

Naval Base Ventura County



Welcome Aboard Package

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WELCOME ABOARD



It is a pleasure to welcome you to Naval Base Ventura County. You have joined a dedicated workforce of more than 16,000 military and civilian members committed to the future of today's Navy. Onboard our base you will find a wide range of operational, test and evaluation, engineering, educational and reserve commands all performing critical missions for the Navy.

We are one base with three locations, Point Mugu, Port Hueneme, and San Nicolas Island each of which has much to offer. You will also find that Ventura County is a great place to work and live. Superb weather, miles of beautiful shore line and nearby mountains all combine to provide an environment unique in the nation. From outdoor recreation to great restaurants, shopping and services, the cities of Ventura County offer a wealth of opportunities and I encourage each of you to get involved in your new community.

This package contains valuable information about some of the finest medical, dental, commissary, and exchange services, family support centers, and recreational facilities in the Navy. Our base facilities and services are available to serve military and civil service personnel and their families stationed in Ventura County.

I'm confident that your time with us will be both challenging and rewarding! Whether this is your first assignment here or you are returning home, welcome and enjoy!



Welcome Aboard!

My name is Anita Morris and I am the Family Ombudsman for Naval Base Ventura County. As the Ombudsman for Naval Base Ventura County (NBVC), I am an advocate for the families and a liaison between the families and the command. I am available to provide resource referrals, support, and assistance in resolving family issues before they reach the command level.

My goal as your Ombudsman, is to provide you with information and support so that your transition to NBVC is as smooth as possible; as well as your tour of duty.

I am required to, and will at all costs, keep any communication confidential.

Unless it is an issue that involves:

- Suspected/ known child abuse or neglect
- Alleged domestic abuse
- Suspected/potential homicides, violence, or life endangering situations
- Suspected/potential suicidal risks

Please feel free to contact me with any questions, concerns, and most importantly, ideas on how the Ombudsman program can better serve you.

By phone: (805) 509-3799

By email: nbvcomb@gmail.com

By mail: Command Ombudsman
311 Main Rd., Bldg 1
Point Mugu, CA 93042-5033

Sincerely,

Mrs. Anita Morris

BASE HISTORY

The Construction Battalion Center at Port Hueneme was built as a temporary depot in the early days of World War II and served to train, stage, and supply the newly-created Seabees. The Seabees put down a section of Marston Mat runway that would become Point Mugu's first airstrip. The Port Hueneme base was officially established and began operating May 18, 1942 as the Advance Base Depot. In 1945 the Advance Base Depot was renamed the Naval Construction Battalion Center. Port Hueneme would continue to serve the Navy, and during the Korean War, nearly all Navy construction equipment and supplies were routed through the base.

In May 1946, the Naval Air Missile Test Center at Point Mugu was established; Naval Air Station Point Mugu was established three years later on Aug. 1, 1949, to support the U.S. Naval Air Missile Test Center by providing material and service support, including military personnel administration, air traffic control and flight line functions.

In the 1990s, military draw-downs and regionalization brought changes to the Navy in Ventura County. In 1998, Naval Air Station (NAS) Point Mugu and Construction Battalion Center (CBC) at Port Hueneme transferred to Commander in Chief, U.S. Pacific Fleet, via regional management by Commander, Navy Region Southwest, San Diego. Two years later, the separate bases would be consolidated.

Oct. 11, 2000 marked the establishment of Naval Base Ventura County (NBVC). NBVC provides the Pacific Fleet with shore support and services including a deep water port, rail head and an airfield. In 2004, San Nicolas Island was also transferred to NBVC. This gives NBVC the added resource of the 36,000 square mile sea test range located off the coast of Point Mugu and of which SNI is a part.

According to a Fiscal Year 2010 Economic Impact Study about Naval Base Ventura County, NBVC is the largest employer in county, with over 17,300 personnel (military, DoD civilian and contractors) working for or stationed on the base in all categories, and contributing directly or indirectly to another 2,700 jobs throughout the county.

Approximately 80 military commands located at NBVC are ready to support the diverse missions of the Department of Defense. These missions include combat and weapon systems testing on the 36,000 miles Sea Range. Point Mugu is also the West Coast home of the Navy's Hawkeye squadrons. Three Seabee battalions, Underwater Construction Team 2 of the Third Naval Construction Brigade, and Naval Construction Training Center (Seabee College) are home-ported at Port Hueneme. The Navy's combat-skilled construction force serves around the world in support of military construction requirements.

Today, from the Aviators to the Seabees, NBVC provides world-class support to our nation's defense.

Directions

Directions from LAX:

Start out going **East** on **World Way/Center Way**.

Take the **Sepulveda Blvd. N/CA-1N ramp**.

Merge onto **S. Sepulveda Blvd.**

Turn right onto **La Tijera Blvd.**

Merge onto **I-405 N.** via ramp on the left.

Merge onto **I-10 W.** via **exit 53 B** to (Toward Santa Monica).

I-10 W becomes **CA-1 N.**

Take the exit **108** for **Wood Road**.

Turn left onto **Wood Road**.

Turn left onto **Naval Air Road**.

Take the first right onto **Mugu Road**.

This puts you at the Main Gate. Driving time is approximately 1 hour and 15minutes.

Directions from the front gate to the Quarterdeck:

After entering the main gate, off of the P.C.H. highway 1, continue straight on North Mugu Road. You will pass family housing, the chapel, and the softball fields. Take a left onto 6th street. Follow it down past the barracks. Building 1 NBVC head quarters will be on your left.

Checking In

Checking In:

Your assigned sponsor will escort you to the Quarterdeck located in building 1 on Point Mugu and you will start your check in process with all of the appropriate departments. Check with your sponsor for instructions on reporting.

<p>Gate hours:</p> <p>NBVC Port Hueneme</p> <p>Sunkist Gate</p> <p>Open 24 Hours, Mon - Sun</p> <p>Pleasant Valley Gate</p> <p>0600-1800, Mon - Fri Closed Sat/Sun/Holidays</p> <p>Goodspeed Gate</p> <p>0715-0845, Mon - Fri 1045-1530, Mon - Fri Closed Sat/Sun/Holidays</p> <p>Bard Gate</p> <p>0600-1800, Mon - Fri Closed Holidays</p> <p>Victoria Gate</p> <p>0600-1830, Mon - Fri - Closed Holidays</p> <p>Victoria Gate</p> <p>Commercial Vehicle Inspection 0600-1500, Mon - Fri - Closed Holidays</p>	<p>NBVC Point Mugu</p> <p>GATE 1 (Main Road Gate) :</p> <p>CLOSED</p> <p>GATE 2 (North Mugu Road Gate) :</p> <p>OPEN 24 HOURS, Mon - Sun</p> <p>GATE 3 (Las Posas Gate)</p> <p>0530 - 1730, Mon - Fri Closed Holidays</p> <p>GATE 3 (Las Posas Gate)</p> <p>Commercial Vehicle Inspection 0600-1200 Mon - Fri Closed Holidays</p>
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POV Information

Register or Renew Vehicle at Pass and ID Office

Personnel eligible for vehicle registration must submit to the Pass and Identification office:

- The completed [Application for Vehicle Decal](#) and [Instructions for Completing Form](#).
- Application must be submitted in person.
- Applicant must have all required supporting documentation with them when submitting application:
- Proof of employment (CAC, Mil. ID, NBVC Badge, etc.)
- Drivers license
- Proof of current registration
- Proof of insurance
- Vehicles over 6 years old and registered out of state must present a **California Smog Certificate (less than 90 days old)** at the time of registration
- Vehicles must be present at time of registration
- Temporary (MAX of 5 days) or one-trip passes can be obtained at the pass and ID office and at participating Gates.

