



Virtual Support

The health and safety of our Marines, families and staff is our top priority. Therefore Marine & Family Programs has virtual options for all our programs. Our team is standing by to support you in person, via phone or email with any questions or information you may need.

For virtual classes and workshops, story times, and craft ideas check out our Facebook page at: <https://www.facebook.com/mccsmcrdsd.marine.family/>

Behavioral Health

New Parent Support Program

Telephonic and virtual home visits for parents of children 0-5 yrs old, including expecting parents
(619) 602-7164/6752

Substance Abuse

These are stressful and uncertain times. A trip to the liquor store can make them feel temporarily less stressful, but it won't make them less uncertain, and could diminish your ability to fight infection. Drinking alcohol does not protect you against COVID -19 and can be dangerous.

Call for more information:

On Call – (619) 524-1836

On Call – (858) 205-9378

Theaodis.sigmon@usmc.mil

Family Advocacy Program Clinical Services

Assessments, Counseling, and Case Management telephonically and/or virtually with the goal of increasing family safety

(619) 524-0465 (please leave a voicemail and your call will be returned)

Community Counseling

Available for both new and established clients for counseling to address a variety of concerns including stress management, coping, relationship problems and communication, anger, grief, etc. We are available for in-person, telephonic, and video sessions.

(619) 725-6377 (please leave a voicemail and your call will be returned)

In-Person Walk In Hours: Friday 0900-1100
Bldg 5E 2nd Deck

Email Us: StotlerT@usmc-mccs.org

Dimitra.Nipper@usmc-mccs.org

Christine.Esposito@usmc-mccs.org

24/7 Victim Advocate Helpline (619) 279-6113

24/7 Sexual Assault Support line (619) 846-6040

Family Care

Exceptional Family Member Program (EFMP)

On Call - (619) 524-8031 OR (619) 876-2642

Email - OMBfamilycaresd@usmc-mccs.org

School Liaison Program (SLP)

On Call- (619) 876-3344 OR (619) 887-7500

Email - OMBfamilycaresd@usmc-mccs.org

Youth Sports Program

Email - OMBYouthsports.MCRDSD@usmc-mccs.org

Email - OMBfamilycaresd@usmc-mccs.org

Family Readiness

Get connected to resources, community, and virtual opportunities to stay busy during this time.

Marine Corps Family Team Building

On Call - (619) 718-3764

Email - OMBMCFBTBMCRDSD.Training@usmc-mccs.org

Unit, Personal and Family Readiness Program

On Call- (619) 718-3779

Installation Volunteer Coordinator

On Call- (619) 204-7092 OR (619) 718-3765

Email - mcrdsandiegowrrvolunteerprogram@usmc-mccs.org





Virtual Support

Personal and Professional Development

Education Center

On Call - (619) 524-1275/8158

Information and Referral

On Call - (619) 524-5732

MCRD Library

Email - SanDiegoCirc@usmc-mccs.org

On Call - (619) 524-0870

Relocation Assistance

On Call - (619) 524-5732

Transition Readiness Program

On Call - (619) 524-1283/0035

Family Member Employment Assistance Program

On Call - (619) 524-8640

Personal Financial Management

On Call - (619) 524-1204

Personal Financial Counselor

Email - PFC.MCRDSD@zeiders.com

On Call - (619) 323-6604

Retired Services Office

On Call - (619) 524-0035

Chaplains

MCRD San Diego/WRR Chaplain:

CAPT Foskett

(O) 619-524-8822

(C) 619-578-3644

michael.e.foskett@usmc.mil

RTR Chaplain:

CDR Springer

(O) 619-524-1781

(C) 619-415-7104

Timothy.springer@usmc.mil

WFTBN Chaplain:

LCDR Enriquez

(O) 760-725-2623/2700

(C) (619) 208-3286

rean.enriquez@usmc.mil

8MCD Chaplain:

Chaplain Fisher

(O) 817-782-6708

(C) 817-360-0899

Matthew.Fisher@marines.usmc.mil

H&S Battalion Chaplain:

LT Redmond

(O) 619-524-6928

(C) 816-916-0537

james.redmond@usmc.mil

2 RTBN Chaplain:

LCDR Keener

(O) 619-524-5640

(C) 708-738-2123

robert.j.keener1@usmc.mil

9MCD Chaplain:

LCDR Drayton

(O) 847-887-8328

(C) 816-352-6487

Matthew.drayton@marines.usmc.mil

1 RTBN Chaplain:

LT Luckesen

(O) 619-524-1962

(C) 801-885-0981

john.luckesen@usmc.mil

3 RTBN Chaplain:

LT McCreanor

(O) 619-524-4335

(C) 808-227-8991

brian.mccreanor@usmc.mil

12MCD Chaplain:

CDR Phillips

(O) 619-542-5675

(C) 619-764-9952

michael.phillips@marines.usmc.mil

Naval Medical Center San Diego

Naval Medical Center San Diego has released <http://nmcsd-rest.com/> for supporting service members, families, patients, and providers during this time.

CDC

The CDC continues to be a reliable, up-to-date source for all COVID matters, including mental health responses to crisis. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>