What to eat and when to eat it, sick day guidelines Class III: Diabetic Medications Oral medications, insulin, monitoring your blood sugar Class IV: Healthy Living for People with Diabetes Stress management, exercise and diabetes, taking care of yourself.

Tobacco Avoidance Class

Program Description: The Tobacco Avoidance is a comprehensive program based on the "Fresh Start" program. Each patient is involved in a 2 hour session program that discusses the physical, psychological and behavioral aspects of Nicotine Addiction. Patient Support: For additional support all participants of the two hour class have the option of Nicotine Replacement Therapy. Who Is Eligible: Active Duty Personnel, Family Members, Retirees and their Family Members, Federal Civil Servants.



SECTION 1

CAMP PENDLETON RESOURCES

Base Housing

Mainside Location - Building 1138
(760) 725-5995
DSN: 365-6246/6310
Toll Free: 1-800-843-2182
Hours: Monday - Friday 0730-1700

Del Mar District: 430-0040/0461

South Mesa II
Wire Mtn III
Del Mar
Forster Hills
Pacific View

Mountain District: 760-430-8476

Santa Margarita
South Mesa I
Wire Mtn I & II

Mesa District: 385-5318

O'Neill Heights
Serra Mesa
San Luis Rey

DeLuz: 385-4835

San Onofre: (760) 725-7027

Stuart Mesa: 760-430-0694

Lincoln Housing: www.lincolnmilitary.com

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.



SECTION 1

CAMP PENDLETON RESOURCES

Readiness & Community Support

Community Centers

Stuart Mesa Community Center
Building 310001
1200 - 2100, Monday thru Friday
1000 - 1600, Saturday (Summer Hours: 1 May - 30 September)
Closed on Saturday (Winter Hours: 1 Oct - 30 April)
Telephone: 725-9717

Abby Reinke Community Center

(Wire Mountain Housing Area)
Building 201019
1200 - 2100 pm, Monday thru Friday
1000 - 1600, Saturday
Closed on Sunday
Telephone: 763-0649

San Onofre Community Center

Building 51919
1200 - 2100, Monday thru Friday
Closed on Saturday and Sunday
Telephone: 725-4310

- 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.
- Children's programs include but are not limited to: dance classes, Tai Kwon Do, Our First Friends, Star Tennis Program and the Scouts.
- Examples of adult leisure programs are a variety of dance classes, decorative painting and craft classes. Computers with Internet access are also available for patron use.
- All community centers are available for a variety of functions such as birthday parties, wedding receptions, unit functions and retirement parties.



SECTION 1

CAMP PENDLETON RESOURCES

Information and Referral Services

Marine & Family Services (M&FS)

“One Call Can Do It All”

Camp Pendleton, Building #13150
(760) 725-3400 and/or (760) 725-6090
Phone: 1-800-253-1624
Monday-Friday, 0730-1630

Information and Referral Services will link you to available programs and services on base or throughout surrounding communities. The information provided is for single and married Marines and their families.

The MCCA, Marine & Family Services, I & R Specialist provides information and referral assistance for on and off Base resources to support individual Marines, Sailors and families. They provide research, resources, information and briefings on a wide variety of topics to include, but not limited to the following:

- Welcome Aboard Orientations, Wednesday: 0800-1000 at the Joint Reception Center (JRC)
- Spousal support information
- Assistance to Active Duty, Reservist, family members, retirees, widows, widowers
- Assistance to Marines, Sailors and family members during PCS moves and deployments
- Maps, guides, useful web sites, phone numbers and research



SECTION 1

CAMP PENDLETON RESOURCES

Legal Assistance & Military Magistrate

Building 22161

(760) 725-6172

Walk-ins: Tuesday & Thursday at 0700

Notary: Monday- Thursday 0800-1100 & 1300-1500

Appointments: Call FRIDAY mornings at 0730

Dissolution (Divorce) Class: Bldg. 22161, Thursdays 1300-1400

Services:

- Power of Attorney
- Adoptions
- Guardianships
- Wills
- Divorces
- Name Change
- Review of Contracts
- Creditor Problems
- Landlord/Tenant Disputes
- Notary Public
- Naturalization Class

Need for appointments:

- Valid military ID Card
- Any documents needed when applying for assistance: bills, letters, contracts, etc., pertaining to the problem
- For divorces: Worksheet from Dissolution Class



SECTION 1

CAMP PENDLETON RESOURCES

Military One Source

Online: www.militaryonesource.com

United States: 1-800-342-9647

Overseas: 800-3429-6477

Or call collect: 484-530-5908

En español, llame al 877-888-0727

TTY/TTD: 866-607-6794

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
- Elder Care
- Legal Issues
- Financial Matters
- Education and Schooling
- Relationships
- Parenting and Child Care
- Health and Wellness
- Counseling Services
- Everyday issues
- Deployment or Re-deployment issues
- Counseling Services:
 - 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.