Base Access

- <http://www.cnmc.navy.mil/Ventura/InstallationGuide/VisitorInformation/index.htm>
- <http://www.cnmc.navy.mil/Ventura/InstallationGuide/VisitorInformation/VehicleRegistration/index.htm>

Vehicle Registration Information

- <http://www.dmv.ca.gov/vr/vr.htm>

Smog Check Information

- <http://www.dmv.ca.gov/vr/smog.htm>

To check the status of your POV visit www.whereismypov.com

Housing Arrangements

NAVAL BASE VENTURA COUNTY HOUSING OFFICE

BLDG 1169 SUITE 1300

805-982-4321/4319

FAX 805-982-4472

The Military Family Housing office would like to welcome you to the place you will call home during your stay at Naval Base Ventura County (NBVC). We are here to assist you in finding suitable housing whether on the local economy or in military base housing.

<http://www.lincolnmilitary.com/venturacounty/>

<http://www.cnic.navy.mil/Ventura/FleetAndFamilyReadiness/HousingAndLodging/index.htm>

<u>Point Mugu</u>	<u>Port Hueneme</u>	<u>Camarillo</u>
<u>Anacapa</u> E1-E9 (2 Pet MAX) 4 Bedrooms	<u>Bard Estates</u> E1-O6 (2 Pet MAX) 3-4Bedrooms	<u>Catalina Heights</u> E1-O7 (NO PETS) 3-4 Bedrooms
<u>Santa Cruz/San Miguel</u> E1-O5 (2 Pet MAX) 2-3-4 Bedrooms	<u>Bruns Park</u> E1-E9 (2 Pet MAX) 2-3-4 Bedrooms	
<u>Santa Rosa</u> E1-E9 (2 Pet MAX) 2-3-4 Bedrooms	<u>Coral Sea Cove</u> E1-E9 (2 Pet MAX) 3-4 Bedrooms	

To track household goods move, please refer to personal property at 805-982-4099 or visit www.move.mil

HEAT

Housing Early Application Tool

Receive Housing Information Faster

Navy Housing has developed HEAT to assist service members (SVM) and their families in applying for housing Navywide. HEAT allows SVMs and their families to apply for housing at one or more Navy installations online before or after they receive their Permanent Change of Station (PCS) orders.

HEAT creates an easy user experience. Spouses can use the application as well, needing only minimal information about their SVM.

Available Navywide!

- Publicly Available Online: No CAC Requirements and Spouses Can Apply
- Apply BEFORE Orders to Multiple Navy Installations
- Standardizes the Customer Experience with Housing



www.cnic.navy.mil/HEAT

Visit us online or scan the QR Code with your phone!



Home Finding Services ★ Inspection Services
Resolution Services ★ Cost Savings Programs



HEAT Frequently Asked Questions (FAQs)

Q: Who can use HEAT?

A: Any active duty service member (SVM) or their spouse moving onto a Navy installation. Also, DoD civilians transferring to overseas Navy installations.

Q: Does using HEAT place the SVM on the housing wait list earlier or in a higher spot?

A: No. Position on the housing wait list is determined by regulations based on SVM housing priority and detachment date from current duty station. HEAT allows SVMs to make earlier contact, complete their application and, after receiving orders, be placed on the wait list.

Q: Is it necessary to use a government computer for HEAT?

A: You can access and use HEAT from ANY computer. You do not need a government computer or a CAC to use it. All you need is the social security number of the SVM.

Q: Is HEAT secure?

A: HEAT meets all DoD requirements for protection of your privacy and personal information.

Q: I don't have my orders but I know where I'm going. Can I use HEAT?

A: Yes! SVMs or their spouses may use HEAT at any time to request information about housing or to check on their eligibility for Navy or privatized housing.

Q: What information do I need to provide for HEAT?

A: Like other Navy processes, the SVM's social security number and last name are used to access your record. In addition, you will need to provide the applicant's best contact phone number and email address.

Q: Can unaccompanied SVMs and civilian personnel entitled to military housing use HEAT?

A: YES! Unaccompanied SVMs and civilian personnel are encouraged to utilize HEAT to contact the Housing Service Center (HSC) at any Navy installation.

Q: Does HEAT allow the SVM to select the type of housing they want?

A: This is not a current feature.

Q: Can SVMs/Spouses apply to more than one installation?

A: Yes, you may submit HEAT applications to as many installations as you like. You will be contacted by, and receive information from, each installation.

Q: I've applied. What happens next?

A: Someone from the HSC will contact you within one business day to get the process started.

More HEAT Questions? Contact your local HSC.
www.cnic.navy.mil/HousingQuickReference





Naval Base Ventura County
School Liaison Office
Monica James
805-989-5211
monica.james@navy.mil



The School Liaison Officer's primary function is to serve as a link between parents, educators and the Naval Base Ventura County (NBVC) commands so that military-connected children experience a seamless transition during the transfer between schools. Please contact the School Liaison Officer with any K-12 school-related questions.

Below is contact information for the schools that generally serve the children living in NBVC Family Housing. Please contact the school to verify space availability, school boundaries, and transportation availability.

Point Mugu Housing

School/District	Grades	Contact Information	Website
Laguna Vista Elementary <i>Ocean View School District</i>	PreK-5 th	5084 Etting Road Oxnard, CA 93033 805-488-3638	www.oceanviewsd.org/lvs
Ocean View Jr. High <i>Ocean View School District</i>	6 th -8 th	4300 Olds Rd. Oxnard, CA 93033 805-488-6421	www.oceanviewsd.org/ovjh
Channel Islands High School <i>Oxnard Union High School District</i>	9 th -12 th	1400 Raiders Way Oxnard, CA 93033 805-385-2756	www.channelislandshigh.us

Port Hueneme Housing

School/District	Grades	Contact Information	Website
Bard Elementary <i>Hueneme Elementary School District</i>	K-6 th	6222 E. Pleasant Valley Rd. Port Hueneme, CA 93041 805-488-3583	http://bard.huensd.k12.ca.us
Hueneme Elementary <i>Hueneme Elementary School District</i>	K-6 th	354 N. Third Street Port Hueneme, CA 93041 805-488-3569	http://hueneme.huensd.k12.ca.us
E.O. Green Jr. High School <i>Hueneme Elementary School District</i>	6 th -8 th	3739 South C Street Oxnard, CA 93033 805-986-8750	http://eogreen.huensd.k12.ca.us
Hueneme High School <i>Oxnard Union High School District</i>	9 th -12 th	500 Bard Rd. Oxnard, CA 93033 805-385-2651	www.ouhsd.k12.ca.us/sites/hhs/hhs.htm

Catalina Heights/Camarillo Housing

School/District	Grades	Contact Information	Website
Las Posas Elementary School <i>Pleasant Valley School District</i>	PreK-5 th	75 Calle La Guerra Camarillo, CA 93010 805-482-4606	www.pvsd.k12.ca.us/lasposas
Monte Vista Middle School <i>Pleasant Valley School District</i>	6 th -8 th	888 Lantana Street Camarillo, CA 93010 805-482-8891	www.pvsd.k12.ca.us/montevista
Rio Mesa High School <i>Oxnard Union High School District</i>	9 th -12 th	545 Central Ave. Oxnard, CA 93036 805-278-5500	www.ouhsd.k12.ca.us/sites/rmhs/rmhs.htm

