MilitaryInstallations Booklet for Marine Corps Air Station Miramar

Fast Facts

Location: MCAS Miramar is located approximately 15 miles north of downtown San Diego, near I-15 and the town of Mira Mesa, a large suburb of San Diego. 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 it supports. 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. Welcome Aboard video website.

BRAC Status: Installation will gain 72 positions.

Cost of Living: San Diego is a very high cost of living area.

Base Operator: 858-577-1011

Population:
11,202 Active Duty
918 Reserve
319 Civilian

Area Population: Mira Mesa has a population of approximately 80,000 and is the largest community in San Diego. San Diego has a population of 1,266,731.

Child Care: Childcare is available through the Child Development Centers (CDC) aboard base and in certified Child Development Homes. 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). For more information call the MCAS Miramar CDC at 858-577-4144, (DSN) 312-267-4144.

Schools: The closest school districts to MCAS Miramar are the San Diego Unified School District and Poway Unified School District. There is no Department of Defense (DOD) school on board MCAS Miramar. For more information contact the School Liaison Office at 858-577-6633, (DSN) 312-267-6633.

Youth Services: Youth Services offers programs for youth of all ages, including, 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 17 year olds. In addition, the Youth Program offers sports teams and other specialized programs. Call 858-577-4136.

Marine and Family Programs: Marine and Family Programs 858-577-1279.

Housing: Marine Corps Air Station Miramar has military housing units aboard the station as well as units located throughout San Diego County. The Lincoln Military Housing office is located on 2625 LeHardy St., Bldg. 3544 San Diego, California 92136. Call 619-556-8443 to sign up for military housing. In addition, the housing office on MCAS Miramar provides assistance to housing residents of MCAS Miramar and can be contacted at 858-577-1121. The wait list for housing on MCAS Miramar can vary from immediate occupancy to 24 months, depending on the housing unit selected.

Employment: The Career Resource Center 858-577-6710/6491 provides employment assistance to military spouses. Unemployment rate is 10.2% in San Diego. However, there are jobs available on base and off base. Median household income is $61,863.

Base Services:

MCCS Facilities
Commissary - 1
MCX has 1 main exchange and numerous specialty stores on base.
There is a branch of Navy Federal Credit Union on base, and numerous commercial banks in the surrounding community

Medical Services: Active-duty members will be seen at sick call located in the Branch Medical Clinic on Station, 858-577-7754. A Family Practice Clinic is also on Station. as well as a TRICARE office. A TRICARE office is no longer
available on the installation effective April 1, 2014. 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.

Special Installation Messages:

Defense Service Network (DSN) Dialing Instructions

The DSN is the provider of long-distance communications service for the Department of Defense (DoD). Every installation has a special DSN number and the numbers vary by world-wide location. In order to place a call using DSN, the caller must be using a military phone on an installation. Cell phones cannot dial DSN numbers. When dialing a DSN number from a United States installation to another United States installation, it is unnecessary to dial the DSN 312 area code. When dialing a DSN number to/from overseas locations, the DSN area code must be included. The operator can be reached at commercial 719-567-1110. Please note that long distance charges may be incurred.

Overview

Location

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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. Redesigned 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:

<table>
<thead>
<tr>
<th>MCAS Miramar</th>
<th>3rd Marine Aircraft Wing</th>
<th>Marine Aircraft Group 46 (Reserve)</th>
<th>Naval Consolidated Brig</th>
<th>Company A, 4th Tanks</th>
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</table>
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 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

Sponsorship Training

Visit My Training Hub and log in with your Common Access Card, or CAC, to take the eSponsorship Application & Training. The course will walk you through your sponsorship duties and help you find the resources and information your newcomer is going to need. Families can be an important part of the sponsorship process. If your family members want to learn more about sponsorship or if they want to become a sponsor, they can access the Sponsorship Awareness for Families and complete sponsorship training through My Training Hub with an email address and password. The Sponsorship Awareness for Families course includes the same resources and information as the CAC-enabled version.

Moving is a way of life for service members and their families. Resources like MilitaryINSTALLATIONS, Plan My Move and Military OneSource can help smooth that transition. The Sponsorship Program supports sponsors with training and access to important information and resources.

Sponsorship Program goals include the following:
- Providing newcomers with a sense of belonging
- Easing the transition for inbound service members or civilians and their family members
- Increasing productivity
- Helping newcomers make informed decisions
- Cultivating new friendships
- Improving morale

A sponsor is assigned by a newcomer’s gaining unit and helps the newcomer before, during and after a move. If you haven’t been assigned a sponsor, you can request a sponsor through your new unit or through MilitaryINSTALLATIONS. Units try to match sponsors and service members by rank and family status.

Sponsorship duties include the following:
- Contacting the service member and family with an introductory email
- Following up with the member’s preferred method of contact
- Sending information about the new community and duty assignment, responding to questions and providing resource information
- Confirming transportation and lodging arrangements
- Assisting with post office arrangements
- Meeting service members and family members upon arrival
- Accompanying service members to unit check-in point
- Introducing service members to the Military and Family Support Center and loan closet, if available
- Orienting service members and families to the installation and key locations, such as the commissary

Note: Responsibilities may vary based on service-specific policies and guidance.

Youth Sponsorship Program

Many installations give kids the chance to get to meet a new friend and become acquainted with their new installation through the installation’s youth program. Where available, they can exchange emails, talk on the phone or chat online. For more information, visit MilitaryINSTALLATIONS and click on Youth Services and your new installation. The youth program staff at your new installation can offer more information on the Youth Sponsorship Program. Families with children may also want to visit Military Kids Connect, an online community for military children and youth. The site offers games, videos and links to teen-led installation tours.

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.

**Motor Vehicles**

**Registration and licensing requirements**

State laws vary when it comes to motor vehicle insurance requirements, licensing and registration. The term vehicle generally includes automobiles, motorcycles, vans, trailers and boats regularly parked or garaged overnight. Service members and their families will want to understand their state's laws on registration and licensing before moving to a new state. Visit the [USA.gov Motor Vehicle Services page](https://www.usa.gov/motor-vehicle) for links to state-specific websites.

**Motor vehicle laws**

State and local laws regulate the operation of motor vehicles, and these laws can vary by location. Many states regulate the following:

- Seatbelt use
- Child safety seats
- Motorcycle operation
- The use of cellphones and other digital devices while driving

Learn more about motor vehicle laws in your state at the [Distraction.gov State Laws](https://www.distraction.gov/state_laws) page.

**Installation Specific Information**

**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](https://www.dmv.ca.gov) 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.

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.

For information on meals, enrollment school programs, bus service, etc. visit Poway Unified Schools District website.

School Liaison Office

For further information regarding the school districts close to MCAS Miramar, please contact the School Liaison Office at 858-577-8625/6633

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.

