

COMBAT INSTRUCTOR SCHOOL SCHOOL OF INFANTRY-WEST



Combat Instructor School Staff

Director
Chief Instructor
Instructor Trainer
Instructor Trainer
Instructor Trainer
Instructor Trainer
Instructor Trainer

Captain Charlie Stewart
Gunnery Sergeant David Ortega
Gunnery Sergeant Joshua Hamilton
Gunnery Sergeant Florencio Tejeda
Staff Sergeant Timothy Eng
Staff Sergeant Blake Ragsdale
Staff Sergeant Zachary Hill

charley.stewart@usmc.mil
david.a.ortega@usmc.mil
Joshua.w.hamilton1@usmc.mil
Florencio.tejeda@usmc.mil
timothy.eng@usmc.mil
Blake.ragdsdale@usmc.mil
Zachary.c.hil@usmc.mil

Welcome Aboard Package

(760) 763-7620

RESOURCES AND INFORMATION

INDEX

SOI WEST WELCOME

SECTION 1

Commanding Officer and Sergeant Major's Welcome Aboard
Message Unit Readiness Coordinator's Welcome Aboard
Message
Unit, Personal and Family Readiness Program
(UP&FRP) Headquarters & Support Bn Family
Readiness Command Team

GENERAL INFORMATION

SECTION 2

Checking In
Travel Claim Information
Reporting Units
Sponsorship Program
Useful Phone Numbers Useful
Website Links

CAMP PENDLETON RESOURCES

SECTION 3

Transportation Information (DMO)
Relocation Assistance Program
DEERS & ID Information
Tricare Information
Medical –Naval Hospital & Pharmacy Information
Family Housing and Lodging
Readiness & Community Support

- Legal Assistance and Military Magistrate
- Military One Source
- Vehicle Registration
- Base Library
- New Parent Support & Courses
- WIC
- ASYMCA
- Just For Kids
- Children, Youth & Teen Program (CYTP)
- Child Development Centers
- Emergency Childcare

EDUCATION & PERSONAL ENRICHMENT

SECTION 4

Educational Assistance

- Joint Education Center
- USMAP
- Spouse Scholarship Program

RESOURCE AND REFERRAL INFORMATION

SECTION 5

Navy Marine Corps Relief Society	USDA Food Stamps
Military Outreach Ministry (MOM) Food	San Diego Food Bank
Distribution Brother Bennos	Bennos
Free Food Source	Interfaith Community Service
Western Eagle	We Connect Fallbrook
Foundation Brother	Food Pantry



School of Infantry (West) Combat Instructor School Information

Marines,

Congratulations on your selection for combat instructor school. Expected challenge, rewarding and educational nine weeks of training (46 training days). The mission of combat instructor school is to develop Marines' leadership, character, knowledge, and fitness in order to produce combat instructors who will teach, coach, train, and mentor entry and advanced-level Marines capable of conducting expeditionary combat operations within the operating forces.

We look forward to your arrival at combat instructor school. Students will be evaluated on their ability to research, develop, instruct, and mentor the listed training material via standard and alternate training methods and media. Students will receive training in the following training events:

SOI-W Standard Operating Procedures (SOP)

Instructor Development Course (IDC)

Individual and crew-served weapons

Land navigation

Combat conditioning

Tactical Combat Casualty Care level 2

Communications via IROC

Instructorship

Mentorship

Research

Offensive and defensive techniques

Scouting and patrolling

Leadership

Military operations in urban terrain

Immediate actions

Combat marksmanship/Advanced

Marksmanship Training Program (AMTP)

Optics implementation and use

Improvised Explosive Device defeat training

Optimize Human Performance

Upon completion of this course, Marines will be able to perform the duties of a combat instructor. If you have any questions, please do not hesitate to call one of the Combat Instructor School staff members listed above.

Please take a moment to review this package and share it with your family. The success of this school requires Marines to be ready physically, mentally, emotionally, and spiritually. During your tour, you are encouraged to take advantage of the vast array of MCCS programs on base and the incredibly enriching activities off base.

For those with dependent family members, this package will provide you with information about the bountiful resources available through MCCS on base. These resources include information for family care and readiness, recreation programs, behavioral health, physical and mental health, personal and professional development, education and employment, and activities both on board Camp Pendleton and in Southern California.

C. M. Stewart
Captain, United States Marine Corps
Director

UNIT, PERSONAL, AND FAMILY READINESS PROGRAM (UP&FRP)

The Family Readiness program requires all newly joined Marines to complete a UP&FRP form and update their Family Readiness contacts in Marine Online (MOL) within ten working days. Please be assured that all personal information will strictly comply with all policies regarding Personally Identifiable Information and the Privacy Act of 1974. Download and fill out the form and submit it to the CIS Course Chief **DURING YOUR CHECK-IN PROCESS**. This is the Marine's responsibility.

The form may be downloaded at:

https://www.tecom.marines.mil/Portals/147/H&S%20BN/NAVMC_11654_check_in_form.pdf

FAMILY CARE PLAN

To keep in compliance with MCO 1740.13D ALL MARINES WITH DEPENDENTS and/or Dual Active Married Couples must complete a comprehensive Family Care Plan (FCP). This plan must provide for all contingencies both long and short term and in emergencies that may possibly arise if the Service Member is away and the Remain Behind Parent/Guardian becomes unable to care for a child or other adult dependent. FCPs are the individual Marine's responsibility. Failure to produce an FCP may be grounds for disciplinary actions and/or administrative separation from the Marine Corps if a situation causes a Marine to miss training or deployment. **This is mandatory.**

For further information, refer to:

<https://www.marines.mil/portals/1/Publications/MCO%201740.13D.pdf?ver=2018-08-15-083257-820>

SPONSORSHIP

Marine Corps Sponsorship Program (MSCP) will assign a sponsor to assist in transferring service members and their families before arrival at the new duty station. The welfare and morale of the service members and their families are essential factors influencing career motivation. An effective sponsorship program benefits the individual service member and the Marine Corps by easing anxieties associated with PCS assignments that will lead to personnel readiness. If you're scheduled to arrive within the next 30 days and haven't been contacted by a sponsor from CIS, please call the S-1 at 760-725-7808, Monday through Friday from 0800 to 1600 PST, to ensure we can make contact with you before your arrival.

