

## Plan My Move Booklet for Marine Corps Air Station Miramar

### Overview



#### Location

MCAS Miramar is located approximately 15 miles north of downtown San Diego, near I-15 and town of Mira Mesa. The installation is close to the Navy ships that our Marines deploy on, the areas in which our aviation units train, and the ground combat troops we support. MCAS Miramar is strategically positioned approximately 40 miles south of Camp Pendleton, the Corps' largest amphibious assault training area. The Naval Air Station North Island, the largest aerospace industrial complex, is 20 miles south of Miramar.

If arriving by car from the West on I-8, take I-15 North to the Miramar Way exit and follow signs to the Main Gate. If you are arriving from the North on I-15, turn west on Miramar Road and go 1/2 mile. The North Gate is on your left at the next light after Black Mountain Road. If arriving from I-5 North take I-805 and then go east on Miramar Road and drive 4 miles to the North gate on the right of Miramar Road, after Camino Ruiz. Or, from I-5 North take 56 East exit to I-15 North, turn west on Miramar Road and go about 1/2 mile to North Gate.

San Diego, once reputed to be a sleepy little Navy town, is rapidly growing into an internationally recognized city with a technologically dynamic economy making it the nation's sixth largest city. With its great weather, miles of sandy beaches, and major attractions, it is known worldwide as one of the best tourist destinations. San Diego is considered a high-cost area. The base operator's phone number is 858-577-1011. To view a Welcome Aboard video visit this [website](#).

#### History

Miramar is a former cattle and citrus ranch that was first acquired by the military for Army Infantry Training in 1914, and was named Camp Kearny. After World War I, aviation had secured a foothold in San Diego and in military strategy. Miramar became an Auxiliary field for the Navy and a major air base for the Marine Corps.

Miramar quickly expanded when World War II broke out. Redesignated in 1946 as MCAS Miramar, the Marines soon moved to El Toro in 1947. On April 1, 1952, Miramar was developed as a Master Jet Station of the Pacific fleet.

In 1960, the eastern-most portion of present-day MCAS Miramar was transferred to the Air Force, and later to the NASA for missile testing. The remaining portion of the Camp Elliot and NASA training sites were transferred back to NAS Miramar in 1997.

On October 1, 1997, Naval Air Station Miramar officially became MCAS Miramar again following the closure of MCAS El Toro and Tustin. For more information, please visit Miramar's [homepage](#).

#### Mission

Strategically located close to the Navy ships, its mission is to support all aircraft operations occurring on MCAS Miramar and serve as vital player in carrying out the Marine Corps' mission to train, equip and deploy forces to fulfill its expeditionary mission should the situation arise and to respond to a variety of crises around the world.

#### Population Served

Personnel assigned to MCAS Miramar:

MCAS Miramar	3rd Marine Aircraft Wing	Marine Aircraft Group 46 (Reserve)	Naval Consolidated Brig	Company A, 4th Tanks
Military (including Fleet Assistance program), 898	Military 9,686	Active Duty Military, 351	Military, 171	Military, 96
Civilian, 278	Civilians, 10	Reserve Military, 918	Civilians, 31	Civilians, 0

#### Base Transportation

Currently, there is no base transportation on this installation.

### **Sponsorship**

The sponsorship program on MCAS Miramar is provided to inbound personnel on PCS orders by their prospective command or unit. Personnel requesting a sponsor should contact their gaining command's sponsor coordinator prior to their PCS transfer. The Information & Referral Specialist is available to assist members with their sponsorship request, and can be contacted at 858-577-1428 or DSN 312-267-1428.

Change of address for those living out in the community or military housing: Before you leave your duty station, fill out a change of address card. If you do not have a forwarding address you can send your mail to "General Delivery" and address it to San Diego, CA 92138. The Post Office will hold your mail for up to a month. You do, however, have to come in and check your mail every 10 days from the time it was sent or it will be sent back.

Upon your arrival you can go to the Midway Post Office at 2535 Midway Dr., San Diego, CA; 619-758-7125 to pick up your mail or check on it within the 10-day time requirement. Change of address for those who will be living in the barracks need to check in at the Military side of the Post Office upon your arrival and you will be issued a P.O. Box.

### **Temporary Quarters**

MCAS Miramar temporary lodging is the Miramar Inn. It is located in building 2515 on Bauer Road. For reservation, contact 800-628-9466 or 858-271-7111. Please be advised, the Miramar Inn does not have accommodation for pets. For information on hotels that accepts pets, check out the [PetsWelcome website](#).

The Miramar Inn is located near the commissary and exchange complex which includes a variety of food outlets, a 50-member pool, the Bob Hope Theater, and Mills Park. It is conveniently close to the Miramar Memorial golf course, the Officer, Staff NCO and Enlisted Clubs, and the museum.

If you are active duty, retired, a reservist or a Department of Defense employee, you can sponsor friends and family to stay at the Miramar Inn. Family members and guests of military personnel may stay at Miramar Inn, but the military member must be present at check-in. Call 858-271-7111 x 0 to take advantage of this great deal.

Military members with dependents traveling accompanied or unaccompanied and who are entitled to TLE (Temporary Lodging Expense) must first try to stay in billeting or the Miramar Inn. For billeting information, you may call 858-577-4233. You must get a statement of non-availability before using a hotel in the community upon arrival. You will only be reimbursed if you have a non-availability statement from billeting.

### **Relocation Assistance**

Welcome to MCAS Miramar. Upon receiving PCS orders you may contact the Information & Referral Office. Providing your e-mail address will also allow the Information & Referral Office to send you information immediately. This is valuable information to help with your move and settling in to the new location.

A numbers of services are available to you as well for when you get ready to depart. These include videos, base and community information and request for a sponsor.

A welcome aboard brief is provided to our inbound personnel after completion of their check in to the command. The brief is held at the Station Headquarters, Building 8630 and dates of the Welcome Aboard Brief are provided by the Information & Referral Specialist upon check in.

Contact the Information & Referral Office for additional information at 858-577-1428 or DSN 312-267-1428. To learn more about MCAS Miramar, visit our [website](#).

### **Critical Installation Information**

Quality of life construction is ongoing on MCAS Miramar.

- Miramar housing complex has added 77 new housing units available for Marines and dependents in pay grade E-1 thru Officers.
- A new child care center with capacity for 200 children is fully operational.
- A brand new facility Youth and Teen Center is fully operational and has received a prestigious Merit Awards for Program Excellence. The Youth Center has something for everyone under 18.
- A major expansion and renovation of the Marine Corps Exchange has been completed and fully operational. This new and existing building has the appearance of one large department store

## Sponsorship

Settling into your new location and your new unit takes time. [Military OneSource](#) is designed to assist you with information about your new location. Additionally each of the military Services has a Sponsorship Program which is very helpful in providing new unit information. If you want to learn how to be a sponsor, you can take a short [training module](#) found on Military OneSource, or if you are a Sponsor, you can use the [eSponsorship Application & Training](#) a secure website designed to train you on your sponsorship duties and provide sample materials for your use when communicating with your newcomer.

The purpose of the Sponsorship program is to:

- Provide a sense of belonging
- Ease the transition for inbound service members or civilians and their family members
- Increase productivity
- Reduce culture shock
- Help newcomers make informed decisions
- Cultivate new friendships
- Improve morale

A sponsor is someone from your new unit who is assigned to assist you in settling into your new location. You must request a sponsor through your unit. You can learn more about the sponsorship program and how to apply through your Relocation Assistance Services or the Army Community Service at your new installation.

Your gaining unit will appoint your sponsor in writing. He/she will be the same or close to your rank and the same marital status, if at all possible. This person will be knowledgeable about the local community and the installation; available to assist you and your family for at least two weeks post arrival, and be someone who is positive and outgoing.

A sponsor's duties include:

- Contacting you and your family by letter of introduction or e-mail upon learning of your assignment to the installation.
- Following up with a personal phone call after contact has been made.
- Sending information about the installation/area which you may require, or putting you in touch with the resources on the web and at the installation that provide current, complete and up-to-date information such as those provided by the Relocation Services.
- Answering any questions which you or your family may have, or, again, providing the proper resources to answer those questions.
- Confirm transportation and lodging arrangements.
- Assisting with obtaining a Post Office Box for your mail.
- Meeting you and your family upon arrival.
- Accompanying you to your check in point for the unit.
- Introducing you to the Family Center and loan closet
- Providing essential service locations such as commissary, exchange, gas station, and bank.
- Being available when you arrive at your installation to meet you, show you around, and help you through in-processing.

If you have not been assigned a sponsor, or have not been contacted as of yet, request one by contacting your gaining command or unit. If after contacting your new command you find difficulties in obtaining a sponsor, contact your Relocation Assistance Personnel for additional help with your move.

Service specific processes for requesting a Sponsor include:

- **Army and Defense Logistics Agency:** AR 600-8-8 outlines procedures for DA Form 5434, Sponsorship Program Counseling and Information Sheet. Sponsorship is mandatory for first term Soldiers. All Soldiers, private through colonel (excluding those completing Advanced Individual Training (AIT) and those PCSing to long term schools) and civilian employees through grade 15 may participate in the advance arrival sponsorship program. Reactionary Sponsorship is available for individuals arriving at an installation without a sponsor. Contact the gaining unit to request a sponsor.
- **Air Force:** Gaining Unit Commander Support Staff/Military Personnel Section will assign a sponsor upon receipt of assignment notice. Assigned sponsor will then make contact with the inbound member.
- **Navy:** OPNAV INSTRUCTION 1740.3C prescribes procedures regarding Command Sponsor and Indoctrination Programs. This Program is designed to facilitate the adaptation of Sailors and their families into new working and living environments, to minimize the anxiety associated with a Permanent Change of Station (PCS) move, and afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.
- Command sponsor and indoctrination responsibilities begin upon receipt of PCS orders and continue until the Sailor has become an integral part of the new command and is fully cognizant of all policies, programs, services, and responsibilities

available through the command. Commanding Officers shall establish a Command Indoctrination Program to include the delivery of the Navy Pride and Professionalism training per this instruction. COs should ensure all incoming personnel receive command indoctrination training within 30 days of arrival or within 3 drill weekends

- Enclosures (1) and (2) of OPNAVINST 1740.3C outline responsibilities and provide guidance for these programs. Assistance to local commands regarding the Command Sponsor Program is through the Fleet and Family Support Center (FFSC) Relocation Assistance Program staff.
- **Marine Corps:** Gaining Unit Commander will assign a sponsor on request. Overseas commands should assign a sponsor automatically, however if one is not assigned, send a request to the gaining command using the [Sample Sponsorship Request form](#).

Sponsors' responsibilities and abilities to be available will vary from installation to installation, depending upon the priority which the installation and unit commanders give to the program; however, the Services are making the Sponsorship program a priority as research has shown the many benefits of good sponsorship to service, family members and youth.

### **Youth Sponsorship**

The Youth Sponsorship Program depends on the availability of youth who volunteer to become sponsors. The Youth Services topic should explain the Youth Sponsorship program at your new installation, but if it does not answer all of your questions, contact your Relocation Manager to inquire about the program and acquiring a youth sponsor.

### **Directions to Installation**

#### **Driving Directions**

MCAS Miramar is located approximately 15 miles north of downtown San Diego.

#### *Driving from the West*

If arriving by car from the West on I-8, take I-15 North to Miramar Way exit and follow signs to the Main Gate.

#### *Driving from the North*

If you are arriving from the North on I-15, turn west on Miramar Road and go 1/2 mile. The North Gate is on your left at the next light after Black Mountain Road. If arriving from I-5 North take I-805 and then go east on Miramar Road and drive 4 miles to the North gate. The North Gate entrance is on the right of Miramar Road after Camino Ruiz.

#### **Airports**

San Diego's main airport is San Diego International Airport (Lindbergh Field), located downtown near San Diego Bay and Harbor. The busiest single-runway commercial airport in the country with about 600 flights a day, the Airport is served by 21 commercial airlines, three terminals, state-of-the-art facilities and free terminal-to-terminal transportation. San Diego is also served by two municipal airports and eight general aviation airports operated by the County of San Diego.

Transportation from the Airport to MCAS Miramar and other installations are available. If you need a shuttle service, or a rental car at reduced rates, take advantage of a great deal available through the USO Center, located at Terminal #2. This reduced rate is available only at USO Center and applies to all active duty members and families, retired personnel, and DOD civilian.

Upon arrival at MCAS front gate when driving a rental car, ensure rental agreement is readily available. All military personnel needed to check in, proceed to JRC (Joint Reception Center) bldg. 2258 between 7:00 a.m.- 4:00 p.m. If arriving after 4:00 p.m., and needed to check-in, then proceed to Headquarters Building (bldg. 8630) and check in with the Command Duty Officer. The CDO can be reached at 858-577-1141 or 619-200-7842.

If you have a reservation at Miramar Inn, proceed to building 2515 located on Bauer Road or contact the Miramar Inn for assistance at 858-271-7111.

### **Check-in Procedures**

#### **Reporting Procedures**

Between the hours of 7:00 a.m. - 4:00 p.m. Military Personnel (All Branches of Service, Active and Reserve) reporting for duty

aboard Marine Corps Air Station (MCAS) Miramar must check in with the IPAC (Installation Personnel Administration Office) located at the Joint Reception Center (JRC Bldg. 2258).

After 4:00 p.m. and on weekends and holidays Military Personnel will check in with the Command Duty Officer (CDO) located at the Headquarters Building (Bldg. 8630). The CDO can be reached at 858-577-1141 or 619-200-7842. Directions to either location can be obtained from the Military Police gate.

Marines reporting for duty must be in the service alpha uniform. Personnel of other Branches of Service will be in the appropriate uniform of the service and season.

#### *Temporary Lodging on Station*

All Marines are required to check in with the CBQ (Consolidated Bachelor Quarters) Bldg. 4312 before attempting to acquire temporary lodging. Marines who check in prior to 4:00 p.m. and will be occupying single type government quarters should check in with their respective unit's barracks manager to acquire a permanent room. The CBQ phone number is 858-577-4233.

NOTE: If the CBQ does not have rooms available, you MUST get a non-availability statement.

### **Travel Planning**

Planning and organizing your move is key to a smooth and successful travel. List important documents and phone numbers to hand carry enroute to your next duty station. San Diego is a high cost living area, and best known for its near-perfect climate, natural beauty and lots of fun-filled outdoor activities. Hotel rates are normally higher when looking for a temporary lodging.

It is highly recommended to make your temporary lodging reservations in advance to Miramar Inn for a much lower rates and convenience. Miramar Inn is located on MCAS Miramar, Bldg. 2516. Call for central reservation at 858-577-7111.

### **What to do if planning to get Married Enroute**

If you are planning to get married before you PCS, you must inform your commander and follow the procedures exactly as you are given them. The military will not pay for travel and housing of your spouse if you do not follow proper procedures.

If PCSing overseas with family members, it is important to make sure that you have an approved command-sponsored orders in order to qualify for entitlements at your overseas duty station.