For more information, call 858-577-1801.

**Education - Local Schools**

**How do I choose a school?**

Choosing the right school for children is a priority for many military families. Finding the right educational setting for each child requires a careful examination of the available options, whether you live on and off the installation. "Choosing a School for Your Child," a publication from the U.S. Department of Education, offers checklists and questions to assist parents in making the right choices.

**How do I find out about schools near my new duty station?**

Several quality online tools are available. Military OneSource is a free service offered by the Department of Defense to service members and their families to help with a broad range of concerns including education, parenting and child care, relocation and the concerns of families with special-needs members. An educational consultation with a specialty consultant is available, free of charge, and can help you address specific educational needs and goals.

**How can I help plan for a successful transition?**

Parents often want to know about the availability of extracurricular activities and sports, or the availability of advanced classes for their children. While there are other sources that can provide some information on these topics, it is usually best to get this information by contacting the schools directly.

**Education - Local Schools/Overseas**

Moving from one installation to another in the United States can be challenging enough; but moving with your family overseas can be even more complex. One of the most important challenges can be summed up in one question: "Where will my children go to school?"

**Where do I start?**

Start with MilitaryINSTALLATIONS to learn more about your new installation. In particular, read the installation's education article. All overseas installations dedicate a portion of the education article to discussing the education options available in the local community, as well as the Department of Defense schools on the installation, if available. Most overseas installations with accompanied family members have one or more Department of Defense school.

**What is the difference between a Department of Defense school and an international or national school?**

The Department of Defense Education Activity, or DoDEA, operates schools in 11 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 website for more detailed information.

The DoDEA's student preregistration system helps streamline the registration process and allows school officials to better predict school enrollment, make more informed decisions regarding teacher and staff requirements, and prepare for special services and supplies. Parents can preregister their children by visiting the DoDEA Online Student Pre-Registration site.

The U.S. Department of State's Office of Overseas Schools works to promote quality educational opportunities for families of American citizens overseas. If a Department of Defense school is not available, visit this site to learn more about the schools in your new area.

In general, international schools are English-language schools at overseas locations. 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 may be an important consideration if your family will be returning to the U.S. before a child graduates from high school.

**Where can I find a list of international schools in the country where my family is moving?**
You can find a directory of overseas schools on the U.S. Department of State's Schools Worldwide page. The listing includes schools that receive assistance from the U.S. Department of State, as well as other international, private, religious and public schools.

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

Although you may not have as many choices as you had in the United States, the process for choosing a school for your child is the same. You can begin by making a list of possible schools. Next, you'll want to find out more information about each school. Talk to the relocation personnel at the Military and Family Support Center and with your sponsor, who may be able to put you in touch with other families with children around the same ages as yours. You may also want to contact the school and ask for references.

Once you have narrowed down your options, you may decide you want to schedule an interview with the school or schools. Here are some considerations you may want to discuss:

- **Curriculum**
- **Grading system**
- **Tuition**
- **Accreditations**
- **Teachers and other staff**
- **Meals**
- **Extracurricular programs**
- **Transportation**
- **Schedule**
- **Before- and after-school programs**

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

Start planning for a successful school transition as soon as you learn about your move. The more your child knows about what to expect, the more confident your child will feel on the first day of school. Allow your child to be a part of the decision-making process, if appropriate, and take your child's opinions into account.

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**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 Intervie (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 requests 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 General Library Program**

The Marine Corps General Library Program supports the quality of life and well-being of Marines and their families amidst diverse circumstances. The Headquarters Library Program extends library services to remote Marines, coordinates policy and manages reporting requirements for the installation libraries. Twelve main libraries and 16 branch libraries provide collections, in all formats, in support of professional, educational, informational and recreational pursuits. A joint integrated library system, or ILS, and virtual library website provide online access to additional electronic resources and services.

On installations, libraries play an important role in the professional lives of Marines and their family members. Collections include academic and professional research resources so Marines can readily locate commandant of the Marine Corps professional reading titles, earn college degrees or certifications, update their promotion package, prepare for transition and retirement and expand future career opportunities. Several on-installation colleges offer orientation classes in library research skills at installation libraries. The Voluntary Education Program and libraries work in cooperation to meet the needs of Marines receiving tuition assistance. Materials for Marines preparing for College Level Examination Program, or CLEP, and Defense Activity for Non-Traditional Education Support, or DANTES, tests are in high demand, and library computers are often used to take practice tests. The ILS extends the use of each library's collection beyond the physical building. The system supports remote access to databases and the libraries' electronic catalogs and 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-installation libraries extend opportunities for community sharing, learning and entertainment for single Marines, families and families of deployed Marines. A thematic summer reading program has been standardized to support mobile military children. Library events vary by installation and may include an early literacy program, story times, makerspaces, book clubs, game nights, multicultural activities, book displays or access to a private webcam for meetings between deployed personnel and their families.

The Headquarters Library Program procures online databases to provide academic research, professional resources and recreational material available anytime, anywhere for Marines and their families. The virtual library portal provides access to a wide variety of general and subject-specific research databases for all ages, hundreds of self-improvement classes and digital magazines. Online homework tutoring is provided 24/7 through Tutor.com for K-12 students on subjects such as writing, mathematics through calculus, science and history. Librarians support cultural awareness and overseas families by registering library patrons for Transparent Language Online, an online foreign language program. Marine Corps library patrons are also eligible to access additional electronic research databases, audio and eBooks, genealogy resources and newspapers through the Navy Digital Library.

Seven of the Marine Corps general libraries have been awarded Premiere General Library certificates from the Department of Defense. Camp Foster library was selected 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 is the outcome of dedication to sustaining and improving the quality of life for Marines and the Marine Corps community.

**Morale, Welfare and Recreation Digital Library**

Our mobile military members often don't have the resources of a brick and mortar library on hand. The Morale, Welfare and Recreation digital library provides those resources for members in transit, at foreign missions or remote sites, and for deployed personnel. Access to library materials in electronic and downloadable format is available online, 24/7. The library provides recreation, lifelong learning and reference and career resources for all ages and interests. All resources, including audio and ebooks, are available free to service members anywhere there is access to the Internet.

The Morale, Welfare and Recreation digital library resources include the following:

Books, with thousands of fiction and nonfiction titles, including animated children's books

Databases that support education, research and career growth
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 619-556-8443.

**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 everyones needs from 1 & 2 bedrooms from $995 and up. Please review 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
Donnelly Hall Front Desk: 619-556-8972
Group Reservations (10 or more people): 619-556-8959
Reservations: 619-556-8674 /8673/8674
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 858-577-4233/4235. Space availability, including personnel on transient order, begins at 3:00 p.m. daily. For more information please call 858-577-4235/858-577-4235.