GENERAL BASE INFORMATION

Checking In

The School of Infantry-West (SOI-W) is located in the 52 Area aboard Camp Pendleton, CA. The 52 Area (SOI-W Camp) is approximately 8 miles from San Clemente, CA; 60 miles from San Diego, CA; and 70 miles from Los Angeles, CA. Of note, the Basilone gate will be closed during your time at CIS. So coming from the south from the I-5 you will need to take the Pulgas gate located 8.5 miles north of the city of Oceanside. If you are coming from the north instead of taking the Basilone gate you will have to take the exit prior (exit 72) at the Christianto gate. From there you will take San Mateo road for approximately 3.5 mile and turn left on Basilone rd after passing through the 62 area.

Using Google Maps, search 'School of Infantry - Command Post'. On arrival, park in the parking lot across from the flagpole. As you walk toward to large building with the flagpole in front of it, identify the large 'COMBAT INSTRUCTOR SCHOOL' sign on the leftmost side of the building. The entrance to CIS is through the door immediately on the right of the CIS Sign.

KEY NOTES:

- Change into your Service Alpha Uniform before checking in to SOI-W.
- Have a fresh haircut, you only have one opportunity for a first impression.

All Marine Corps personnel reporting during normal working hours will report to the Combat Instructor School, building 520523, where they will receive a reporting endorsement on their orders. **Check-in will go from 0800 - 1600 on check-in day.** Upon reporting in, Marines will be escorted to Permanent Personnel Administration Center (PPAC) where they will provide initial administrative check-in assistance, including OQR/SRB audits, Original Orders Endorsements, Travel Claims, and Unit Diary Joins. All Marines will then complete the inbound travel on MOL prior arrival then go to Marine Combat Training Battalion S-1.

All personnel checking in are required to wear Service Alphas.

After-Hours Check-In:

Marines checking in after hours will check in with the SOI-W Officer of the Day in building 520523 to have their orders stamped. Depending on pay grade and dependent status, Marines will either receive a temporary barracks room located aboard SOI-W or be required to stay in temporary lodging (potentially covered by TLE). Marines are required to check in with CIS on the next available business day.

Travel Claim Information

All Marines reporting from aboard with funded PCS orders must complete a travel claim. It is the responsibility of the Marine to complete their travel claim via the Inbound Module in MOL. Therefore, to expedite the payment of travel expenses, please ensure you have the following (if applicable):

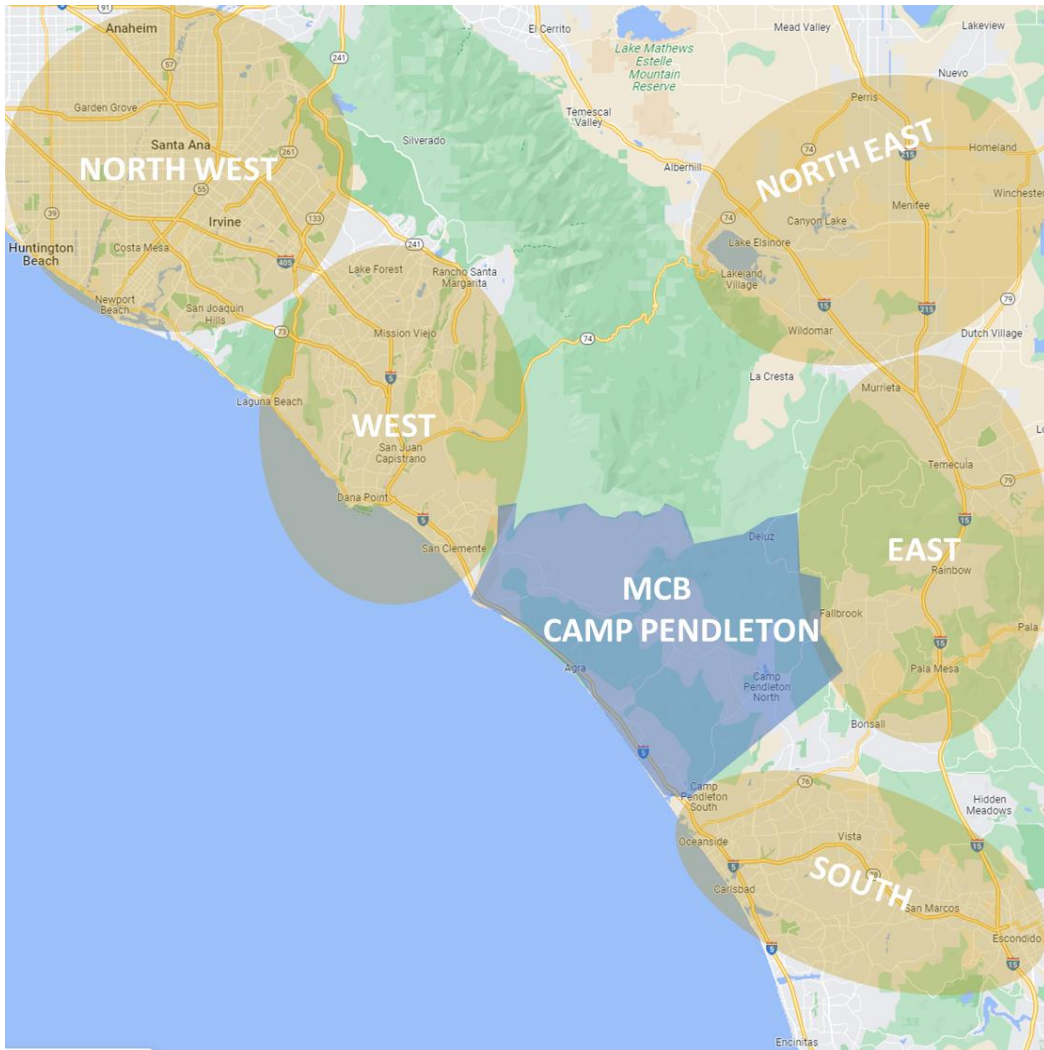
- Web Orders
- Original Order Endorsement
- A command endorsement for all temporary instruction (TEMINS) completed - All commercial lodging and travel receipts.
- Flight itinerary
- Portcall/TMO endorsement (overseas only)
- Receipts for expenses over \$75.00

Reporting Unit

Combat Instructor School, School of Infantry - West - Building 520523 - business hours 0730 – 1630
Phone # (760) 267-1959 / OOD is on duty, every day after 1630 PST.