### **Relocation Assistance**

#### **Programs and Services**

If a permanent change of station, or PCS, is in your future, you may have questions about moving. As part of the Military and Family Support Center, the Relocation Assistance Program provides services and resources to help make this transition as smooth as possible. Here's what they offer:

- **Individual PCS planning** — Most relocation programs offer one-on-one consultation. In particular, those making their first military move, those making their first overseas move or those with challenging or complex situations should contact the relocation assistance office.
- **MilitaryINSTALLATIONS and Plan My Move** — For managing and planning your move, you may want to take advantage of these DoD-sponsored online relocation tools. You can estimate expenses, locate forms for housing and property shipments, and create a moving calendar.
- **Loan closet** — Where available, loan closets offer basic household goods while your personal property is in transit. Typical items include pots and pans, dishes, silverware, irons, ironing boards and infant or toddler car seats. Generally, towels and bed linens are not available, so these should be packed in your express shipment.
- **Workshops and briefings** — Workshops vary from installation to installation, but you may find classes on purchasing real estate and renting, budgeting and finance, moving with children or general moving preparation.
- **Pre-departure briefings** — These briefings may be called Smooth Move or PCS Briefing, and they provide essential information to prevent you from making uninformed and costly decisions before your move.
- **Settling-in services** — Welcome wagon services, local area tours (with child care sometimes provided), or basic household items to use until your goods arrive may be a part of your installation's settling-in services. Overseas arrival services may include introductory language classes and cultural awareness training.
- **Foreign-born spouse support** — Whether your question concerns immigration and naturalization, learning the English language or how to use local transportation, the relocation program provides assistance, classes and referrals.
- **Emergency assistance** — From time to time, emergencies occur while moving. The Relocation Assistance Program office has the resources to provide emergency financial assistance and referrals.

### **Installation Specific Information**

Contact the Information & Referral Office when you have PCS orders. You may request a Welcome Aboard Package be mailed to you. Providing your e-mail address will also allow the Information & Referral Office to send you information immediately. It can be helpful to you as you get ready to move and also upon your arrival. A number of services are available to you as well when you get ready to depart. These services include videos, base and community information through the internet, requests for a sponsor and a PCS Move Class.

Contact the Information & Referral Office for additional information at 858-577-1428 or DSN 312-267-1428. To learn more about MCAS Miramar, visit our [website](#).

### **Emergency Assistance**

#### **Planning for Emergencies**

The American Red Cross can be helpful in any emergency in which a service member or family members of a service member need to communicate with each other. If you need an assistance prior to arriving in San Diego call the Officer of the Day. The line is open 24 hours a day. If an emergency occurs on station dial 911.

#### **Navy-Marine Corps Relief Society**

The Navy-Marine Corps Relief Society provides financial assistance to active duty and retired Navy and Marine Corps members and their families in time of emergency. Navy-Marine Corps Relief Society can help you in time of need, but cannot help you live beyond your means.

What can the Navy-Marine Corps Relief Society do? They can help with emergency needs and provide interest-free loans, grants or combination for:

- Emergency transportation
- Funerals
- Medical/dental bills (patient's share)
- Food, rent, utilities
- Help when disaster strikes
- Personal needs when pay is delayed
- Essential vehicle repairs

What Navy-Marine Corps Relief Society cannot do:

- Help with conveniences
- Pay bills for non-essentials
- Finance liberty and vacations
- Pay fines and other legal expenses

What to bring:

- Your military/dependent ID card
- Leave and Earnings Statement (LES)
- Auto repair estimates (if coming in for help w/car repair)
- Medical bill/statement (if coming in for help with medical bills)
- Any other paperwork that will help makes an accurate budget

Other resources offered by Navy-Marine Corps Relief Society:

- *Education loans* for dependent children, spouses, and fleet Inputs to commissioning programs.
- *Budget Counseling* and training, education and remedial counseling.
- *Listening Post* for people with problems.
- *Coordination with civilian agencies* (Red Cross, VA, etc) and military offices (disbursing, chaplain, medical clinic, legal, etc)
- *Layettes* are a gift from NMCRS to eligible Navy and Marine families and single service members who need such assistance for a new child. Layettes consist of all the necessary items needed when a new baby is brought home. Layettes are available to service members regardless of pay grade. As a guideline, layettes are given as early as the second trimester and after child birth, as long as child fits into clothing.

- *Visiting Nurse* - Visiting nurses provide home visitation and other assistance to eligible Navy-Marine Corps Relief clients.
- *Budgeting for Baby Classes* are held twice monthly and are designed to give necessary information to new parents about the financial impact of a new baby on the family budget. Both service member and spouse are invited to attend these classes. Sign up at the San Diego or Miramar office.
- *Thrift Shop* - Merchandise is donated and priced very reasonably. In the case of an emergency or personal disaster (fire, flood, burglary, etc), the Thrift Shop will allow families to choose items at no cost in order to reestablish their household. Contact the NMCRS at Miramar for verification or authorization.

### Information & Referral

Do you have questions? Are you looking for information? If so, Information & Referral Specialist (I & R) has the answers. Your I & R Specialist is dedicated to providing information for military personnel, their family members, reservists, civilian employees and retirees. Additionally, your I & R Specialist provides the following information such as Names, telephone numbers, addresses, hours of operation, and other types of information. I & R provide special briefings and presentations on programs and facilities available at Marine Corps Air Station Miramar. If you plan on visiting I & R office, you are encouraged to call ahead to ensure that someone is available to assist you. No appointments are necessary and phone inquiries are welcome. Your I& R Specialist is committed to improving the quality of Information.

To contact the Information and Referral specialist, call 858-577-1428, located in Bldg. 2258. Hours are 8:00 a.m. - 4:00 p.m., Monday through Friday. The following questions are frequently asked through Information & Referral Specialist:

- Wing Duty Officer 858-577-9517
- Station Duty Officer 858-577-1141
- American Red Cross 800-951-5600
- Auto Resale Lot ([Vehicle Resale](#)) or call 858-577-1215
- Child Care Resource and Referral 877-235-6002
- Family Practice Clinic 619-532-8225
- Flea Market ([Swap Meet](#)) (Saturdays) 858-577-4099
- Flight Jacket 858-577-5547
- ID Card Office 858-577-1421
- Operation Homefront 866-424-5210
- Passport Office 858-577-1303
- Pharmacy 858-577-9961
- Space A 858-577-4284
- Vehicle Registration 858-577-1463

### Victim Advocate

For emergency assistance, please call the MCAS Miramar Police Emergency phone number at 858-577-4068.

### Motor Vehicles

#### Registration & Licensing Requirements

California State law requires you to have sufficient liability insurance and a valid driver's license in order to operate a vehicle. The term "vehicle" generally includes automobiles, motorcycles, vans, trailers and boats regularly parked or garaged overnight. Further, your vehicle must be properly registered. Even though you are in the Military, you may be required to register your vehicle in-state and obtain an in-state license within a few months of moving. Access complete information on insurance, driver's licensing, and where and how to register your vehicle by visiting the [State Department of Motor Vehicles](#) website.

#### State Laws

You and your passengers must always wear seatbelts while driving, you will be ticketed and issued heavy fines if seatbelts are not secured. State law requires that all children under 6 years of age be properly restrained in child seats. Some states also require younger, smaller children to sit in the back seat. Motorcycles and their operators are subject to special laws. If you own and operate a motorcycle, you must comply with those laws. Visit the State Department of Motor Vehicles website for more information. Many States and local jurisdictions have strict laws about the use of cell phones and other digital devices while driving. Research these laws on the State Department of Motor Vehicles website. Tickets will be issued and fines assessed for violating these laws. Play it safe and always use a "hands free" device if you must use a cell phone or other PDA while driving. Hands-free devices must be used while operating a motor vehicle on ALL military installations worldwide.

## **Registering Vehicle on Base**

Decals and vehicle registration services are provided on station. In order to obtain a new decal for your vehicle, bring your ID card, proof of insurance and car registration to the vehicle registration office. The Vehicle Registration Office on MCAS Miramar is located in Building 6200 across East Gate. Phone number is 858-577-1463/1459.

For state vehicle registration services Ana's Registration Service on station offers full services which include transfers, renewals, plates and titles. This convenient service does charge a fee. You may, however, go off base to a DMV office to obtain the same service with no additional charge on top of the standard fee.

## **Base Regulations**

Vehicle Inspections -- Random, unannounced vehicle inspections are conducted on a regular basis. Any area that has restricted or controlled access will be posted.

Speed Limit -- The speed limit on station is 25 miles per hour unless otherwise posted.

The DMV has determined that a California driver's license is not required of a military family member as long as the following criteria are met:

- The family member's home state driver's license remains valid
- The family member is age 18 or older
- The family member does not establish permanent residency in California
- The family member is not employed for compensation for the purpose of driving a motor vehicle

The DMV maintains that lawful family members are entitled to the same non-resident status as their active duty sponsors.

### *Motorcycles*

All motorcycle riders must wear properly fitted safety helmets which conform to federal safety standards and are so labeled. They also must wear a colored outer upper garment during the day. Only the upper part of the garment is required to be brightly colored. Brightly colored does not include the camouflage utilities, dark blue, black, and dark green.

An approved Motorcycle Safety Course is also required for Active Duty members wishing to register a motorcycle. In the event a person does not have the required course, they may sign up through their unit training. Upon obtaining a sign up sheet for the motorcycle courses, individuals may bring it to the Vehicle Registration Office and receive a temporary pass until the completion of the course date.

## **Loan Closet**

**This service is no longer available.**

## **Housing - Overview**

### **Government Housing**

Marine Corps Air Station Miramar has military housing units aboard the station as well as units located throughout San Diego County. In addition to the housing office located at MCAS Miramar, a housing office is also located aboard Naval Station San Diego, which can also assist with military housing sign up.

#### *Availability*

The wait list for housing on MCAS Miramar can vary. The wait list can vary from immediate occupancy to 24 months, depending on the housing unit selected.

#### *Eligibility*

All officer and enlisted personnel accompanied by their family members are eligible to apply for Military Family Housing. It is not necessary to sign up for housing before you arrive. However, you do want to sign up within 30 days of your arrival in order to maintain your place on the wait list.

#### *Application*

To apply for housing you will need the following:



- DD Form 1746 (Application for Assignment to Housing).
- A copy of orders showing your detachment date.
- Certification of bona fide family members. This may be the Emergency Data Application (Page 2), a Record of Emergency Data (RED), or Application for Uniformed Services Identification card (Deers Enrollment).

**Control Date** -- Your control date determines your placement on the housing wait list. The control date will usually be the date of detachment from your last permanent duty station. To maintain your place on the wait list you need to go to the main housing office located at 32nd Street Naval Base Housing Welcome Center within 30 days of your arrival. The address is 2625 LeHardy St. Bldg. 3544 San Diego, CA 92136. Office Hours are 8:00 a.m. - 5:00 p.m., Monday-Friday. Their phone number is 619-556-9610/8443.

### *Single Service Member Housing*

Service members of all ranks are assigned temporary rooms and then permanent rooms. After unit assignments E-5 and below will be given permanent rooms.

### **Non-Government Housing**

*Housing Referral Office (HRO)* -- Your contact for any problems you may encounter (discrimination complaints, tenant/landlord disputes, or any questions/problems about off base housing) is the HRO. Staff are available to assist you in a person to person basis to make your move to this installation an easy and pleasant one. They can provide a list of rentals with corresponding locator maps and give you information regarding the area in which rentals are located.

San Diego, CA has a wide range of housing, from expansive rural estates to downtown condominiums to suburban family homes. At every turn, you'll find service-oriented real estate professionals to help connect anyone to the home of your dreams. The market at this time is booming and you will be able to find just about anything and any price range to fit your needs.

### *Rental Options*

San Diego is so open to everyone's needs from 1 & 2 bedrooms from \$995 and up. Please review [ForRent.com](http://ForRent.com) San Diego for further information.

### *Mobile Homes*

San Diego does not have very many mobile home rental. Most homes are bought for the elderly on a low income.

### **Housing - Temporary**

#### **Temporary Lodging Facility (TLF)**

Naval Base San Diego's "One Team, One Voice, One Mission" commitment to the welfare of Naval Base San Diego Combined Bachelor Housing residents is the cornerstone to customer and quality service.

All personnel with Navy funded orders on temporary duty should check-in with TPU or their servicing Personnel Support Detachment (PSD) for Scheduled Airlines Traffic Office (SATO) for reservations. Please contact our reservations clerk if you have any questions.

### *Reservations*

- Central Assignment Front Desk: 619-556-8672 619-556-8672/8673/8674
- Donnelly Hall Front Desk: 619-556-8972 619-556-8972
- Group Reservations (10 or more people): 619-556-8959 619-556-8959
- Reservations: 619-556-8674 619-556-8674
- Fax: 619-556-7263

### *Hours*

New Day/Early Check-in is at 7:00 a.m. Check out is at 11:00 a.m. and regular check-in is at 3:00 p.m.

### *Costs*

- Dual Occupancy room with a shared bath - \$10 per day
- Single room with shared bath - \$20 per day
- Single room with private bath - \$25 per day

- Distinguished Visitor Suite - \$47 per day
- Standard rate for third guest - \$5 per day

#### *Length of Stay*

Max stay is 10 days.

#### *Pets*

No Pets are allowed.

### **Single Service Member Temporary Lodging**

All single personnel arriving under permanent change of station orders should contact the Billeting Office building 4312, after checking into the air station. Service Members of all ranks are normally assigned temporary rooms in one of the air station's transient barracks. After unit assignments, E-5 and below will be given permanent rooms. Staff NCOs and officers will normally be required to obtain housing in the local community.

The size and floor plans of barracks rooms vary, depending on the service members rank. All barracks rooms are cable ready, equipped with a refrigerator and have outside phone line access. Off-station phone service can be ordered by calling 1-800-893-2018.

#### *Reservations*

Reservations can be made Monday - Friday from 7:30 a.m. - 4:00 p.m. by calling 858-577-4233. Space availability, including personnel on transient order, begins at 3:00 p.m. daily. For more information please call 858-577-4235.

#### *Costs*

\$11.00. It is a room with two twin beds, and bath. Each bed is \$11.00. If a person would like a room to themselves, it is \$22.00. For E-1 thru E-5.

\$21.00. It is a private room with a private bath. For paygrade E6 and above.

\$26.00 It is a bedroom/livingroom with private bath. For paygrade E6 and above.

\$31 It is VIP room with bedroom/livingroom and private bath. Small kitchenette. For paygrade O6 and above.

## **Housing - Government**

### **Family Housing**

Marine Corps Air Station Miramar has military housing units aboard the station as well as units located throughout San Diego County. The San Diego Main Housing Office is located in 2625 LeHardy Street, Bldg. 3544 San Diego, CA 92134-5182. The phone number is 619-556-8443 or DSN 312-526-8443; FAX 619-556-8012. The housing office on MCAS Miramar does not process housing applications but provide management only to MCAS Miramar military housing units.

#### *Availability*

The wait list for housing on MCAS Miramar can vary. The wait list can vary from immediate occupancy to 24 months, depending on the housing unit selected.

#### *Eligibility*

All officer and enlisted personnel accompanied by their family members are eligible to apply for Military Family Housing. It is not necessary to sign up for housing before you arrive. However, you do want to sign up within 30 days of your arrival in order to maintain your place on the wait list.