SECTION 1

CAMP PENDLETON RESOURCES

Vehicle Registration

JRC (Joint Reception Center)
Building 130132

Hours: Monday – Friday 0730 – 1600

California Department of Motor Vehicles

Hours: Thursdays only from 0830 – 1630

(760) 725-2106

www.dmv.ca.gov

Services:

- Base vehicle registration stickers
- Vehicle Registration for California
- Driver License Services – written test only

Vehicle Registration Requirements:

- Current vehicle registration information, current drivers license, insurance policy, current Military ID card or Sponsorship Letter
- If vehicle is not licensed in California it will require a smog inspection
- Smog is required every two years on vehicle's newer than 1973
- Diesel cars do not require smog testing

What to bring for Vehicle Registration, Driver's License and Military ID card:

- 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.

Driver License:

- An application form (available by pick up or mail)
- A document to verify date of birth (Military ID card, US Birth Certificate, US Passport or a current valid INS document), and your Social Security number

Military ID:

- 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



SECTION 1

CAMP PENDLETON RESOURCES

Base Library Service

Lifelong Learning Branch

Patrick J. Carney Library
Mainside Bldg 1146
(760) 725-KNOW

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.

Just For Kids

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

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



SECTION 2

FAMILY SUPPORT PROGRAMS & RESOURCES

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.

Budget for Baby

Navy Marine Corps Relief Society (760) 725-5337 / 5338

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.

Naval Hospital – Patient Education Courses

- **First, Second & Third Trimester**
The 1st, 2nd and 3rd trimesters of pregnancy discussed. Information regarding physical and emotional change, nutritional needs, and self care as well as fetal development. Military support services, as well as WIC and other community resources are introduced and offered for pregnant women. There is discussion regarding preparation for labor and recommendations for coping with labor pain are given.
- **Postpartum & Newborn Care**
The Postpartum/Newborn Care: Maternal recovery from delivery and physical changes in the woman's body are discussed. Postpartum nutritional needs, contraceptive options, and brief infant feeding options are also included. The newborn portion covers newborn



characteristics, cord care, feeding options, stool patterns, bathing and basic behavioral issues. The New Parent Support Group representative presents information on Shaken Baby Syndrome and invites parents to use the group as a resource.

- **Big Brother, Big Sister Sibling Prep**

This class is designed to prepare children for the birth and homecoming of their new sibling. Children will recognize and explore feelings about their new sibling, possible fears about their mother's hospital stay, and proper behavior around their new sibling through the medium of children's play activities. Play activities include dress-up, sing songs, complete an art project and story time. This class is designed for children between the ages of 3 to 7.

- **Breastfeeding 101**

Provides information on maternal infant interaction, appropriate positioning and latch techniques, and minor troubleshooting with the mothers early attempts at breastfeeding. Navy Relief also offers breastfeeding classes.

Military Outreach Ministry (MOM'S)

www.momcp.org

Camp Pendleton: (760)763-7394

Military Outreach Ministry is a non-profit organization that offers a complete line of infant necessities such as cribs, bassinets, play pens, strollers, bath tubs, potty chairs, high chairs & booster seats.

The warehouse is located in Building 2624 behind the green museum building at the intersection of Vandegrift and Rattlesnake Canyon.

Hours of Operation

Wednesday & Saturday – 10:00-1400

To participate please take the following information:

- Valid active duty ID
- Recent LES showing marital status (if spouse deployed, LES and necessary Power of Attorney)

Women, Infants and Children (WIC)

Central Line: 1-800-500-6411

WIC - www.sdarc.org

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 Vandegrift Blvd. Oceanside
- WIC – North County (Oceanside, CA) (760) 433-3814
- WIC – Orange County (714) 834-8333
- WIC – Riverside County – Lake Elsinore (800) 455-4942
- 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.

MAAC Project – Early Head Start

(760) 471-4210

www.maacproject.org



What is MAAC Project Early Head Start?

- MAAC Project Head Start and Early Head Start are a bilingual/multicultural, early childhood and family education program funded by the Federal Government.
- Services are provided in Camp Pendleton, Oceanside, Vista, San Marcos, Fallbrook and Rincon.
- Early Head is a developmental program for infants and toddlers, 0-3 years of age and their families.
- In partnership with Early Head Start staff, families will promote their child's development in all areas including cognitive, social emotional, motor development, speech and language.

Who is eligible for Early Head Start?

- Children who are low-income and children with disabilities between ages 0-3. Age and Federal Government income guidelines determine who qualifies.

What do you need to register?