Costs

$11.00. It is a room with two twin beds, and bath. Each bed is $11.00. If a person woul 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 06 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 move, you can start getting your house and family ready. Clean up and get rid of junk. Hold a yard sale or donate serviceable items you no longer need. Gather important family records.

If you are moving overseas, begin to plan what items will go in unaccompanied baggage, in your household goods shipment and in permanent storage. Remember, in overseas areas, the electric current may be different and houses are generally much smaller than those in the United States. These are good questions to ask your sponsor.

**Household Goods Shipping Process**

The Defense Personal Property System is the online system you will use to manage your household goods shipment. For how-to guides to assist with your application go to [Move.mil](http://Move.mil).
Pets

Moving with your pet includes researching airline requirements and quarantine restriction laws in your new location. Many airlines have requirements for size, weight, breed, number of animals, kennel construction, documentation and seasonal limitations. Small pets may be shipped on military flights, but availability and regulations are always changing. Search Move.mil for more general information on shipping pets.

Many international locations have strict importation laws, including extended quarantines and restrictions on breeds or types of animals. Carefully research these rules as they could impact your moving schedule. You may also find some locations in the United States that have restrictions on certain animals and breeds. Review your new installation's "Shipping Pets" in MilitaryINSTALLATIONS for details.

"It's Your Move"

Review the U.S. Transportation Command booklet, "It's Your Move," for detailed information on weight allowances, the household goods shipping process, storage, automobile shipments, claims processes and the customer satisfaction survey.

Installation Specific Information

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.

Special Needs

The Exceptional Family Member Program

When you're moving, your to-do list can seem long enough to fill a packing box. But if your family has special medical or educational needs, help is available before, during and after your move. Enrollment in the Exceptional Family Member Program provides military families with special needs consideration during the assignment process and access to support services to help navigate the medical and educational system.

The Exceptional Family Member Program has three components:

Identification and enrollment of a family member with special medical or educational needs
Assignment coordination to determine the availability of services at the projected duty station
Support to help families identify and access programs and services

Who should enroll in the program?

Family members with special medical or educational needs lasting longer than six months are required to enroll in the
EFMP including spouses, children and dependent adults who:

- Require special medical services for a chronic condition such as asthma, attention deficit disorder, diabetes, multiple sclerosis, etc.
- Receive ongoing services from a medical specialist
- Have significant behavioral health concerns
- Receive early intervention or special education services through an individualized education program or individualized family service plan

**Why enroll in the program?**

Enrollment in the EFMP is mandatory for Active Duty, and ensures that family members' documented medical and educational needs receive consideration during the assignment coordination process. Through the EFMP family support office, families can receive assistance with navigating military and community support systems.

**How do families enroll in the program?**

Families can enroll by obtaining paperwork from the EFMP medical point of contact at their local military treatment facility, The EFMP Liaison, or in the Marine Corps, from Marine Corps Community Services. The forms for enrollment are:

- **Department of Defense Form 2792, "Family Member Medical Summary."** The service member, spouse or adult family member completes the first page to document medical needs. The family member's physician or other qualified medical professional completes the rest and includes the diagnosis, frequency of care, medication and any special accommodations the family member requires.
- **Department of Defense Form 2792-1, "Special Education/Early Intervention Summary."** The sponsor, parent or legal guardian completes items one through seven of the first page to document educational needs. School or early intervention program personnel complete the remainder of the form, which includes the child's educational diagnosis. A copy of the individualized education program or individual family service plan pairs with the form.

**What is assignment coordination?**

The military mission is the driving force behind the assignment process, but enrollment in the EFMP ensures that family members' documented needs are considered in the process. Assignment coordination occurs when the personnel command requests that Department of Defense medical or educational professionals review a family member's documented needs to determine availability of services at a projected location. Assignment coordination is important because access to appropriate medical and educational services may be limited in some areas, especially in overseas and remote locations. This process helps to eliminate the need for early returns from sea, HUMS and hardship discharges.

**What is family support?**

The EFMP family support function is provided by the EFMP case liaison and helps families identify and access programs and services. Family support includes, but is not limited to, the following:

- Information and referral for military and community services
- Warm handoffs to the EFMP at the next location
- Nonclinical case management

**What is the role of the EFMP Liaison?**

The role of the family support provider includes:

- Helping families on the path to empowerment by providing information and referral services, non-medical case management, education and other supports
- Helping relocating families pinpoint and navigate formal programs and services and informal supports
- Bridging gaps in programs, services and support by informing families on what is available, and how to apply for benefits and entitlements

**How do families access their EFMP case liaison?**

Access the EFMP case liaison by visiting or calling the Fleet and Family Support Center at 202-685-0229 and asking for a referral to a special needs consultant.

**How can families help ease the transition to a new school system following a move?**

In addition to the support available from the installation Military and Family Support Centers and Military OneSource consultants, MilitaryINSTALLATIONS provides some suggestions for making the transition easier as your child enters a new school system following a move to a new duty station. The article, "Preparing for Your Move," provides tips for what to do prior to and after your move to help create a smooth transfer between schools.

Additionally, military families can learn about the Education Directory for Children with Special Needs for information on special-needs issues and listings of national and local resources for early intervention (for infants and toddlers).
and special education (for school-age children) services.

Special Needs - EFMP Enrollment

Military families often relocate every two or three years. Below are suggestions for making the transition easier as your child enters a new school system following your family's move to a new duty station in the states or a Department of Defense Education Activity school overseas.

Relocating: things to remember

At least 30 days prior to your move:

- Notify the school or early intervention agency of your impending move and request a copy of your child's educational records.
- Obtain your child's most recent transcripts, grade reports and all pertinent medical records, including inoculation records, prescriptions and dosages.
- Contact the new school district or early intervention agency for specific information about programs on or near the installation where you will be living. Use the State, School District and Installation Information sections of the Education Directory for Children with Special Needs to identify the districts in your new location and find information about early intervention agencies. The directory provides helpful tools to assist families with infants and toddlers and school-age children transitioning to a new educational program.
- If your child has special needs and is receiving early intervention or special education services, request a copy of the following information:
  - Latest individualized education program or individualized family service plan, including the most recent progress report
  - Your child's most recent eligibility determination report for special education services, including early intervention
  - The names of textbooks or other materials that have been effective for your child
  - Adaptive equipment and assistive technology such as communication devices or modified key boards that your child uses in school
- As you leave your duty station, you should:
  - Hand carry a copy of your child's inoculation records and the information you collected about your child's educational program.
  - Take any special equipment, medication refills and supplies (for example, hearing aid batteries) that your child may need in the next two months.
  - Keep contact information for your child's current teacher or early intervention specialist in case there are questions at your new school or early intervention agency.
  - Provide the staff at your child's current school with the contact information for the special education staff at your child's new school to speed the transfer of your child's information.
  - When you arrive at your new duty station, you should:
    - Take the hand-carried educational information, including immunization records, with you to enroll your child in the local school.
    - Notify the new school that your child has special needs. Sign appropriate releases so the new school can request official copies of your child's records.
    - Request copies of any publications about the school's special education services.
    - It is easier for the receiving school to start the appropriate special education or early intervention services for your child when you hand-carry important information about your child. The current individualized education program will be recognized by the school’s special education committee and interim services can be provided within days. Each state has different policies or procedures that guide its special education and early intervention programs. Do not expect to use the same forms and procedures that were used at your previous location. You should expect that every effort will be made to meet your child's needs.

