



EFMP Exceptional
Family Member
Program

SEPTEMBER 2024 NEWSLETTER

EFMP RESOURCES

- For questions about enrollment, call the Regional MTF Coordinator's Office at Naval Medical Center San Diego at (619)532-8586.

- To submit enrollment packages electronically, email your forms to:

usn.san-diego.navmedcensanca.list.nmcscd-efmp@health.mil

- EFMP & Me: 24/7 support for military families with special needs. EFMP & Me users can navigate services, connect with resources and advocate for themselves or family members with special needs. Visit:

<https://efmpandme.militaryonesource.mil/>

- Visit <https://www.navylifesw.com/at-home> to find resources, activities, webinars and more. Resources range from counseling services, education help, entertainment, and finances, to fitness, health, kids, library, and recreation.



JOINT NAVY EFMP CASE LIAISONS

Naval Base Coronado
619-545-6071

Naval Base San Diego
619-556-7404
619-536-2996
619-536-3726
619-672-6509
619-987-8148

Naval Base Point Loma
619-221-5685

**We know the System.
We can help.
Give us a call.**

Need help with food?

SDMOM has regular food distributions at Navy housing locations. Call (619) 461-4164 for more information.

Upcoming Events

9/05 @ 1000



EFMP Family
Support

Miramar EFMP: Intro to Special Education

Thursday, Sept. 5th, 10:00 – 11:30 AM

Virtual
FREE

Intro to Special Education workshop offers an overview of important, need-to-know information about Special Education law and applicable procedures, and the rights that gives you as parents when working with your children's schools. It also overviews topics such as IEP goals, acronyms, school district policies and district information, IEP team composition, and so much more.

Register at:

<https://www.eventbrite.com/e/copy-of-special-education-series-intro-to-special-education-tickets-793565244007?aff=ebdsoporgprofile>

San Diego TRS: End of Summer Beach Clean-Up!

Saturday, Sept. 7th, 10:00 AM – 12:30 PM

Mission Bay, 3119 Mariners Way, San Diego, 92109

FREE

Bring your friends and family to help keep our beaches clean! We will meet at Mission Bay (3119 Mariners Way, San Diego, 92109). We'll enjoy lunch after at the Coaster Saloon, so please bring your own money for lunch. No direct supervision is provided.

Register with code 117903 at:

https://anc.apm.activecommunities.com/sdparkandrec/home?onlineSiteId=0&from_original_cui=true



9/7 @ 1000

Upcoming Events

9/9 @ 1400



Miramar EFMP SSI/SSDI Workshop

Monday, Sept. 9th, 2:00 – 3:00 PM
Virtual
FREE

Join EFMP Miramar and Legal Aid Society of San Diego Senior Attorney, Dana Deane, for information and assistance with Supplemental Security Income (SSI) and Social Security Disability Insurance claims for both adults and children.

Register at:

<https://www.eventbrite.com/e/ssissdi-workshop-tickets-809598319367?aff=ebdsoporgprofile>

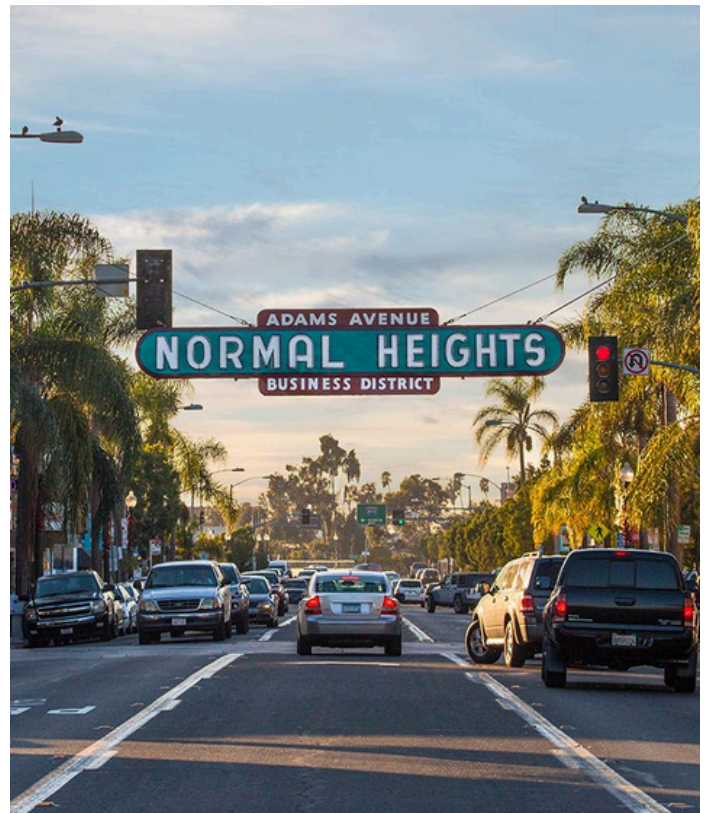
Adams Avenue Street Fair

Saturday, Sept. 21st, 11:30 AM – 3:00 PM
Normal Heights - Adams Avenue
FREE

Come visit one of San Diego's premier neighborhoods and enjoy the largest festival in the area. Savor delicious food, enjoy carnival games, multiple music stages, over 300 vendors and more.

For more info:

<https://www.adamsavenuebusiness.com/adams-avenue-street-fair/>



9/21 @ 1130

Upcoming Events

9/22 @ 1000



Bark in the Park

Sunday, Sept. 22nd, 10:00 AM
Turner Field, Bougainville Rd &
Eniwetok, NAB Coronado, CA 92118
FREE

Furry friends will have the best time running, playing, and frolicking in our off-leash dog park all morning! Dogs will compete in contests such as Best Dressed, Ugliest Dog, Cutest Dog, Best Kisser, Biggest Dog, Smallest Dog, and Loudest Dog. Come check out our on-site vendors for puppy gear and presents for your pup!

Register at:

<https://runsignup.com/Race/CA/SanDiego/BarkinthePark24>

Bells Across America Remembrance Event

Thursday, Sept. 26th, 9:00 AM
USS Midway Museum 910 N Harbor
Dr, San Diego, CA 92101
FREE

Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind. This year's Bells Across America Event will be held onboard the USS Midway Museum.

Register at:

<https://einvitations.afit.edu/inv/index.cfm?i=901554&k=0B61430C7E53>



9/26 @ 0900