Permanent Change of Station (PCS) moves are challenging. This “Hot Sheet” lists resources that can help!

New to San Diego?

**FLEET & FAMILY SUPPORT CENTER (FFSC)**

*Your one stop shop!* FFSC serves every member of the military and their families. Services include FREE Welcome Aboard Packages, referrals, workshops, career support, financial management, deployment support, EFMP support, volunteer options, counseling, and more. FFSC offers “Lending Lockers” at our three on-base locations with basic kitchen items for loan.

**NEED TEMPORARY LODGING?**
Naval Base: 800-NAVY-INN
Naval Base San Diego: 619-556-8443

**NEED HOUSING INFORMATION?**
Bring a copy of your Page 2 & Orders to the Housing Welcome Center, NBSD Bldg 3544 or call 619-556-8443. Complete your application online: http://lincolnmilitary.com/installations/san-diego-naval-complex/

**UNACCOMPANIED HOUSING:** Please see below*

**LINCOLN MILITARY HOUSING:** 619-556-7667

**NEED CHILD CARE?**
www.militarychildcare.com

**LOOKING FOR SCHOOLS?**
Visit www.greatschools.org for information or contact your School Liaison Officer http://navylifesw.com/sandiego/families/cyp/schoolliaison/

**MOVING ENTITLEMENTS:**
For current allowances, visit www.defensetravel.mil or call your nearest PSD. Hot Tip: Ask your
www.defensetravel.mil

**NAVY MARINE CORPS RELIEF SOCIETY (NMCRS):**
619-556-7404
Navalsup (Household Goods):
Questions about storage or shipping household goods?
http://www.navsup.navy.mil/household
Call (855) HHG-MOVE or email: householdgoods@navy.mil.
Or for more information visit www.move.mil.

**UPDATE DEERS:**
Call 800-538-9552 or visit www.dmdc.osd.mil/milconnect

**UPDATE TRICARE:**
877-988-WEST or www.uhmilitarywest.com

**UPDATE METLIFE (DENTAL):**
855 MET-TDP1 or www.empireemployeedental.metlife.com

**NAVAL LEGAL SERVICES:**
619-556-2211 or www.jag.navy.mil

**HELPING RESOURCES:**
211: 24/7 referrals to community resources in southern CA, including childcare! Call 2-1-1 from a land line, 858-300-1211 from a cell, or visit www.211sandiego.org

**NAVY MARINE CORPS RELIEF SOCIETY (NMCRS):**
Call to set an appointment for a budget evaluation before you choose a place to live to help you choose

**housing you can afford. See www.nmcrs.org for more information and locations.**

**MILITARY ONE SOURCE:**
Free community and relocation information, 24 hours/day. Call 800-342-9647 or see articles at www.militaryonesource.mil

**DEPARTMENT OF MOTOR VEHICLES:**
Phone: 800-777-0133
www.dmvd.ca.gov/portal/dmv

**PETS & TRAVEL**
Hotels Accepting pets www.petswelcome.com
FAA Pet Travel Requirements www.faa.gov/passengers/fly_pets/
Military Veterinary Office, MCAS Miramar: 858-577-6552

**EXCEPTIONAL FAMILY MEMBER PROGRAM, SAN DIEGO:**
619-556-7404
www.navylifesw.com/sandiego/families/ffsc

**FAMILY CARE PLAN:**
Remember to update as applicable. Fleet & Family Support Center can help

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**Military Installations (MI) Plan My Move**

A great tool to research their new base! Although information may not available for all locations, it is available for most major installations. Follow the steps below to access the website and your new installation’s downloadable booklet

- Click “View a directory of installations” underneath the blue bar that reads “Looking for a particular installation or state?”
- A new window opens. Choose branch of service and select base from list
- Name of installation should appear in box under “Enter an installation.”
- Click “Go”
- To print booklet, choose “Installation Booklet” as last option on left side of screen
- Select which categories you want included in booklet
- Choose “Download installation booklet” and it will open in Adobe Reader

**Military Installations (MI) Booklet**

A great tool to utilize as you count down to moving day!

- Open your web browser and go to www.militaryinstallations.dod.mil
- Click “Plan My move” on bottom right side of screen
- Scroll down to “Plan My move” and enter your location and destination information and click “Go”
- A customizable calendar will be created for you.

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**Ombudsman**
The Ombudsman is the official command liaison between the family members and the command. Your Ombudsman’s contact information may be listed in your orders, if not you can call your destination FFSC or go to www.Ombudsmanregistry.org to locate them. Be sure to ask your Ombudsman about childcare information, housing and other area resources.

**Personal Property Office (PPO)**
Phone: 855-HHG-MOVE (855-444-6683)
Email: householdgoods@navy.mil
Application: www.move.mil

**Unaccompanied Housing Information**

- [NAVAL AMPHIBIOUS BASE CORONADO](#)
  - Phone: 619-437-3494
  - DSN: 577-3494
- [NAVAL AIR STATION NORTH ISLAND](#)
  - Phone: 619-545-7545
  - DSN: 735-7545
- [NAVAL BASE POINT LOMA, NMAWC](#)
  - Phone: 619-924-1597
  - DSN: 524-1597
- [NAVAL BASE POINT LOMA, MAIN BASE](#)
  - Phone: 619-553-7530
  - DSN: 553-7530
- [NAVAL BASE SAN DIEGO](#)
  - DSN: 526-1077
  - Phone: 619-556-1077
- [NAVAL MEDICAL CENTER SAN DIEGO](#)
  - Bldg. 26
  - DSN: 526-6282
  - Phone: 619-532-6282

**Pacific Beacon-Privatized Unaccompanied Housing**

[Naval Base San Diego](#)
Phone: 888-437-1485

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