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Alphabetical Phone Number Listing

Alcohol Abuse Prevention Program	(928) 269-3079
American Red Cross	(928) 248-8220 / (877) 272-7337
Animal Services	(928) 269-6303
Auto Service Center	(928) 269-2395
Bowling Alley	(928) 269-5585
Branch Dental Clinic	(928) 269-7130/7131
Branch Medical Clinic	(928) 269-2700
Chapel	(928) 269-2371
Chaplain's Office	(928) 269-2371
Child Development Center	(928) 269-2350/2349
Commissary	(928) 269-2245
Communication Strategy and Operations	(928)269-5505/5540
Community Counseling Program	(928) 269-2561
Defense Eligibility Enrollment Reporting System	(928) 269-3588
Distribution Management Office	(928) 269-2311
Drug Demand Reduction Program	(928) 269-2791
Education Center	(928) 269-3248/3589/5614
Exceptional Family Member Program	(928) 269-2949
Exchange – MCX	(928) 269-3567
Family Advocacy Program	(928) 269-2561
Family Child Care Program	(928) 269-3233
Family Member Employment Assistance Program	(928) 269-2680
Family OverComing Under Stress	(928) 269-4288
Financial Management Program Services	(928) 269-2034
Fitness Center	(928) 269-2727
Great Escapes Travel Co.	(928) 269-5300
Housing Office	(928) 269-2826/3643
ID Office	(928) 269-3588
Information & Referral Program with Relocation Services	(928) 269-6499
Inns of The Corps	(928) 269-2262
Lake Martinez Recreation Area	(928) 269-2262/2267
Legal Assistance	(928) 269-2481
Library	(928) 269-2785
Liberty Military Housing	(928) 248-1410
Lifestyle, Insights, Networking, Knowledge, and Skills	(928) 269-6550
Marine Corps Family Team Building	(928) 269-6550
Memorial Sports Complex	(928) 269-6199
Military and Family Life Counselor	(480) 273-7901/(928) 580-1541
Military OneSource	(800) 342-9647/(602) 267-2074
Navy-Marine Corps Relief Society	(928) 269-2373
New Parent Support Program	(928) 269-2308
Oasis Swimming Pool	(928) 269-2914/2926
Post Office	(928) 344-0437

Provost Marshal Office	(928) 269-2204/2205
Relocation Services- see Information and Referral services	(928) 269-6499
Resource & Referral: Child, and Youth Program	(928) 269-3251/3234
School Liaison Officer	(928) 269-5373
Semper Fit	(928) 269-5334
Sexual Assault Prevention and Response Program	(928) 269-2994/2990/7895
Single Marine Program	(928) 269-6556/5794
Sonoran Pueblo	(928) 269-2711/7033
Special Events Coordinator	(928) 269-2671/Cell (928) 304-3424
Substance Abuse Counseling Center	(928) 269-5634
Theater	(928) 269-2358
Thrift Shop	(928) 269-2033
Transition Readiness Program	(928) 269-5181
TRICARE	(844) 866-9378
TRICARE Dental Program	(844) 653-4061
Vehicle Registration	(928) 269-2888
Ventures Lodging & Rentals	(928) 269-2848
Veterans Affairs Benefits Advisor	(928) 269-3172/3143
Veterinary Care Clinic	(928) 328-2064
Victim Advocacy Services	(928) 269-2561
Vittori Pool & Clubhouse	(928) 344-1240
Youth Center	(928) 269-5390
Youth Sports Program	(928) 269-2324
Yuma County Area Transit (YCAT)	(928) 783-2235
Yuma International Airport	(928) 726-5882
Yuma Regional Medical Center	(928) 344-2000

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American Red Cross

Contact Information:

Phone Number:	(928) 248-8220
After Hours:	(800) 842-7349
Emergency Phone Number:	(877) 272-7337
Hours of Operation:	24/7/365
Local Hours of Operation:	0830-1630 M-F
Address:	2191 S 4th Ave Suite B Yuma, AZ 85365

Description:

The American Red Cross is a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. They provide relief to victims of disasters and help people prevent, prepare for and respond to emergencies. The American Red Cross is available to help our armed forces with the following services:

- Reporting and Emergency Communications – In the event of an emergency, critical accident, illness, birth, or death in a service member's immediate family, the Red Cross should be called at once. The Red Cross is equipped to verify the situation and relay an emergency message, or leave request if necessary, to the proper military authorities. It is, however, up to the Commanding Officer of the unit/squadron to decide whether or not to grant leave.
- Emergency Financial Assistance – When an emergency arises requiring the presence of the service member or their family, the Red Cross may provide an interest-free loan or a grant for travel expenses. These funds are disbursed on the basis of need. Budget counseling is also available to service members and their families, as are referrals to specialized sources of help.
- Information, Referral, and Advocacy – The Red Cross also helps military families cope with non-urgent problems by confidentially providing information, referral and guidance. These services include helping military families receive assistance from other agencies and provide assistance with arranging family support.
- Health & Welfare Inquiries – Regular communication between service members and their families is ordinarily no problem, but sometimes a long time with no word can be worrisome. The Red Cross can help. Through their worldwide communications network, they can communicate with the installation or ship where the service person is stationed. You'll get a report on their welfare to give you peace of mind. Also, service members can request the same service related to families back home.
- Training service to the Military Training Network
- Preparedness training programs for Youth and adults
- Provide disaster response support

- Provide opportunities for loved ones to volunteer for their community, and coordinate future Red Cross Blood Drives

Animal Services

Contact Information:

Phone Number: (928) 269-6303
Station Building Number: 916
Hours of Operation: 0700-1700 Mon-Fri

Description:

All dogs and cats living in base housing must be registered with Provost Marshal's Office Animal Services within 5 days of arrival.

Upon registration with Animal Services, your dog or cat will be issued an MCAS Yuma identification tag that is to be worn by the pet at all times. In addition, Arizona state law, as well as base regulations, requires the following pet vaccinations and licensure:

- Dogs must be vaccinated for Rabies at four months of age. Dogs will then receive a Rabies booster in one year. After the one-year booster, dogs must be re-vaccinated for Rabies once every three years. Dogs also require the DA2PP-CVK vaccine and yearly booster. All dogs must also be licensed with Yuma County Humane Society (YCHS) and must be micro chipped. Proof of current Rabies vaccination must be presented to YCHS to purchase a license tag that your dog will wear at all times.

Yuma County Humane Society
4050 S. 4 ½ E
(928) 782-1621
Hours of Operation: 0900-1700 Tues-Sat

- Cats must be currently vaccinated for Rabies at four months of age. Cats will then receive a yearly Rabies booster. Cats also require the FVRCP vaccination and yearly booster. Cats do not require licensing with Yuma County Humane Society.

While living on station, pets must be kept within a fence at the resident's property and all pet droppings must be picked up and disposed of on a daily basis. While being walked, pets must be kept on a leash and the owner is responsible for picking up and disposing of waste properly. The maximum allowance of pets per household is two to include cats and dogs. Dogs with a predominant breed of Rottweiler, Pit Bull, Doberman or Wolf Hybrid are not allowed in on-base housing.

Auto Service Center

Contact Information:

Phone Number: (928) 269-2395
Station Building Number: 564
Hours of Operation: 0800-2000 Mon-Sat
Closed Sundays, holidays &
day after Monday holidays

Description:

The Auto Service Center contains 12 service stalls with seven hydraulic lifts and a welding room that can accommodate vehicles for repair and maintenance needs. You have the choice to work on your own vehicle or have trained mechanics do the work for you. There are a wide variety of automotive parts and accessories available through stocking and/or special order. Welding equipment includes a mig, a tig, a stick and a torch. Hand tools are available at each work stall and pneumatic tools are also available.

Other services that are available include reservations for the storage of an RV or other recreational vehicle. There is also a coin-operated car wash located next to the Auto Service Center. It contains three car stalls and one RV stall. It is equipped with four coin-operated vacuum stations and a change machine, and is open 24 hours a day/7 days a week.