Camp Pendleton

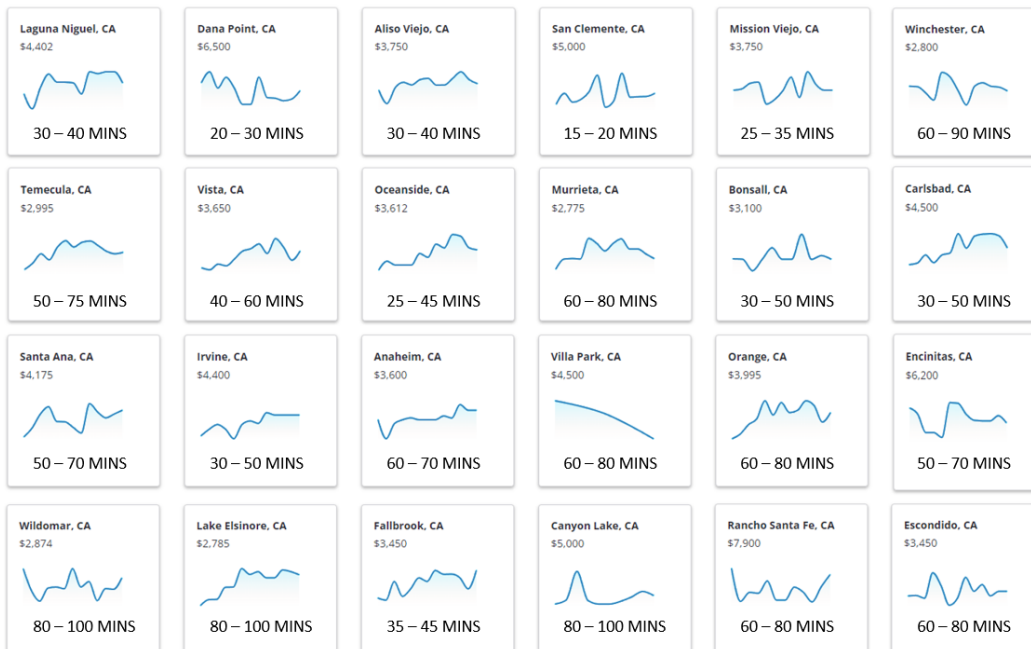
Places to Live



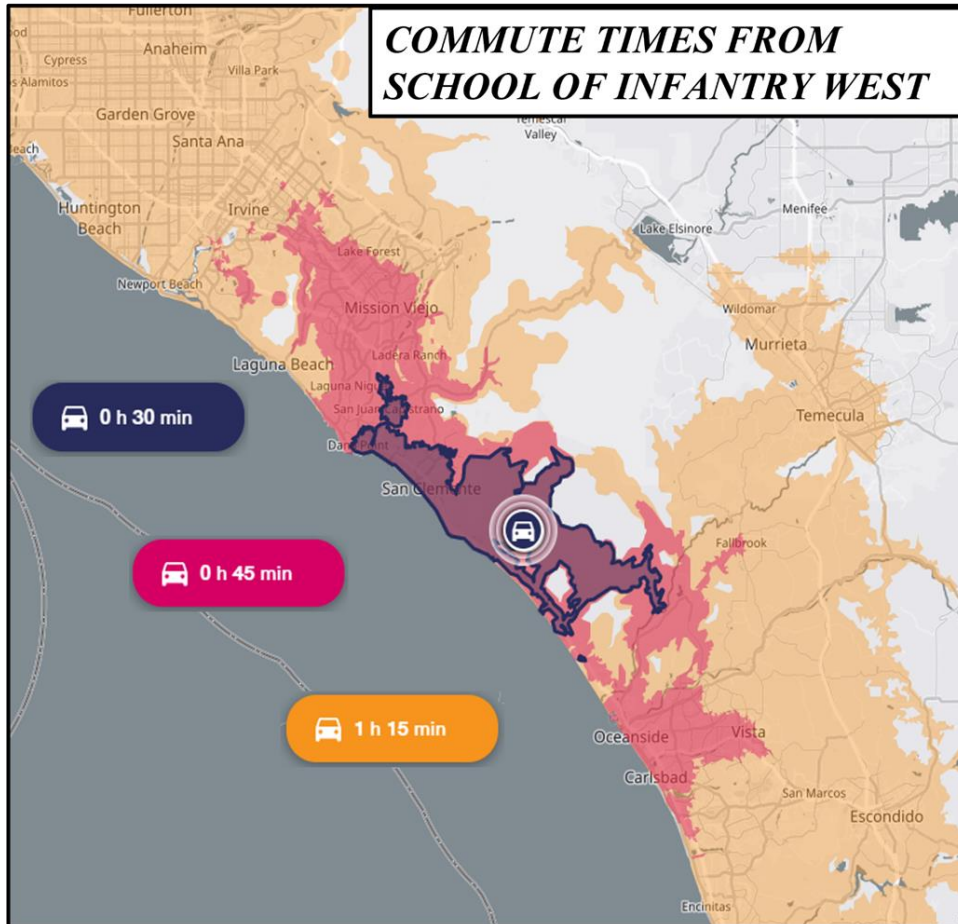
Camp Pendleton rent averages by local towns