Special Needs - EFMP Family Support

Background

The Education Directory for Children with Special Needs was developed to support military families who have children (birth through 21) with special educational needs. Military families can consult the directory for information on special-needs issues and listings of national and local resources for early intervention (for infants and toddlers) and
special education (for school-age children) services.

**Highlights**
The Education Directory for Children with Special Needs is a valuable resource for military families. The directory:
- helps families identify the early intervention agencies and public school districts located near the installation prior to moving
- allows users to make more informed decisions and more easily navigate local early intervention and special education systems
- includes information on a range of disabilities affecting school-age children and on early intervention service providers and resources for infants and toddlers
- provides practical suggestions (Tools for a Smooth Transition) for relocating families

**Special Needs - Health Care**

**Military treatment facilities**
The clinics and services available at military treatment facilities vary by location. Before you move, identify the military treatment facility that will serve you, visit its website to learn about the services available and get contact information.

**Moving to a new TRICARE region**
If you anticipate a move to another TRICARE region, work with your local TRICARE service center or case manager before your move to ensure the transition is as smooth as possible. On arrival at the new duty location, you or your sponsor should contact the beneficiary counseling and assistance coordinator or the TRICARE service center to ensure the transition plans are in place and to obtain authorizations for TRICARE Extended Care Health Option services, if applicable.

**Beneficiary counseling and assistance coordinator**
All TRICARE regional offices and most military treatment facilities are staffed with beneficiary counseling and assistance coordinators. They provide information, guidance and assistance on benefit options, TRICARE Prime enrollment, special authorizations, status of claims, eligibility and assistance with referrals and appointments. If you or your family member has more severe needs, contact your TRICARE case manager.

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

**Extended Care Health Option**
The Extended Care Health Option provides financial assistance to beneficiaries of active-duty service members who qualify based on specific mental or physical disabilities. The Extended Care Health Option offers an integrated set of services and supplies beyond the basic TRICARE program. Regional contractors in each of the TRICARE regions and overseas administer the program.

**Transporting medical equipment**
Contact your installation’s household goods/transportation office for information on special procedures for the transportation of medical equipment.

**Federal and state health care programs**
- **Medicaid** provides health coverage for individuals and families with low incomes or have a disability. The department of social services or the department of medical assistance may administer the Medicaid program in your state.
- **Supplemental Security Income**, or SSI, is a cash assistance program intended to meet basic needs for disabled adults and children who have limited resources. Families must reapply after moving to a new state.

Many states offer services for children with special health care needs funded by the Maternal and Child Health Services Block Grant, or Title V. State departments of health websites and local health departments can provide information on state health benefits. The Maternal and Child Health Bureau website has more information, including state points of contact.

**Other important resources**
TRICARE debt collection assistance officers assigned to regional offices and military treatment facilities worldwide can help beneficiaries understand and get assistance with debt collection issues related to TRICARE.

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

Early Intervention and Special Education Services

Children from birth to 3 years of age

The Individuals with Disabilities Education Act, or IDEA, requires all states and territories to provide early intervention services to children from birth to 3 years of age who have or are at risk for having developmental delays. Local school districts or health departments often provide these early intervention services. The program is called by different names in different areas, but it is often called Part C (because Part C is the section of the law that pertains to early intervention). The National Early Childhood Technical Assistance Center provides a list of state Part C directors and funded programs on their website. Also, Military OneSource can assist you in identifying early intervention programs in your area.

When moving, you should hand carry copies of your child’s individual family service plan and the most current evaluation reports to your new home to ensure they are not lost.

Children between 3 and 21 years of age

The IDEA requires all states and territories provide special education services to eligible children between the ages of 3 and 21. Each local school district has a special education director, and each school should have an individualized education program team or school-based committee that attends to students with special education needs.

The IDEA requires that if a child transfers to a different district in the same state, the receiving school must provide comparable services until the new school develops and implements a new individualized education program. If a child transfers to another state, the receiving district must provide comparable services until the receiving district completes an evaluation and creates a new individualized education program.

If you are moving and your child receives special education and related services, you should hand carry all pertinent school and medical documents, including the individualized education program and current evaluation reports. Hand carrying these documents ensures that they are not lost and allows the new school district to begin the process as soon as you move.

Other resources

Parent Training and Information Centers serve families and adults with special needs from birth to age 26. They assist families in getting appropriate education and services for their children, work to improve education services for all children, train and inform parents and professionals, resolve problems between families and schools or other agencies, and connect those with disabilities to community resources. Find out more at the Center for Parent Information and Resources website.

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), 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: 760-726-4272/4321
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.

Health Care - Overview

Moving with TRICARE
When you move, TRICARE moves with you. It’s there before, during and when you get to your next duty station. It’s available worldwide. There are steps you need to take to make sure changes to your TRICARE coverage go smoothly. With your move, you may have to use a different TRICARE option.

Please note:

You and your family members have to show as TRICARE eligible in the Defense Enrollment Eligibility Reporting System, or DEERS.

For TRICARE plan information, visit the TRICARE Plan Information Kits page.

Regional and overseas contractor information is available on TRICARE’s Contact Us page.

Print out the TRICARE contact wallet card and keep it with you.

Always keep personal contact information current in DEERS, especially your address and email.

Prime options

Prime options in the United States

If you live in a Prime Service Area, then TRICARE Prime is an option for you. A Prime Service Area is usually within a 40-mile area of a military clinic or hospital. With Prime, you have a primary care manager, who may be a military or civilian doctor or a team of doctors, who manages your health care needs.

Some active-duty family members may enroll in the U.S. Family Health Plan, or USFHP. The USFHP offers a TRICARE Prime-like option in six areas of the United States. You’ll get all care (including prescription drug coverage) from a network provider. With the USFHP, you can’t get care at military hospitals and clinics or from TRICARE network providers (emergency exceptions). You have to work with USFHP when get care overseas. Visit the U.S. Family Health Plan page for more information.