Bowling Alley **(Sunset Lanes)**

Contact Information:

Phone Number: (928) 269-5585
Station Building Number: 673
Hours of Operation: 1100-1900 Mon- Thurs
1100-2200 Fri-Sat
1200-1800 Sun
1200-1800 holidays

Description:

Sunset lanes and Cinema offers league bowling for bowlers of all skill levels, Cosmic Bowling for the young and young at heart and a snack bar with a great selection of food and beverage items.

The Bowling Center offers cosmic bowling on Friday and Saturday nights from 1900-2200 for \$8.25 per person. Bowling on Sunday is \$1.00 per game. Friday and Saturday family bowling is offered from 1700-1900 for \$19.95 for two hours of bowling and shoes are included. Monday Madness offers .50 cent bowling all day. Tuesday \$1.00 bowling all day.

Branch Dental Clinic

Contact Information:

Phone Number: (928) 269-7130/7131
Station Building Number: 1175
Hours of Operation: 0730-1600 Mon-Fri
0730-1830 Wed (Acute Clinic Mon-Thurs 0730-1830 and
Fri 0730-1630)
0730-1200 Thurs
After Hours Urgent Care: (442) 288-9291

Description:

The Branch Dental Clinic is the station's only dental treatment facility. The Clinic provides basic dental services and a limited number of specialty services. The Clinic is available to Active Duty Members ONLY.

Branch Medical Clinic

Contact Information:

Phone Number: (928) 269-2700 Appointment Line
Station Building Number: 1175
Hours of Operation: 0730-1630 Mon-Tues, Fri
0730-1830 Wed (Acute Clinic Mon-Thurs 0730-1830 and
Fri 0730-1630)
0730-1200 Thurs
After Hours Urgent Care: 1-800-874-2273 Option 1 (Nurses Hotline)

Description:

The Branch Medical Clinic is the station's only medical treatment facility. The Clinic provides basic family practice medicine, has a full ancillary department and a limited number of specialty services. The Clinic is part of the PRIME TRICARE network and patients must enroll through the TRICARE Service Center to receive care.

All inpatient care for active duty service members, their family members and retirees is provided through Yuma Regional Medical Center, Naval Medical Center San Diego and Naval Hospital Camp Pendleton.

All emergencies are handled by the local civilian hospital. For emergency assistance dial 911. When calling 911 on base, use a landline to be automatically connected to the MCAS Yuma Dispatcher. If using a cell phone, be sure to specify that you are located aboard the air station. The Base Fire Department provides ambulance service for on-base emergencies.

Tricare Prime members assigned to the Branch Medical Clinic are able to schedule appointments via the internet – go to: www.tricareonline.com to register.

Chapel

Contact Information:

Phone Number: (928) 269-2371
Station Building Number: 1176, 1177, 1178
Hours of Operation: 0730-1600 Mon-Fri

Description:

The Command Religious Program, headquartered in the beautiful MCAS Yuma Chapel, includes a 400-seat sanctuary, educational classrooms, fellowship spaces and offices. A full religious program, including Catholic and Protestant services, is offered along with weekly events. The Chapel also holds additional programs such as retreats, marriage preparation workshops, Bible studies, small groups, Vacation Bible School and seasonal activities. For a schedule of services, weekly events or other programs, contact the Chapel Office.

Chaplain's Office

(CREDO)

Contact Information:

Phone Number: (928) 269-2371
Station Building Number: 1177
Hours of Operation: 0730-1600 Mon-Fri

Description:

Chaplains are an excellent resource when counseling is needed or when someone just needs an empathetic listener. All conversations and/or counseling provided by Chaplains are confidential.

Chaplains and religious ministry are available to all active duty and retired military personnel and their family members. Station chaplains are available during normal working hours at the Chaplain's Office and also at the Chapel. A 24-hour duty chaplain is also available after hours, on holidays and weekends. To contact the station Officer of the Day, please call (928) 269-2252/2253.