COMMUTE TIMES INCLUDED FOR EACH LOCATION

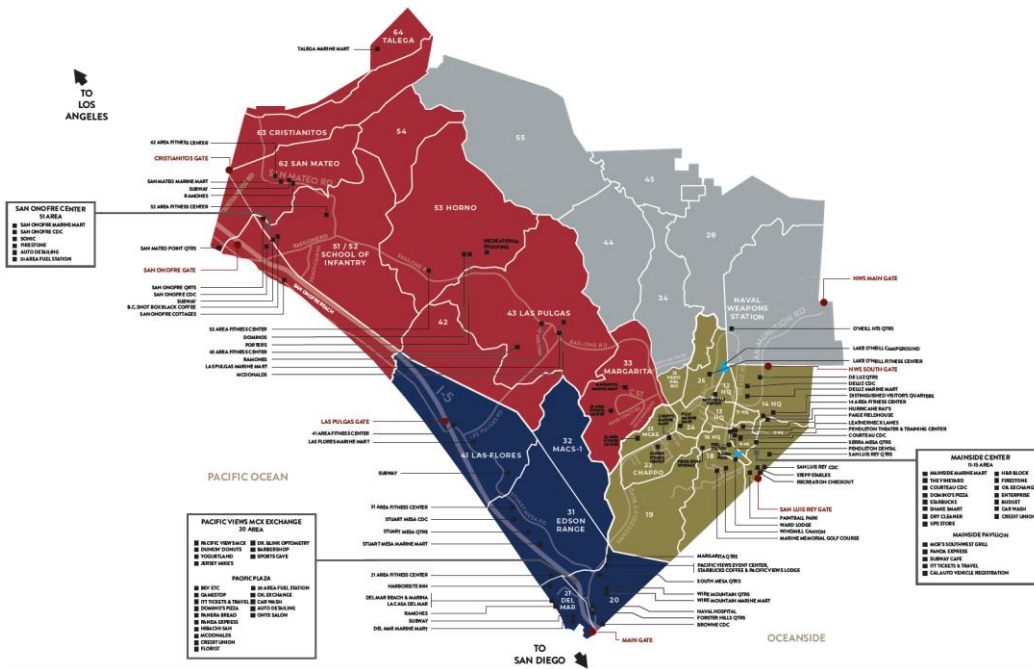
Average 3-Bedroom Rental Cost | Areas surrounding MCB Camp Pendleton



SOI-W Commute Heat Map



Camp Pendleton Area Map



Camp Pendleton Mainside Map



SOI-W 52 Area Map



USEFUL PHONE NUMBERS

CAMP PENDLETON NUMBERS

SOI-West OOD Number	(760) 725-7492
SOI-West Unit Readiness Coordinator	(760) 725-7606
SOI-West Chaplain	(760) 725-7401

EMERGENCY SERVICES

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

NAVAL HOSPITAL APPOINTMENT	(760) 725-1288
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BIRTH OF A CHILD/FAMILY DEATH	(877) 272 -7337
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American Red Cross (message to Active Duty member)

TRICARE office at Naval Hospital Camp Pendleton (To enroll child in DEERS if born in civilian hospital)	(760) 725-1288
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TRICARE DENTAL PROGRAM – United Concordia	(866) 984-2337
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CAR REPAIR

Base Auto Hobby Shop	(760) 725-5963
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CHILD CARE

Emergency Childcare (provided by Children, Youth & Teen Program)	(760) 725-9723
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National Association of Childcare,

Resources & Referral Agency	(800) 424-2246
Fisher Center (Daytime hours only)	(760) 725-0845

COUNSELING

Base Chaplain	(760) 725-4700
Counseling Services	(760) 725-9051
Naval Hospital Mental Health	(760) 719-3312
Suicide Prevention Hot Line	(800) 273-talk
Military One Source	(800) 342-9647

USEFUL PHONE NUMBERS

I.D. / LOST I.D. CARD

DEERS / Pass & I.D.	(760) 725-2442
DEERS Verification	(800) 334-4162

FINANCIAL/ SUPPLEMENTAL FOOD RESOURCES

Community Resource Center (Encinitas, CA)	(760) 753-8300
Food Stamps (North County)	(858) 694-3900
Friends of San Onofre Marines	(949) 388-2812
Military Outreach Ministries (food/no money)	(619) 461-4164
Navy Marine Corps Relief Society	
Camp Pendleton South	(760) 725-5337
Camp Pendleton North	(760) 725-7497

USEFUL WEBSITE LINKS

www.marines.mil	Headquarters United States Marine Corps
www.marforres.marines.mil	Marine Forces Reserve
www.navy.mil	Navy Web Site
www.militarytimes.com	Military Times
www.operationhomefront.com	Department of Defense website for official
Military	
community and Family Policy program information	

Camp Pendleton Web Sites

www.mccscp.com	MCCS – Camp Pendleton Website
www.mcpcamp Pendleton.com	Official Camp Pendleton Website
www.cpen.med.navy.mil	Naval Hospital Camp Pendleton

For Marines, Spouses & Families

www.militaryonesource.mil	Military One Source
http://usmclife.com/	USMC Life
www.militaryspouse.com	Marine Spouses Web Site
www.militaryfamily.org	For Military Families
www.spousebuzz.com	Military Website
www.osccp.org	Officer's Spouse Club Camp Pendleton
www.marineparents.com	For parents of Marines

Other Helpful Websites

www.commissaries.com	Commissary Information
www.usmcpres.com	History & Military References
www.thefew.com	Offers Support & Resource Information
www.nmcrs.org	Navy Marine Corps Relief Society
www.singlemarine.com	Single Marine Program
www.mybaseguide.com	Camp Pendleton Base Guide
https://www.tricare.mil	Tricare Website for Medical/Dental

CAMP PENDLETON RESOURCES

RELOCATION & TRANSPORTATION INFORMATION

Distribution Management Office
BLDG. 2263 9th St. Camp Pendleton, CA 92055-5404
<https://www.pendleton.marines.mil/Main-Menu/Services/DMO/>

If you have problems with a personal property move in progress, please call the Camp Pendleton Quality Assurance at (760) 725-8666 Monday-Friday from 0800-1630 (except Federal Holidays). For assistance at other times please call the Camp Pendleton NCO on-call, at (760) 207-5081. If you have an emergent freight issue, please call (760) 212-3979; if you have an emergent passenger travel issue, please call (760) 212-3978.