“Quality Service for Quality People”

School Districts Surrounding NBVC

School District	Grades	Contact Information	Website
Hueneme Elementary School District <i>Serves Port Hueneme and areas of South Oxnard</i>	K-8th	205 N. Ventura Rd. Port Hueneme, CA 93041 805-488-3588	www.huensd.k12.ca.us
Ocean View School District <i>Serves Point Mugu, areas of Oxnard, and some unincorporated areas in Vta County</i>	PreK-8th	4200 Olds Road Oxnard, CA 93033 805-488-4441	www.oceanviewsd.org
Oxnard Elementary School District <i>Serves most areas in the City of Oxnard</i>	PreK-8th	1051 South A Street Oxnard, CA 93030 805-487-3918	www.oxnardsd.org
Oxnard Union High School District <i>Serves Oxnard, Port Hueneme, Camarillo, and some unincorporated areas in Ventura County</i>	9 th -12th	309 S. K Street Oxnard, CA 93030 805-385-3500	www.ouhsd.k12.ca.us
Pleasant Valley School District <i>Serves City of Camarillo and Somis</i>	PreK-8th	600 Temple Ave. Camarillo, CA 93010 805-482-2763	www.pvgsd.k12.ca.us
Ventura Unified School District <i>Serves City of Ventura</i>	PreK-8th	255 W. Stanley Ave. Ventura, CA 93001 805-641-5000	www.venturausd.org

Enrollment Options in Ventura County

- **Intra-District Transfer**
 - As space is available; a student can request a transfer to another school within the home school district. Transportation is the responsibility of the parent. Information is available at student's school district. Some districts will begin the school choice process early in the calendar year for the following school year.
 - If a school is placed in Program Improvement (PI) due to the inability to meet Adequate Yearly Progress, a student can request a transfer to another in the school district not in PI, as space permits. Transportation is the responsibility of the school district. Districts do have deadlines for the request. The student's school district can provide additional information.
- **Inter-District Transfer**
 - As space is available; a student may request to attend a school outside of his/her home school district. Transportation is the responsibility of the parent. Some school districts begin the school choice process early in the calendar year for the following school year.

How to request an inter-district transfer:

 - Obtain an Inter-District Transfer Form *from the school district where the student resides*.
 - Complete the form, resubmit to student's home school district requesting a release of the student.
 - Typically, the form will be forwarded to the district of choice. However, verify with the district that this will be the case. If not, submit form to school district of choice.
 - As space is available, the district of choice will approve the request.
- **Charter Schools** - A public school that operates independently of the school district structure. For a listing of the charter schools available in Ventura County, visit the Ventura County Office of Education website at www.vcoe.org . Each charter school has its own registration process and registration period. Transportation is the responsibility of the parent.
- **Private Schools** - Cost and transportation is the responsibility of the parent, however private schools may offer benefits that some public schools are not able to provide such as religious education, alternative schedules, specialized instruction, or before/after-school care.
 - www.archdiocese.la - Parents looking for Catholic schools in Ventura County can search on the website of the Archdiocese of Los Angeles
 - www.acsi.org/ - Association of Christian Schools International (ACSI) is an organization of Christian preschools, elementary, and secondary schools. Member schools can be searched on the ACSI website.
 - www.wascweb.org – The Western Association of Schools and Colleges (WASC) accredits public and private schools in the western region. Elementary and Secondary schools accredited by WASC in Ventura County can be searched for on the WASC website.
- **Home School** – An option for parents who desire to teach their children. All costs are the responsibility of the parent. Some available resources for parents interested in homeschooling:
 - Local School District- Many school districts offer a home school option. Check with your local school district.
 - www.californiahomeschool.net or www.hsc.org – Provides information about current state and federal legislation affecting homeschooling families, and how to get started home schooling.

“Quality Service for Quality People”

CHILD DEVELOPMENT CENTER AND CHILD DEVELOPMENT HOMES

Online Child Care Application: <https://qol.navyaims.net/CYPWeb/>

Child Development Centers and Child Development Homes offer full time care for children 6 weeks to 5 years of age. Children are supervised by qualified staff that receive ongoing training and provide activities that promote physical growth, motor development, thought and language development and creativity. Fees are based on total family income.

Home based child care is offered on a full time or part time basis. Providers are qualified professionals, operating independent programs at Port Hueneme, Point Mugu and Camarillo. The Child Development Homes (CDH) Program provides referrals to military families needing child care and offer training to prospective CDH Providers.

Facility	Information
Child Development Center Point Mugu	Bldg#: 173 Ph: 805-989-3675 Fax: 805-989-4653 Hours: Mon - Fri: 6:30am - 5:30pm Closed Sat, Sun & Hol
Child Development Center Port Hueneme	Bldg#: 1391 & 1487 Address: 1000 23rd Ave. Ph: 805-982-4663 / 805-982-4849/805-982-2050 Fax: 805-982-5943 Hours: Mon-Fri: 6:30am - 5:30pm Closed Sat, Sun & Hol
Child Development Home Office (CDH)	Ph: 805-982-2050
CDC / CDH / SAC Central Enrollment Waiting List	Ph: 805-982-4663 To enroll in CDC/CDH/SAC programs contact the Central Enrollment Clerk

YOUTH PROGRAM AND TEEN CENTERS

Our Youth Centers provide diverse, well-rounded recreation programs for children pre-school through sixth grade. The modern center features snack shops, dance, games and education classrooms. During the school months, the center has before and after school programs. Fully supervised and structured youth programs run throughout the summer. Special events, trips and games are offered during the year.

Pre-School Enrichment Program is also offered on base for children ages 4-5 years of age. This program is designed to prepare your children for the school year. Our program follows the Hueneme and Oxnard School schedule. The Enrichment Program is offered Mon-Fri 0900-1200 each day.

The Port Hueneme and Point Mugu Teen Centers offer a variety of exciting activities for teenagers with computers, video games, ping pong, air hockey, snack bar, dances and road trips.

Facility	Information
Port Hueneme Youth Center	Bldg#: 1439 Ph: 805-982-4218 Hours: Before & After School Care Program: Mon - Fri: 6:30am - 5:30pm
Port Hueneme Teen Center	Bldg#: 1439 Ph: 805-982-4218 Hours: Mon - Fri: 2pm - 8pm Sat: 4 -8 pm Yearly membership or pay per day. Ages 12-17 years only
Point Mugu Youth Center	Bldg#: 150 Ph: 805-989-7580 Hours: Before & After School Care Program: Mon - Fri: 6:30am - 5:30pm
Point Mugu Teen Center	Bldg#: 150 Ph: 805-989-7580 Hours: Mon - Thru: 4pm - 7pm Fri: 4pm - 9pm Yearly membership or pay per day. Ages 12-17 years only
Camarillo Youth Center	Ph: 805-484-5414 Hours: Mon - Fri: 6:30am - 5:30pm

CDC/CDH/ AND YOUTH PROGRAM WAITLIST POLICY

Children of single active duty personnel and active duty have priority enrollment. NBVC civilian employees are eligible as space is available. There is a wait list especially for infant care. Fees and charges are varied based on the active duty member's pay grade. Contact either of the CDC offices for specific enrollment procedures, estimated wait times and drop in care processing as soon as you receive our PCS orders.