If you don’t live in a Prime Service Area, TRICARE Prime Remote is your other option. Eligible family members have to live with their active-duty sponsor (with some exceptions) to enroll in TRICARE Prime Remote. In most cases, your primary care manager is a network provider. If there’s no local network provider, you can choose any TRICARE-authorized provider to act as your primary care manager.

Prime options overseas (including U.S. territories)

In overseas locations, you have two options for care:

TRICARE Overseas Program-Prime is for active-duty service members assigned overseas. Units are near military clinics and hospitals. To enroll in the program, family members must be command-sponsored. Your primary care manager is a military provider or team of providers.

TRICARE Overseas Program-Prime Remote is available in certain remote overseas locations. It’s for assigned active-duty service members and their command-sponsored family members. Your primary care manager is the overseas contractor who you contact through regional and country specific call centers.

Note: Active-duty service members must enroll in a Prime option.

When you know you’re going to move, call your current TRICARE stateside overseas contractor. Find out if your new location is in a new region and talk about your TRICARE options.

Transferring your TRICARE Prime/Prime Remote coverage

When you move, your Prime options may change. You have to transfer your enrollment if you move to a different region. Some family members may have to disenroll and use TRICARE Standard. Options may vary for each family member. Remember, to enroll in a Prime option overseas, family members must be command-sponsored.

If you move within your current region, you still need to find out if your Prime option changes. You may only need to get a new primary care manager. Again, call your current TRICARE regional or USFHP contractor to talk about your move and your TRICARE options. Follow these steps to transfer your enrollment by phone:

Call your current TRICARE regional or USFHP contractor to transfer your enrollment or get a new primary care manager. The contractor will ask about you, your family, where you’re moving to and the estimated date you’ll get to your new duty station. Your current contractor then shares your information with your new contractor. If you only need a new primary care manager, they will work with you to make that happen. Your new contractor will call you within five business days of your expected arrival date to discuss your Prime enrollment and primary care manager options. Your enrollment transfer will be the day your new contractor calls and you agree to the transfer. It may take up to four business days to record your transfer. You will still have Prime coverage with your old region until the transfer is complete.

Update your address in DEERS as soon as you get to your new location, even if you’re in temporary housing.

Log into milConnect to check on your enrollment. You can see who your primary care manager is and print out an enrollment card.

Note: Don’t disenroll from Prime before you move.
Other ways to transfer your enrollment include:

Transfer your enrollment online using TRICARE's Beneficiary Web Enrollment Tool. The Beneficiary Web Enrollment Tool will be available in 2016 for those moving stateside from an overseas location. In the Beneficiary Web Enrollment Tool, you can set a date up to 90 days in the future as your enrollment transfer date.

Call your new contractor when you arrive in your new duty location. They can transfer your enrollment over the phone.

Download an enrollment form and mail it to the regional contractor for your new region. Remember to note the date you want the transfer to go into effect. Enrollment information for the USFHP is available on the U.S. Family Health Plan page.

Enroll when you in-process at your new duty location.

To learn more, visit the TRICARE Moving page.

TRICARE Standard and Extra

TRICARE Standard and Extra is an option for active-duty family members. You don't have to enroll—coverage is automatic as long as you show as TRICARE eligible in DEERS. With TRICARE Standard or Extra you can see any TRICARE-authorized provider, non-network or network. You pay a deductible and costs shares.

If you visit a non-network provider, you're using the Standard option. You may have to pay in full up front and file a claim for reimbursement.

If you visit a network provider, you're using the Extra option. You only need to pay your cost share at your appointment.

If you're a family member and don't want to enroll in TRICARE Overseas Program-Prime, or can't enroll because you're not command-sponsored, you have TRICARE Overseas Program-Standard. You can see any civilian provider (except in the Philippines).

If you want or have to use TRICARE Standard when you move, call the new regional contractor to disenroll from Prime when you get to your new location.

If you already using TRICARE Standard and Extra:

Once you get to your new location, update your personal information in DEERS as soon as possible. You can update your personal information through milConnect, through TRICARE's Beneficiary Web Enrollment Tool or calling the Defense Manpower Data Center toll-free at 800-538-9552; TTY/TTD: 866-363-2883.

Find a provider. If you are within the United States, you can find network and non-network providers by region through the TRICARE Find a Doctor page. If you are overseas, you can find a provider through the TRICARE Overseas website or call the overseas regional call center.

If you're in a new region, the claims address changes. Check the TRICARE Filing Claims page for your new mailing address.

TRICARE For Life

TRICARE For Life is for those who have Medicare and TRICARE. You don't have to enroll—coverage is automatic as long as you show in DEERS as TRICARE-eligible and have Medicare Part A and Part B if needed. When you go to a Medicare doctor, show your Medicare and uniformed service identification cards. Your provider files your claims with Medicare. Medicare pays first and sends the claim to the TRICARE For Life claims processor. TRICARE then pays second for TRICARE-covered services.

If you're an active-duty family member, you don't have to have Medicare Part B to keep your TRICARE benefits. You must have Part B to keep TRICARE once your sponsor retires.

When you move, update your personal information in DEERS as soon as possible. To find a new provider:

If you are within the United States or in U.S. territories (Guam, Puerto Rico, the Northern Mariana Islands, American Samoa or the U.S. Virgin Islands), you can search the Medicare Provider Directory or call 800-633-4227 to find a Medicare-certified provider. Visit the Medicare website or the TRICARE For Life website to learn more.

If you are at an overseas location, TRICARE For Life works a little differently. Medicare doesn't pay for care overseas, TRICARE is your primary payer. You may get care from any civilian provider. You pay up front and then file a claim with the TRICARE overseas contractor. You have to pay TRICARE Standard deductibles and cost shares. You can find a provider through the TRICARE Overseas website or call the overseas regional call center.

Getting care along the way

Before you move, take care of any routine medical needs, including immunizations. Fill your prescriptions so you have enough while traveling. TRICARE defines emergency care as "medical services provided for a sudden or unexpected medical or psychiatric condition or the sudden worsening of a chronic condition that is threatening to life, limb or sight and needs immediate medical treatment or a condition which has painful symptoms that need immediate relief to stop suffering." 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."

**Emergency care when stateside** – If you require emergency care while traveling in the United States, call 911 or go to the nearest emergency room. Then call your primary care manager or regional contractor within 24 hours of being seen.

**Urgent care when stateside** – If you require urgent care while traveling in the United States, are using a Prime option and you’re close to a military hospital or clinic, go there. You have priority access and you don’t need a referral to be seen. Otherwise, if you have Prime, call or contact your primary care manager for a referral and authorization. If you don’t get a referral and authorization before being seen, you’ll pay the higher point-of-service deductible and cost share. If you have Prime Remote and don’t have an assigned primary care manager, call the provider that acts as your primary provider or call your regional contractor.