#### *Application*

In order to apply for housing you will need the following:

1. DD Form 1746 (Application for Assignment to Housing).
2. A copy of orders showing your detachment date.

### 3. Certification of bona fide family members.

This may be the Emergency Data Application (Page 2), a Record of Emergency Data (RED), or Application for Uniformed Services Identification card (Deers Enrollment).

Your control date determines your placement on the housing wait list. The control date will usually be the date of detachment from your last permanent duty station.

To maintain your place on the wait list you need to go to the Family Housing office on 32nd Street Naval Base Welcome Center located at 2625 Le Hardy Street Bldg. 3544 within 30 days of your arrival.

## **Single Service Member Housing**

### *Availability/Eligibility*

Single Service Member arriving under permanent change of station orders should contact the Billeting office, building 4312 phone 858-577-4233. After checking into the air station service members of all ranks are normally assigned temporary rooms in one of the air station's transient barracks. After unit assignment, E-5 and below will be given permanent rooms. Staff NCOs and officers will normally be required to obtain housing in the local community.

### *Application*

You will need government orders. Reservations can be made Monday through Friday from 7:30 a.m. to 4:00 p.m. by calling 858-577-4233.

Space availability, including personnel on transient orders, begins at 3:00 pm daily. For more information call 858-577-4235.

## **Household Goods - Overview**

### **Arranging Household Goods Shipments**

As soon as you are alerted to your upcoming Permanent Change of Station (PCS) move, you can start getting your house and family ready. Clean up and get rid of junk. Hold a yard sale or take serviceable items you no longer need to a thrift shop or donate to charity. Get important family records together in one place.

If you are going overseas, you should begin to plan what items you will take in your unaccompanied baggage, in your household goods shipment, and what might need to go into permanent storage. Remember, in overseas areas, the electric current is different and houses are generally much smaller than U.S. standards and cannot handle large furniture.

### *Household Goods Shipping Process*

The Defense Personal Property System (DPS) is the online system you will use to manage your household goods shipment. [Move.mil](#) explains this new process and provides access to DPS.

### *Shipping Pets*

Planning for shipment of your pet includes researching airline requirements and quarantine restriction laws in your new location. You will need to check with the airlines on the requirements for size, weight, number of animals, kennel construction, documentation and season of the year limitations. Occasionally, small pets can be shipped on military flights but availability and regulations are always changing, as well as fees. Search [Move.mil](#) for general information on shipping pets.

Many international locations have strict importation laws including extended quarantines and restrictions on breeds or types of animals that can be brought into the country. Carefully research these rules as they could impact your moving schedule. Not only do overseas locations have strict rules but many locations in the United States have restrictions on certain breeds as well. Review your destination installation's Shipping Pets article for details found on the left hand tool bar on [MilitaryINSTALLATIONS](#).

### *"It's Your Move" Armed Forces Members*

Review ["It's Your Move" Armed Forces Members, Part IV, Attachment K1](#) for detailed information on weight allowances, valuable tips, household goods shipping process, storage, shipping your automobile (POV - Privately Owned Vehicle), arrival and delivery of household goods shipments, claims process, and the customer satisfaction survey.

## **Household Goods - Shipping Pets**

## **Marine Corps Official Pet Policy**

The United States Marine Corps has set official policy on types of dogs allowed in installation housing and other rules surrounding pets on base. You must read this [policy](#) before you plan your move, if you plan to live in government housing.

## **Pet Travel**

Shipping a pet is the responsibility of the owner. With the exception of pet quarantine, there are no reimbursements of any pet expenses, such as cages, the cost of shipping your pet, or kenneling. Your local transportation office can help you make the appropriate reservations for air transport.

## **Boarding**

Pets are not authorized in temporary lodging facilities on MCAS Miramar. Check the internet or local yellow pages for kennels in the area.

## **Veterinary Services**

There is a veterinary clinic on the Air Station, which is located in Bldg. 6360. For information contact 858-577-6552. Services at the clinic include shots, minor problems and physical exams. No surgeries are done at on-base clinic. A vet center near the base is Rancho Mesa Animal Hospital, 8710 Miramar Road, San Diego, CA 92145, 858-566-0422.

## **Quarantines**

There are no quarantine regulations in California or on MCAS Miramar.

## **Education - General Overview**

### **Public School**

The closest school districts to MCAS Miramar are the San Diego Unified and Poway Unified School Districts.

The busing of school children varies between districts. Before buying or renting a house or apartment, call the district to find out what is offered in that district. San Diego Unified School District, for instance, does not offer busing except for those involved in magnet schools, voluntary integration programs or special education. The Poway School District does provide transportation for a fee but only after certain walking distances.

The closest school districts to MCAS Miramar are the San Diego Unified and Poway unified School Districts. There is no Department of Defense (DOD) school on board MCAS Miramar.

#### *San Diego Unified School District (SDUSD)*

*San Diego Unified School District (SDUSD) serves over 135,000 students, and has marked more than 150 years of service to San Diego's children. It is the second largest district in California, and eighth largest urban district in the United States. The student population is extremely diverse, representing more than 15 ethnic groups and over 60 languages and dialects.*

Since its founding on July 1, 1854, the district has grown from a small, rented school building with one teacher to its current state-more than 221 educational facilities with 14,555 full-time equivalent staff positions representing more than 15,800 employees. The district's educational facilities include 118 elementary schools, 24 middle schools, 29 high schools, 35 charter schools, and 15 atypical or alternative schools.

For more information on meals, enrollment school programs bus service, etc. visit the [San Diego Unified School District website](#).

#### *Poway Unified School District (PUSD)*

The Poway Unified School District is located in northern San Diego County, California. Encompassing an area of 100 square miles, district schools are situated in suburban San Diego and throughout the rural city of Poway. PUSD operates 23 elementary schools (K-5), six middle schools (6-8), four comprehensive high schools (9-12), and one continuation high school. Twenty-three schools are located in the city of San Diego; eleven schools in the city of Poway. The District serves approximately 33,000 students and is the third largest school district in the county.

The Poway Unified School District has an enrollment size of 34,000. The Pupil/Teacher ratio for grades 4-5 is 28:1, for middle school is 27:1, and for high school is 30:1. There is no Magnet school in Poway Unified school district. Percentage of high school students who are college bound. 51% enrolled in 2yr college. 49% enrolled in 4 year college. Achievement test scores API for all schools are above 800.

For information on meals, enrollment school programs, bus service, etc. visit [Poway Unified Schools District website](#).

### **Home Schooling**

A Charter Home School for K- 12 is located near MCAS Miramar.

### **Adult Education**

MCAS Miramar has an Education Office located on station in Bldg. 5305. This office assists Station personnel wishing to reach their educational goals. It further offers information on a diversity of educational and training programs. Community and state colleges and universities also offer a variety of classes on board the station. Professional and technical degree programs are available as well.

### **Education - Training (College/Technical)**

#### **Installation Education Center**

The College Level Examination Program (CLEP) and DSST program consist of over 70 examinations that are recommended for college credit. Each test measure an individual's college level knowledge gained through military classes or technical assignment through personal reading, travel and intellectual curiosity. Taking CLEP test is a way of shortening the path to a college degree. For information, contact 858-577-1801

The Education Center on MCAS Miramar administers Armed Services Vocational Aptitude Battery (ASVAB), Defense Language Aptitude Battery (DLAB), Defense Language Proficiency Test (DLPT), ACTs and SATs, Oral Proficiency Interview (OPI), Airframe & Powerplant (A&P) testing, Air University testing, Test of Adult Basic Education (TABE) and proctoring services for online classes. Testing schedules are available at the Education Center. Phone 858-577-1801.

#### **College Classes**

On Station Education The Education Office, located in building 5305, offers information on a variety of educational and training programs. Professional, technical, and college degree programs are available through Chapman, National University, Southern Illinois, Webster Universities and through Barstow College and Miramar Colleges.

The accreditation status of these schools can be provided on request. Service members may receive tuition assistance up to \$4,500 at the undergraduate level or graduate level per fiscal year.

#### *Colleges and Universities*

Military family members can request a non resident waiver form on all local universities and colleges. It is suggested that people call the Education Office to learn more about California universities prior to attempting to contact the schools directly.

[Central Texas College](#), MCAS Miramar, Central Texas College Registration office 858-653-5873

[National University Academic Headquarter](#), MCAS Miramar, National University Registration office 619-563-7356

[San Diego Miramar College](#), MCAS Miramar, San Diego Miramar College Regist. office 858-536-4329

#### *Adult/Continuing Education*

More than 50 business and vocational schools are located in San Diego County. Area schools and colleges, as well as programs affiliated with the Education Office offers continuing education opportunities to enhance personal growth and career development.

Programs are available at every academic level, to include base education, adult high school, pre-college, college, and university courses at the undergraduate and graduate levels. Contact the Education Office for more information.

### **Library**

#### **Marine Corps Library Programs**

The United States Marine Corps General Library program supports the quality of life and well-being of Marines and their families amidst diverse circumstances. Lifelong Learning Headquarters (LLHQ) extends library services to remote Marines, coordinates policy, and manages reporting requirements for the installation General Libraries. Sixteen General Libraries and 11 branch libraries provide collections of 60% professional and academic materials and 40% leisure reading to eligible

patrons. An Integrated Library System and General Library websites provide online access to additional resources and services.

On installations, General Libraries play an important role in the professional life of Marines and the family life of their dependents. Collections include academic and professional research resources so that Marines can readily locate professional reading titles, earn college degrees or certifications, update their promotion package, prepare for retirement, and expand future career opportunities. Several on-base colleges offer orientation classes in library research skills at installation libraries. Voluntary Education and General Libraries work in cooperation to meet the needs of Marines receiving tuition assistance. Materials for Marines preparing for CLEP and DANTES tests are in high demand, and library computers are often used to take practice tests. An Inter Library System (ILS) extends the use of each General Library's collection. The system supports remote access to databases and the General Libraries' electronic catalogs. It provides an online public catalog for locating and delivering interlibrary loan materials that meet a scholar's demands, a historian's needs, or a hobbyist's interests.

On-base General Libraries extend opportunities for community sharing, learning environments, and entertainment for single Marines, families on base, and families of deployed Marines. A thematic summer reading program has been standardized to support mobile military children. Library events that vary by base have included science experiments, multicultural activities and refreshments linked to book displays, or a private webcam meeting with a family member in combat.

Lifelong Learning Headquarters procures online databases to provide academic research, professional resources, and recreational material that is available anytime, anywhere for Marines and their families. On the General Library's website, GALE resources offer five full text newspapers and over eighteen collections of databases that cover needs such as academic research, health, criminal justice, and elementary through high school interests. [Tutor.Com](#) Live Homework Help provides online tutors for students from elementary grades through introductory college courses for a broad range of subjects including writing, mathematics through calculus, science, and history. General Librarians support cultural awareness and OCONUS families by registering library patrons for Rosetta Stone, web-based foreign language lessons. Links to NKO, MilitaryOneSource, and websites provide access to Tumblebooks, ebooks and additional databases. Marine Corps General Libraries are award winning. More than half a dozen Librarians in the General Library program have won prestigious National Parks and Recreation Association - Armed Forces Recreation Society awards. Three of the Marine Corps General Libraries have been awarded Premiere General Library certificates from DoD and are the only Premiere Libraries within DoD. One of those libraries was elected the 2006 Federal Library/Information Center of the Year (large library category) by the Federal Library and Information Center Committee of the Library of Congress. Every success of the program is the outcome of dedication to sustaining and improving the quality of life for Marines and the Marine Corps community.

### **Military OneSource On-Line Library**

Our mobile military members often don't have the resources of a brick and mortar library on hand to provide entertainment, learning or solace. The Online Library provides those resources while the members are in transit or deployed. One-stop shopping for all library resources in print, electronic and downloadable format are available online, 24/7. The library provides recreation, lifelong learning, reference, and career resources for all ages and interests. All resources including audio and eBooks are free. Resources are available anywhere in the world where there is access to the internet.

[Military OneSource On-Line Library](#) provides 24/7 access to library materials that include:

- Ability to download free books from thousands of fiction and non-fiction titles, including animated children's books, or request a free paperback or digital Playaway book from Military OneSource.
- Access to data bases to pursue education, research careers, fix cars or home appliances, maintain or remodel apartments or homes, and more.

### **Education - Local Schools**

**How do I choose a school?**

Choosing the right school for children is a priority for military families. Whether you are assigned living quarters or have a choice of where to live, it is important to explore all educational options to discover the proper match for each child. All parents want the best possible education for their children. Students have different learning styles and needs. Children within the same family may not learn in the same way or at the same rate. Finding the right educational setting for each child requires a careful examination of various options that are available to students and their families.

["Choosing a School for your Child"](#), a publication of the U.S. Department of Education offers a series of checklists and pertinent questions to assist parents in making the right choices.

**What schools are in my area (or in the area where I may move)?**

Several high quality commercial tools are available to assist in making decisions about which school to choose for your child.

[GreatSchools](#) offers listings of 200,000 public and private schools serving students from preschool through high school and more than 800,000 parent ratings and reviews. GreatSchools also has a new program called College Bound, an online approach to helping parents raise college-ready high school graduates.

Designed for military students, their families and the caring professionals who support them, [SchoolQuest](#) is an educational resource tool from the Military Child Education Coalition. It is meant to facilitate the search for new schools and centralize resources.

It's also a secure storage site for students' educational, extra-curricular, award, volunteer and work information. Please note, though, that is NOT a replacement for a school transcript. It can be viewed as a safe, centralized virtual "file drawer" where a student (or parent) can keep track of all the details that are so difficult to organize, but so necessary when students move or apply for college, jobs or military service.

In addition, SchoolQuest guests are granted access to research and time-tested information about successful educational transitions.

[Military OneSource](#) is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members.

**How can I help plan for a successful transition in this new school and for my child's school career?**

Parents often want to know about the availability of extracurricular activities and sports, or the availability of advanced classes. For these questions, it is best to contact the schools directly. It is important to ask the right questions. The following resources can help with these questions and others.

[Military Child Education Coalition](#)

[Military Impacted Schools Association](#)

[Education - Local Schools/Overseas](#)

**Overseas Schools -- What You Should Know**

Moving your family from one installation to another in the U.S. can be challenging enough; but moving your family overseas presents an even more complex situation. One of the most important challenges can be summed up by this question, "Where are my children going to go to school?"

This article will provide resources to help guide military families through the many questions and decisions regarding local schools abroad.

**Where do I start?**

Start with the information on your new installation. Visit [MilitaryINSTALLATIONS](#) and review the installation's Education - article. All of the overseas installations have dedicated a portion of the Education article to discussing the education options available in the local community as well as the DoD schools located on the installation, if available. Most installations overseas that allow accompanied family travel have one or more DoD schools.

**What is the difference between a DoD school and an international or national school?**

[DoDEA](#) is the Department of Defense Education Activity. DoDEA operates DoD schools in 12 foreign countries, Guam and Puerto Rico. All DoDEA schools are fully accredited by U.S. accreditation agencies and maintain high academic standards with well-rounded educational programs. Visit the [DoDEA School Report Card website](#) to find a detailed discussion of each DoD School.