The following priorities have been set by Command for Child Care Waitlist:

- (1) Active duty single parents with custody and active duty dual military. A copy of the Dependent Care Plan must accompany the DOD Request for Care Record before the child can be placed on the waiting list.
- (2) Active duty military with full time working spouse or full time student spouse. A copy of the school schedule must accompany the DOD Request for Care Record before the child can be placed on the waiting list.
- (3) Reservists on active duty or reservists in training.
- (4) DOD civilian personnel, DOD contractors working full time in the region, active duty with nonworking spouses who are not full time students.

We understand that childcare is a critical issue for you and we will make every effort to offer a viable option for you as soon as possible.

RELIGIOUS SERVICES

<p style="text-align: center;"><u>SEABEE CHAPEL</u></p> <p style="text-align: center;">PORT HUENEME, CA 93043</p> <p style="text-align: center;">Phone: (805) 982-4358</p> <p style="text-align: center;">Fax: (805) 982-5364</p> <p>PROTESTANT</p> <p><u>Worship Schedule</u></p> <p>Sunday 0900 Main Chapel *nursery is available</p> <p><u>Choir Rehearsal</u></p> <p>Wednesday 1800 Main Chapel</p> <p><u>Women's Bible Study</u></p> <p>Tuesday 1000 Fellowship Hall</p> <p>Wednesday 0930 Fellowship Hall</p> <p>CATHOLIC</p> <p><u>Mass Schedule</u></p> <p>Sunday 1115 Main Chapel</p> <p><u>Daily Mass</u></p> <p>Wednesday 1130 Main Chapel</p> <p><u>Choir Rehearsal</u></p> <p>Friday 1900 Main Chapel</p> <p><u>Religious Education (CCD)</u></p> <p>Tuesday 1715-1815 Education Wing (September – May)</p>	<p style="text-align: center;"><u>CHAPEL OF FAITH</u></p> <p style="text-align: center;">POINT MUGU, CA 93042</p> <p style="text-align: center;">Phone: (805) 989-7967</p> <p style="text-align: center;">Fax: (805) 989-7968</p> <p>CATHOLIC</p> <p><u>Mass Schedule</u></p> <p>Sunday 0900 Main Chapel</p> <p><u>Daily Mass</u></p> <p>Thursday 1130 Main Chapel</p> <p>PROTESTANT</p> <p><u>Anglican/Episcopal Service</u></p> <p>Sunday 1100 Main Chapel</p> <p><u>Sunday School / Children's Ministry*</u></p> <p>Sunday 1100 Classroom 14</p> <p>*Children ages 5-12</p>
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OUR MISSION

The Command Religious Program (CRP) at Naval Base Ventura County is sponsored by the Commanding Officer and managed directly by the Command Chaplain. The chapel supports the command mission by fostering the religious, spiritual, moral, and ethical well-being of our military personnel and their families by providing opportunities for worship, religious education, fellowship, and counseling.

All numbers listed are commercial. Numbers beginning with 805-989-XXXX are for facilities at Point Mugu. For Port Hueneme listings, look for 805-982-XXXX numbers. DSN translation for 989-XXXX numbers is 351-XXXX. For 982-XXXX numbers, dial 551-XXXX.

Directory

Point Mugu phone directory	805-989-1110
Port Hueneme phone directory	805-982-4711
Police dispatch	805-982-4591/2023
Fire	805-982-4595 805-989-7034

Community Police Departments

Port Hueneme Police Dept.	805-488-3611 805-986-6530
Point Mugu VC Sheriff's Office	805-654-2336
Oxnard Police Department	805-385-7600 805-385-7628
Ventura Police Department	805-654-7700 805-339-4400
Camarillo Police Department	805-485-6747 805-388-5100
California Highway Patrol	805-477-4100 805-654-4571

Directory

Armed Forces Bank	805-815-4845
Bachelor Housing	805-982-4551 805-989-0406
San Nicolas Island	805-989-2143
After hours	805-312-1993
Student Dormitory Mgr.	805-982-7297
CBC Federal Credit Union	805-988-2151
Chapel	805-982-4358 805-989-7967
Civilian Personnel Office	805-982-2418
Color Guard / Honor Guard	805-989-0595
Command Career Counselor	805-989-7181/8728
Command Duty Officer (NBVC)	805-207-7277
Commissary	805-982-2400
DEERS	1-800-334-4162
Dental Clinic	805-989-7603 805-982-5584
Emergencies/after hours	805-797-4544
Fleet and Family Support Center	805-982-5037 805-989-8146
FOCUS Group	805-982-4486
Galleys	805-982-4739 805-989-8650

Health Clinic	805-982-6320
Active Duty appointments	805-989-8815/6
After hours referral authorization	805-989-8815
Aviation medicine/Physicals	805-989-7213
Optometry	805-982-6336 805-989-3923
Housing Office	805-982-4321
Household Goods	805-982-4099/5472
Human Resource Office	805-982-2418
Lincoln Housing	805-483-2383 (Port Hueneme) 805-986-0928 (Point Mugu) 805-419-4921 (Camarillo)
Motorcycle Training Program	805-989-0007
Navy College Office	805-982-3940 805-989-8362
Naval Criminal Investigative Services (NCIS)	805-982-4524
Navy Gateway Inns & Suites	805-982-6025 805-989-8251 805-989-2143 (San Nicolas Island)
Navy College Learning Center	805-982-3940
Navy Exchange	805-982-6800 805-488-6333
Car Care Center	805-982-4770
Navy Legal Service Office	805-982-3124 805-989-7309
Navy Lodge	1-800-628-9466 805-985-2624
Navy Marine Corps Relief Society	805-982-4409

Ombudsman for NBVC	805-509-3799
Personal Property Office	805-982-4099/5260
Pharmacy	805-982-6450
	805-989-3922
Refills	866-286-8249
Physical Security/Crime Prevention Program	805-982-5525
Post Office	805-982-4761
Pride Industries	805-982-6789
Personnel Support Detachment	805-982-2573
Duty PSD – after-hours	805-901-0177
DEERS update	800-538-9552
ID Card/CAC Card	805-982-5367 / 2916 / 2385
Public Affairs Office (NBVC)	805-989-8095/9234
Public Works (service call)	805-982-2222
	805-989-8888
Quarterdeck (NBVC)	805-989-7209
Recycling	805-989-9899
	805-982-1929
Red Cross	805-982-3074
SATO Travel (Government Travel)	855-744-4659
School Liaison Officer	805-989-5211
Seabee Museum	805-982-5165
Security Management Office	805-989-8876/0349
Staff Judge Advocate	805-989-7309
	805-982-4535

Substance Abuse Rehabilitation Program (SARP)	805-982-4300
Thrift Shop	805-982-4410
Vehicle Registration	805-982-4371
Veterinary Services	805-982-3271
Visitor Control (Pass & ID)	805-982-4371 / 2019
Weapons Registration	805-989-7756

Morale Welfare & Recreation

MWR Main Office & Theater Reservations	805-982-5554
Aquatics	805-982-4752 805-989-7788
Auto Hobby Shop	805-982-4399 805-989-7353
Beach Motel (PM) & Camp Site Reservations	805-989-8407
Bowling Center	805-982-2619 805-989-7667
Child Development Center	805-982-4849 / 4663 805-989-3675
Fairways RV Resort Park	805-982-6123
Gyms	
Bee-Fit Wellness Center	805-982-4726
Bee-Hive Gym	805-982-4774
Point Mugu Gym	805-989-7728/8317
Warfield Gym	805-982-5173
Information, Tickets and Tours	805-982-4284 805-989-7628
Movie Schedule	805-982-5002