**Emergency care when overseas** – For emergency care, go to the nearest emergency care location. If you’re using TRICARE Overseas Program-Prime or Prime Remote, call International SOS Medical Assistance within 24 hours or on the next business day to get an authorization for the visit and needed ongoing care, and claims payment information.

**Urgent care when overseas** – For urgent care, go to the nearest military clinic or hospital if possible. Visit a U.S. embassy or call the overseas regional call center. You need an authorization before you see a civilian provider. The call center can help you find one. Without an authorization, you’ll end up paying a higher point-of-service deductible and cost share. Your claim may be denied if you’re an active-duty member. More information is available on the TRICARE Service Center and TRICARE Area Office websites.

If you’re using TRICARE Standard or TRICARE For Life, you may get urgent care from any TRICARE-authorized provider. If it’s after clinic hours or you’re not sure if you need to see a doctor, call TRICARE’s Nurse Advice Line at 800-874-2273.

**Filling prescriptions while traveling**

If you run out of a prescription drug while traveling, contact your military or civilian provider. If you have refills on a military clinic prescription, check to see if your prescription can be moved to and filled by another military treatment facility. If you have refills on your prescription with a major retail pharmacy chain, check with the chain to see if they can transfer your prescription to a local chain pharmacy. If you have refills on a drug you get through TRICARE home delivery, call the TRICARE pharmacy contractor to see what can be done.

**If you are within the United States or in U.S. territories** and a doctor puts you on a new drug, fill your prescription at a military pharmacy or TRICARE retail network pharmacy. If you are Prime and use a non-network pharmacy, you pay the higher point-of-service deductible and cost share. You may have to pay out of pocket for your drug(s). If so, file a claim with the TRICARE pharmacy contractor. If you are still in an overseas Prime option, you file your claim with the overseas contractor.

**If you are at an overseas location**, and a doctor puts you on a new drug, fill your prescription at a military pharmacy or go to a civilian pharmacy. You will likely have to pay out of pocket. You file your claim with the TRICARE overseas contractor, even if you are enrolled in a stateside Prime option.

**Getting dental care while traveling**

Getting dental care while traveling depends on your location and whether you are a service member or family member.

**If you are an active-duty service member within the United States or in U.S. territories**, you can receive dental care at a military dental clinic. Contact the Active Duty Dental Care Program before you see a dentist and tell the contractor about your move. You will need to get an authorization before you see a dentist. The Active Duty Dental Care Program will work with you so you can get care from a local network dentist. For dental emergencies, go to a military dental clinic if possible. If not, get care from any civilian network dentist and have the dentist give you paperwork showing what he or she did during the visit. Make sure you get the dentist’s contact information and call the Active Duty Dental Care Program contractor immediately to let them know about your care so they can work with you to make sure they can pay the claim.

**If you are an active-duty service at an overseas location**, you can call the overseas regional call center to get authorization before you see a civilian dentist.

**If you are an active-duty family member within the United States, in U.S. territories or at an overseas location**, you can find out if any nearby military dental treatment facility treats active-duty family members. If you’re enrolled in the TRICARE Dental Program, call the TRICARE Dental Program contractor or visit their website to find a provider. You will need to get an authorization before you see the dentist.

**Permanent change of station for active-duty service members**

With permanent change of station orders, ask for a copy of your medical and dental records from your personnel office, providers/dentists, and medical or dental clinics. Do this at least one month before your permanent change of station date. This way you may be able to carry records to your new duty station.

You may ask providers or the military clinic to transfer your family’s medical records to the military hospital or clinic nearest to your new duty station. You may ask to have copies of their records to carry with you or them as well. (You
may have to pay to get their records copied.) If you want someone else to be able to get medical or dental information on you or your family while you are moving, you need to complete a DD Form 2870, "Authorization for Disclosure of Medical or Dental Information."

Find more about moving, updating DEERS, the TRICARE regions, pharmacy, dental and much more through the TRICARE website or the TRICARE Moving page.

**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.

**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, or CDCs, 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 6 weeks to 12 years may receive care in the private home of a certified family child care provider living in government-owned or leased housing. Family 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 and are provided local support, training and materials to accomplish this goal.

**School-Age Care Programs**

School-age care 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 care 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.

**Requesting Child Care**

Military families may request child care by visiting MilitaryChildCare.com. This Department of Defense website serves all military families seeking child care (including Child Development Centers, Family Child Care and school age care programs) and provides access to military-operated child care options world-wide. Families may search for and request care, manage their requests, and update their profile online, simplifying the process for finding child care.

**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.

**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**


**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.

To find a childcare provider in the area or to get more information contact the CDC office at 858-577-4144.

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**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.

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 Behavioral Health House building 2274. 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.

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 Behavioral Health House, Bldg. 2274. 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.
Play morning -- Play mornings meets every Friday, 11 a.m. to 12 p.m. in the Children's Library and are open to all parents and children newborn to 18 months (older siblings are welcome to join), 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 and connecting with other parents and children.

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.

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 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.

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.

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.

Loan Closet

This service is no longer available.

Family Advocacy

General Program Description

The Family Advocacy Program is the congressionally designated program responsible for the prevention of and response to child abuse and neglect and domestic abuse /intimate partner violence in military families. The Family Advocacy Program works in cooperation with military and civilian medical providers, law enforcement, legal personnel, chaplains, and child and youth programs to provide a coordinated community response. The goal of the Family Advocacy Program is to promote the prevention, early identification, reporting and treatment of child and spouse abuse.

Program services vary by installation and generally include the following:

Public awareness campaigns, education and support for couples and parents
Parenting support at every age and stage, including New Parent Support Program home visits for expectant parents, new parents and families with young children
Safety planning, advocacy and support for domestic abuse victims
Clinical treatment for offenders and all affected family members as appropriate provided by MEDCOM

Prevention, Education and Outreach

Family Advocacy Program prevention, education and outreach services vary by installation and may be offered in coordination with military or civilian partners. Contact your installation Military and Family Support Center or Family Advocacy Program for local listings. Sample services include the following:

Education and skill-building training on topics including stress or anger management
Seminars on healthy relationships, couples communication or conflict resolution
Parenting support, including the New Parent Support Program, playgroups, educational workshops and opportunities for parents and families at every age and stage
Counseling or referrals to services tailored to meet specific family needs and schedules provided by MEDCOM

Child Abuse and Neglect and Domestic Abuse Information and Reporting

Child abuse and neglect: If you have concerns about a child’s welfare or safety, whether at home or in the care of a Department of Defense child or youth program, find your local Family Advocacy Program under the Installation Contacts tab or contact any of the following:

- **Military OneSource (800-342-9647)**
- Local child protective services, your state's reporting hotline or Childhelp National Child Abuse Hotline at 800-4-A CHILD (422-4453)