In addition to DoDEA, the [U.S. Department of State's Office of Overseas Schools](#) mission is to promote quality educational opportunities for dependents of American citizens overseas at the elementary and secondary level. If a DoD school is not available on your installation there may be a school in the local community that is an American-Sponsored Elementary and Secondary School.

International schools are English-language schools whereas National schools are schools where courses are taught in the native language. The curriculum and grading system of an International school tends to be similar to the traditional American education system. This is a consideration if your family will be returning to the U.S. prior to your child or children graduating high school. Remember, when choosing a school it is best to try to match the school with your child's needs and expectations.

### **Where can I find a list of International schools in the country where my family is moving?**

The Internet can be an excellent resource for finding International Schools overseas. You can find a complete directory of overseas schools on the [International Schools Services' website](#).

In addition, the [World Wide Schools](#) website is an excellent resource. From the homepage you can select the country. Once you have done this, a list of schools will appear and you can then choose which one you are interested in researching. All of the information appearing on this website is provided by the schools directly. Some of the information you may find on a school includes: a background summary about the school, the school's address, phone number, website, and even the email address of the director of the school. This information should be explored so that you can make comparisons with other International schools in the area to determine the best place for your child/children.

### **How do I decide what school is best for my child?**

This process is much the same as it would be in the U.S. You may not have as many choices but it is important to make a list of possible schools and then begin to ask around. This is a daunting task since it is likely that there will be a language barrier. However, talk to the Relocation Personnel in the Family Center and your sponsor at your new installation who may be able to put you in touch with other families with children around the same age as your child/children. Always contact the school directly and ask for references.

Once you have narrowed down your options, interview the school or schools directly. This is best done in person, if possible. Ask about: attendance, atmosphere, curriculum; grading system, tuition, accreditations, the staff and administration; as well as other practical details such as, does the school provide meals, what types of extra curricular programs are available, is there transportation, holidays and schedule, sports programs, before and after school care programs, and how is the facility maintained.

### **Now that I have chosen a school, how do I successfully facilitate the transition for my child?**

A successful transition should be a priority during planning the move and once the move has been completed. The more knowledge you provide your child with, the more confident he/she will feel once he/she arrives at the new school. Allow your child to be a part of the decision making process, if he/she is old enough, and take his/her opinions into account.

[MilitaryStudent](#) provides several valuable tools to facilitate the transition process. Although many of these tools are not geared specifically to an international move the resources provided do apply to any military student transitioning to a new school in the U.S. or overseas.

## **Employment - Overview**

### **Employment Options**

The type of jobs in a community is for a large part the basis for its economy. How people make a living, the opportunities available, and the goods produced directly impact the quality of life of local residents. There is a tremendous amount of effort made by those who work in the economic development field, to develop businesses and jobs. In addition to job creation, new businesses also provide recreational activities, impact land use and housing, and environmental concerns in a community.



### **Local Economic Climate**

San Diego has large aerospace, electronic and shipbuilding industries, and is an important center for biomedical research and oceanography. It is also a distributing and processing point for the highly productive Imperial Valley agricultural area to the east.

For the first time in five months, the unemployment rates in California and San Diego County declined in September, even as employers continued to let go of thousands of workers, according to data released Friday, October 16, 2009 by the state. California's jobless rate slid from a revised 12.3 percent in August to 12.2 percent in September. During the same period, San Diego's unemployment rate dropped from 10.6 percent to 10.2 percent, which is still one of its highest rates since the Great Depression. During the same time, the state lost 39,300 jobs through continuing layoffs at construction firms, factories, financial firms and real estate agencies.

However, there are jobs available on base and off base. The Non-Appropriated Fund (NAF) Human Resources Office (HRO) on MCAS Miramar has current listings of jobs available only on installation. The NAF HRO is located in Building 2273. Helpful staff is available to accept applications and answer questions. For more information, contact the NAF HRO at 858-577-4117.

The Career Resource Center provides employment assistance to military spouses. Updated listings of Federal Jobs are available in the provided binders and posted on the CRC bulletin boards. Call 858-577-6710/6491 for more information.

#### *Family Member Employment Assistance Program*

Assists family members with:

- Employment
- Education
- Training
- Volunteer opportunities
- Computer Skills

### **Unemployment Benefits**

Unemployment compensation may be available for the spouse of a newly assigned military member or civilian employee. For more information please contact the [California Employment Development Department](#).

### **Transition Management Program**

Assists Marines and spouses of Marines who are separating or retiring make the transition from military to civilian life smoother. They also offer classes in:

- Resume preparation
- Interview Techniques
- Federal jobs and applications

### **Tuition Assistance**

The Education Center assists active duty personnel with their education and tuition assistance programs. TA can help pay for education. TA is available to assist active duty military personnel in paying for High School completion, Vocational Certificates, Associates Degrees, Bachelor's Degrees, Master's Degrees and Doctorate Degrees. For more information, contact the Education Center at 858-577-1801, located at the HUB, Building 5305.

#### *MyCAA*

For information on MyCAA and Military Spouse Education and Career Opportunities, visit [Military OneSource](#).

### **New Parent Support Program**

#### **Marine Corps New Parent Support Program**

The New Parent Support Program is an early intervention service for families who are expecting or have a child 5 years of age or younger. The primary focus of the New Parent Support Program is intensive home visitation services tailored to meet the unique needs of each family and help them cope with stress, isolation, deployment, post-deployment reunions and the everyday demands of parenthood. In addition to home visits, expectant parents and parents of newborns and young children can participate in a variety of programs, such as support groups and parenting classes designed to help parents learn new parenting skills and provide an optimal learning environment for their children. Confidential services also offer new and

expecting parents the opportunity to express concerns and ask questions.

### **Program highlights**

These programs and services are available through the Marine Corps New Parent Support Program:

- **Baby Boot Camp** - These classes provide new and expectant parents with an understanding of an infant's world and the basic skills necessary for loving, safe care. Classes include topics such as breastfeeding, bonding and attachment, and self-care.
- **Parenting classes** - These classes provide hands-on parenting education to support healthy children and positive family relationships. Parenting topics include infant massage, newborn care and discipline.
- **Referrals** - Assistance with information and referrals link families with appropriate military and community services.
- **Play morning** - This interactive playgroup helps teach parents about developmentally appropriate play and helps children improve their social, cognitive and motor skills. Parents must provide signed documentation of their child's immunizations to participate.
- **Home visits** - Parents receive education and support by a caring professional in the privacy of their home.

These services are available to families regardless of whether they live on or off the military installation.

### **Staff qualifications**

The New Parent Support Program is a professional team of licensed social workers, marriage and family therapists and registered nurses skilled in child development and sensitive to the challenges facing military families.

### **Eligibility**

Service members and their families stationed at or near a Marine Corps installation who are expecting a child or have a child under 6 years of age are eligible for all services, free of charge, offered by the New Parent Support Program.

### **Getting started**

Enrollment is easy. Just call the New Parent Support Program on your installation during regular business hours. Find the program through [MilitaryINSTALLATIONS](#). Select New Parent Support Program and your installation from the drop-down menus.

### **Installation Specific Information**

The New Parent Support Program on MCAS Miramar is offered separately from the Child Care Center. It is located in the L.I.N.K.S. House building 2273. New Parent Support program is a support system for Marine Corps families with children age five and under. Hours: Variable, Call for appointment at 858-577-9812.

To register for Mom's Basic Training Only, call 858-577-9935

The New Parent Support program offers the following services to all military families at no cost:

*Baby Boot Camp* -- Baby Boot Camp is offered the third Monday of each month from 9 a.m. to 4 p.m. in the L.I.N.K.S. House, Bldg. 2273. This one-day class is the first step in preparing young Marines to be confident and competent parents. All expectant parents can benefit from this educational and informative class. Infant development, social and emotional changes in the family, baby safety, diapering, bathing, soothing a crying infant, and community resources are just a few of the topics covered. Whether it is a Marine's first baby or third, current information about infant care and local resources is crucial to build strong families. This class provides a solid foundation for infant care.

*Mom's Basic Training* -- This group meets on the first three Thursdays of every other month from 11:00 am to 2:00 pm in the L.I.N.K.S. House, Bldg. 2273. This class is like Baby Boot Camp, but is designed specifically for active duty women who are pregnant, and provides both information and support.

*Successful Parenting* -- This parenting class is held the fourth Wednesday of every month from 1:00 pm to 3:00 pm in the Counseling Center, Bldg. 2274. Subjects include: How stress level and feelings influence parenting, developmental stages, behavior and discipline, praise, preventive teaching, corrective teaching, and much more. Childcare reimbursement is available.

*Parenting the Toddler* -- This two-day class from 9:00 am to 12:00 pm focuses on parenting children aged 18 months to 3 years. It covers growth and development, discipline, temper tantrums, play activities, safety, toilet training, bedtime routines, eating habits and more. This class is offered quarterly, and changes location between MCAS Miramar and MCRD. Childcare reimbursement is available.

*Play morning* -- Play mornings are open to all parents and children who are members of the military family (active duty, dependents, retired, Reserves, DOD employees). Play morning is a chance for parents and children to come together and spend time having fun (crafts, games, snacks) and connecting with other parents and children. Please call for directions.

*Home Visitors* -- Home Visitors work one-on-one with families to enhance their parenting skills and provide needed support. The Home Visitor helps families learn to cope with stress, isolation, deployment and family separation issues, as well as the every day demands of parenthood. Any Marine family with a child 5 years or younger is eligible to receive these services. Home visits are arranged, when possible, at the convenience of the Marine family. Maximum effect is achieved when both parents can be involved. Your home visitor may be a Licensed Clinical Social Worker (LCSW), Marriage and Family Therapist (MFT), or Registered Nurse (RN), who has extensive knowledge of the issues confronting parents in the military. Sensitive to the many challenges and unique stresses of military life, the home visitor will be available to clients by cell phone for questions and concerns.

### **Child and Youth Programs**

The Department of Defense takes great pride in the variety and quality of services provided to children and youth on installations worldwide. While the services provided may vary by location, the standards and quality of services are consistent and meet established regulations.

#### **Child development centers**

Child development centers generally offer child care for children ages 6 weeks to 5 years. Care is available Monday through Friday, with some locations offering options, such as extended hours, weekend care and respite care. Child development centers vary in size and larger installations may operate multiple facilities. Programs are certified by the Department of Defense and accredited by a national accrediting body, such as the [National Association for the Education of Young Children](#).

#### **Family child care**

Children ages 2 weeks to 12 years may receive care in the private home of a certified care provider living in government-owned or leased housing. Care may also be provided in a state-licensed home in the community. In-home child care is typically available weekdays and with additional care provided during evenings, weekends and flexible hourly care for shift work. Regulations limit the number of children who receive care at any one time to no more than six children under age 8 and no more than two children under age 2. Family child care providers must be certified to operate by the installation. Individual providers may voluntarily seek national accreditation from the National Association of Family Child Care.

#### **School-age programs**

School-age programs provide care to children in kindergarten through sixth grade. Care is offered before and after school, during non-school days and summer vacations. School-age programs may be located in Department of Defense youth centers, child development centers or in other suitable facilities. All programs are certified by the Department of Defense and accredited by a national accrediting body, such as the Council on Accreditation.

#### **Youth programs**

Dynamic programs for youth ages 5 through 18 years are provided in approximately 300 youth and teen program facilities worldwide. A wide variety of offerings includes activities in physical fitness and sports, the arts, life skills, career and volunteer opportunities. Installation programs may also collaborate with other youth-serving organizations, like the Boys & Girls Clubs of America and USDA/4-H programs.

#### **Waiting lists**

Military families may be placed on a waiting list for child care when care is not available. Families may request child care through one of two processes:

1. Visit [MilitaryChildCare.com](http://MilitaryChildCare.com). The Department of Defense website for military families seeking child care provides access to military-operated child care options across all services. Families may search for and request care, manage their requests, and update their profile online, making it easier for them to find the child care they need.
2. Fill out [DD Form 2606, Department of Defense Child Development Program Request for Care Record](#) and return it to the child development center, school-age care facility or resource and referral office on the installation.

### **Child Care**

#### **Child Development**

Childcare is available through the Child Development Centers (CDC) aboard base and in certified Child Development Homes. Finding childcare takes time but planning ahead can alleviate some of the stress on your family. The Regional Childcare Resource and Referral Office (CCRR) maintains the consolidated wait lists for all six centers located in Metro San Diego. The centers are located on Naval Base San Diego, Naval Base Point Loma, MCRD, MCAS Miramar, Naval Medical Center and Murphy

Canyon housing area. The office also maintains a list of Navy licensed Child Development Home providers (in-home care).

#### *Eligibility*

The Child Development Center provides weekly care for military and DOD civilian dependents between the ages of six weeks and five years.

#### *Availability*

There is a wait list for the CDC, however, your placement on the list begins as soon as an application is received. You may obtain an application from any military child development center.

#### *Programs Offered*

Some of the programs offered at MCAS Miramar CDC include:

- Drop-in Child Care is offered five days per week during the school year.
- Part-Day Preschool Program is offered to children ages 3-5, who are potty-trained.
- The Before and After School Program is designed for youth between the ages of 5 and 12 years old. It is a National After school Association (NAA) accredited program. Organized and supervised activities include, homework help, crafts, games, sports, music and dance, library activities, movie theater, science and computer. Enrichment classes are also offered and include tae kwon do, tap, ballet and cheer. Optional transportation is available before and after school to local schools. The program fee is based on family income.

#### *Priority Care*

Who qualifies and in what priority order? Priority 1 - Single parent and dual active duty military families. Priority 2 - Sponsor with working spouse or full time student spouse. Priority 3 - A reservist with orders. Priority 4 - Department of Defense or Civilian Contractors.

#### *Waiting List*

As soon as you know you need childcare, you are pregnant, or you have orders to the Southwest Region you can get on the waiting list for child care.

Unfortunately, we cannot give time estimates on how you will be on the waiting list because the waiting time depends on many factors; i.e. when a space becomes available at a Center, which age group has the opening, the number of people who decline the opening, and the number of people who do not update and are removed from the list.

#### *Costs*

The Child Development Center fees are based on total combined household income. There are 6 categories of weekly fees ranging from, (call for costs), per week. Contact the Child development Center for further assistance.

### **Child Development Home Program**

The Child Development Home Program is a worldwide network of childcare professionals who work in their homes to provide the very best childcare possible for the military families. Our caring and knowledgeable staff of experts, trains, supports, and guides home provider in their work. These providers pass stringent background checks, complete a comprehensive training program, receive ongoing in-home guidance, have periodic health and safety checks.

To find a childcare provider in the area contact the Resource and Referral office at 619-858-556-8941. They serve all of the San Diego area Child Development Centers.

### **Youth Services**

#### **Youth Services**

Youth Services offers programs for youth of all ages, including, drop-in hourly care for 6 weeks to 5 (not enrolled in Kindergarten), the Part Day Preschool Program for 3 to 5 year olds, the School Age Care Program for 5 to 12 year olds and the Teen Center for 12 to 18 (and in high school) year olds.