School Age Care	805-982-3324
Seabee Golf Course	805-982-2620
Youth and Teen Centers	805-982-4218 805-989-7580 805-383-6240 (Camarillo)

Community Resources - Ventura County

Community Memorial Hospital – Ventura	805-652-5011	
St. John's Regional Hospital – Oxnard	805-988-2500	
Vista Del Mar Hospital – Ventura	805-653-6434	
LAX Airport	310-646-5252	
Oxnard Airport	805-388-4274	
Road Runner Shuttle (to LAX/Oxnard)	1-800-247-7919	
Ventura County Airporter (to LAX/Oxnard)	805-650-6600	
Department of Motor Vehicles	1-800-777-0133	www.dmv.ca.gov
Food Stamps	805-385-8519	
GI Bill	1-888-GI-BILL	www.gibill.va.gov
IRS Customer Service	1-800-829-1040	
Navy Federal Credit Union	1-866-454-3141	
Ventura County - Govt Ctr	805-662-6661	
Ventura County - Marriage License	805-654-3788	
Veteran's Affairs Office – Ventura	1-800-827-1000	805-477-5155
Woman Infants & Children (WIC)	1-800-942-9675	805-981-5251



FACILITIES LISTINGS



Athletics

Mugu Gym

Phone # (805) 989 - 7728
 Hours of Operation
 Mon-Thurs: 5am - 10pm
 Fri: 5am - 8pm
 Sat: 9am - 7pm
 Sun: 9am - 5pm

Family Fitness Ctr. Mugu

Phone # (805) 989 - 7728
 Hours of Operation
 Daily - 24 hrs w/access key
 See Mugu Gym for details

Warfield Gym

Phone # (805) 982 - 5173
 Hours of Operation
 Mon-Thurs: 5am - 10pm
 Fri: 5am - 8pm
 Sat: 9am - 7pm
 Sun: 9am - 5pm

Beehive Gym

Phone # (805) 982 - 5173
 Hours of Operation
 Mon-Fri: 6am - 8pm

Boxing Gym

Phone # (805) 982 - 5173
 Hours of Operation
 Mon-Fri: 12pm-8pm

Seabreeze Aquatic Center

Phone # (805) 982 - 4752
 Hours of Operation
 (winter)
 Mon-Fri: 6am - 8am
 Mon-Fri: 11am - 1pm
 Mon-Fri: 4:30pm - 6:30pm
 (summer)
 Mon-Fri: 6am - 8am
 Mon-Fri: 11am - 7pm
 Sat-Sun: 12pm - 5pm

Mugu Pool

Phone # (805) 989 - 7788
 Hours of Operation
 (winter)
 Mon-Fri 6am - 8am
 Mon-Fri: 11am - 1pm
 (summer)
 Mon-Fri 6am - 8am
 Mon-Fri: 11am - 6pm
 Sat: 12pm - 5pm
 Sun: 12pm - 5pm

Athletics (cont.)

Beefit Wellness Center

Phone # (805) 982 - 4726
 Hours of Operation
 Mon-Thurs: 6am - 7pm
 Fri: 6am - 1pm
 Sat: 8:30am-10:30pm

Clubs & Dining

Flightline Cafe & Rec

Phone # (805) 989 - 7747
 Hours of Operation
 Mon-Fri: 6am - 7pm

Duke's Place Ball Room

Phone # (805) 982 - 5293
 Hours of Operation
Reservation Only

Bard Mansion

Phone # (805) 982 - 5293
 Hours of Operation
 Tue: 11am - 1pm
 Thurs: 11am - 1pm

Reef (Chief's Club, Hueneme)

Phone # (805) 982 - 4605
 Hours of Operation
 Wed-Fri: 3pm - TBD

O-Zone Club

Phone # (805) 982 - 3120
 Hours of Operation
 Fri: 4pm - TBD

19th Hole Snack Bar

Phone # (805) 982 - 4605
 Hours of Operation
 Daily: 6am - 3:30pm
 Wedges Bar
 Fri/Sat/Sun: 11am - 5pm

9th Hole Snack Bar

Phone # (805) 982 - 4286
 Hours of Operation
 Wed-Sun: 9am - 3pm

Bowling

NBVC Lanes (Port Hueneme)

Phone # (805) 982 - 2619
 Hours of Operation
 Mon-Thurs: 10am - 10:30pm
 Fri-Sat: 10am - Midnight
 Sun: 8am - 10:30pm

NBVC Lanes (Point Mugu)

Phone # (805) 989 - 7667
 Hours of Operation
 Wed: 11am - 1pm
 Thu-Sat: 5pm - 10:30pm

Ticket Office

NBVC Port Hueneme

Phone # (805) 982 - 4284
 Hours of Operation
 Mon-Fri: 10am - 6pm

NBVC Point Mugu

Phone # (805) 989 - 7628
 Hours of Operation
 Mon-Fri: 10am - 6pm
 Sat: 10am - 5pm

Movie Theaters

Needham Theater

Phone # (805) 982 - 5002
 Show Times
 Thurs: 7pm
 Fri: 7pm & 9pm
 Sat: 2pm, 5pm, & 8pm
 Sun: 2pm & 5pm

Mugu Theater

Show Times
 Fri: 7pm
 Sat: 2, 4, & 7pm
 Sun: 2 & 4pm

MWR ADMINISTRATION

Phone # (805) 982 - 5554
 Hours of Operation
 Monday - Friday: 8am-4:30pm
 BLDG: 1180 Port Hueneme
 (across from the FFSC)





FACILITIES LISTINGS



Golf

NBVC Seabee Golf Course
 Phone # (805) 982 -2620
 Hours of Operation
 Daily: Sun up - Dusk

Outdoor Gear Rental
 Phone # (805) 982 - 4282
 Hours of Operation
 Mon- Fri: 7:30am -4pm
 Sat: 10am - 2pm
 Sun: Closed

Parks

Bolles Field & Picnic Area
 Park Reservation hotline
 Phone # (805) 982 - 4281

Stingers Softball Complex
 Park Reservation hotline
 Phone # (805) 982 - 5173

Mugu Picnic Pavilion
 Park Reservation hotline
 Phone # (805) 989 - 7378

Storage

Hueneme Lock & Leave
 Phone # (805) 982-6123
 Hours of Operation
 Daily: 7:30am - 7pm

Vehicle Storage
 Phone # (805) 982 - 6123
 Hours of Operation
 Daily: 7:30 - 7pm

Auto Hobby

Hueneme Auto Center
 Phone # (805) 982 - 4399
 Hours of Operation
 Wed - Fri: 11am - 7pm
 Sat & Sun: 10am - 6pm

Mugu Auto Center
 Phone # (805) 989 - 7353
 Hours of Operation
 Tue-Thurs: 11am - 7pm
 Fri: 9am - 7pm
 Sat: 9am - 7pm
 Sun: 12pm - 7pm

Lodging

Point Mugu Beach Motel
 Phone # (805) 283 - 4240
 (805) 989 - 8407
 Hours of Operation
 Open 24 Hours

Fairways RV Resort
 Phone # (805) 982 - 6123
 Hours of Operation
 Daily: 9am - 5pm

Liberty

CoffeeNet (NBVC Port Hueneme)
 Phone # (805) 982 - 6695
 Hours of Operation
 Mon-Thurs: 6am - 9pm
 Fri: 6am - 11pm
 Sat: 11am - 11pm
 Sun: 11am - 7pm