- You must have your child's birth certificate and immunization record showing that the child is up to date of immunizations. Children with disabilities need to submit a recent copy of an ISFP or Diagnostic Report.
- Proof of income requirements are: 1040 Income Tax form with W2 attached and one month pay stubs for each parent showing year to date earnings.
- If military, you need a current LES.
- If TANF eligible, you need a current notice of action.
- If there is no 1040 form or year to date earnings on check stubs, we must collect 12 pay stubs for each parent.

What services are offered?

- Early Head Start services include Education, Health Services, Nutrition, Special Needs and Parent Involvement.

CHILDREN'S PROGRAM

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 to times a week. The classes emphasize developing socialization skills.
- Operation Hero: After school Mentoring program to school age children.
- Camp Flashhh: 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

Child Development Centers

Browne – Bldg. 202860

(760) 725-2817

Courteau – Bldg. 15061

(760) 725-5113

San Luis Rey – Bldg. 17082

(760) 725-6577

San Onofre – Bldg 51080

(760) 725-7311

Stuart Mesa - Bldg 310006

(760) 725-9954

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



- Volunteers and Parent Advisory Group
- Child enrichment program
- USDA Child Care Food Program
- Free referral service for infant, preschool and extended school care
- 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.

Eligibility: Children of active duty and retired military, reservists on active duty and DoD civilian employees.

Emergency Child Care

- Emergency in-home childcare facilities 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.

Kids-N-Deployment

Readiness & Deployment Support (RDS)
(760) 763-1337

Programs offered:

- Kids-N-Deployment
- Kids in the Midst
- Kids-N-Reunion

Barnes & Nobles

www.bn.com

Barnes & Nobles book stores offer in-store activities as an alternative to television, internet, electronic games and other screen-related diversions.

Check their website for information on the following activities:

- Story times
- Arts & Crafts



- Costume Characters
- Game nights



SECTION 3

FINANCIAL ASSISTANCE / FOOD SOURCES

FINANCIAL ASSISTANCE & EDUCATION

Navy Marine Corps Relief Society

(760) 725-5337 / 5338

www.nmcrs.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.
- Visiting nurses are available to assist with health education, new parent questions and prescription delivery.
- 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
- Knowledge of monthly expenses

Military One Source

United States: 1-800-342-9647

Overseas: 800-3429-6477

www.militaryonesource.com

Military One Source will offer financial advice and planning. They offer consultations and a free CD with a three part method for getting control of your money.

Personal Financial Management Program

www-usmc.mccs.org/finance

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



Services and Workshops:
Financial Planning
Money Management
Investment Planning
Retirement and Estate Planning

Military Outreach Ministry (MOM'S)

www.momcp.org

Camp Pendleton: (760)763-7394

Military Outreach Ministry is a non-profit organization that offers young military families with food distributions, furniture, infant, and household items. The program offers a warehouse open to active military and a Mobile Food Pantry program.

MOM Warehouse

The warehouse is located in Building 2624 behind the green museum building at the intersection of Vandegrift and Rattlesnake Canyon.

Hours of Operation

Wednesday & Saturday – 10:00-1400

FOOD SOURCES

FOOD DISTRIBUTION

MOM Mobile Food Pantry Program

E-5 and Below Priority

Delivers food to all enlisted housing areas and some commands across the vast area of Camp Pendleton. To register for this program, visit www.momcp.org and go to the food distribution link.

MOM Food Distribution

San Onofre

- **Foundation for Hope**
1st Saturday of every month – Begins at 9:30 A.M. (arrive early)
- **Brother Bennos**
4th Tuesday of every month – Begins at 10:00 A.M. (arrive early)

Both distributions take place at the community center parking area.

- **South Mesa Chapel Fellowship Hall**
Jewish Family Services Hand Up Youth Program
One Sunday each month – food & household items distributed 1:00-2:30



Check website www.momcp.org/food_distributions for distribution dates.

Discounted Food - Available to all Families; No Income Limits

Golden Share Foods

Save up to 50%.

- Monthly food distributions, including meat and produce.
- Veggie Packages
- Basic Package with meat and vegetables
- Organic Package

Menus change each month. Distribution sites in San Clemente, Escondido, San Marcos, Miramar, Riverside, and on base.

For ordering and pickup on base, contact RP1 Hernandez at South Mesa Chapel, Building 202863, at 760-725-2929.

Golden Share accepts EBT (Food Stamps). Golden Share often has end-of-the-month sales at its warehouse. Call the SHARE office for information: 619-590-1692.

Angel Food Ministries

- Monthly Food Package Distribution.
- Menus change monthly and boxes range to include Seafood Boxes, Fruit and Veggie Boxes, Assorted Meat Boxes, and an Allergen-Free Box processed to eliminate the top eight serious food allergens.
- Angel Food accepts Food Stamps.

Host Sites nationwide. Visit www.angelfoodministries.com for your nearest host site.

Western Eagle Foundation

- Project Food Box - You can pick up a box of food that contains rice, beans, pasta, macaroni and cheese, baking mix, fresh produce, milk, bread, cereal, canned foods and more. This box should feed a family of 4 for one week.