In addition, the Youth Program offers sports teams and other specialized programs. The Youth Center has recently been re-accredited by the Council on Accreditation. The center encourages both fun and learning. A computer lab is open for students and homework help is available daily.

*Youth Sports*

Marine Youth Sports are open to the dependents of all active duty military, Reservists, retired military and DOD employed civilians in all areas. (Schedule and age divisions are subject to change.) For more information concerning the Youth Sports Program, contact the Youth Center at 858-577-6530.

*Sponsorship*

For incoming personnel with orders to MCAS Miramar is sent this information about the Youth Center.

**Youth Center**

The MCCS Youth Activities Center offers several programs for children. Shot records and the registration packet must be brought with you to the Youth Center in order for your child to receive care. Transportation provided to and from school for children enrolled in the before and after school programs to Walker, Mason Miramar-Ranch Elementary and Hage Elementary as well as Wangenheim Middle School.

- Before and After School Program is available for school-age youth between 5 years-12 years of age. Fees are based on total family income.
- Part Day Preschool is offered to potty-trained children 3-5 years old. Activities include arts and crafts, music, cooking projects and more. Classes are held September through June.
- Drop-in Day Care is offered for children 6 weeks to 5 (not in Kindergarten) years old. Hours of operation are Mon - Fri 7:30 a.m. - 4:30 p.m. There is a charge of \$4.00 per hour.
- Summer Camp offers a wide variety of activities and outings. Dates are from June to September. Cost is based on total family income.
- Youth Sports Program offers basketball, indoor soccer, T-ball, 3-pitch softball, and flag football. Ages vary for each sport. Call for registration dates.
- Instructional Classes include tap, ballet, and hip-hop dance. Classes held weekly and fees are \$35 per month

**Teen Center**

The MCCS Miramar Teen Center is a free drop-in center for all active, retired, and DOD family members that have finished the 6th grade up to 18 years of age but still in high school. Transportation provided to students registered with the teen center to Wangenheim Middle School and Mira Mesa High School. They are affiliated with the Boys and Girls Clubs of America, which allows them to participate in their programs and activities. Examples of what they offer include:

- State-of-the-art computers w/programs to help w/homework or simple enjoyment
- Pool tables
- Foosball table
- Video games
- Recording Studio
- Contests
- Trips
- Community Service hours

*Employment programs*

There is no employment opportunity.

*Religious programs*

There is no religious program set-up at the Youth center. The Base has many opportunities for religious activities.

**Family Center****Programs and services**

As a gateway to the resources you need, the Military and Family Support Center provides information, support and services to help you balance the demands of military life. The Military and Family Support Center is one part of the overall Family Readiness System, which is the network of agencies, programs, services, partnerships and individuals that supports your personal and family life readiness, mobilization and deployment readiness, and mobility and economic readiness. It should be one of your first stops once you arrive at a new installation. The programs and services are a key resource for you and your family. They include:

- **Deployment support** assists you and your family during all phases of the deployment cycle, providing workshops and

services to help meet the challenges of deployment, as well as information and referral to deployment-related resources. Services include education briefings for deploying members and families, support services, morale calls and service-specific programs.

- **Relocation assistance** provides an array services to meet your moving needs. Relocation services include, but are not limited to, relocation workshops that help you prepare for a move, information on installations and communities worldwide and, where offered, a loan closet for basic household items. Relocation assistance also includes assistance with in-transit emergencies. Military and Family Support Centers work with other installation agencies to keep relocation information current, timely and relevant to allow you to make informed decisions and ensure you experience a smooth and successful move.
- **Personal financial management** provides information, education and one-on-one financial counseling to assist you and your family in maintaining your financial readiness. Services are designed to address money management issues throughout your active-duty lifecycle and into retirement. Financial readiness educational opportunities range from basic planning to long-term investing.
- **Employment assistance** offers comprehensive information, tools and resources to support career exploration, training and licensing, and employment readiness. Military and Family Support Centers may offer career counseling, local labor market information, trend tracking, skills and interests identification, job bank referrals and resources for self-employment.
- **Family life education** provides information and education to assist you and your family in developing resilience skills that can help as you navigate your mobile military lives.
- **Information and Referral** can assist you in identifying and clarifying needs to determine appropriate forms of assistance and in locating services and programs available both on and off your installation.
- **The Transition Assistance Program** prepares separating, retiring and demobilizing service members (and their families) with the information, skills and knowledge necessary for a successful transition from military to civilian life. The first step in your transition process is to complete the congressionally mandated pre-separation counseling session, which furnishes detailed information on the various benefits and services available.

Military and Family Support Centers may provide other services, such as counseling and family advocacy. Services vary by location.

### Financial Assistance

#### **Financial Assistance**

##### *Navy/Marine Corps Relief Society*

The Navy/Marine Corps Relief Society (Bldg. 2273) at MCAS Miramar will provide loans and grants for emergency situations which include emergency transportation, funeral expenses, medical/dental bills, food, rent, and utilities. They can also loan money for essential car repairs. Monthly classes on "Budgeting for Baby" are also offered. Call for class schedules and appointments. Navy/Marine Corps Relief Society further operates the base Thrift Shop (used clothing and household items) located in Building 6275.

##### *Personal & Professional Development*

A financial counselor is available through Personal & Professional Development (The HUB, Bldg. 5305) to help you with budget planning, debt management, banking skills, and car buying. You can also receive assistance with investing, home buying and retirement planning.

##### *MCAS Financial Preparedness Workshop*

MCCS Miramar provides free services in financial assistance. A financial advisor provides budget planning, debt management, banking skills, car buying, financial planning, investing, home buying and retirement planning call 858-577-9802. This program is for all Military and Dependents.

#### **Cost of Living in San Diego**

Just like any place in the world, cost of living depends on various factors like real estate prices, local taxes etc. In San Diego County, you can enjoy one of the finest climates in the country. In fact, it has more days that are 72 degrees than anywhere. You can enjoy the almost no rained-out summer picnic. You can do a lot of outdoor activities, and they're all free. You can be passionate about the quality of life to enjoy in San Diego. Even though the area is growing, there are still plenty of open space and recreational areas.

##### *Housing/Utilities*

For average housing and utility costs, the gas and electric bill is around \$120 a month on average. Water, trash, and sewer runs around \$70-80 a month. The trash collection in some areas are included in the monthly water bill. In some cities the trash collection is billed separately, or sometimes it's included in your taxes. Food is abundant and cheap. On food, fresh fruits and vegetables year round, at very good prices since most of it is grown in California or nearby Mexico. Sales tax is currently 7.75%. Hope this gives you a better idea of our San Diego lifestyle.

#### TLA

Temporary Lodging Allowance or TLE (Temporary Lodging Expenses) are authorized for military and families moving overseas. Military members leaving MCAS Miramar can apply for TLA/TLE through the Finance office. Call 760-725-3565.

#### *Car Insurance Requirements*

Californians on average paid higher in insurance premiums compared to the national average. Most people believe all these rates are fixed by insurance companies and state regulatory agencies, but in reality discounted and competitive rates are available in California.

California state law requires minimum Bodily injury Liability Limits of \$15,000 per injured person up to a total of \$30,000 per accident, and property Damage Liability coverage with a minimum limit of \$5,000. This basic coverage is often referred to as 15/30/5 coverage.

The state of California follows a Tort system meaning someone must be found to be at fault for causing the accident, and that person and their insurance company is responsible for all the damages. You should be aware that the details of a tort system vary from state to state.

You can get Uninsured/Underinsured Motorist Bodily injury coverage to cover bodily injury caused by an uninsured and /or underinsured driver (depending on the state). California does not require drivers to purchase this coverage, but you should consider purchasing this valuable coverage.

#### **Advance Pay**

An Advance Pay can be requested and can be applied thirty days prior to arrival on MCAS Miramar through the member's current station or within sixty days after arrival. Copy of orders is required. For additional requirement, contact the nearest S-1 administration office.

#### **Legal Assistance**

#### **Legal Services**

Legal Assistance Office on MCAS Miramar provides services for active duty members, retirees and their respective dependents.

#### *Types of Services*

Legal Assistance provides services that include:

1. Notary and Powers of Attorney
2. Will Briefs
3. Consumer issues
4. Adoptions
5. Non-Support
6. Custody
7. Separation/Divorce Briefs
8. Consumer Law
9. Immigration
10. Automobiles
11. Paternity
12. Bankruptcy
13. Contracts
14. Landlord/Tenant
15. Civil rights
16. Finances
17. Name Changes
18. Real Estate

## 19. Soldiers and Sailors Civil Relief Act

They also provide walk-in consultations on a first come, first served basis (except emergencies). Active-duty Marines have priority on walk-ins.

### *Additional Legal Assistance*

Legal assistance is also found on MCAS Miramar in the Joint Law Center which provides services and assistance concerning mainly Judicial and Criminal matters.

## **Claims Services**

Household Goods Claims Services - Full Replacement Value (FRV) protection covers DoD-sponsored, Personal Property Shipments. Military Service Members and Dod civilians moving and storing their personal property are eligible for Full Replacement Value Protection.

### *What is FRV?*

For personal property lost, damaged or destroyed while in care of the Transportation Service Provider (TSP)/Carrier, you can recover as much as \$5,000 for any single shipment, or \$4.00 times the weight of your shipment up to \$50,000 whichever is greater, as compensation for loss.

FRV is available and applies to shipments picked up on or after 1 October 2007 for International shipments (to/from OCONUS), 1 November 2007 for Domestic shipments (within the US), 1 March 2008 for Non-Temporary Storage (NTS) and Direct Procurement Method (DPM) shipments.

You must file your claim directly with your Carrier within 9 months of delivery. Report loss/damage within 75 days of delivery on DD Form 1840 (at delivery) or DD form 1040R (after delivery). If the carrier does not respond to your claim, you may file through your Military Claims Office (MCO).

You can find detailed information on the [Military Surface Deployment and Distribution Command's website](#) or on the Claims webpages of your particular Service branch. You can also ask your local Transportation Office or Military Claims Office.

## **Deployment Support**

### **Family Deployment Support**

The following support groups are available at Marines and Family Services on MCAS Miramar:

*Spouse Deployment Support Group* -- A spouse deployment support group is available every Friday at L.I.N.K.S House building 2273, between 10:00 a.m. - 11:00 a.m. and 12:00 p.m. - 1:00 p.m. A drop-in childcare is available at the Youth & Teen Center. Call 858-577-1322 to sign up. For additional information, contact 858-437-7841.

*Deployment Support for Children, Teens, and Families* -- All groups are held at the Teen Center building 2246. The events include Hands-On Activity Groups for children, and Confidential Family Consultation is available. This event is offered on Mondays, Tuesdays, and Wednesdays. Hours for each events varies. For more information, call 858-437-7841.

*Key Volunteer Network* -- Key Volunteers are spouses within each unit who serve as a communications link between the command and unit families. The volunteers provide emotional, informational and referral support to family members, and work to build a cohesive unit community. Training for this important job is offered through the Key Volunteer office. Please call for session dates and times, or to find out more about the Key Volunteer Network in your unit.

*L.I.N.K.S. (Lifestyle, Information, Network, Knowledge, Skills)* -- The L.I.N.K.S. stands for Lifestyle, Information, Network, knowledge, and Skills. It is a class given by spouses for spouses, and is geared toward helping those new to the Marine Corps way of life. The LINKS spouses share information on navigating the maze of life in the Marine Corps in a fun one-day or two-morning session. Because living the Marine Corps lifestyle is like a journey, each participant goes home with a tote bag filled to the brim with materials to help make the trip a little easier. The following are what's covered at L.I.N.K.S.:

- Session Outline: Introduction: Introduces the L.I.N.K.S. concept and welcomes spouses to the Marine Corps Family.
- The Corps - The United States Marine Corps: Outlines USMC structure and mission to include Navy personnel attached to USMC units. Provides historical insights and discusses traditions. Participants share USMC experiences and its affects on their lives.
- Getting Through the Maze - An overview of benefits, privileges, and resources available to USMC families including the location of services and how to access their wealth of information.
- Is That All There Is? Explains the differences between a civilian and a military paycheck, while introducing the Leave and



Earning Statement (LES), including a general discussion on basic pay and allowances. Beneficial financial management tips are also presented.

- Your Marine Is Away: Discusses the inevitable separations USMC/Navy families will experience and provides suggestions from seasoned spouses on how to successfully balance the additional responsibilities when your Marine is away.
- Crossroads- Moving in the Military: Insights on the moving process; everything from the first packer's inspection to clearing quarters.

### **Health Care - Overview**

#### **Moving With TRICARE**

Whether moving stateside or overseas, active duty families can now switch their TRICARE Prime enrollment by phone! Before you start your move, contact your losing TRICARE health care contractor to see if you need to switch to a new region. TRICARE does the rest! You must update DEERS (Defense Enrollment Eligibility Reporting System) with your new address so you do not have any disruptions in service and your enrollment moves with you. Get contact information, and more TRICARE [moving tips](#) on the TRICARE website.

Your [TRICARE](#) coverage is completely portable-meaning it moves with you. You are covered worldwide-both in-transit to your new duty location and once you arrive-but depending on where you go, you may use a different TRICARE health plan option. Additionally, you may have different enrollment steps depending on which health plan option is available in your new area.

#### *When Enrolled in a TRICARE Prime Option*

The TRICARE Prime options include TRICARE Prime and TRICARE Prime Remote for stateside and TRICARE Prime Overseas and TRICARE Prime Remote Overseas for overseas. Follow these simple steps to set-up Prime coverage in your new location without a break in coverage.

1. Do not disenroll from your TRICARE Prime option before you move.
2. Call your losing contractor and provide information about your upcoming move; new duty station, expected date of arrival, cell phone number, valid email address, and eligible family members moving to the new location.
3. Your losing contractor passes the information along to your new contractor.
4. Within five days of your anticipated arrival, your new contractor will try to call/contact you to confirm your arrival and enrollment choices.
5. Once you agree to the transfer, the process is complete. It could take up to four days, but you never lose TRICARE Prime/Prime Remote coverage.

There are other ways to set-up Prime in your new area:

1. Before moving, visit your local TRICARE Service Center to complete an enrollment change form.
2. Go online and set-up your new enrollment via the [Beneficiary Web Enrollment website](#).
3. Download and complete a [TRICARE Prime Enrollment Application](#) and PCM Change Form. Mail it to the new contractor or drop it at a local TRICARE Service Center.
4. Enroll when you in-process at your new duty station.

Enrollment and assignment of a new primary care manager (PCM) should occur within 30 days when moving within the same region, a new region or overseas.

Update your personal information in the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#) immediately, as your new location reflected in DEERS is the key to transferring enrollment.

Where you are moving determines which Prime option is available.

#### **Prime Options in the United States**

##### *TRICARE Prime*

TRICARE Prime is offered in Prime Service Areas-geographic areas typically located around a military treatment facility-throughout the country.