For concerns about child abuse or neglect in a DoD child or youth program or school, your installation Family Advocacy Program or the DoD Child Abuse and Safety Violation Hotline at 800-790-1197 in the United States or 571-372-5348 overseas (not a crisis line)

*Call 911 or law enforcement if you witness abuse or neglect or a child is in imminent danger.*

Domestic abuse: If you or someone you care about needs help, confidential support is available. Please contact the following for information, support and assistance:

- Your installation Family Advocacy Program
- **Military OneSource (800-342-9647)**
- National Domestic Violence Hotline (800-799-7233)
- Americans Overseas Domestic Violence Crisis Center (international toll-free at 866-USWOMEN)

*Call 911 or law enforcement if you witness domestic abuse or someone is in immediate danger.*

Domestic Abuse Reporting Options

- **Restricted report**: In most instances, domestic abuse victims may request a restricted report, which allows for confidential medical care, counseling, victim advocacy and support services, such as safety planning and legal assistance, without command notification or a law enforcement investigation. A victim must contact a medical care provider or Family Advocacy Program professional to request the restricted reporting option.

- **Unrestricted report**: If a domestic abuse victim requests an unrestricted report, the sponsor’s commander is promptly notified, law enforcement is involved and administrative action against the offender may be taken. The victim remains eligible for all victim advocacy services, including safety planning, legal assistance and specialized support. Contact military law enforcement or the Family Advocacy Program to make an unrestricted report. In an emergency, call 911.

Eligibility Requirements

Family Advocacy Program services are available to service members and family members eligible for care in a military treatment facility. Intimate partners and others may qualify for limited support and referrals as appropriate. Contact your installation Family Advocacy Program for details.

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 is 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.

**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 civil 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 Referral877-235-6002
Family Practice Clinic 619-532-8225
Flea Market (Swap Meet) (Saturdays) 858-577-4099
Victim Advocate
For emergency assistance, please call the MCAS Miramar Police Emergency phone number at 858-577-4068.

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:
- Notary and Powers of Attorney
- Will Briefs
- Consumer issues
- Adoptions
- Non-Support
- Custody
- Separation/Divorce Briefs
- Consumer Law
- Immigration
- Automobiles
- Paternity
- Bankruptcy
- Contracts
- Landlord/Tenant
- Civil rights
- Finances
- Name Changes
- Real Estate
- 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 Wednesday. Hours for each event 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.

Contact Information

DSN Dialing Instructions: When dialing a DSN number from U.S. installation to U.S. installation, it is unnecessary to dial the 312 area code. When dialing a DSN number to/from overseas locations, the DSN area code must be included.

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

Adult Education Centers
MCAS Miramar Education Office
Miramar Way
Bldg. 5305
San Diego, CA 92145-2009
Automotive Services
Auto Skills Center
Miramar Way
Bldg. 6673
San Diego, CA 92145
Phone 858-695-1215
Fax 858-536-1684
Mon-Sat 8:00 a.m. - 4:30 p.m.
Sun, Holidays – closed
Email Website Map

Beauty/Barber Shops
Main Barber Shop/Beauty Salon
Matthews Avenue
MCAS Miramar, Bldg 2660 (MCX)
MCAS Miramar
San Diego, CA 92145
Phone 858-696-7727
Fax 858-695-7260
Mon-Sat 8:00 a.m. - 6:00 p.m.
Sun 9:00 a.m. - 5:00 p.m.
Website Map

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
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.
Email Website Map

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

Commissary/Shoppette
Commissary Store
Moore Avenue

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
Open 24 hours, including Sun and Holidays
Website Map

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

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

Civilian Personnel Office
Human Resource Office (Federal Jobs)
Elrod Avenue
MCAS Bldg. 2273
San Diego, CA 92145
Phone 858-577-1656
Phone (DSN) 312-267-1656
Fax 858-577-8412
Fax (DSN) 312-267-8412
Mon – Fri 7:30 a.m. - 4:30 p.m.
Sat, Sun & Holidays – closed
Email Website Map

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
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.
Shopette:
Open 24 hours, seven days a week
Email | Website | Map

**EFMP - Enrollment**
EFMP
Mitscher Way
Bldg 2525
MCAS Miramar
San Diego, CA 92145-2008
Phone 858-577-4668
Email | Website | Map

**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
Mon - Fri 9:00 a.m. - 8:00 p.m.
Sat, Sun 9:00 a.m. - 7:00 p.m.
Email | Website | Map

**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
Mon - Fri 6:00 a.m. - 6:00 p.m.
Sat, Sun and Holidays - closed
Email | Website | Map

**Financial Institutions**
Navy Federal Credit Union
Elrod Avenue
Building 2727
MCAS Miramar
San Diego, CA 92145
Phone 866-454-3143
Fax 858-831-1471

**Emergency Relief Services**
Navy/Marine Corps Relief Society
Elrod Ave.
MCAS Miramar Bldg. 2273
San Diego, CA 92145
Phone 858-577-1907
Phone (DSN) 312-267-1907
Fax 858-549-2006
Fax (DSN) 312-267-2006
Mon - Fri 8:00 a.m. - 4:00 p.m.
Call for appointment.
Sat, Sun & Holidays - closed
Email | Website | Map

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

**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
Mon - Fri 7:30 a.m. - 4:00 p.m.
Sat, Sun & Holidays – closed
Email | Website | Map

**Golf Courses**
Golf Course
Anderson Avenue
Bldg. 3485
MCAS Miramar
San Diego, CA 92145
Phone 858-577-4155 / 858-740-6968
Open seven days a week 6:00 a.m. - 5:00 p.m.
Mon - Fri 7:30 a.m. - 4:30 p.m.
Sat, Sun & Holidays – closed

Email | Website | Map

**Gymnasiums/Fitness Centers**
Sports & Fitness Center/Gymnasium
Elrod Rd, Bldg 2471 (Miramar Sports Complex)
Bauer Rd, Bldg 2002 (Semper Fit Center)
Silva Rd, 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
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.
Email | Website | Map

**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
Acute Care:
Mon - Fri 7:30 a.m. - 4:00 p.m.
Family Practice Care:
Mon - Fri 7:00 am - 4:00 p.m.
Email | Website | Map

**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
Mon - Fri 8:00 a.m. - 5:00 p.m.
Sat, Sun and Holiday - closed
Email | Website | Website | Map

**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 858-577-8412
Fax (DSN) 312-267-8412
Mon - Fri 7:30 a.m. - 4:00 p.m.
Sat, Sun & Holidays - closed
Email | Website | Map

**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 | Map

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

**Library**
MCCS Library
Miramar Way
Bldg 5305
San Diego, CA 92145
Phone 858-577-8974
Phone (DSN) 312-267-8974
Fax 858-577-4101
Fax (DSN) 312-267-4101
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
Email | Website | Map