- CREDO – A premier, preventative, transformational program that helps build supportive relationships and teaches participants how to relate to themselves, others and God. All active duty military personnel and their families are eligible for these retreats. Retreats include Marriage Enrichment, Personal Growth, Spiritual Growth and Incredible Family Retreats. All retreats are provided at no cost to participants and include meals and lodging. They typically are held in Southern California. Participants are responsible for

childcare and transportation to and from the retreat. Call 269-2371 for more information.

Child Development Center (CDC)

Contact Information:

Phone Number:	(928) 269-2350 (Child Development Center) (928) 269-2349 (Annex)
Station Building Number:	1071, 1085
Hours of Operation:	0630-1730 Mon-Fri (excluding Federal Holidays)

Description:

Childcare services are available for children between the ages of 6 weeks to 5 years old (not enrolled in Kindergarten) at the Child Development Center (CDC) on base. The CDC is accredited by the National Association for the Education of Young Children (NAEYC). NAEYC is recognized as the nation's leader in setting standards for quality care. This means you have the opportunity to place your child in the highest quality program available. The safety and well-being of your child is our first priority. We realize your part, as your child's primary teacher, and supplement your care when you aren't available. Our center has an "open door" policy, and we encourage visits and interaction from you here at the center. There are video cameras that continuously record each area ensuring the safety and well-being of all children.

Childcare services are provided from 0600 to 1800 Monday through Friday. The center is closed for federal holidays. Any other closings are at the discretion of the Command. Fees are applied in weekly increments from Monday to Friday. Discounts are not given for holiday closures, days missed, illness or leave periods. Two weeks of vacation with weekly fees waived can be taken per year after being enrolled in the program for 90 days.

The Child Development Center serves food in accordance with the Child and Adult Food Program through the USDA. Breakfast, lunch and an afternoon snack is provided at no charge. Infant formula and Gerber baby food is provided. No outside food or drinks are allowed at the Child Development Center. Special needs, food allergies and religious food restrictions are accommodated with the proper documentation provided by parents.

Childcare opportunities are as follows:

- Full Day childcare is available to active duty, Department of Defense employees, reservists on active duty orders, military retirees, contractors and federal employees. A complete application for childcare (DD2606) is required for child care services. When space is not available, a waiting list is maintained with a priority placement system. When a space becomes available, parents will receive a phone call, pay a non-refundable registration fee and complete a registration packet. The following documents will also be required: current pay information for parents, updated immunization records, health assessment, and verification of the child's eligibility. Tuition is based on total

family income and a fee scale is available upon request from the Child Development Center.

- The part day preschool program provides an enriched preschool program for children 3 to 5 years old. The program operates Monday-Thursday. There is a morning session from 0900-1200, which includes lunch. An afternoon session occurs when enough interest is generated from 1330-1630, which includes a snack.
- Hourly childcare is also available through the CDC. To utilize this service, parents must have a current registration packet to include immunization record and health assessment for each child. Reservations for these spaces are limited and will be accepted one week in advance in hourly increments. The fee is \$5.00 per hour per child. Reservations must be canceled within 24 hours of the scheduled care or a \$10.00 non-cancellation fee per child will be applied.
- Friday Night Care is offered the first Friday of every month from 1800-2400. A current registration packet is required and must be on file. Reservations will be accepted two weeks in advance. The fee is \$5.00 per hour per child. Reservations must be canceled within 24 hours of the scheduled care to avoid the \$10.00 per child non-cancellation fee. We are only able to accept cash and check payments for this event.

For additional information or to pick up any necessary registration forms, please visit the Resource & Referral Office located at building 1071, or call (928) 269-3234 or (928) 269-3251, (928) 269-2350 or (928) 269-2349. Registration packets are also available at www.mccsyuma.org under Family Services tab within Child and Youth Programs page.

Commissary

Contact Information:

Phone Number:	(928) 269-2245
Station Building Number:	590
Web Address:	www.commissaries.com
Hours of Operation:	CLOSED Mon 0900-1900 Tue-Fri 0800-1700 Sat 1100-1600 Sun

Description:

The Defense Commissary Agency with headquarters at Fort Lee, Va., operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5- percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices-savings worth about \$4,509 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit

and retain the best and brightest men and women to serve their country.