##### **TRICARE Prime Remote**

In non-Prime service areas, which are generally 60 minutes (one hour) drive-time or 50 miles from the nearest MTF, TRICARE offers TRICARE Prime Remote. Enrollment is normally with a network provider when available; otherwise, enrollment is with a TRICARE authorized provider who manages all of your care. Any TRICARE-eligible family members living with you in a TRICARE Prime Remote area can enroll in TRICARE Prime Remote for active duty family members. Be sure to include them on the

enrollment form.

TRICARE Region	Managed Care Support Partner	Call Toll-Free	Website
North	Health Net Federal Services, Inc.	877-874-2273	<a href="http://www.hnfs.com">www.hnfs.com</a>
South	Humana Military Healthcare Services, Inc.	800-444-5445	<a href="http://www.humana-military.com">www.humana-military.com</a>
West	UnitedHealthcare Military & Veterans	877-988-9378	<a href="http://www.uhcmilitarywest.com/">http://www.uhcmilitarywest.com/</a>

**Prime Options Outside the United States**

*TRICARE Prime Overseas (TOP)/TRICARE Prime Remote Overseas*

TRICARE Prime Remote Overseas is a Prime option offered in designated remote overseas locations. Command-sponsored family members who reside with you are eligible for TRICARE Prime Overseas. Be sure to include all family members who wish to use TRICARE Prime Overseas.

Before you move to another overseas area or to an area within the United States, contact the nearest TRICARE Service Center or managed care contractor for assistance.

TRICARE - Eurasia - Africa	TRICARE - Latin America and Canada	TRICARE - Pacific
<p><b>TOP Regional Call Center (1)</b> +44-20-8762-8384 1-877-678-1207 (Toll-free from the U.S.) <a href="http://www.tricare-overseas.com/">http://www.tricare-overseas.com/</a></p> <p><b>Medical Assistance (2)</b> +44-20-8762-8133</p>	<p><b>TOP Regional Call Center (1)</b> +1-215-942-8393 1-877-451-8659 (Toll-free from the U.S.) <a href="http://www.tricare-overseas.com/">http://www.tricare-overseas.com/</a></p> <p><b>Medical Assistance (2)</b> +1-215-942-8320</p>	<p><b>TOP Regional Call Center (1)</b> Singapore: +65-6339-2676 1-877-678-1208 (Toll-free from the U.S.) <a href="http://www.tricare-overseas.com/">http://www.tricare-overseas.com/</a></p> <p>Sydney: +61-9273-2710 1-877-678-1209 (Toll-free from the U.S.) <a href="http://www.tricare-overseas.com/">http://www.tricare-overseas.com/</a></p> <p><b>Medical Assistance (2)</b> Singapore: +65-6338-9277 Sydney: +61-2-9273-2760</p>
<p><b>TRICARE Area Office</b> +49-6302-67-6314 314-496-6314 (DSN) Toll Free: 1-888-777-8343, option #1 <a href="mailto:teoweb@europe.tricare.osd.mil">teoweb@europe.tricare.osd.mil</a> <a href="http://www.tricare.mil/eurasiaafrica">www.tricare.mil/eurasiaafrica</a></p>	<p><b>TRICARE Area Office</b> +1-210-292-8520 312-554-8520 (DSN) Toll Free: 1-888-777-8343 option #3 <a href="mailto:taoloc@tma.osd.mil">taoloc@tma.osd.mil</a> <a href="http://www.tricare.mil/tlac">www.tricare.mil/tlac</a></p>	<p><b>TRICARE Area Office</b> +81-6117-43-2036 315-643-2036 (DSN) Toll Free (If calling from U.S.): Singapore: 1-877-678-1208 Sydney: 1-877-678-1209 <a href="mailto:tpao.csc@med.navy.mil">tpao.csc@med.navy.mil</a> <a href="http://www.tricare.mil/pacific">http://www.tricare.mil/pacific</a></p>
<p><b>Health Care Claims (Active Duty)</b> TRICARE Active Duty Claims PO Box 7968 Madison, WI 53707-7968 USA</p>	<p><b>Health Care Claims (Active Duty)</b> TRICARE Active Duty Claims P.O. Box 7968 Madison WI 53707-7968 USA</p>	<p><b>Health Care Claims (Active Duty)</b> TRICARE Active Duty Claims PO Box 7968 Madison, WI 53707-7968 USA</p>
<p><b>Health Care Claims (Non-active duty)</b> TRICARE Overseas Program P.O. Box 8976 Madison, WI 53708-8976 USA</p>	<p><b>Health Care Claims (Non-active duty)</b> TRICARE Overseas Program PO Box 7985 Madison, WI 53707-7985 USA</p>	<p><b>Health Care Claims (Non-active duty)</b> TRICARE Overseas Program PO Box 7985 Madison, WI 53707-7985 USA</p>

(1) For toll-free numbers contact [www.tricare-overseas.com](http://www.tricare-overseas.com)

(2) Only call Medical Assistance numbers to coordinate overseas emergency care

### When Using TRICARE Standard and Extra

TRICARE Standard and Extra are available to family members only. Active duty service members are required to enroll in one of the Prime options described above.

TRICARE Standard and Extra are available throughout the United States and enrollment is not required. Any eligible active duty family member who is registered in DEERS may use these programs by seeing any network (Extra) or non-network TRICARE authorized provider. In areas outside of the United States, active duty family members who do not want to use a Prime option may use TRICARE Standard Overseas by seeing qualified host nation providers.

If you are already using TRICARE Standard and Extra, moving is easy.

1. Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
2. Find TRICARE-authorized providers in your new area.

Here are a few things to remember about using TRICARE Standard and Extra in a new region

- In the U.S.: Visit your new regional contractor's website for a list of network providers. Remember, if you see network providers, you will be using the Extra option and pay lower cost shares.
- Outside of the U.S.: Contact International SOS or the MTF Service Center for help locating a qualified host nation provider. The TRICARE Extra option is not available in overseas areas.
- If you move to a new region, you will have a new claims address for submitting your TRICARE claims.
- Learn your new region's prior authorization requirements because these requirements can differ by region.

### When Using TRICARE For Life

TRICARE For Life-TRICARE's supplemental coverage for those who are eligible for Medicare **and have purchased Medicare Part B** - requires no enrollment and you will have a smooth transition when you move. TRICARE for Life contact information: WPS [TRICARE For Life](#), P.O. Box 7889, Madison, WI 53707-7889; 1-866-773-0404; TDD 1-866-773-0405.

- Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
- Find Medicare providers in your new area.
- Visit [Medicare's website](#).

If you move overseas, your TRICARE For Life coverage may change depending on where you move. In U.S. Territories such as Guam, Puerto Rico and the U.S. Virgin Islands, TRICARE For Life coverage works the same as the stateside program. But, in all other overseas locations, TRICARE For Life Overseas works differently because Medicare does not provide coverage in most overseas locations. Therefore, TRICARE is the primary payer. You can get care from any host nation provider and may have to pay up front for care received. You will be responsible for TRICARE deductibles and cost shares.

Contact International SOS, or the TRICARE Area Office for the overseas area where you are moving, or the nearest American Embassy Health Unit for assistance finding a host nation provider.

**Note\*\*\* Active Duty and Active Duty Family Members are not required to purchase Medicare Part B until the sponsor is ready to retire or during the special enrollment period. However, it is highly encouraged to purchase it once eligible to avoid loss of TRICARE coverage.**

### Getting Care Along the Way

Routine Medical and Dental Care-Get it before you go.

Before you move, make sure you have received any routine medical or dental care you think you might need during the time you will be traveling. Or, delay the care until you get to your new duty location. Check supply of all prescription medications and get refills/new prescriptions until you can make an appointment with your new Primary Care Manager (PCM) at your new duty site.

*Emergency Care in the United States-Call 911 or go to the nearest emergency room.*

TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb, or sight and needs immediate

medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you are near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are seen in a civilian facility, contact your PCM or regional contractor within 24 hours.

*Urgent care in the United States-Coordinate with your PCM and/or regional contractor.*

TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. If you are in a Prime program, you must coordinate urgent care with your primary care manager and/or regional contractor before receiving the care. If you are in TRICARE Standard and Extra or TRICARE For Life, you can receive care as you normally would. You should, however, contact your contractor as soon as possible to coordinate any prior authorizations that are needed.

*Emergency or Urgent care Overseas follow these steps*

AD and ADFM enrolled in TRICARE Prime and travelling outside the United States:

- Contact the TRICARE Area Office, or go to their [website](#) for assistance finding Emergency or Urgent care.

AD and ADFM stationed overseas:

- For Urgent care coordination, contact your MTF PCM, or
- Contact the closest TRICARE Area Office, or
- Contact the TRICARE Overseas Regional Call Center, or
- Go to their [website](#) (internationalsos.com)

You do not need prior authorization for emergency or urgent care but the TRICARE Area Office or TRICARE Global Remote Call Center will help you find the best care available in the overseas area in which you are traveling.

### **Filling Prescriptions on the Road**

You should have all your prescriptions filled before you leave, but if you need a prescription filled while you are traveling in the United States, you have several options:

- If near an MTF, fill the prescription at the MTF pharmacy.
- Find the closest TRICARE network pharmacy.
- If a network pharmacy is not available, you can visit a non-network pharmacy. In this case, you may have to pay up front for your medications and file a claim with Express Scripts, Inc., for reimbursement. For more details, visit the [TRICARE website](#).
- The TRICARE home-delivery is not recommended for a prescription you need right away, but if you'll be away for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy.

Your pharmacy coverage is limited overseas:

- TRICARE network pharmacies are only located in the United States, Puerto Rico, Guam and the U.S. Virgin Islands. You can have prescriptions filled at host-nation pharmacies, if necessary. Host-nation pharmacies are treated the same as non-network pharmacies. If you have prescriptions filled at a host-nation pharmacy, you should expect to pay for the total amount up front and file a claim with Wisconsin Physicians Service for partial reimbursement. To learn more about pharmacy claims, visit the [TRICARE website](#).
- To use the mail-order pharmacy overseas, the prescription must be from a U.S. licensed provider and you must have an APO or FPO address.

### **If You Have Questions**

Your regional contractors and TRICARE Area Offices are available to answer your questions. These offices are listed above. Find even more information about moving, updating DEERS, the TRICARE regions and much more at the [TRICARE website](#).

### **Installation Specific Information**

#### *Medical Care*

Active-duty members will be seen at sick call located in the Branch Medical Clinic on Station. A Family Practice Clinic is also on Station as well as a Tricare office.

#### *Family Member access to Healthcare on Installation*

Family members of active duty personnel and retirees can access healthcare on installation and can be seen for pharmacy, optometry, health promotion classes and the Acute Care Area services. All specialty care is by consultant at Navy Medical

Center San Diego. No appointment is necessary for urgent attention at the Acute Care Area services, which is located in building 2496. The hours of operation are Monday through Friday, 7:00 a.m. to 4:00 p.m. Closed on weekends and holidays.

TRICARE members and their families can access healthcare on installation through the Family Practice Clinic, also located in building 2496. Access to care through TRICARE, the military healthcare program, is dependent upon the patient's selected program status. TRICARE Prime enrollees have higher priority for appointments in military treatment facilities than non-enrollees. Members must verify their enrollment and their primary care provider prior to making an appointment with the Family Practice Clinic. For appointment, call Central Appointments at 619-532-8225. Hours of operation are Monday through Friday, 7:30 a.m. - 4:00 p.m. Closed on weekends and holidays.

#### *Dental Care*

The Miramar Dental Clinic primarily provides care for active duty military personnel. Family members and retirees may also receive emergency treatment for relief of acute pain and infection. Retirees are seen on a space available basis.

Dental sick call is available on a walk-in basis Monday through Friday, 7 to 9 a.m. and 1 to 2 p.m. Appointments can be scheduled by calling 858-577-1824 or 1825.

#### *Health Promotion Office*

The Health Promotion Office offers training, education and resources on the nine Semper Fit Elements. A monthly health theme has been established in relation to the nine Elements and in recognition of the National Health Observances. A brief on topics related to the monthly theme is presented at the base theater on the last Wednesday of each month.

Representatives from the Health Promotion Office are also available to come directly to individual units and offer briefs on topics such as remedial weight training and health and fitness education, and can also tailor presentations to specific needs. Smoking cessation classes are offered as well.

#### **Special Needs - Health Care**

#### **Exceptional Family Member Program**

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

#### **Military Treatment Facility**

The clinics and services available at [Military Treatment Facilities](#) vary by location. Before you move, identify the MTF that will serve you, visit the MTF's website to learn about the clinics and services available and to get relevant contact information.

#### **Moving to a New TRICARE Region**

If you anticipate a move to another [TRICARE region](#), work with your local TRICARE Service Center (TSC) or case manager before your move to ensure the transition is as smooth as possible. On arrival at the new duty location, your sponsor should contact the Beneficiary Counseling and Assistance Coordinator (BCAC) or TSC to ensure the transition plans are in place and to obtain authorizations for TRICARE [Extended Care Health Option](#) (ECHO) services, if applicable.

#### **Beneficiary Counseling and Assistance Coordinator (BCAC)**

All TRICARE Regional Offices and most MTFs are staffed with [BCACs](#) (formerly known as Health Benefits Advisors.) [BCACs](#) provide information, guidance and assistance on benefit options, TRICARE Prime enrollment, special authorizations, status of claims and eligibility, plus assistance with referrals and appointments. If you or your family member has a more severe medical need, contact your assigned [case manager](#).

#### **Case Management**

Case management involves a team of health care professionals who help you and your family to find solutions to complex health problems. It is important to inform your case manager if you are moving as he/she will connect you with the case manager at your new location.

#### **Extended Care Health Option (ECHO)**

TRICARE [ECHO](#) provides financial assistance to beneficiaries of active duty service members who qualify based on specific mental or physical disabilities. ECHO offers an integrated set of services and supplies beyond the basic TRICARE program.

ECHO is administered by regional contractors in the TRICARE North, South, and West Regions and by TRICARE Regional Offices in overseas locations.

### **Transporting Medical Equipment**

Your [Installation Transportation Office](#) has special procedures to follow for the transportation of medical equipment that is necessary for medical treatment required by the sponsor or family member. Some types of medical equipment may be shipped in the same manner as Professional Books, Papers, and Equipment (PBP&E).

### **Federal and State Health Care Programs**

*Medicaid* - [Medicaid](#) pays for medical assistance for certain individuals and families with low incomes and resources. State Medicaid programs are usually administered by departments of social service or departments of medical assistance.

*Supplemental Security Income (SSI)* - [SSI](#) is a cash assistance program intended to meet basic needs for food, clothing and shelter for those who are aged, blind or disabled. It provides cash to meet basic needs for food, clothing, and shelter. Families must reapply upon each move to another state.

*Title V of the Social Security Act* - Many states have services for children with special health care needs that are funded by the Maternal and Child Health Services Block Grant, or [Title V](#). State departments of health web sites and local health departments will provide information on state health benefits for children with special health care needs. The Maternal and Child Health Bureaus' web site has Title V information organized by State that provide you with [Title V points of contact](#) and other pertinent information.

### **Other Important Resources**

*Debt Collection Assistance Officer (DCAO)* - TRICARE has a [DCAO](#) assigned to TRICARE Regional Offices and MTFs worldwide to help beneficiaries understand and get assistance with debt collection problems related to TRICARE. Individuals who have received a notice from a collection agency or a negative credit report because of a medical or dental bill should be referred to the nearest [DCAO](#).