RELOCATION ASSISTANCE PROGRAM

RELOCATION ASSISTANCE SERVICES – CAMP PENDLETON: (760) 725-3400/5704
<https://planmymove.militaryonesource.mil/>

Mainside Transition Readiness &
Career Center Bldg 1101/1102
(760) 725-4395

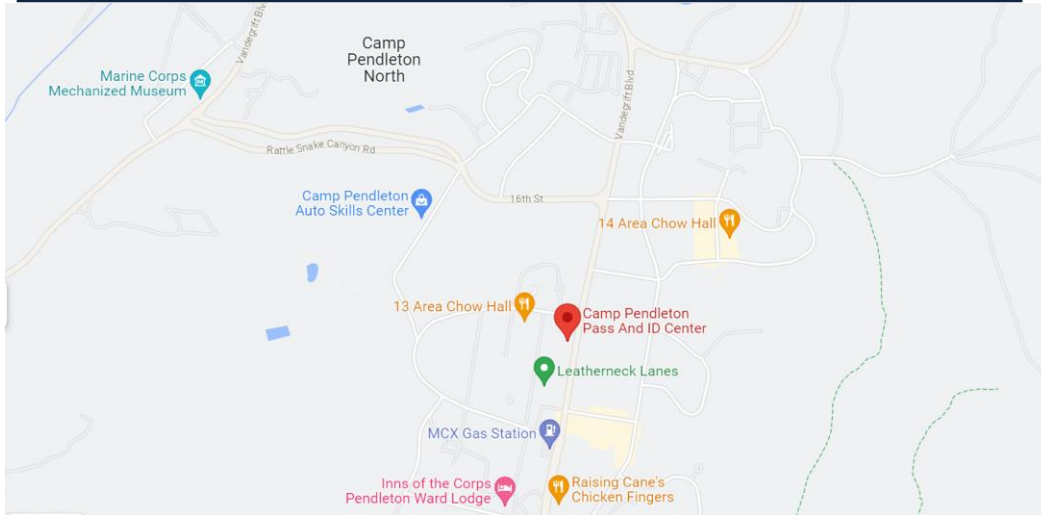
The Relocation Specialist taps a variety of resources to assist service members and families with relocation or transition. Offered are:

- International Culture Group
- Loan Locker – (provides pots/pans for use)
- Plan Your Move Seminar
- Sponsorship Training
- Distribution Management Office
- Youth Sponsorship

HOUSEHOLD GOODS OVERDUE / LOST / DESTROYED

Loan Locker (no furniture-just pots/pans)	(760) 725-3802
Military Outreach Ministries (furniture, clothing, etc)	(760) 908-7043
Distribution Management Office (DMO)	(760) 725-8177

DEERS/PASS & ID INFORMATION



Pass and ID is currently serviced at the Maine side location building number 130132 open from 0600-1400 Monday through Friday. The contact number is (760) 725-2442/ 2106

Pass & ID – San Onofre is permanently closed.

Base Access

Marine Corps Base Camp Pendleton has implemented policies that focus on access control procedure and ensure the protection of Active Duty personnel, residents and civilian employees. These policies are intended to help Marines accomplish their mission and keep families aboard Camp Pendleton safe, while allowing access to authorized personnel and sponsored visitors. For more information click the link below.

<https://www.pendleton.marines.mil/Main-Menu/Services/New-Personnel/Pass-and-ID-Section/>

DEERS Verification: (800) 538-9552

DEERS enrollment (Defense Eligibility Enrollment Reporting System) for Marine Corps Base, Camp Pendleton uses an appointment system. The Office is the primary issuing facility for ID Cards for Active Duty Members, Reserve and National Guard Members, retired, former spouses who are not remarried and certain other eligible family members.

TRICARE INFORMATION

Tricare Extra

- Provider locator: 1-(888)-TRIWEST or www.tricare.mil
- Cost varies for E-5 and above and E-5 and below. Deductible 15% negotiated fee
- Service- Care proved by physicians not in Tricare network but still authorized provider • Advantage- Claim paperwork submitted by provider.

Eligibility Requirements

- Active duty family member
- Military retiree, to include military retiree family member.
- Surviving eligible family member of deceased active duty or retired service member
- Ward, pre-adoptive child or former spouse of an active duty or retired service member •
Enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) (800) 334-4162.

TRICARE Dental Program (United Concordia)

CONUS: 844-653-4061

OCONUS: 844-653-4060

OCONUS Toll: 717-888-7400

<https://www.uccitdp.com/>

TRICARE Dental Program | TRICARE

Dental Program offers all enrolled members comprehensive dental coverage:

- Diagnostic & preventative services
- Basic restorative services
- Endodontics
- Periodontics
- Oral surgery
- Orthodontics

Eligibility:

- Family members of active duty service members, including spouses and unmarried children (including stepchildren, adopted children and wards) under 21.
- Full-time student – A family member over age 21 may be eligible for benefits through the end of the month in which he or she turns 23 if they are:
 - Enrolled full-time at an accredited college or university ○
More than 50% dependent on the sponsor for financial support
- If the student terminates his/her education prior to turning 23, eligibility ends at the end of the month in which education terminates.

MEDICAL– NAVAL HOSPITAL & PHARMACY INFORMATION

200 Mercy Circle
(760) 725-HELP (4357)
<https://camp-pendleton.tricare.mil/>

For information on Branch Medical Clinics & Pharmacies:

<https://camp-pendleton.tricare.mil/About-Us/Directory>

Note: Primary Care for Combat Instructors is handled at the 52 Area Branch Medical Clinic. Primary Care for dependents with Tricare Prime who chose to use a military network provider rather than a civilian network provider is handled at Naval Hospital Camp Pendleton. Once you arrive at Camp Pendleton, please ensure your dependents update their Primary Care Manager through <https://milconnect.dmdc.osd.mil/milconnect/>

DIRECTIONS TO NAVAL HOSPITAL – CAMP PENDLETON

North or South:

Take Interstate 5 north or south to the Camp Pendleton exit. If coming from the north, make a left after the exit. After passing through the main gate of the Base, hospital is immediately on your right.

From Fallbrook and points east of Camp Pendleton:

From Interstate 15, take the Mission Road exit toward Fallbrook. Follow Mission Road for approximately 5 miles until you reach the intersection of Ammunition Road. Make a right on Ammunition Road and proceed through the Naval Weapon Station gate. Make a right turn on Vandergrift Blvd and continue about 7 miles and hospital will be on your left.

Important Numbers

Patient Services Center (760)-725-HELP (4357)

Options for this number

- Appointment Line/ OBGYN - Make or Change Appointment
- Medical Concerns
- Pharmacy Call-in Refill Requests
- Information

Officer of the Day/Quarterdeck (Main Hospital Phone Number)

(760) 725-1288

PHARMACY INFORMATION

Naval Hospital
Pharmacy (760)
725-1440/41

Pharmacy Refills (Toll
Free) (866) 286-8249

Pharmacy Hours
Monday – Friday 7:30-
9:00 Saturday – 8:00 –
3:00
Sunday and Federal Holidays – closed

Pharmacy wait times are posted at www.cpen.med.navy.mil and displays up to the minute CURRENT wait times.