SurfNet (NBVC Point Mugu)
 Phone # (805) 989 - 0919
 Hours of Operation
 Mon-Fri: 10am - 11pm
 Sat: 11am - 11pm
 Sun: 11am - 7pm

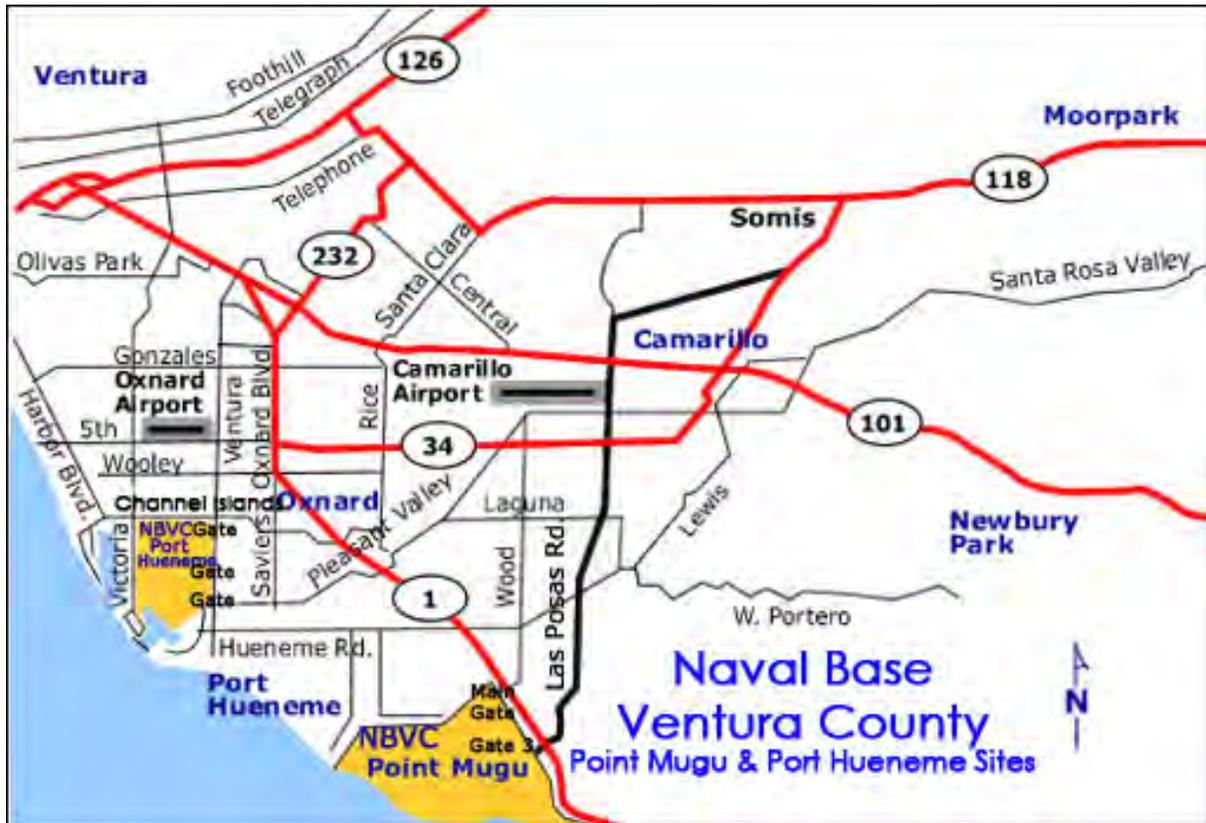
FFR Programs

C.Y.P. SAC Programs
 NBVC Port Hueneme.....
 Phone # (805) 982 - 4218
 Hours of Operation
 Mon-Fri: 6:15am - 5:30pm
 NBVC Point Mugu.....
 Phone # (805) 989 - 7580
 Hours of Operation
 Mon-Fri: 6:15am - 5:30pm
 Camarillo.....
 Phone # (805) 484 - 5414
 Hours of Operation
 Mon-Fri: 6:15am - 5:30pm

NBVC CDC Program
 NBVC Port Hueneme.....
 Phone # (805) 982 - 4663
 Hours of Operation
 Mon-Fri: 6:15am - 5:30pm
 NBVC Point Mugu.....
 Phone # (805) 989 - 3675
 Hours of Operation
 Mon-Fri: 6:15am - 5:30pm
CDH Program
 Phone # (805) 982 - 3324
 Hours of Operation
 Mon-Fri: 8am - 5pm

C.Y.P. Teen Center
 NBVC Point Mugu.....
 Phone # (805) 989 - 7580
 Hours of Operation
 Mon-Thu: 3pm - 7pm
 Fri: 4pm - 8pm
NBVC Galley
 Phone # (805) 982 - 2626
NBVC NGIS
 Phone # (805) 982 - 6025
 Phone # 1-800 628 - 9466
NBVC FFSC
 Phone # (805) 982 - 5037