*Family Voices* - [Family Voices](#) is a national, grassroots clearinghouse for information and education concerning the health care of children with special health needs. Family Voices also has State points of contacts with useful links to State programs and organizations.

### **Installation Specific Information**

#### *Exceptional Family Member Program (EFMP)*

The EFMP program assists families who have a physical, emotional, developmental or learning disabled member. The purpose of the program is to ensure that adequate care and treatment is available and assists service members in providing for the special needs of their Exceptional Family Member before, during and after relocation required by a change of duty assignment.

If you have an Exceptional Family Member, enrollment is mandatory. The aim of the program is to assist assignment monitors at Headquarters Marine Corps in assigning Marines to an area where their Exceptional Family Member's special needs can be met.

#### **Education - Special Education/EIS**

### **Exceptional Family Member Program**

The [Exceptional Family Member Program \(EFMP\)](#) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

### **Children from Birth to Three Years of Age**

The Individuals with Disabilities Education Act (IDEA) requires all States and territories to provide [early intervention services](#) to children from birth to age three who are developmentally delayed, or who are at high risk of being developmentally delayed. Early intervention services may be provided by local school districts or health departments. There is no common name across States for the programs, but you may hear them referred to as Part C programs (because Part C is the section of the IDEA that pertains to early intervention).

The [National Early Childhood Technical Assistance Center](#) provides a list of State Part C directors and funded programs at

their web site. [Military OneSource](#) can identify local early intervention programs for you.

- Parents of children who receive early intervention services should hand-carry a copy of the Individual Family Service Plan (IFSP) and most current evaluation reports to the new location.

### **Children from 3 through 21 Years of Age**

The Individuals with Disabilities Education Act (IDEA) requires all States and Territories to provide [special education services](#) to children who are from 3 through 21 year of age. Each local school district has a special education director, and each school should have a case study committee or school based committee (terms differ) that attends to special education students' needs.

Parents of children receiving special education and related services should hand-carry all pertinent school and medical documents to include their children's Individualized Education Program (IEP) and current testing and evaluation reports to the new school.

The IDEA requires that if a child transfers to a district in the same state, the receiving school must provide comparable services to those in the child's IEP from the sending district's until the new school develops and implements a new IEP. If a child transfers to another State, the receiving district must provide comparable services to those in the child's IEP from the sending district until the receiving district completes an evaluation and creates a new IEP.

### **Others who can help you:**

- *Parent Training and Information Centers* Each state is home to at least one Parent Training and Information Center (PTI). PTIs serve families of children and young adults from birth to age 22 with all disabilities: physical, cognitive, emotional, and learning. They help families obtain appropriate education and services for their children with disabilities; work to improve education results for all children; train and inform parents and professionals on a variety of topics; resolve problems between families and schools or other agencies; and connect children with disabilities to community resources that address their needs. [The Technical Assistance Alliance for Parent Centers](#) provides addresses and phone number of the centers in your state.
- *STOMP (Specialized Training of Military Parents)* is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. The staff of the [STOMP Project](#) are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations.

Washington PAVE  
STOMP Project  
6316 So. 12th St.  
Tacoma, WA 98465  
253-565-2266 (v/tty)  
1-800-5-PARENT (v/tty)  
Fax: 253-566-8052  
[Email](#)

### **Installation Specific Information**

For early intervention assistance, school districts request individuals contact them for specific information. You may obtain additional information by contacting:

*National Information Center for Children & Youth with Handicaps* at P.O. Box 1492 Washington, D.C. 20010, Telephone 1-800-695-0285

*HOPE Infant Family Support Program:* -- San Diego County Office of Education offers Early Intervention Services to children ages 0-3. HOPE is a public school program for special education and offers a broad range of services such as, but not limited to, assessment/ongoing review of child's developmental progress: home visits by instructional staff: consulting services in specialized areas --Nursing, Speech & Language, OT & PT, Vision, and Deaf & Hard of Hearing. Premature Infant Development. Services are provided at no charge. Services are available in English and Spanish.

- North San Diego County 760-471-7353 and South San Diego County and Metro area 858-292-3700 provide services from regional centers. Services are provided to people (children and adults) with developmental disabilities such as cerebral palsy, mental retardation, Epilepsy, Autism and other conditions that have a substantial effect on self care, mobility, communication and the capacity for independent living or economic self-sufficiency. Some of the services provided to these groups are Early Intervention, Physical and Occupational therapy services, respite care hours, vocational training and placement services. Contact the local offices for an eligibility evaluation.

*TASK (Team of Advocates For Special Kids)*, is a non-profit corporation to which parents of children with disabilities can turn for assistance and support in seeking and obtaining needed early intervention, educational, medical, or therapeutic support services for their children. For the Southern California military representative call 909-609-3218 (collect ok).

*MAAC Project HEAD START* -- MAAC Project Head Start is a bilingual/multicultural, early childhood and family education program funded by the Federal Government. Services are provided in Oceanside, Vista, San Marcos, Fallbrook, Pauma Valley and Valley Center. Low-income and special needs children between the ages of 3 to 5 or until kindergarten ready may be eligible. Age and Federal Income guidelines determine qualification for this program.

You must have your child's birth certificate and immunization record, proof of income verification, i.e., income pay stubs for previous last 12 months, military LES, AFDC eligibility or Income Tax IRS Form 1040. If your child has special needs, please submit a copy of your child's IEP or Diagnostic Report.

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

Centers are located at:

- Oceanside I Center (Americanization), 1210 Division Street, Oceanside, CA 92054 - Phone: 760-721-4692
- Oceanside II Center (Island Club), 2322 Catalina Circle, Oceanside, CA 92057 - Phone: 760 941-7616 or 941-6935
- Oceanside III Center (Baldarrama), 709 San Diego Street, Oceanside, CA 92057 - Phone: 760 433-5153/5154
- Oceanside IV Center (St. Anne's), 701 West Street, Oceanside, CA 92056 - Phone: 760-966-3395
- Vista I Center, 739 Olive Ave., Vista, CA 92083 - Phone: 760-726-4272/4131
- Vista II Center (Raintree Park), 545 E. Townside Dr., Vista, CA 92083 - Phone: 760-631-2695/2696
- Vista III Center, 1410 Foothill Dr., Vista, CA 92084 - Phone: 760-639-4465
- San Marcos I Center, 634 W. Mission Rd., San Marcos, CA 92069 - Phone: 760-744-2110
- San Marcos II Center, 139 Gosnell Way, San Marcos, CA 92069 - Phone: 760-736-3066
- San Marcos III Center, 444 Firebird Lane, San Marcos, CA 92069 - Phone: 760-591-7713
- Fallbrook Center, 405 W. Fallbrook St., Fallbrook, CA 92028 - Phone: 760-723-4188
- Rincon/Valley Center, 33509 Valley Center Rd., Valley Center, CA 92082 - Phone: 760-749-5190/5192

#### *Program Options*

- Center Based Programs -- Children attend pre-school 3 1/2 hours per day, four days per week from September to May.
- Home Based Programs -- Children and parents have the opportunity to learn together. The Home Base Teacher comes into the home one time per week for 1 1/2 hours. Children visit the Head Start Classroom two times per month for socialization activities.
- Head Start Family Child Care Program (FCCP) -- The program offers a nurturing pre-school program in a home setting. Children attend school for up to 10 hours per day, five days per week, Monday through Friday, from July to June (year-round). FCCP is offered to Oceanside, Vista and San Marcos residents. It is offered to parents who work or attend school/training program full-time.
- Full Day - Full Year Program -- Children attend pre-school for up to 10 hours per day, five days per week, Monday through Friday, from July to June (year-round). This program is offered in San Marcos, Vista and Oceanside. FD-FY is offered to parents who work or attend a school/training program full-time.

There are no special education schools on the installation. The Exceptional Family Member Program Coordinator can, however, be reached on base at 858-577-6585. The San Diego and Poway Unified School Districts as well as the San Diego County Office can be contacted to find out the special classes available for each District.

#### **Contact Information**

*Mitscher Way*  
Building 2258  
San Diego, CA 92145-2008  
Phone 858-577-1428  
Phone (DSN) 312-267-1428  
Fax 858-577-8676

[Email](#)  
[Website](#)

**Adult Education Centers**  
*MCAS Miramar Education Office*  
*Miramar Way*  
Bldg. 5305  
San Diego, CA 92145-2009  
Phone 858-577-1801  
Phone (DSN) 312-267-1801  
Fax 858-577-1800  
Fax (DSN) 312-267-1800

[Email](#)  
[Website](#)  
Mon – Thu 7:00 a.m. – 4:00 p.m.  
Fri 7:00 a.m. - 2:00 p.m.



**Automotive Services**

*Auto Skills Center*  
*Miramar Way*  
 Bldg. 6673  
 San Diego, CA 92145  
 Phone 858-695-1215  
 Fax 858-536-1684

[Email](#)

[Website](#)

Mon - Sat 8:00 a.m. - 4:30 p.m.  
 Sun, Holidays – closed

**Beauty/Barber Shops**

*Main Barber Shop/Beauty Salon*  
*Matthews Avenue*  
 MCAS Miramar, Bldg 2660 (MCX)  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-695-7227  
 Fax 858-695-7260

[Website](#)

Mon – Sat 8:00 a.m. - 6:00 p.m.  
 Sun 9:00 a.m. - 5:00 p.m.

**Chapels**

*Base Chapel*  
*Bauer Road*  
 Bldg. 5632  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-577-1333  
 Phone (DSN) 312-267-1333  
 Fax 858-577-1307  
 Fax (DSN) 312-267-1307

[Email](#)

[Website](#)

Mon – Fri 7:30 a.m. - 4:00 p.m.  
 Sat, Sun – closed  
 Mass Schedule:  
 Sat mass (Protestant) 9:00 a.m.  
 Sun mass (Catholic) 11:00 a.m.

**Citizenship and Immigration Services**

*Citizenship and Immigration Services*  
*Elrod Avenue*  
 Building 6275  
 San Diego, CA 92145  
 Phone 858-577-1656  
 Phone (DSN) 312-267-1656  
 Fax 858-577-8412  
 Fax (DSN) 312-267-8412

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays – closed

**Commissary/Shopette**

*Commissary Store*  
*Moore Avenue*

Sat, Sun & Holidays - closed

**Barracks/Single Service Member Housing**

*MCAS Miramar Billeting Office*  
*Elrod Ave.*  
 Marine Corps Air Station, Bldg. 4312  
 San Diego, CA 92145  
 Phone 858-577-4233 / 858-577-4253  
 Phone (DSN) 312-267-4233  
 Fax 858-577-4243

[Website](#)

Open 24 hours, including Sun and Holidays

**Beneficiary Counseling Assistance Coordinators**

*Health Promotion Program*  
*Elrod Avenue*  
 Bldg. 2273  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-577-1331  
 Phone (DSN) 312-267-1331

[Email](#)

[Website](#)

Mon – Fri 7:30 a.m. - 4:00 p.m.  
 Sat, Sun & Holidays – closed

**Child Development Centers**

*Child Development Center*  
*Mitscher Way*  
 MCAS Miramar, Building 2700  
 San Diego, CA 92145  
 Phone 619-556-8491  
 Phone (DSN) 312-267-4144  
 Fax 858-577-4790  
 Fax (DSN) 312-267-6634

[Email](#)

[Website](#)

Mon - Fri 6:00 a.m. - 6:00 p.m.  
 Sat, Sun and Holidays - closed

**Civilian Personnel Office**

*Human Resource Office (Federal Jobs)*  
*Elrod Avenue*  
 MCAS Bldg. 2273  
 San Diego, CA 92145  
 Phone 858-577-1328 / 858-577-1250  
 Phone (DSN) 312-267-1328  
 Fax 858-577-6236 / 1442  
 Fax (DSN) 312-267-7846

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:00 p.m.  
 Sat, Sun & Holidays – closed

**Dental Clinics**

*Dental Clinic*  
*Bauer Road*

MCAS Miramar, Bldg. 2661  
San Diego, CA 92145-2008  
Phone 858-577-4516  
Phone (DSN) 312-267-4516  
Fax 858-577-1218  
Fax (DSN) 312-267-1218

[Email](#)

[Website](#)

Commissary:

Mon, Tue, Wed 10:00 a.m. - 8:00 p.m.

Thu, Fri 10:00 a.m. - 9:00 p.m.

Sat 8:00 a.m. - 8:00 p.m.

Sun 10:00 a.m. - 6:00 p.m.

Shoppette:

Open 24 hours, seven days a week

### **EFMP - Enrollment**

*EFMP*

*Mitscher Way*

Bldg 2525

MCAS Miramar

San Diego, CA 92145-2008

Phone 858-577-8644/4668

[Email](#)

[Website](#)

### **Exchange(s)**

*Marine Corps Exchange (MCX)*

*Matthews Avenue*

MCAS Miramar Bldg. 2260

San Diego, CA 92145-2008

Phone 858-695-7288/7312

Phone (DSN) 312-267-7288

Fax 858-695-7396

[Email](#)

[Website](#)

Mon - Fri 9:00 a.m. - 8:00 p.m.

Sat, Sun 9:00 a.m. - 7:00 p.m.

### **Family Child Care/Child Development Homes**

*Child Development Home Program*

*Mitscher Way*

Building 2740

MCAS Miramar

San Diego, CA 92145

Phone 858-577-4145 / 1-877-235-6002

Fax 858-577-4790

Fax (DSN) 312-267-4790

[Email](#)

[Website](#)

Mon - Fri 6:00 a.m. - 6:00 p.m.

Sat, Sun and Holidays - closed

### **Financial Institutions**

*Navy Federal Credit Union*

*Elrod Avenue*

Bldg. 2495

MCAS Miramar

San Diego, CA 92145

Phone 858-577-7856/1824/1825 / After Hours: 760-846-3215

Phone (DSN) 267-7856/1824/1825

Fax 858-577-1773

Fax (DSN) 312-267-7773

[Email](#)

[Website](#)

Mon - Fri 7:00 a.m. - 4:00 p.m.

Closed during lunch between 12:00 a.m. - 1:00 p.m.

Sat, Sun & Holidays - closed

### **Emergency Relief Services**

*Navy/Marine Corps Relief Society*

*Elrod Ave.*

MCAS Miramar Bldg. 2273

San Diego, CA 92145

Phone 858-577-1807

Phone (DSN) 312-267-1807

Fax 858-549-2006

Fax (DSN) 312-267-2006

[Email](#)

[Website](#)

Mon - Fri 8:00 a.m. - 4:00 p.m.

Call for appointment.

Sat, Sun & Holidays - closed

### **Family Advocacy Program**

*Family Advocacy Program Coordinator*

*Bldg. 2274*

MCAS Miramar

San Diego, CA 92145

Phone 858-577-6585 / 858-864-3408 - FAP VICTIM ADVOCACY

24/7 RESPONSE HOTLINE / 858-864-2815 - 24/7 SAPR Hotline

[Website](#)

Mon - Fri 7:30 a.m. - 4:30 p.m.