Pick up boxes every Wednesday from 4-6pm at the Oceanside Swap Meet parking lot, Foussat entrance. No limit on the amount of boxes.

For more information, call 951-695-7206.

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

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.

*Cannot be enrolled in WIC - must be enrolled in CSFP OR WIC, not both.

WIC (Women, Infants and Children)

800-500-6411

www.sdarc.org

- FREE nutrition program run by the American Red Cross for eligible pregnant women, infants, and children up to 5 years old.
- Provide special checks to buy nutritious foods such as milk, cheese, juice, cereal, eggs, dried beans, peanut butter, carrots, canned tuna, baby cereal, and baby formula. Nutrition and health education programs and referrals to health care and other kinds of help. WIC has 10 locations at local military bases and near military housing.
- Appointments are required. Bring current LES, medical form filled out by doctor, proof of address, and food records of what you and your children eat.

ASYMCA can give you a ride to your WIC appointment. Call 760-385-4921.

We Connect

www.weconnect.net

Links to Food Resources, Coupons, and Money Savers.

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.
- Monthly food pack distribution to qualified individuals

Monday through Friday mornings. VA assistance.

Interfaith Community Services

www.interfaithservices.org

Escondido

550 West Washington Ave, Suite B
Escondido, CA 92025
760-489-6380

Oceanside

2195 Oceanside Blvd.
Oceanside, CA 92054
760-721-2117

- Emergency Food Pantry – Free Groceries and Toiletries. May visit up to 4 times a year. Available at Oceanside and Escondido locations. Other grocery assistance available case-by-case.
- Free breakfast and sack lunch 5 days a week at Escondido location.
- Veteran’s Services for both young and old veterans – assistance transitioning into jobs with vocational training and job placement assistance.

Government Surplus

Oceanside Center: 455 Country Club 3rd Wednesday, 8:00 A.M.
For other sites, call INFO LINE 760-943-0997

- Free monthly food commodities distribution to qualified individuals.
- Distribution by zip code.

Community Resource Center and Bread Room

650 2nd St.
Encinitas, CA 92024
760-753-8300

- Emergency food and diapers available.
- Bread Room open 7 days a week from 1100-1400.



SECTION 4

EDUCATION, EMPLOYMENT & PERSONAL ENRICHMENT PROGRAMS

SPOUSE EDUCATION ASSISTANCE

Joint Education Center

Bldg 1331

Hours of Operation: M, T, Thurs & Fri 0730-1630

Wed 0900-1630

(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 to return to college. Held every Wednesday at 1130 and Friday at 0830 in Room 210. 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.

Colleges on Camp Pendleton

Central Michigan University: www.cel.cmich.edu

Office Hours: Mon-Thurs 0800-1600, Fri 1000-1800

(760) 725-0485 or (760) 385-0412

Central Texas College: www.ctc-pendleton.com

Office Hours: Mon-Thurs 0800-1630, Fri 0800-1500

(760) 725-6386, (760) 385-4942

Embry-Riddle University: www.erau.edu/camppendleton

After 1600, call (760) 385-4233

(760) 385-0152

National University: www.nu.edu

Office Hours: Mon-Fri 0800-1630

(760) 268-1533

Park University: www.park.edu/pendleton

Office Hours: Mon-Fri 0800-1630

(760) 725-6858



Palomar College: www.palomar.edu

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

Career Advancement Accounts

(760)725-4737 or (760)7256414

Caa.milspouse.org

For all military spouses: \$6000 per year for up to 2 years available for all military spouses to pursue a 2 year degree, certificate, or licensure in the following fields:

- Education
- Technology
- Finance
- Healthcare
- Skilled Trade
- Human Resources
- Business Management (selected fields)
- Hospitality Industry
- Homeland Security

SPOUSE EMPLOYMENT ASSISTANCE

Family Member Employment Assistance Program

(760) 725-4737

The Family Member Employment Assistance Program (FMEAP) office at Camp Pendleton has a full array of employment related services to offer the military spouse and dependants of service members.

Services for spouses include:

- Detailed information about education initiatives related to workplace development
- Information to research within military installation
- Referral to additional services with military installation
- Employment coaching including goal identification and evaluation
- Career assessment
- Job search assistance
- Educational resources and associated costs
- Career credentialing and licensing information
- Specialized training in specific careers through ROP



Consultant will assist spouse in the following areas:

- Teach to plan and manage career
- Discover employment option through career development assessment testing
- Identify and market knowledge, skill and abilities to potential employers
- Learn effective networking techniques to seek out job opportunities
- Learn to write a powerful resume
- Interview skills
- Salary negotiation

Volunteer & Skills Development Program

(760) 725-3856

- Volunteer Coordinator provides linkages to installation and community volunteer resources.
- All volunteers must be registered with the Volunteer Coordinator and turn in monthly hours.
- Annual Volunteer of the Year Ceremony held in April to recognize all of the volunteers hard work.

