



WHAT'S DADS CORPS?

Dads Corps is a **FREE** program designed to support fathers to succeed as Partners, Parents and Providers:

- 6-Week Dad to Dad open-forum workshop series
- Free weekly meals with your kids while sharpening your "Dad skills" on: "Positive Communication," "Child Discipline," "Relationship Building," "Education Support" & "Networking with Alumni"
- Workshops **"Made for Dads, Led by Dads"**
- Individualized support: counseling, resources, and referrals available
- Receive a Certificate of Completion upon successful completion

WHEN & WHERE:

NEXT COHORT BEGINS FALL 2018

FREE CHILDCARE PROVIDED

(Childcare provided for children ages **2+**)

So what are you waiting for? Give Mom the night off & Call TODAY!



JOIN TODAY!

For Additional Questions- Contact:

Danny Romero

Phone: (858) 810-8259

Email: dromero@saysandiego.org



SDMFC Monthly Convenings

- **What:** Come join us for SDMFC's monthly convening where you will hear from a panel of experts sharing valuable information and resources on issues that impact military families. Additional opportunities to network with other military connected providers.
 - **When:** Meets every 4th Friday of the month, 10:00am—12:00pm
 - **Where:** Mission Valley Library, 2133 Fenton Pkwy, 92108
-



SDMFC Action Teams

Military Transition: The Spouse Edition (MTSE)

- **What:** Developed as an action team of SDMFC in 2015, MTSE supports military families during transition to the civilian sector. Free day/evening workshops are offered quarterly to equip military spouses with the information and resources shared at on-base transition courses. MTSE also provides a Facebook Live mini-series "MTSE Transition Talks" as a bite-sized way to share additional transition support to military families.
- **When:** Meets every 3rd Thursday of the month, 9:00am—10:30am
- **Where:** South Metro Career Center, 4389 Imperial Avenue, 92113

Want to get involved?

Contact mtse@sdmilitaryfamily.org for more information
For future MTSE workshops see: sdmilitaryfamily.org/transitions/



Community Prevention & Safety Alliance (CPSA)

- **What:** Established in 2016, CPSA was created as an initiative to address youth substance abuse and safety, specific to military connected youth and families in the area of Tierrasanta and Murphy Canyon. CPSA is working through multiple initiatives to promote safety, health, and wellness to the local community.
- **When:** Meets every 4th Thursday of the month, 9:00am—11:15am
- **Where:** Farb Middle School (Library), 4880 La Cuenta Dr, 92124

Want to get involved?

Contact: cpsa.sdmfc@gmail.com for more information

Contact: Danny Romero
dromero@saysandiego.org
(858)496-0044 x107
3487 Santo Road, San Diego,

Stay up to date with SDMFC
events and sign up for our
newsletters at
sdmilitaryfamily.org

Program and staffing
provided by:

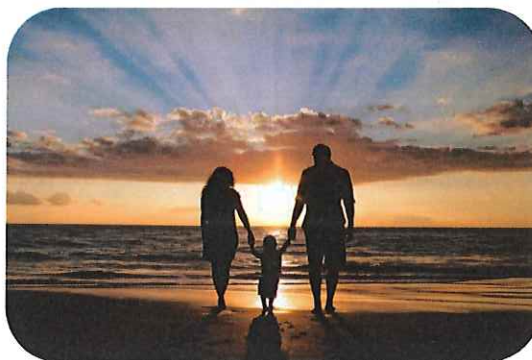




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA

NO COST IN-HOME CLINICAL COUNSELING FOR MILITARY FAMILIES



At the Armed Services YMCA San Diego, we know what challenges military families can face. That's why we have a friendly staff of social workers who are ready to assist military families when times are tough through in-home clinical counseling services. These services are completely confidential!

ABOUT OUR NO COST IN-HOME COUNSELING

- Our programs are **inclusive** of all types of families with active duty military affiliation.
- **Individual, couples and family** counseling is available in your home or at our office.
- We are a non-profit organization serving military families, **separate from the command system**.
- No need for childcare or transportation— **our social workers will come to you!**

HOW TO BEGIN IN-HOME COUNSELING SERVICES:



ONLINE:

Visit ASYSD.org for the online referral form



BY EMAIL:

Email the Social Work Department at: CCobbs@asymca.org



BY PHONE:

Call our office at 858-751-5755 and ask to speak to a social worker.

Our Social Workers can also help with:

- Information and referral to community resources— to our Y programs and programs at other agencies
- Emergency food and gas assistance
- Parenting education
- Respite care for our clients in emergency situations (not an EFMP respite provider)

ARMED SERVICES YMCA SAN DIEGO

3293 Santo Road, San Diego CA 92124

P 858-751-5755 F 858-751-5769

Office Hours: Monday– Friday– 8:00 am to 4:30 pm

www.ASYSD.org



Tools for Your Best MilLife

Need financial or tax guidance? Want to talk about managing stress or family issues? What about a health and wellness coach?