Sat, Sun & Holidays - closed

### **Finance Office**

*Finance Office*

*Smith Road*

Building 8380

MCAS Miramar

San Diego, CA 92145

Phone 760-725-8545

Phone (DSN) 312-365-8545

Fax 760-763-6473

Fax (DSN) 312-267-1584

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:00 p.m.

Sat, Sun & Holidays - closed

### **Golf Courses**

*Golf Course*

*Anderson Avenue*

Building 2727  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 866-454-3143  
 Fax 858-831-1471

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays – closed

### **Gymnasiums/Fitness Centers**

*Sports & Fitness Center/Gymnasium*

*Bauer Rd, Bldg 2471 (Miramar Sports Complex)*

Bldg 2002 (Semper Fit Center)

Bldg 7115 (The Barn)

MCAS Miramar

San Diego, CA 92145

Phone 858-577-4128 (Miramar Sports Complex) / 858-577-4654 (Semper Fit Center) / 858-577-6042 (The Barn)  
 Phone (DSN) 312-267-4654

Fax 858-577-8935

Fax (DSN) 312-267-8935

[Email](#)

[Website](#)

Mon - Fri 4:30 a.m. - 10:00 p.m.  
 Sat 7:00 a.m. - 10:00 p.m.  
 Sun 8:00 a.m. - 10:00 p.m.

### **Housing Referral Office/Housing Privatization**

*Lincoln Military Housing Office*

*Miramar Welcome Center*

2625 Le Hardy Street

Bldg 3544

San Diego, CA 92136

Phone 619-556-7667

Fax 619-556-1803

[Email](#)

[Website](#) [Website](#)

Mon - Fri 8:00 a.m. - 5:00 p.m.  
 Sat, Sun and Holiday - closed

### **Information and Referral Services**

*Information and Referral*

*Mitscher Way*

Joint Reception Center (JRC) Bldg. 2258

San Diego, CA 92145

Phone 858-577-1428

Phone (DSN) 312-267-1428

Fax 858-577-8676

Fax (DSN) 312-267-8676

[Email](#)

[Website](#)

### **Library**

*MCCS Library*

*Miramar Way*

Bldg 5305

Bldg. 3485  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-577-4155 / 858-740-6968

[Email](#)

[Website](#)

Open seven days a week 6:00 a.m. - 5:00 p.m.

### **Hospitals/Medical Treatment Facility(s)**

*Acute Care Clinic*

*Bauer Road*

Building 2496

San Diego, CA 92145

Phone 858-577-4656

Phone (DSN) 312-267-4656

Fax 858-577-9849

Fax (DSN) 312-278-9965

[Email](#)

[Website](#)

Acute Care:

Mon - Fri 7:30 a.m. - 4:00 p.m.

Family Practice Care:

Mon - Fri 7:00 am - 4:00 p.m.

### **ID/CAC Card Processing**

*ID/CAC Card Processing*

*Mitscher Way*

BLDG 2258

MCAS Miramar

San Diego, CA 92145

Phone 858-577-1421

Phone (DSN) 312-267-1421

Fax 858-577-1429

Fax (DSN) 312-267-1429

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:00 p.m.

Sat, Sun & Holidays – closed

### **Legal Services/JAG**

*Legal Assistance Office*

*MCAS Miramar, Bauer Road*

Building 6275

San Diego, CA 92145

Phone 858-577-1656 (ext. 1)

Phone (DSN) 312-267-1656

Fax 858-577-8412

Fax (DSN) 312-267-8412

[Website](#)

Mon - Fri 7:30 a.m. - 4:30 p.m.

Sat, Sun & Holidays - closed

### **MWR (Morale Welfare and Recreation)**

*Entertainment and Ticket Office*

*Mitscher Way*

MCAS Miramar Bldg. 2524

San Diego, CA 92145  
 Phone 858-577-8974  
 Phone (DSN) 312-267-8974  
 Fax 858-577-4101  
 Fax (DSN) 312-267-4101

[Email](#)

[Website](#)

Mon - Thu 7:00 a.m. - 7:30 p.m.  
 Fri 7:00 a.m. - 6:00 p.m.  
 Sat and Sun 10:00 a.m. - 4:00 p.m.  
 Holidays – call for schedule

### **Military Clothing Sales**

*Uniform Shop*

*Matthews Avenue*

Building 2660  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-695-7363  
 Phone (DSN) 312-267-7363  
 Fax 858-695-7344

[Website](#)

Mon - Fri 9:00 a.m. - 8:00 p.m.  
 Sat, Sun & Holidays 9:00 a.m. - 7:00 p.m.

### **Non-appropriated Funds (NAF) Human Resources**

*MCCS Non-Appropriated Funds (NAF, on-base jobs)*

*Elrod Avenue*

MCAS Miramar Bldg. 2273  
 San Diego, CA 92145  
 Phone 858-577-4117  
 Phone (DSN) 312-267-4117  
 Fax 858-577-7846  
 Fax (DSN) 312-267-7846

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays - closed

### **Restaurants/Fast Food**

*Fast Food/Restaurant*

*Elrod Avenue*

Building 2666  
 San Diego, CA 92145  
 Phone 858-693-1477  
 Phone (DSN) 312-693-1153

[Website](#) [Website](#)

Mon - Sun 5:30 a.m. - 11:00 p.m.

### **School Liaison Office/Community Schools**

*School Liaison Office*

*Bauer Road*

Building 2525  
 San Diego, CA 92145  
 Phone 858-577-6633  
 Phone (DSN) 312-267-6633

San Diego, CA 92145  
 Phone 858-577-4141/4126 / 858-577-6162 (Cruise Desk) /  
 858-271-7111 (Big Bear Reservation Desk)  
 Phone (DSN) 312-267-4141  
 Fax 858-577-7418

[Email](#)

[Website](#)

Mon - Fri 9:00 a.m. - 8:00 p.m.  
 Sat 9:00 a.m. - 2:00 p.m.

### **New Parent Support Program**

*New Parent Support*

*MCAS Miramar Bldg. 2274*

San Diego, CA 92145  
 Phone 858-577-9812  
 Phone (DSN) 312-267-9812  
 Fax 760-725-9571

[Website](#)

Mon - Fri 7:30 a.m. - 4:00 p.m.  
 Sat, Sun & Holidays - closed

### **Personal Financial Management Services**

*Personal Finance Management*

*MCAS Miramar, The HUB, 5305*

San Diego, CA 92145  
 Phone 858-577-9802  
 Phone (DSN) 312-267-9802  
 Fax 858-577-4378  
 Fax (DSN) 312-267-4378

[Email](#)

[Website](#)

Mon - Fri 7:30 a.m. - 4:00 p.m.  
 Sat, Sun & Holidays - closed

### **Retirement Services**

*Retired Assistance Office*

*Mitscher Way*

Joint Reception Center, Bldg. 2258

MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-577-4806  
 Phone (DSN) 312-267-4806  
 Fax 858-577-4122  
 Fax (DSN) 312-267-4378

[Email](#)

[Website](#)

Mon -Fri 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 4:00 p.m.  
 Sat, Sun, and Holidays - closed

### **Spouse Education, Training and Careers**

*Career Resource Program*

*Miramar Way*

Bldg. 5305  
 San Diego, CA 92145  
 Phone 858-577-6491 / 858-577-6710  
 Phone (DSN) 312-267-6710/6491

Fax 858-577-6604  
 Fax (DSN) 312-267-6604  
[Email](#)  
[Website Website](#)  
 Mon – Fri 7:30 – 4:00 p.m.

Fax 858-577-6709  
[Email](#)  
[Website Website](#)  
 Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays - closed  
 Transition Assistance:  
 Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays - closed

### **Temporary Lodging/Billeting**

*Miramar Inn*  
*Bauer Road*  
 Marine Corps Air Station, Miramar  
 Building 2515  
 San Diego, CA 92145  
 Phone 858-271-7111  
 Phone (DSN) 312-267-4233  
 Fax 858-695-7371  
 Fax (DSN) 312-267-4243  
[Website](#)  
 Open 24 hours, seven days a week.

### **Transition Assistance Program**

*Career Resource Program*  
*Miramar Way*  
 Bldg. 5305  
 San Diego, CA 92145  
 Phone 858-577-6491 / 858-577-6710  
 Phone (DSN) 312-267-6710/6491  
 Fax 858-577-6709  
[Email](#)  
[Website Website](#)  
 Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays - closed  
 Transition Assistance:  
 Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays - closed

### **VA Facilities**

*VA Assistance Office*  
*Miramar Way*  
 Building 5305  
 San Diego, CA 92145  
 Phone 858-689-2141 / 1-800-827-1000  
 Phone (DSN) 312-267-2141  
 Fax 858-299-7092  
[Website Website](#)  
 Mon - Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays - closed

### **Veterinary Services**

*Veterinary Services*  
*Bauer Road*  
 Building 6360  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-577-6552/1773  
[Website](#)

### **Victim Advocate Services**

*Marine and Family Services*  
*Elrod Avenue*  
 Building 2274  
 P.O. Box 452008  
 San Diego, CA 92145  
 Phone 858-577-6585 / 858-577-8644 / 858-577-4068  
 (Military Police)  
 Phone (DSN) 312-267-6585  
 Fax 858-577-4378  
 Fax (DSN) 312-267-4378  
[Email](#)  
[Website](#)  
 Mon - Fri 7:30 a.m. - 4:00 p.m.  
 Sat, Sun & Holidays - closed

### **Welcome/Visitors Center**

*Joint Reception Center*  
*Mitscher Way*  
 Bldg. 2258  
 San Diego, CA 92145  
 Phone 858-577-1428/858-577-1858/1865  
 Phone (DSN) 312-267-1428  
 Fax 858-577-6634  
[Email](#)  
[Website](#)  
 Mon – Fri 7:30 a.m. - 4:30 p.m.  
 Sat, Sun & Holidays – closed

### **Women, Infants, and Children (WIC & WIC-O)**

*W.I.C. (Women Infants Children)*  
*Bauer Road*

### **Youth Programs/Centers**

*Children, Youth & Teen Center*  
*Bauer road*

Building 5632  
 San Diego, CA 92145  
 Phone 800-500-6411 (appts. on Miramar) / 888-999-6897  
 (within the San Diego area)  
 Fax 858-309-1286/858-292-2365/0823

[Email](#)

[Website](#)

Open Mon only between 9:00 a.m. - 3:00 p.m.

Call for appointment.

MCAS Miramar W.I.C office provides assistance every  
 Mon.

The office is at the Fellowship Hall in the Chapel Bldg.  
 5632  
 on Bauer road.

Building 2700  
 MCAS Miramar  
 San Diego, CA 92145  
 Phone 858-577-4136  
[Website](#)

## **Major Units**

### **BRIG**

Contact Information:  
 YNC  
 COM: 858-577-7000  
 FAX: 858-577-7138  
 DSN: 312-267-7777

### **MAG-11**

Contact Information:  
 S-1  
 COM: 858-577-4543  
 FAX: 858-577-1781  
 DSN: 312-267-4543

### **VMFA(AW)-121**

Contact Information:  
 S-1  
 COM: 858-577-9367  
 DSN: 312-267-9367

### **VMFA-232**

Contact Information:  
 S-1  
 COM: 858-577-6876  
 DSN: 312-267-6876  
 FAX: 312-267-6876

### **VMFA-323**

Contact Information:  
 S-1  
 COM: 858-577-1564  
 DSN: 312-267-1564  
 FAX: 312-267-1564

### **MAG-16**

Contact Information:  
 S-1  
 COM: 858-577-6589  
 FAX: 858-577-6716  
 DSN: 312-267-6589

### **HMH-462**

Contact Information:  
 S-1  
 COM: 858-577-9705  
 FAX: 858-577-9692

### **ADMIN/3RD MAW**

Contact Information:  
 S-1  
 COM: 858-577-7382  
 FAX: 858-577-8708  
 DSN: 312-267-7382

### **VMFAT-101**

Contact Information:  
 S-1  
 COM: 858-577-8535  
 DSN: 312-267-8535  
 FAX: 312-267-1672

### **VMFA(AW)-225**

Contact Information:  
 S-1  
 COM: 858-577-6835  
 DSN: 312-267-6835

### **VMFA-242**

Contact Information:  
 S-1  
 COM: 858-577-9121  
 DSN: 312-267-9121  
 FAX: 312-267-9121

### **VMGR-352**

Contact Information:  
 S-1  
 COM: 858-577-8229  
 DSN: 312-267-8229  
 FAX: 858-577-8229

### **HMH-361**

Contact Information:  
 S-1  
 COM: 858-577-9289  
 DSN: 312-267-9289

### **MALS-16**

Contact Information:  
 S-1  
 COM: 858-577-4365  
 DSN: 312-267-4365

DSN: 312-267-9705

**HMM-166**

Contact Information:

S-1

COM: 858-577-8166

DSN: 312-267-8166

**MALS-46**

Contact Information:

S-1

COM: 858-577-1145

FAX: 858-577-4943

DSN: 312-267-1145

**ADMIN**

Contact Information:

OOD

COM: 858-577-1141

DSN: 312-267-1141

OOD: After 1600 only Cell 858-864-3434

**MALS -11**

Contact Information:

S-1

COM: 858-577-4503

DSN: 312-267-4503

**HMM-161**

Contact Information:

S-1

COM: 858-577-8160

DSN: 312-267-8160

FAX: 312-267-8160

**HMM-165**

Contact Information:

S-1

COM: 858-577-8165

DSN: 312-267-8165

FAX: 312-267-8165

**MTACS-38**

Contact Information:

S-1

COM: 858-577-4932

FAX: 858-577-9764

DSN: 312-267-4932

**MWCS-48**

Contact Information:

S-1

COM: 858-577-6860

DSN: 312-267-6860

**MWSS-473**

Contact Information:

S-1

COM: 858-577-6847

DSN: 312-267-6847

FAX: 312-267-6847

**HMH-465**

Contact Information:

S-1

COM: 858-577-4980

DSN: 312-267-4980

**ADMIN**

Contact Information:

ADMIN

COM: 858-577-1494

DSN: 312-267-1494

**H&HS**

Contact Information:

S-1

COM: 858-577-4491

FAX: 858-577-1098

DSN: 312-267-4491

**HMH-466**

Contact Information:

S-1

COM: 858-577-9672

DSN: 312-267-9672

**HMM-163**

Contact Information:

S-1

COM: 858-577-8163

DSN: 312-267-8163

**MACG-38**

Contact Information:

S-1

COM: 858-577-9599

FAX: 858-577-8586

DSN: 312-267-9599

**MWCS-38**

Contact Information:

S-1

COM: 858-577-7529

FAX: 858-577- 8735

DSN: 312-267-7529

**MAG-46**

Contact Information:

S-1

COM: 858-577-6802

FAX: 858-577-6807

DSN: 312-267-6802

**MWSS-373**

Contact Information:

S-1

COM: 858-577-7243

DSN: 312-267-7243

**VMFA-314**

Contact Information:

S-1

COM: 858-577-4427

DSN: 312-267-4427

FAX: 312-267-4427