Refills must BE CALLED in by dialing above number or via internet at www.cpen.med.navy.mil.

Prescription refills will be filled in the following time frame:

<u>Called in by:</u>	<u>Pick up after:</u>
Sunday	Wednesday
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Tuesday
Friday	Tuesday
Saturday	Wednesday

BRANCH MEDICAL CLINICS

52 AREA BRANCH MEDICAL CLING

BUILDING LOCATION: CAMP PENDLETON 52 AREA, BLDG 520450.

NAVAL HOSPITAL

PHYSICAL ADDRESS: 200 MERCY CIRCLE CAMP PENDLETON, CA

PHONE NUMBER: (760)725-1288

Exceptional Family Member Program

(760) 725-5363

FAMILY HOUSING

Main: 98 San Jacinto Rd

(760) 725-5995

Toll Free: (800)-843-2182

<https://www.militaryonesource.mil/housing-life/on-base-housing/housing-options-for-service-members-and-families/>

<https://www.livelmh.com/installations/ca/oceanside/camp-pendleton-mcb/>

Forms may also be submitted via email or fax to: pndlfamilyhousing@usmc.mil or (760) 725-5559 DSN: (365) Services:

- On-Base Housing offered for all military families in various locations on Camp Pendleton.
- Off-Base Housing referral services and counseling for persons choosing to live off base or those on a waiting list.
- Special program with apartment landlord who will exchange the security deposit and last month's rent for an allotment paying the landlord directly. A minimum of one year required on the lease. Ask the Housing Office for details.

For information regarding specific Liberty Military Housing unit availability: <https://www.livelmh.com>

LODGING

Temporary Lodging Facilities (TLF)

Temporary Lodging Facilities offer short-term housing accommodations for military members, their families, and guests.

Ward Lodging

Bldg 1310 (across from Mainside

Center) (760) 725-5304 x310

To make reservations: <http://innsofthecorps.com/>

Readiness & Community Support

Abby Reinke Community Center

Building 201019

Telephone: (760) 763-0649

Community Counseling Center

Mainside Bldg. 130193

Telephone: 763- 3222/2222

Community Centers offer a variety of programs, which are tailored to the needs of the individual community.

Marines/Sailors and their families come to the centers to find recreational, leisure and educational opportunities. Many classes taught are Family Team Building & Community Support classes, as well as those provided by other on-base agencies such as the Armed Services YMCA and Children, Youth and Teens Program.

Legal Assistance & Military Magistrate

Building 22161
(760) 725-6172

Services:

- Power of Attorney, Wills and Guardianships
- Divorces
- Name Changes
- Review of Contracts
- Creditor Problems to include landlord/tenant disputes
- Notary Public
- Naturalization Class

Military One Source

Online: <https://www.militaryonesource.mil>
United States: 800-342-9647

You can create your own user ID and password to order free audio CD's, tapes and booklets and have them sent to your home or office. The web site and phone number can be used 24 hours a day, 7 days a week and can assist you with the following information:

- Relocation
- Legal Issues and Financial Matters
- Education and Schooling
- Relationships to include elder care.
- Parenting and Childcare
- Counseling Services
- Everyday issues

*Face-to-Face counseling sessions available with licensed counselors. These sessions are available for Marines and their family. They are confidential and will not be reported to commanders. Confidentiality is not extended to issues of child abuse, spouse abuse, elder abuse, or threat of harm to self or others.

*Telephone Consultation available for those unable to attend face-to-face counseling due to location or other circumstances. Call 800-342-9647 for more information or visit militaryonesource.com and click counseling options link.

*Military One Source Staff include multilingual and multicultural staff. All staff is supported by a simultaneous language translation service that allows you or your family members to speak in your preferred language to the consultants while the translator is on the line.

Vehicle Registration

Mainside, Food & Service
Pavilion Bldg 15102
(760) 512-3222

Services:

- Vehicle Registration (California Transfer/Renewal)

Vehicle Registration Requirements:

- Current vehicle registration information, current driver's license, insurance policy, current Military ID card or Sponsorship Letter
- If vehicle is not licensed in California, it will require a smog inspection
- Smog inspections are required every two years for all vehicles except diesel powered vehicles manufactured prior to 1998 and electric, natural gas powered vehicles over 14,000 lbs. Hybrids, motorcycles, trailers, or gasoline powered vehicles 1975 and older are also exempt.

What to bring for Vehicle Registration:

- The Title or Current Registration Certificate
- Smog Certificate
- An application form available at the office or by mail.
- A visual inspection of the Vehicle ID number is also required.

What to bring for Military ID & Base vehicle registration:

- If Military service member cannot be present, spouses can obtain an ID card.
- You must have either Power of Attorney and/or 1172 signed by service member
- The Title or Current Registration Certificate
- Smog Certificate (if required)

WEAPONS REGISTRATION

Police Records
Section Bldg.
1523
(760) 725-0819

Base Regulations require that all privately-owned weapons brought aboard Marine Corps Base, Camp Pendleton for storage must be registered within 72 hours after having been introduced on board the military installation. Personal weapons will be registered at the Police Records section. Additionally, personnel will deregister their weapons within 72 hours of their sale or removal from the base.

Persons living in Base Housing are authorized to store weapons in their quarters. Marines living in BEQs/BOQs are required to store their weapons in their unit armory.

For more information:

Base Library Service

Mainside Bldg 1146
(760) 725-5104
South Mesa
Branch Bldg
200090
(760) 725-2032
Seaside Square
Branch Bldg
51093
(760) 725-7325

Mission

The libraries aboard Camp Pendleton are dedicated to offering a wide variety of resources to enhance professional and personal learning.

Bookmobile

A bookmobile brings library services to the outlying camps. Call the nearest library for a schedule and route.

Other Services Available

- Commandant's Reading List
- Free Internet Access and E-mail Services
- Online Card Catalog
- Test Preparation Materials
- Photocopier and Computers
- Books on Audiotape
- Videos
- Equipment

NEW PARENT SUPPORT & COURSES

New Parent Support Program

(760) 725-3884

Courses Offered:

- Mom's Basic Training
- Dad's Baby Boot Camp – Provide parents and those with an infant an understanding of the infant's world and the basic skills necessary for loving care.
- Parenting Classes – Provide “hands on” information for parents to make informed, responsible decisions about their toddlers and young children.
- Home Visits – Help with your concerns as a parent or parent-to-be in the privacy of your home by a warm, caring professional.
- Our First Friends - Support Group for mothers with infants under 12 months.
- Play morning -Interactive play group for families with children 12 months - 5 years.
- Single Parent Support - on the 2nd and 4th Monday of every month from 5:00pm-6:00pm at the Abby Reinke Community Center to express the joys and frustrations unique to being a

single parent in the military.