Military OneSource is your 24/7 connection to information, answers and support for your best MilLife. Contact us anytime to arrange free Military OneSource services including: confidential counseling, specialty consultations, financial and language services.

Access Confidential Non-medical Counseling

Just need to talk? Get non-medical counseling from experts trained in military life.

- Private, not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians
- Phone, in-person, video conference or online chat

Schedule Specialty Consultations

- | | |
|------------------------------------|--------------------|
| • Health and Wellness Coaching | • Special Needs |
| • Spouse Relocation and Transition | • Adoption |
| • Wounded Warrior Assistance | • Adult Disability |
| • Peer-to-Peer Support | • Elder Care |
| | • Education |

Take Command of Your Taxes with MilTax

- Easy-to-use, tax preparation and e-filing software
- Prepare and file federal and up to three state returns for free
- Trained tax consultants to help by phone

Master Your Money with a Financial Counselor

- Talk to accredited counselors by phone, video or in-person
- Manage and eliminate debt
- Budgeting, retirement, tuition planning

Bridge Barriers with Language Services

- Language interpretation services
- Document translation
- 150 languages

Military OneSource is a Department of Defense-funded program for service members and military families.

For resources, tools and more information, contact:
www.MilitaryOneSource.mil | 800-342-9647





OVERVIEW

- Founded in 2005 and expanded mission as STEP in 2012
- STEP's areas of responsibility includes the seven southernmost counties in California: San Diego, Orange, Los Angeles, Ventura, San Bernardino, Riverside, and Imperial
- 100% funded by generous contributions from individuals, organizations, corporations and foundations to support our mission
- Tax Identification Number: 20-3051279

CONTACT US

info@stepsocal.org

PO BOX 26747
San Diego, CA 92196

Phone: (866) 424-5210
Fax: (858) 695-6845

www.stepsocal.org



Who We Are:

A 501(c)3 nonprofit helping military and veteran families in crisis build financial self-sufficiency through counseling, grants, and additional support programs.

Who We Serve:

- **Enlisted** service members in pay-grades E1 to E6 when unexpected financial hardship or crisis strikes and crucial living expenses cannot be met
- **Veterans** within the first 18 months following an honorable discharge
- **Families** stationed at, or recently discharged, from any of 16 military installations and 2 medical centers in Southern California
- **All branches** of the Armed Services, Coast Guard, as well as federally activated National Guard and activated Reserves

How We Serve:

In-depth financial counseling, coupled with grants* for:

- **Emergency Food**
- **Emergency Travel**
- **Rent & Mortgage**
- **Auto Repair**
- **Utilities**
- **Auto Payments & Insurance**
- **Critical Baby Items**
- **Other Emergencies**

** Financial support provided as a grant, not a loan, and are paid directly to service providers or in the form of commissary or retail gift cards*

Why We Serve:

- **High Cost of Living** in Southern California

30% higher with housing rates almost double the national average

- **Enlisted Military = Smaller Compensation Packages**

100% of service members falling with the E1-E4 pay grades (with allowances) are considered low income according to HUD guidelines

- **Relatively Young Families with Different Challenges and Varying Financial Skills**

Deployments, family moves, spouse employment, childcare

These factors combine to put families on the brink of financial crisis. STEP social workers provide financial counseling and education, budgeting, goal setting, and other financial tools to put these families on a path to permanent financial self-sufficiency.



A+



F★O★C★U★S

Resilience Training for Military Families & Couples



Transitions can bring about changes in roles and duties. Family members may take on new responsibilities, and children may have different reactions. Many adapt well, but changes in behavior are normal. Couples may experience a number of stressors that can have an effect on their relationship. While many couples know how to manage common challenges associated with military service, some experience periods of miscommunication that can make their connection feel distant.

FOCUS helps strengthen couples and families in readiness for tomorrow by building on their current strengths and teaching new strategies specifically designed to meet their needs.

MANAGING FEELINGS • SETTING GOALS • COMMUNICATING • PROBLEM-SOLVING • HANDLING STRESS



FOCUS for Families guides families as they build their own story about military life experiences over 6 to 8 modules. This helps families to:

- Identify, manage, and discuss emotions
- Clarify misunderstandings and respect individual points of view
- Build on family strengths
- Feel closer and more supported
- Use problem-solving and goal-setting to empower the entire family



FOCUS for Couples delivers hands-on education and training in 6 to 8 modules, modules focusing on specific skills. These strengthen couples' ability to:

- Improve their understanding of each others' experiences
- Increase relationship closeness
- Talk to one another and provide support
- Work toward a common goal
- Feel hope and optimism for their future together

FOCUS also provides specialized services for families of **recovering warriors**.

These services:

- Improve family communication about the injury or illness
- Set goals for family care routines
- Problem-solve around family challenges
- Enhance understanding about deployment reminders, combat stress, injuries and the recovery journey.

Contact FOCUS today for more information:

FOCUS San Diego Locations:

Marine Corps Recruit Depot
Naval Base San Diego

P 619.556.6075

F 619.556.6076

E asteele@focusproject.org

F★O★C★U★S