MAP OF THE AREA

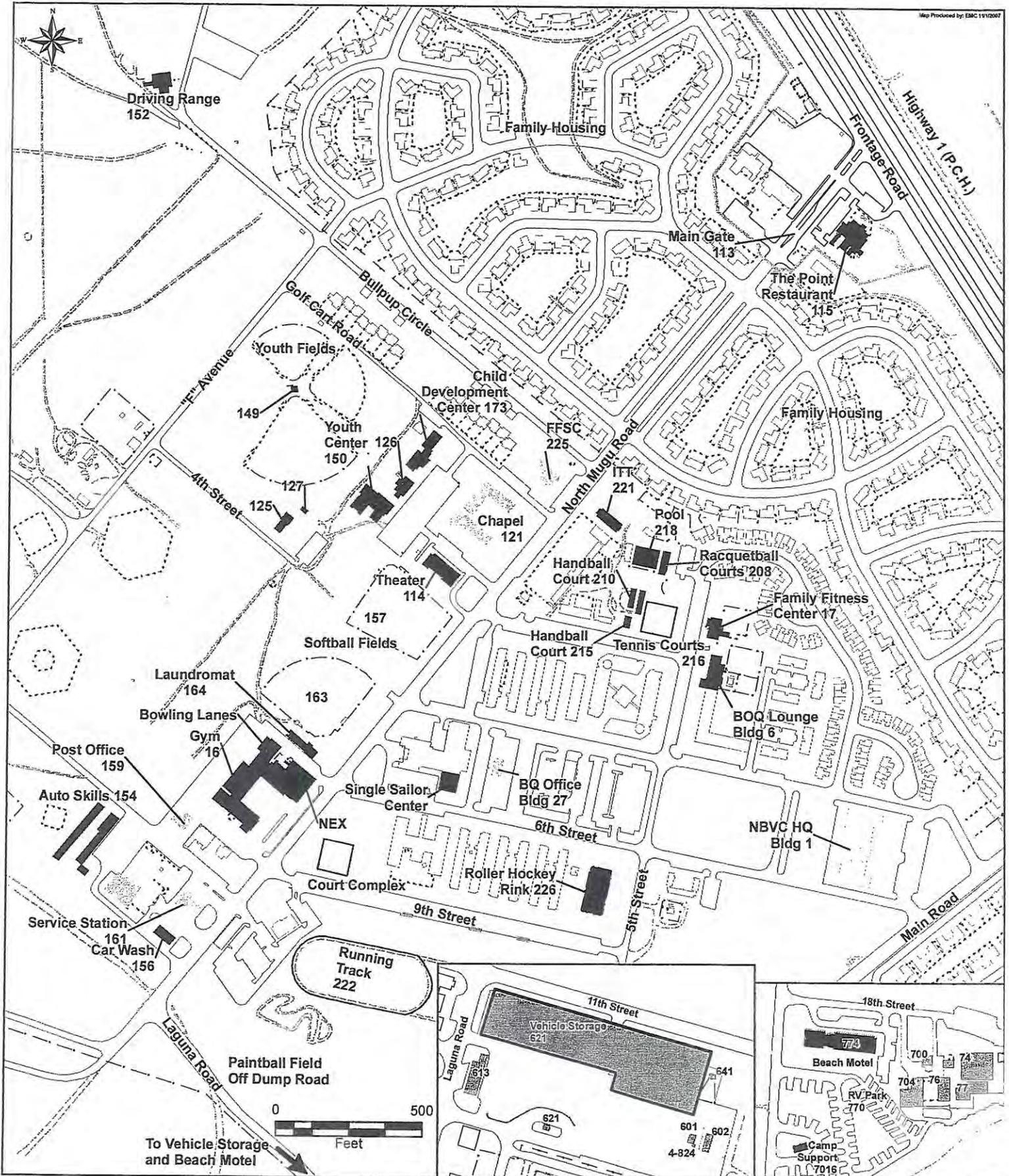


NAVAL BASE VENTURA COUNTY MWR FACILITIES, PORT HUENEME



Facility Listing (on back)

NAVAL BASE VENTURA COUNTY MWR FACILITIES, POINT MUGU



Facility Listing (on back)

Naval Branch Health Clinic (NBHC) Information Sheet
Providing Healthcare services to military communities at Port Hueneme,
Point Mugu and San Nicolas Island

Hours of Operation and Information

Port Hueneme: Active duty, and other Prime beneficiaries <i>Monday – Thursday – 0730-1800, Friday – 0730-1630</i> General Information Phone: 805-982- 6301	Point Mugu Clinic: Active duty personnel only <i>Monday – Friday – 0730-1630 (Active Duty Only)</i> General Information Phone: 805- 989-8815/8816
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After hours care /Emergency Room /Urgent care authorization

Please contact the Medical / Dental officer of the Day at Branch Medical Clinic Point Mugu: 805- 989-8815/8816

For Emergencies (Possible loss of life, limb, or eye sight), CALL 911

If outside local area (Leave/PCS etc...) you must contact your PCM for a referral or call 1-888-874-9378 (TRIWEST) for advice and authorization for urgent care before receiving care.

(This number is manned 24 hours a day, for your convenience.)

<p align="center">Appointment Information Port Hueneme Clinics</p> <table border="1"> <tr><td>Pediatrics</td><td>805-982-6342</td></tr> <tr><td>Primary Care</td><td>805-982-6320</td></tr> <tr><td>Immunizations</td><td>Call Primary care.</td></tr> <tr><td>Pharmacy</td><td>805-982-6450</td></tr> <tr><td>Medical Records</td><td>805-982-6364</td></tr> <tr><td>Optometry</td><td>805-982-6336</td></tr> <tr><td>Overseas Screening</td><td>805-982-6152</td></tr> <tr><td>Deploying Personnel (PHA)</td><td>805-982-6366</td></tr> <tr><td>Laboratory</td><td>805-982-6408</td></tr> <tr><td>Physical Therapy</td><td>805-982-6335</td></tr> <tr><td>Occupational Health</td><td>805-982-6360</td></tr> <tr><td>Dental (Building 914, AD only)</td><td>805-982-5584</td></tr> </table>		Pediatrics	805-982-6342	Primary Care	805-982-6320	Immunizations	Call Primary care.	Pharmacy	805-982-6450	Medical Records	805-982-6364	Optometry	805-982-6336	Overseas Screening	805-982-6152	Deploying Personnel (PHA)	805-982-6366	Laboratory	805-982-6408	Physical Therapy	805-982-6335	Occupational Health	805-982-6360	Dental (Building 914, AD only)	805-982-5584	<p align="center">TRICARE</p> <table border="1"> <tr> <td>TRICARE (TRIWEST) Service Center numbers</td> <td>1- 888 –TRIWEST 1- 888-874-9378</td> </tr> </table> <p>1. TRICARE Service Center located next to NBHC building 1402. Hours of operation 0730-1630 Monday – Friday.</p> <p>2. All eligible beneficiaries must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) and present a valid ID card when receiving services. Children 10 and above are required to have an ID card. Children under 10 should have an ID card of their own when in the custody of a parent who is not eligible for benefits.</p> <p align="center">Managed Care</p> <table border="1"> <tr> <td>Beneficiary Counseling and Assistance Coordinator (BCAC) and Debt Collections</td> <td>805- 982-6369</td> </tr> <tr> <td>Consults and referrals</td> <td>805- 982- 6322 /6323</td> </tr> </table> <p><i>NOTE: Make sure your address is current in DEERS. Specialty care authorizations will be sent to the beneficiary's address listed in DEERS.</i></p> <p align="center">Base information</p> <table border="1"> <tr><td>Base information line</td><td>805-982-4711</td></tr> <tr><td>Fleet Family Support Center</td><td>805-982-5037</td></tr> <tr><td>Chaplain Office</td><td>805-982-4358</td></tr> </table>		TRICARE (TRIWEST) Service Center numbers	1- 888 –TRIWEST 1- 888-874-9378	Beneficiary Counseling and Assistance Coordinator (BCAC) and Debt Collections	805- 982-6369	Consults and referrals	805- 982- 6322 /6323	Base information line	805-982-4711	Fleet Family Support Center	805-982-5037	Chaplain Office	805-982-4358
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PHARMACY

Port Hueneme Pharmacy Hours: Monday – Thursday, 0730-1630; Friday – 0800-1630

-Refills may be picked up *Monday – Thursday* until 1630. No civilian prescriptions will be filled after 1500, except emergency medications. For questions, please call **805 982-6450**. This phone number may also be used to find out if we carry the particular medication you are requesting.

-**Pharmacy Refill Line: 1-866-286-8249**. At your next visit to the clinic pharmacy, ask about the Mail Order Pharmacy program or go to www.express-scripts.com/TRICARE or call 1-877-363-1303. To utilize network pharmacies with low co-pay, go to <http://www.tricare.osd.mil/pharmacy/>.

Your NBHC values your input concerning this information sheet. If you wish to see further information not provided on this sheet, please call the clinic Administrative Officer at 982-6370.

NAVY COLLEGE NEWS

Your Source for College Information Since 1974

NAVY COLLEGE HELPS YOU REACH YOUR EDUCATIONAL GOALS

Taking the first step and making the decision to go to school can be the most difficult. Also difficult is choosing where to go.

The Navy College is here to help. Most shore tours last for 36 months and everyone is looking for the quickest and easiest route to a college degree. However, the quick and easy route isn't always the best one and those offering that route may not have a sailor's best interests in mind.

While we're not in the business of telling sailors where they should use their benefits, it's important for them to be as informed as possible.

The choice of an institution should be made only after considering:

- educational goals
- transfer of credit policies

- graduation rates, and a
- prospective school's reputation.

Terminal vs. Four-Year

A 'terminal degree' is usually an Associates' degree that is earned by doing what is considered vocational level work. Programs usually last about 18 months, and courses center around the program, i.e. electronic repair. Little emphasis is placed on general education such as English, math, humanities, etc.