PERSONAL GROWTH & ENRICHMENT

Marine Corps Family Team Building - Programs

Phone: (760) 725-9052/DSN 365-9052

Fax: (760) 763-1338

Bldg. 13150 - 2nd Floor

Mission

The Marine Corps Family Team Building (MCFTB) mission is to enhance Marine Corps Family Readiness, to prepare our families so that they can successfully meet the challenges of the military lifestyle and to enhance mission readiness.

MCFTB programs provide educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. These programs are supported at all major installations by Marine Corps Community Services (MCCS) through a staffed MCFTB office.

L.I.N.K.S. – LIFESTYLE, INSIGHTS, NETWORKING, KNOWLEDGE & SKILLS

(760) 725-2335

The L.I.N.K.S. course is a program within Marine Corps. Family Team Building that enhances the readiness of Marines, both single and married, and their families by offering an orientation to the Marine Corps lifestyle.



L.I.N.K.S. provides a positive environment for Marines and their families to learn to manage the demands of the Marine Corps lifestyle, and to work together as a team in balancing family needs while meeting Marine Corps expectations.

Free childcare is provided for attendees.

LIFESKILLS / SPOUSES LEARNING SERIES (SLS)

(760) 763-2570

LifeSkills Training provides connection to, or facilitation of, various work-shops in such areas as parenting, financial management, stress and anger management, and understanding personality differences. LifeSkills will also be coordinating and facilitation SLS, a three-tiered program providing Marine Corps spouses the opportunity to further their personal and professional growth through workshops and online educational courseware.

There are over 80 personal and professional growth courses available online which include and available at www.marinenet.usmc.mil.

- The Mechanics of Effective Communication
- Communication Skills for the Workplace
- Communicate for Results
- Communication Skills for Leadership
- Communication Skills for Resolving Conflict
- Crisp Composition
- Teamwork and Emotional Intelligence
- Listening for Comprehension

CREDO - Chaplains Religious Enrichment Development Operation

This program has been very successful and offers retreats to help people grow toward increased functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness. The program offers free weekend retreats for couples. While CREDO is staffed by specially trained Navy Chaplains, its programs, retreats, and seminars are not necessarily religious in nature.

Visit www.chaplain.navy.mil for details and registration information.

PREP – Prevention & Relationship Enhancement Program

This program provides couples with tools to enhance their communication and problem-solving skills. These tools are key for a lasting, healthy marriage.

Contact (760) 725-4954 to register or for more information.

READINESS & DEPLOYMENT SUPPORT (RDS)

(760) 763-1337

MCFTB Readiness and Deployment Support Training prepares Marines, Sailors and their families for the unique challenges of deployment and assists in maintaining a constant state of readiness, by offering educational briefs and workshops that provide tools for coping with deployments and reunions and that build family readiness. Programs include:



- Marine & Family Pre-Deployment Brief
- Single Marine Pre-Deployment Brief
- Kids in the Midst
- In the Midst for adults
- Kids-N-Reunion



SECTION 5

RELOCATION & TRANSPORTATION INFORMATION

RELOCATION ASSISTANCE PROGRAM (MANAGERS) AT INSTALLATION MCCS MARINE & FAMILY SERVICES

<p>MCLB Albany Marine & Family Services Br 814 Radford Blvd Ste 20311 Bldg 7200 Albany GA 31704-0311 (912) 439-5277, DSN 567</p>	<p>MCB Camp Lejeune Marine Corps Community Services Personal Readiness and Community Support/RAP 40 Brewster Blvd Camp Lejeune NC 28547-2519 (910) 449-9704</p>
<p>MCAS Beaufort Relocation Assistance Bldg 807 Room 2 Beaufort SC 29904 (843)228-7353, DSN 335-7353/6401</p>	<p>MCAS New River Marine and Family Services Attn RAP Bldg AS-90 Curtis Rd MCAS New River Jacksonville NC 28545 (910) 449-5258, DSN 752</p>
<p>MCB Camp Butler MCCS Marine & Family Services Branch Personal Services Center MCB Camp S.D. Butler Unit 35023 FPO AP 96373-5023 011-81-611745-7810</p>	<p>MCRD/ERR Parris Island Relocation Office Bldg 911 Parris Island SC 29905 (843)228-2371, DSN 335</p>
<p>MCAS Cherry Point Marine & Family Services (Relocation) Bldg. 232 & E. Street Cherry Point, NC 28533-0009 (252) 466-5836, DSN 582-6683</p>	<p>MCB Camp Pendleton Community Support Services Bldg 13150, PO Box 555020 Camp Pendleton CA 92055 (760) 725-9789, DSN 365</p>
<p>HQ Bn, Henderson Hall MCNCR HQBN Henderson Hall Marine & Family Services Bldg 1 1555 Southgate Rd Arlington VA 22214 (703) 614-7202, DSN 224</p>	<p>MCCDC Quantico MCCS Personal Readiness and Community Support Relocation Assistance Program 2034 Barnett Ave Quantico VA 22134 (703) 784-4961, DSN 278</p>