Women, Infants and Children (WIC)

WIC - www.fns.usda.gov

Central Line: (800)-500-6411

The American Red Cross Women, Infants, and Children, better known as WIC, provides a nutrition program to eligible pregnant women, infants, and children up to age 5 to help them eat well, stay healthy, and be active.

We provide special checks to buy nutritious foods. WIC brings moms and babies closer by supporting breastfeeding and can also provide nutrition education and resource referral to local and military helping organizations. All WIC services are provided FREE to participants. Please see the website above for current income guidelines for eligibility. Red Cross WIC has 10 locations at local military bases and near military housing. Some locations are open evenings and Saturdays. Please call 1-800-500-6411 for more information or to schedule an appointment.

What is WIC?

- WIC is a nutrition program that helps mothers and young children eat well and stay healthy.
- WIC gives eligible families special vouchers to buy specific foods like milk, cheese, juice, cereal, eggs, dried beans, peanut butter, carrots, canned tuna, baby cereal and formula with iron.
- WIC also provides nutrition and health education, personal counseling about nutrition, support and help with breastfeeding and referrals to health care and other kinds of help for qualifying families.

Locations:

- Mainside Camp Pendleton, bldg 1131
- Abby Reinke Community Center, bldg 201019
- San Onofre Community Center, bldg 51919
- 1906 Oceanside Blvd, Oceanside
- Mesa Margarita WIC – San Luis Rey Valley Police & Resource Center
- 521 Vandergift Blvd. Oceanside
- WIC – North County (Oceanside, CA) (760) 433-3814 • WIC –
Riverside County – Temecula (951) 358-5435
- WIC- toll free number Camp Pendleton (800) 500-6411

Who is eligible?

- Women who are pregnant, breastfeeding or recently had a baby, infants under 12 months old and children under 5 years old are eligible.
- The family must also meet the WIC income limits and get medical checkups.

What to bring to appointments: (Appointments are required)

- Current LES
- Medical form filled out by doctor
- Proof of address
- Food records of what you or your children eat.

Need a ride to your Appointment?

- Call ASYMCA to reserve transportation to your WIC appt. ASYMCA at (760) 385-4921.

CHILDREN'S PROGRAMS MOM's Club

(760) 763-7394

info@momcp.com

Military Outreach Ministry (MOM) offer MOM's Club programs as an opportunity for active duty military, military spouses and their children to come together in a social atmosphere.

Programs offered:

- Kidz Club – for children 0-5 years of age that meet weekly in a fun, friendly and safe environment.
- Mommy 2B – is a program for active duty military moms to be. This program encourages active duty expectant mothers to eat healthy, work out gently and prepare for motherhood and returning to full duty. *Register on the website to receive emails about free diaper distributions.

Armed Services YMCA

Main Office, Bldg. 16144: (760) 385-4921

- Mommy & Me preschool class for children from 18 months to 5 years old. Classes meet two times a week. The classes emphasize developing socialization skills.
- Operation Hero: After school mentoring program to school age children.
- Camp Flash: Supports families in the EFMP program.
- Operation Appreciation: On Armed Forces Day, service members and their families can enjoy a day of
- free food, entertainment, and activities

Just For Kids

Base Library
Service (760)
725-KNOW

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

Children, Youth & Teen Program (CYTP)

CYTP Headquarters – Bldg. 13150	(760) 725-6308
CYTP Resource and Referral – Bldg. 13150	(760) 725-9723 School Age
Childcare, Bldg. 201017	(760) 725-2102
In-Home Childcare Bldg. 13150	(760) 725-7631

Services:

- Full-time childcare
- Hourly childcare (absentee/space available basis)
- Before and after school care (5-7 year olds)
- Full-time school age summer program

- Camp Pendleton Child Development Centers
- Camp Pendleton Licensed Family Childcare Homes
- Agencies providing in-home service
- Special Needs Childcare Providers
- Resource and referral for Overnight and Weekend care
- 3 Youth centers at Wire Mountain, De Luz and San Onofre.

Childcare is available for special events- Marine Corps Balls, Pre-Deployment Briefs, Return & Reunion

Briefs. Call Childcare Resource & Referral Services for reservations.

Emergency Childcare

- Emergency in-home childcare facilities (760) 725-3888.
- Please note that not all emergency childcare services are free of charge.
- Emergency childcare is for 23 hours 59 min until a legal guardian or family member can pick up the children.

EDUCATION, EMPLOYMENT & PERSONAL ENRICHMENT PROGRAMS

EDUCATION ASSISTANCE

Joint Education Center

Bldg. 1331

Hours of Operation: Mon, Tues, Thurs & Fri 0730-1630

Wed 1000-1630

(760) 725-6660/6414

The mission of the Joint Education Center is to provide a wide range of high quality educational programs to enhance professional and personal learning for all active duty military personnel and their families.

Services:

- College 101 Brief: all first time Tuition Assistance users are required to attend a College 101 Brief before submitting the form for assistance. This brief is designed to help first time, or returning students prepare for college. Held every Wednesday at 1130 and Friday at 0830 in Room 210 of bldg 1331. Appointments are not required for brief.
- Counseling: Academic advisement for both active duty and family members. Appointments available Monday, Tuesday, Thursday, and Friday, 0900-1600.