**MWR (Morale Welfare and Recreation)**
Entertainment and Ticket Office
ITT/Travel Office
Bldg 2524
San Diego, CA 92145
Phone Tickets: 858-577-4141/4126 / Travel: 858-577-6162 / Big Bear Reservations (Miramar Inn): 858-271-7111
Phone (DSN) 312-267-4141
Fax 858-577-7418
Mon - Fri 9:00 a.m. - 5:00 p.m.
Sat 9:00 a.m. - 2:00 p.m.
(Closed Sundays & Holidays)
Email | Website | Map
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
Mon - Fri 9:00 a.m. - 8:00 p.m.
Sat, Sun & Holidays 9:00 a.m. - 7:00 p.m.
Website | Map

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

Restaurants/Fast Food
Fast Food/Restaurant
Elrod Avenue
Building 2666
San Diego, CA 92145
Phone 858-693-1477
Phone (DSN) 312-693-1153
Mon - Sun 5:30 a.m. - 11:00 p.m.
Website | Website | Map

School Liaison Office/Community Schools
School Liaison Office
Bldg 8630
Pless Ave
San Diego, CA 92145
Phone 858-577-6633
Phone (DSN) 312-267-6633
Fax 858-577-6604
Fax (DSN) 312-267-6604
Office Hours 8:00-4:00
Email | Website | Website | Map

Temporary Lodging/Billeting
Miramar Inn
Bauer Road
Marine Corps Air Station, Miramar
Building 2515
San Diego, CA 92145
Phone 858-271-7111

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

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

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

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) 312-267-6491 / 312-267-6710
Fax 858-577-6709
Fax (DSN) 312-267-4378
Mon - Fri 7:30 a.m. - 4:30 p.m.
Sat, Sun & Holidays - closed
Email | Website | Website | Map

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
Phone (DSN) 312-267-4233  
Fax 858-695-7371  
Fax (DSN) 312-267-4243  
Open 24 hours, seven days a week.  
Website | Map

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

**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  
Mon - Fri 7:30 a.m. - 4:00 p.m.  
Sat, Sun & Holidays - closed  
Email | Website | Map

**Women, Infants, and Children (WIC & WIC-O)**  
W.I.C. (Women Infants Children)  
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  
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.  
Email | Website | Map

**Major Units**

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

Fax 858-577-6709  
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  
Email | Website | Website | Map

**Veterinary Services**  
Veterinary Services  
Bauer Road  
Building 6360  
MCAS Miramar  
San Diego, CA 92145  
Phone 858-577-6552/1773  
Website | Map

**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  
Mon – Fri 7:30 a.m. - 4:30 p.m.  
Sat, Sun & Holidays – closed  
Email | Website | Map

**Youth Programs/Centers**  
Children, Youth & Teen Center  
Bauer road  
Building 2700  
MCAS Miramar  
San Diego, CA 92145  
Phone 858-577-4136  
Website | Map
ADMIN/3RD MAW
Contact Information:
S-1
COM: 858-577-7382
FAX: 858-577-8708
DSN: 312-267-7382

MAG-11
Contact Information:
S-1
COM: 858-577-4543
FAX: 858-577-1781
DSN: 312-267-4543

VMFAT-101
Contact Information:
S-1
COM 858-577-8552
DSN 317-267-8552
FAX: 312-267-1672

VMFA(AW)-121
Contact Information:
S-1
COM: 858-577-9367
DSN: 312-267-9367

VMFA(AW)-225
Contact Information:
S-1
COM 858-577-6810
DSN 317-267-6810

VMFA-232
Contact Information:
S-1
COM 858-577-1002
DSN 317-267-1002
FAX: 312-267-6876

VMFA-242
Contact Information:
S-1
COM: 858-577-9121
DSN: 312-267-9121
FAX: 312-267-9121

VMFA-323
Contact Information:
S-1
COM 858-577-7863
DSN 317-267-7863
FAX: 312-267-1564

VMGR-352
Contact Information:
S-1
COM: 858-577-8229
DSN: 312-267-8229
FAX: 858-577-8229

MAG-16
Contact Information:
S-1
COM: 858-577-6589
FAX: 858-577-6716
DSN: 312-267-6589

**HMH-361**
Contact Information:
S-1
COM: 858-577-9289
DSN: 312-267-9289

**HMH-462**
Contact Information:
S-1
COM: 858-577-9705
FAX: 858-577-9692
DSN: 312-267-9705

**MALS-16**
Contact Information:
S-1
COM: 858-577-4365
DSN: 312-267-4365

**VMM-166**
Contact Information:
S-1
COM: 858-577-8166
DSN: 312-267-8166

**HMH-465**
Contact Information:
S-1
COM: 858-577-4980
DSN: 312-267-4980

**MALS-46**
Contact Information:
S-1
COM: 858-577-1145
FAX: 858-577-4943
DSN: 312-267-1145

**ADMIN**
Contact Information:
ADMIN
COM: 858-577-1494
DSN: 312-267-1494

**ADMIN**
Contact Information:
OOD
COM: 858-577-1141
DSN: 312-267-1141
OOD: After 1600 only Cell 858-864-3434

**H&HS**
Contact Information:
S-1
COM: 858-577-4491
FAX: 858-577-1098
DSN: 312-267-4491

**MALS -11**
Contact Information:
S-1
COM: 858-577-4849
DSN: 312-267-4503

**HMH-466**
Contact Information:
S-1
COM: 858-577-9648
DSN: 312-267-9672

**VMM-161**
Contact Information:
S-1
COM 858-577-8126
DSN 312-267-8126
FAX: 312-267-8160

**VMM-163**
Contact Information:
S-1
COM 858-577-8163
DSN 312-267-8163

**VMM-165**
Contact Information:
S-1
COM 858-577-8187
DSN 312-267-8187
FAX: 312-267-8165

**MACG-38**
Contact Information:
S-1
COM: 858-577-9599
FAX: 858-577-8586
DSN: 312-267-9599

**MTACS-38**
Contact Information:
S-1
COM: 858-577-4932
FAX: 858-577-9764
DSN: 312-267-4932

**MWCS-38**
Contact Information:
S-1
COM: 858-577-7529
FAX: 858-577-8735
DSN: 312-267-7529

**MWCS-48**
Contact Information:
S-1
COM: 858-577-6860
DSN: 312-267-6860

**MAG-46**
Contact Information:
S-1
COM: 858-577-6802
FAX: 858-577-6807
DSN: 312-267-6802

**MWSS-473**
Contact Information:
S-1
COM: 858-577-6847
DSN: 312-267-6847
FAX: 312-267-6847
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