<p>MCAS Iwakuni MCCS Marine & Family Services Info, Referral, & Relo Office Bldg 411 Room 101 PSC 561 Box 1863 FPO AP 96310-0009 011-816117-53-3311 DSN 315-253-3311</p>	<p>MCRD/WRR San Diego Relocation Assistance 4025 Tripoli Ave Bldg 14 San Diego CA 92140-5023 (619) 524-1158, DSN 524-5298</p>
<p>MCB Kaneohe Bay MCBH Kaneohe Bay Marine and Family Services Relocation Assistance Program Bldg 216, C Street, Rm 59 Kaneohe Bay HI 96863-3073 (808) 257-7788, DSN 457</p>	<p>MCAGC Twentynine Palms Relocation Assistance Program Bldg 1551 Twentynine Palms CA 92278-8150 (760) 830-6540, DSN 230</p>
<p>MC Support Activity, Kansas City MCCS Marine and Family Services 3721 E155th St Kansas City MO 64147 (816) 843-3650, DSN 894</p>	<p>MCAS Yuma MCCS Marine & Family Services Bldg 598 Yuma AZ 85369-9132 (520) 269-2657, DSN 269</p>

RELOCATION ASSISTANCE SERVICES – CAMP PENDLETON: 725-5704

Our 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) – 725-908-7043
- Plan Your Move Seminar
- Sponsorship Training
- TMO (Traffic Management Office) – 725-8164
- 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
Traffic Management Office (TMO)	(760) 725-8164

TEMPORARY LODGING

Temporary Lodging Facilities (TLF)



Temporary Lodging Facilities offer short-term housing accommodations for military members, their families, and guests. The mission of the Temporary Lodging Facility is to provide quality accommodations at a reasonable price. This program operates with centralized policy development and guidance from Headquarters. Control of everyday operational functions is decentralized and handled by each MCCS activity. Purchasing decisions are made at each command, with few items centrally procured.

View TLF Directory and find out more about staying in a TLF.

Temporary government quarters are not available.

For more information, call (760) 725-5304/5194 and fax (760) 725-5609.

Recreational Lodging

Recreational Lodging is available at several Marine Corps Installations. Consisting of cabins, chalets, trailers, cabanas, beach houses and cottages, the recreational lodging program offers Marines and other authorized patrons the opportunity to relax and enjoy their vacation at a premier location, while enjoying significant savings. Lounging on the beaches of Hawaii, skiing through fresh powder at Big Bear Resort in California or watching the sun set over the Pacific Ocean from the porch of a storybook cottage are all possible for Marines and their families. Fishing for a trophy lunger, or biking through mountainous terrain are only two of the ways that a well deserved period of rest and relaxation can be enjoyed while taking advantage of the MCCS Recreational Lodging Program.

To find out more on prices and availability, contact the Recreational Lodging Reservations Office at MCB Camp Pendleton (760) 725-2134.

TRANSPORTATION PROGRAM

Armed Services (YMCA) - (760) 385-4921

Serviced by Armed Forces (YMCA), all Camp Pendleton families living in base housing, Bonsall, Fallbrook, Oceanside or Vista are eligible for this program. This service is offered Monday through Friday, 0800-1530. The shuttle will be for transportation to and from the:

- Naval Hospital
- Commissary
- WIC Appointments (on base)
- Military Outreach Ministries (MOMS)

Transportation (Local)

Taxi Service

- Del Mar Taxi (760) 632-8888
- Coastal Cab (760) 722-7472
- Yellow Cab (760) 722-4214

Bus Services

- Breeze Route Info (800) 266-6883

Train Services

- Coaster (800) 262-7837





SECTION 6

CAMP PENDLETON RECREATIONAL ACTIVITIES

RECREATIONAL ACTIVITIES

Auto Skills Center

Mainside

Bldg. 13191

(760) 725- 5963

Parts Dept. (760) 725-5092 / 3942

Camp San Onofre

Bldg. 520170

(760) 763-0668 / 0669

Parts Dept. (760) 763-0671 / 0672

- You don't have to be a mechanic to save big money on auto repairs!
- Let the Auto Hobby Shop's trained staff show you how!
- They offer state-of-the-art equipment; scanners for on-board computers and sensors, paint booths, vehicle lifts, hand tools and more
- Certified air conditioner and recharge service
- Drop off your used anti-freeze, motor oil, containers and filters

The Auto Hobby Shop can help with second opinions on needed auto repairs and may be able to help spouses of deployed personnel find more affordable repair options.