United States Military Apprenticeship Program (USMAP):

USMAP is a training program that gives service members the opportunity to complete civilian apprenticeship requirements while they're still on active duty. It is a formal military training program that provides U.S. Army, Navy, Air Force, Marine Corps, Coast Guard, reserve and guard members the opportunity to improve their job skills and to achieve recognition for military service member equal to his/her civilian counterpart. [USMAP \(osd.mil\)](http://www.usmap.osd.mil)

Colleges on Camp Pendleton:

Central Michigan University: www.cel.cmich.edu
Office Hours: Mon-Thurs 0800-1600, Fri 1000-1800

Central Texas College: www.ctc-pendleton.com
Office Hours: Mon-Thurs 0800-1630, Fri 0800-1500

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

Embry-Riddle University:
www.erau.edu/camp Pendleton
After 1600, call (760) 385-4233
(760) 385-0152

Park University: **www.park.edu/pendleton**
Office Hours: Mon-Fri 0800-1630
(760) 725-6858

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

National University:
www.nu.edu
(760) 268-1533

Palomar College: **www.palomar.edu**
Mon-Thurs 0800-1930, Fri 0800-1400
(760) 725-6626

Spouse Scholarship Program:

My Career Advancement Account (MyCAA) Scholarship Program

MyCAA is a workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or Associate's Degree in a portable career field and occupation

(760) 725-4737 or (760) 725-6414

<https://aiportal.acc.af.mil/mycaa/>

Base Housing Areas and Local Schools

Base Housing Area and Home Address determines school assignment. Please refer to the chart below.

Oceanside Unified School District -District website – <https://www.oside.us/> (760) 966-4000

Housing Area: Forster Hills, Pacific View (streets: Blann St, Laraway St, Sipple St, Stewart St, Trent St)
South Mesa I West, South Mesa II, Wire Mountain 1 & Wire Mountain 3

North Terrace Elementary Grades TK-8	760 901-7500	https://www.oside.us/northterrace
Oceanside High School Grades 9-12	760 901-8200	https://www.oside.us/ohs

Housing Area: South Mesa 1 East, Wire Mountain 2, Del Mar, Pacific View (streets: Gillingham Ct & Rodrigues Ct) Santa Margarita

Santa Margarita Elementary Grades TK-8	760 901-7900	https://www.oside.us/smargarita
Oceanside High School Grades 9-12	760 901-8200	https://www.oside.us/ohs

Housing Area: Stuart Mesa I and II, Seaside Village, Harborview

Stuart Mesa Elementary Grades TK-8	760 901-7700	https://www.oside.us/stuartmesa
Oceanside High School Grades 9-12	760 901-8200	https://www.oside.us/ohs

Fallbrook Union Elementary School District - District website- <https://www.fuesd.org/> (760) 731-5400

Fallbrook Union High School District - District website -<https://www.fuhd.net/> (760) 723-6332

Capistrano Unified School District – District website -<https://capousd.org/> (949) 234-9200

Housing Area: DeLuz, O'Neill Heights, Serra Mesa, San Luis Rey

Mary Fay Pendleton School Grades TK-8	760 731-4050	https://mfp.fuesd.org/
Potter Jr. High School Grades 7-8	760 731-4150	https://pjh.fuesd.org/
Fallbrook High School Grades 9-12	760 723-6300	https://www.fallbrookhs.fuhd.net/

Housing Area: San Onofre I, II and III, San Mateo Point

San Onofre School Grades TK-8	760 731-4360	https://sos.fuesd.org/
San Clemente HS Grades 9-12	949 492-4165	https://www.sctritons.com/

MCB Camp Pendleton SLP Website <https://www.pendleton.marines.mil/Main-Menu/Services/School-Liaison/>

For additional information please contact the School Liaison Office at (760) 763-7385/7386

Commented [M1MJ1]: Added Section for Local K-12 Schools

FINANCIAL ASSISTANCE / FOOD SOURCES

FINANCIAL ASSISTANCE & EDUCATION

Navy Marine Corps Relief Society

(760) 725-5337 / 5338

www.nmcrrs.org

- The Navy-Marine Corps Relief Society provides assistance to active duty and retired Sailors and Marines.
- Assistance is usually given in the form of interest free loans for basic living expenses, emergency travel, medical and dental expenses and auto repair.
- The Society also offers non-financial support such as information on pay and allowances, budget counseling and referrals to community services.
- The “Budget for Baby” class, offered to expectant parents, provides information about the costs associated with a newborn. “Baby’s First Sea bag”, a layette worth approximately \$120, is given to Marine Corps and Navy expectant parents (all ranks) who attend the class.

What to bring to appointments:

- ID Card/ Current LES
- Any documents pertaining to the problems
- Call at 0800 for same day appointment/ Walk- ins for EMERGENCY LEAVE ONLY

Personal Financial Management Program www-usmc.mccs.org/finance

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

FOOD SOURCES

Emergency & Free Food Sources - Available to Families within Certain Income Limits

USDA Food Stamps (SNAP)

- www.fns.usda.gov/fsp
- www.hungeraction.net
- Golden State Advantage Cards (EBT) - (Electronic Version of Food Stamps) - www.ebtproject.ca.gov

San Diego Food Bank

www.sandiegofoodbank.org

www.wefeedsandiego.org

(858) 527-1419 or (866)-350-3663 TOLL FREE

- Emergency Food Assistance Program (EFAP)

FREE Monthly Food Distribution. Must go to a distribution site within your zip code – only one visit outside your zip code permitted. Distribution sites in Oceanside, Carlsbad, Vista, Fallbrook, and many other areas. Assistance with enrolling in Food Stamp program.

- Commodities Supplemental Food Program (CSFP)

For pregnant women, children under 6, women up to 12 months post-partum, and breastfeeding mothers who reside in San Diego County. FREE Monthly food boxes provide infant formula, produce, cereal, canned foods, cheese, rice, pasta, and milk and fruit juice.

We Connect www.weconnect.net

Links to Food Resources, Coupons, and Money Savers.

Fallbrook Food Pantry:

Serving: M-F 0930 AM-1230 PM

140 N Brandon Rd, Fallbrook,

CA 92028 (760)-728-7608

www.Fallbrookfoodpantry.org

Western Eagle Foundation:

40940 County Center Dr, Temecula CA

92591 (951) 695-7206

www.westerneaglefoundation.org

Brother Bennos www.brotherbenno.org

3260 Production Avenue, Oceanside, CA 92058 (760) 439-

1244 Free breakfasts and sack lunches daily.

- Free clothing and blankets.
- Thrift store sells low-cost clothing and monthly food pack distribution to qualified individuals.

Interfaith Community Services www.interfaithservices.org

Escondido: (760)-489-6380

550 West Washington Ave, Suite B Escondido, CA 92025

Oceanside: (760) 721-2117

2195 Oceanside Blvd.

Oceanside, CA 92054