

# *EFMP Support Group*

## *Talk Time*

*Where EFMP Families can  
share coffee & conversation*



*Where: Gateway Housing Community Center  
2741 Mendonca Dr, San Diego, CA 92110*

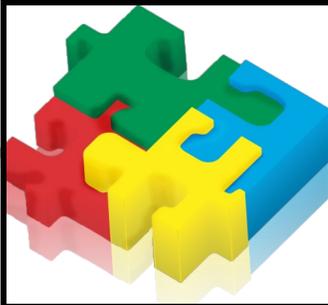
*When: Every Third Wednesday of the Month*

*Time: 0900-1030*

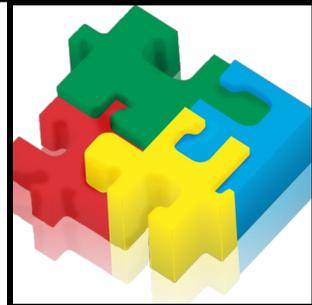
*Children are welcome!*

*Marine Corps Recruit Depot, San Diego  
619-524-8086*

*Naval Base San Diego  
619-556-7218*



# EFMP FAMILY CONNECTION



Serving Exceptional Families Exceptional Service

**Building our bridges and connecting each piece. Together we focus on empowerment for improving the quality of lives for our special needs families. Emphasizing support, resources and a social forum to connect and share information.**

**Hosted by Fleet and Family Support Center  
6:00 pm San Diego Regional Center  
4355 Ruffin Road, Suite 200  
San Diego, Ca 92123**

**Our monthly meetings will focus on the following military themes:**

**JANUARY 4 QUALITY OF LIFE  
FEBRUARY 1 HEALTH AND WELLNESS  
MARCH 7 MILITARY SAVES  
APRIL 4 MILITARY CHILD APPRECIATION  
MAY 2 SPOUSE APPRECIATION  
JUNE 6 SUMMER FUN**

**JULY 11 HOME ORGANIZATION  
AUGUST 1 EFMP GAME NIGHT  
SEPTEMBER 5 BACK TO SCHOOL NIGHT  
OCTOBER 3 FALL FESTIVAL  
NOVEMBER 7 GIVING THANKS  
DECEMBER 5 HAPPY HOLIDAYS**

**Come meet with other families and build your resource network.  
For additional information and childcare options,  
Please call  
(619)571-4781 or the front desk (858)277-4259  
One week advance notice required for all childcare requests.**



*Meeting Your Needs. At Home. At Sea.*