Base Hobby & Craft Shop

Bldg 13113

(760) 725-4880

Tuesday thru Friday 1300-2000

Saturday 0900-1700

Services:

NEW! LASER ENGRAVING -

Engrave wood, ceramics, fabric, paper, glass, tiles, and more.

Plaques and plates kept in stock; special orders also available.

Graphic re-work available with speed

Minimal set-up fees, and NO rush charges

PAINT-YOUR-OWN CERAMICS STUDIO –Fees vary plus the cost of your piece



Choose a piece off our shelves to paint! We offer hundreds of ceramic pieces to choose from. Studio fee includes use of all studio paints, brushes, glazing, and firing. Affordable pieces range

POTTERY WHEELS -

We offer the best in potter's wheels, both Brent and Shimpo brands: responsive, high-torque, powerful, and quiet - very quiet!

All wheels are controlled with adjustable foot pedal.

All materials available for sale on-site.

WOODWORKING -

We offer all of the tools and power equipment to satisfy the beginning through expert woodworker.

Experienced staff members are present to assist you with your project.

Wood is available for purchase. Please call for current pricing and selection information (725-4880).

COMPUTER LAB – FREE: (includes Internet access, and WiFi for your laptops)

BIRTHDAY PARTIES AND GROUPS - Private room available at no extra cost

Celebrate your next birthday at the Arts & Crafts Hobby Shop! You'll gather in a large, private, redecorated Birthday Party room. Then, you and your guests select the ceramic piece of your choice and help yourself to all of the paints, brushes and supplies you need to finish your new masterpiece!

All pieces are dipped in a clear glaze so they're food-safe. We do recommend hand-washing your pieces to help prevent chipping or cracking.

A Hobby Shop party is not only fun, it's affordable!

Feel free to bring your own foods and drinks (refrigerator available)

Also, be sure to bring your favorite CDs, as a CD player is available for you to use.

We do fill up quickly, so reserve your special day today!

Deposit required, 24-hour cancellation policy. Call for class schedule or look on www.mccscp.com

Lake O'Neill

Visit website for brochure: [www.mccscp.com/home/recreation/Indoor Outdoor Activities.aspx](http://www.mccscp.com/home/recreation/Indoor_Outdoor_Activities.aspx)

Bldg. 26080: (760) 725-5611

Phone reservations seven days a week 8 a.m. to 4 p.m.

The Lake O'Neill peninsula is available for large group activities like promotions, retirements and wedding receptions. This area has picnic cabanas, BBQ grills, a stage, electrical power and athletic facilities. The Lake O'Neill Campgrounds offer campsites with water, electricity, sewer hookups and tent camping.

Fishing is permitted year-round (the lake is stocked and bait is sold at both facility offices.)

- Miniature Golf
- Picnic Cabanas
- Playgrounds
- Athletic Facilities: Volleyball, Basketball, Softball and Horseshoes
- Paddle Boats, Row Boats, and a Pontoon Boat!

Watercraft Dock open Fri-Sun at 10:00 a.m., April thru October.

Marina



The Del Mar Marina offers slip rentals, basic ocean sailing classes, coastal piloting classes, Kayak & Sailboat rentals, fishing boat rentals, and sponsored cruises to Dana Point, Catalina Island, Mission Bay, San Diego and other destinations. Take to the seas at the Del Mar Marina. Download a current brochure at www.mccscp.com.

Services:

- Sailing Rentals
- Youth Summer Programs
- Sunset Cruises
- Charters
- Navigation Classes
- Sailboat Racing
- New Boats
- Sailing Lessons
- Kayak Rentals
- Power Boat Rentals



Stables

Bldg. 1516 - (760) 725-5094 or 725-5085

Hours: Wednesday thru Sunday 8 A.M to 2:30 p.m. Closed Monday and Tuesday

Stable offers:

- Trail Rides
- Private Lessons
- Pony Parties

Download current brochure with pricing at www.mccscp.com.

Pistol Range 33 Area

Phone: 725-4832

Range: 102A Wilcox

Hours: Sat 10:30am-4pm

Range Fee. Pistols & Ammunition Available

Skeet and Trap

Bldg. 25167

Phone: 725-4832

Hours: Wed, Thurs, and Fri 11am-6pm | Sat-Sun 10am-5pm | Closed Mon, Tues, and Holiday's

Skeet & Trap Ranges

5 Stand Sporting Clay Range

Domestic & International Targets

Instruction Available

Shotgun and safety equipment provided at no charge

Paint Ball Park

The Paintball Park is located on Vandegrift Blvd. Just before Rattlesnake Canyon.

Open 7 days a week for private groups of 15 or more players. Please make reservations at least one week in advance.