While there are for-profit schools that may offer a quality education with a flexible schedule, no student should be swayed by slick marketing that sells a false promise of military and Veteran friendliness or guaranteed job placement.

For some, vocational degrees are perfect; they have no intention of ever attend-

ing a four-year school.

However, if you think you'll want to transfer to a four-year university later, your terminal degree will not transfer. With program costs running upwards of \$50,000, this could be a costly, and time wasting, set back.

Another option is to check into the less expensive community college programs which offer great value and the added benefit of transferability.

To get started, see your Navy College representative, who can point you in the right direction. By printing your SMART, you can get an idea of how many college credits you have already earned just by your military service. We can help develop an educational path that best suits your needs.

About Navy College

The Navy College provides Sailors with opportunities to earn college degrees through a variety of options. The program's mission is to provide continual academic support to Sailors while they pursue a technical or college degree, regardless of their location or duty station.

TWO NAVY COLLEGE OFFICES TO SERVE YOU

NBVC Pt Mugu Bldg 160

Hours: M-F
0800-1700

Phone: (805) 989-8362

Appointments start at 0800

Bryan Burdick Bryan.burdick@navy.mil

NBVC Pt Hueneme Bldg 104
"The White House"

Hours: Tues/Thurs &
every other Fri
0800-1630

Katie Zack

Katie.zack@navy.mil

CLEP & DANTES TESTING AT NBVC POINT MUGU

CLEP and DANTEs exams are available through the University of La Verne's Point Mugu Campus, located on NBVC Point Mugu.

Testing is available every Wednesday and every 1st Monday of the month in Building 200, room P3.

Testing is free to take and administer for Active duty, and in some cases, spouses,

dependents and DoD employees. Veterans are not free, but can be reimbursed through VA for CLEP exams.

Exam fees are \$80(DSST), \$77(CLEP) paid online, and a \$20 Administration Fee payable to the University of La Verne.

To schedule an exam, please contact Lilly Guerra at

lguerra@laverne.edu or call (805) 986-1783 x6963

CLEP and DANTEs exams, descriptions and test prep resources can be found at:

www.collegeboard.com/clep

www.getcollegecredit.com

www.free-clep-prep.com

www.instantcert.com



Exceptional Service



Exceptional Families

Benefits of enrolling in the Exceptional Family Member Program:

- ✳ Provides support to military family members with special needs
- ✳ Documents needs, including: physical health needs, mental health needs, as well as special education needs
- ✳ Enrollment ensures consideration of family members special needs in the detailing process

EFMP Liaison: Gil Cajala 805-982-3159



YOUR MONEY MATTERS!

Taking Charge of Your Money CD

Learn “Balance”: A three part method for getting control of your money

- Figuring out your “must-have” expenses
- Fitting in your wants
- Saving & paying off debts

Learn how to get in control of your money - today!

To order your free CD, visit Military OneSource online:
www.militaryonesource.com

Or call anytime!

Stateside: 1-800-342-9647

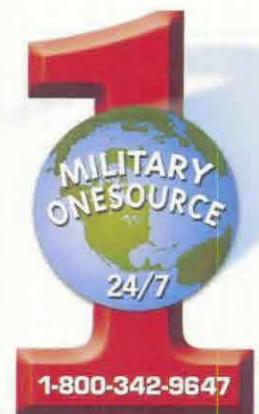
Overseas: access code, 800-3429-6477

Access codes can be found online

Collect from outside the US: 484-530-5908

Dial the international operator first

For active duty, Guard & Reserve, and families



QUICK ASSIST LOANS

Another Program from Your

Navy-Marine Corps Relief Society

Offering Active Duty Navy and Marine Corps Service Members

Up to \$300 Interest-Free Loans

in as little as 15 minutes

No appointment Necessary

When you need help with

- Basic Living Expenses – housing, food, clothing, utilities
- Medical Expenses
- Dental expenses
- Vehicle/Transportation expenses
- Family Emergency

You Are Eligible If:

- You are serving on Active Duty in the Navy or Marine Corps and
- You have repaid all previous loans with the Navy Marine Corps Relief Society
- You are not pending or had any disciplinary action in the last 6 months
- You are not under Chapter 7 or Chapter 13 bankruptcy protection
- You have not received a grant or had a loan converted in the last 12 months

You Must:

- Bring your most recent Active Duty LES and Active Duty ID Card
- Fill out a short application available in the office, or fill one out on line at www.nmcers.org and bring with you to your local NMCRS office

Do not fall victim to the Predatory Lenders!

Make Navy-Marine Corps Relief Society Your First Resource!



Navy-Marine Corps Relief Society Office
Welcome Center-BLDG 1169
Port Hueneme Open 9-3 Monday-Friday
805-982-4409





Fleet & Family Support Center

Programs, Services, & Classes

We now have three locations to serve you!!

Financial counseling, employment assistance,
individual, couples & family counseling available at all three locations!
One call serves all...1-866-923-6478 Toll-free, 24/7 Appointment line.

PORT HUENEME Bldg 1169 (805)982-5037 - POINT MUGU Bldg 225 (805)989-8146 - CAMARILLO 913B Calle La Roda (805)982-5037

GENERAL PROGRAMS & CLASSES :

FINANCIAL

- One-on-one financial Counseling
- Command Financial Specialist Training
- Home Buying Seminar

LIFE SKILLS

- Individual, couples, child, family counseling

RELOCATION

- Welcome Aboard!
- Sponsor Training
- Smooth Move

CAREER SUPPORT & RETENTION

- Transition Assistance: TAP & XTAP
- Corporate Resume & Federal Resume
- Family/Spouse Employment
- Interview Skills
- Goal Setting

DEPLOYMENT SUPPORT

- Deployment Readiness & Homecoming

EXCEPTIONAL FAMILY MEMBER PROGRAM

SEXUAL ASSAULT PREVENTION & RESPONSE

DOMESTIC ABUSE VICTIM ADVOCATES

For more information on any of these programs,
please call the FFSC at 805.982.5037

COUPLES WORKSHOPS:

- Family/Spouse Employment
- Married to the Military
- The 5 Love Languages
- Creative Connections for Couples
- Couples Communication



WORKSHOPS FOR PARENTS (MARRIED/SINGLE PARENTS):

New Parent Support Program: An in-home
visitation program for children 0-36 months.
Call 805.982.4130 for information.

- Infant/Baby Massage
- Brand New Baby
- Boot Camp for New Dads
- Yoga Mamas
- New Mamas
- Toddler Playgroup
- 1-2-3 Magic (2-12 year olds)
- More 1-2-3 Magic (2-12 year olds)
- General Parenting
- Co-Parenting
- Teen Parenting
- Stop Yelling!



SERVICES & CLASSES FOR SINGLE SAILORS:

- One-on-one financial counseling
- Transition Assistance Program
- Car-buying workshop
- Lending Lockers
- Resume Courses
- Individual Counseling
- Stress Management
- Disaster Preparedness



<http://www.facebook.com/FFSC.NBVC>

FFSC LENDING LOCKER



If you are transferring in or out of NBVC, stop by for some household essentials from our lending locker.

Hospitality kits include:

- *Dishes & silverware
- *Pots & pans
- *Bakeware
- *Toasters
- *Irons & ironing boards
- *Sleeping mats

Kits can be checked out for 30 days at a time. All items must be returned in the condition in which they were issued. Contact (805) 982-3726 for more information!