Hours of operation:

Sat-Sun 8:30 to 4:30

You can bring your own paintball equipment or rent all the gear at the field.

For more information call 951-323-9883 or visit website at www.thepaintballpark.com.



CAMP PENDLETON BEACHES

Beach Cottages

Del Mar: (760) 725-2134, 725-2313

San Onofre: (760) 763-SURF or (760) 763-SAND

[www.mccscp.com/home/recreation/Beaches Pools](http://www.mccscp.com/home/recreation/Beaches_Pools)

Del Mar Beach at the southern end of the base and San Onofre Beach on the northern end. Cottages and campsites with electrical hook ups are available to rent by sponsors and spouses only at both beaches. The cottages have 1-3 bedrooms, all have kitchens and TV's and many have fire rings. Each beach has a bathhouse and lifeguards are on duty year-round.

Note: there are minimum day rental requirements in effect during certain times of the year.

Scuba Classes

Visit website at <http://www.escubacenter.com>

A PADI 5-Star IDC Center

The Scuba Center offers many different scuba classes throughout the year.

PADI 5 Star Instructor Development Center and teach classes from basic Open Water through Instructor Development, including specialties, technical & refresher courses.

Golf Course

Bldg. 18415

Pro Shop: (760) 725-4756 / 4704

Tee Times: (760) 725-4756

Head Golf Pro, Lessons & Tournaments: (760) 725-4390

www.mccscp.com/home/recreation/Golf_Course.aspx

- Driving Range
- Pro Shop – Summer Mon-Sun 6:30am-7pm, Winter 6:30am-4pm
- Par 3 Course
- Restaurant And Bar
- Banquet Rooms
- Snack Shack
- Jr. Golf Program
- Private & Group Instruction
- Men's and Ladies Club
- Lockers and cart storage

Golf School for Beginners

Fall Class Dates: Saturday's and Sunday's

Spring Class Dates: Weekdays and Weekends

Times: TBA



These six classes will cover rules, etiquette, irons, full swing, putting and chipping. Clubs will be provided. A Great Game for a lifetime. Make-up classes will be available, if you miss a class. For more information please call (760) 725-4704

Bowling

Devil Dog Lanes: Bowling, Billiards, Arcade & More!

Phone: (760) 725-5945

Bldg. 1339

Hours: Building 1339, Mainside Area / Phone: (760) 725-5945 or 6109 Hours: Sun. 2pm – 10pm
Mon – Thu. 9am – 10pm / Fri – Sat. 9am – Midnight

The bowling entertainment complex is a 49,000 sq. foot climate controlled center with 40 superb, synthetic glow in the dark lanes, an automatic scoring system, awesome sound systems and a variety of sound activated lights and lasers to enhance the programs offered during league and open play. 12 of our lanes are equipped with bumpers for use by young children and others as needed. You'll also find billiard tables, along with 60+ assorted electronic video games in our Arcade.

Information Tickets & Tours (ITT)

Mainside- Bldg. 1339

(760) 725-5863/5805

Mon-Fri 9am-5:30pm, Sat. 9-4pm

Closed: Sundays and Holidays

ITT offices have discount tickets to most any tourist attraction you can imagine, special events and a Ticketmaster outlet for your convenience. Purchase tickets to area dinner shows, boat cruises, one-day outer island tours, whale-watch tours, concerts, sporting events and theme parks. Tickets to popular theme parks and professional sports are also available. Information, Tickets & Tours is your one-stop for all your destinations.



SECTION 7

RETAIL ON BASE

CAMP PENDLETON

Local Exchange Information

Marine Corps Exchange Main Store, Bldg 1106 – (760) 725-6233

Hours of Operation:

Monday – Friday: 10:00 A.M. - 7:00 P.M.

Saturday: 10:00 A.M. – 6:00 P.M.

Sunday: 10:00 A.M. – 5:00 P.M.

Camp Pendleton offers many shopping opportunities for you and your family. Visit <http://www.mccscp.com> and click on the *Shopping* link for more information.

Commissary

Marine Corps Camp Pendleton

www.commissaries.com

Hours of Operation:

Monday – Sunday: 9:00 A.M. – 8:00 P.M.



SECTION 8

CAMP PENDLETON RELIGIOUS SERVICES

Religious Development Center

The Religious Development Center (RDC) is the center for current information about base religious activities. The RDC is located on Mainside, building 1344. Call 725-4700 for more information.

Religious Services

The 12 chapels on Camp Pendleton serve the spiritual needs of military personnel and their families. These facilities represent major faith groups including Roman Catholic, Protestant, Orthodox, Church of Christ, Episcopal, Latter-day Saints, Muslim, Jewish and Gospel.

Religious education programs (Catholic and Protestant) are held regularly at the Marine Memorial Chapel, South Mesa Chapel, and San Onofre Chapel.