With your Commissary Rewards Card, you can redeem coupons electronically at the commissary checkout. After you pick up your card, just register it and log in to your account to load coupons on the card before you shop. New offers will typically be posted online every two to three weeks. Gift cards are available at all commissary full-service checkouts and customer service areas and can be ordered online at www.commissaries.com.

Log on to www.commissaries.com to be linked to the MCAS Yuma store's web page where you can find store information including store hours of operation (including holiday hours), directions, phone numbers, contact information, floor plan, recipes, shopping lists, savings and available services.

For vehicle Pass & Registration, call (928) 269-2888.

Communication Strategy and Operations (COMMSTRAT)

Contact Information:

Phone Number:	(928) 269-5505/5540
Email:	mcasyuma_media@usmc.mil
Station Building Number:	1250
Hours of Operation:	0730-1630 Mon-Thur (Front Desk)
Photo Studio:	0800-1100 and 1300-1600 Mon-Thur

Description:

As a Marine Corps spouse and/or volunteer it is possible that you may be approached by an outside media representative and asked to participate in an interview or provide information about your activity aboard MCAS Yuma. Should this happen, you may contact the Communication Strategy and Operations for support and/or advice. You are a United States citizen, and as such, have the right to free speech. As an unofficial representative of the Marine Corps, however, you will want to consider the implications of the words you choose. The Public Affairs Officer can help counsel you prior to an interview, review your correspondence and even help manage your interactions with media. Please look to the Communication Strategy and Operations as your go-to resource.

Community Counseling Program

Contact Information:

Phone Number: (928) 269-2561
Station Building Number: 598
Hours of Operation: 0700-1600 Mon-Fri

Description:

The Community Counseling Program is a part of MCAS Yuma's Behavioral Health Branch. Licensed and credentialed clinicians provide non-medical counseling services to individuals, couples, and families. Active duty and retired military beneficiaries and their family members are eligible for services. Clinical counseling services are offered to beneficiaries who are three years of age or older. Services are short-term and solution-focused.

Defense Eligibility Enrollment Reporting System (DEERS)

Contact Information:

Phone Number: (928) 269-3588
Station Building Number: 852
Hours of Operation: M-F 0700-1130: Walk-Ins Welcome
M-W 1300-1530: Appointment Only
Th: PKI 1300-1500
Fri: 1300-1530 Appointment Only

Description:

See the ID Office on page 28 for more information.

For simple updates (i.e. address, phone, etc.), visit www.tricare.osd.mil/deers/.

Distribution Management Office (DMO)

Contact Information:

Phone Number: (928) 269-2311
Station Building Number: 328W, 2nd Deck
Hours of Operation: 0800-1600 Mon-Fri

Description:

The Distribution Management Office (DMO), Personal Property Branch, is responsible for processing shipment and storage of personal property and household goods shipments. ALL shipment/storage is processed via the DPS self-counseling module - there is no need to make several trips to the DMO office.

UPON RECEIPT OF ORDERS (regardless of the move date), go to www.move.mil to register in the Defense Personal Property System (DPS). Step-by-step instructions and screenshots are provided on the website for self-counseling applications. After 'submitting' each application, email YumaTMO@usmc.mil with a copy of your ORDERS, as DMO must review all applications and orders prior to Approval of application.

DMO will reply to your personal email address to provide an appointment date/time to sign your documents at the DMO office.

If you need assistance during any phase of your application or during your pack-out, please contact (928)269-2311.

Education Center
(Volunteer Education Program)

Contact Information:

Phone Number:	(928) 269-3248/3589/5614
Station Building Number:	850
Hours of Operation:	0730-1600 Mon-Fri

Description:

Programs and Services:

Personal Academic & Career Counseling: The Voluntary Education Program is staffed by trained counselors capable of providing academic counseling and resources to assist with career exploration to active-duty service members, adult family members, retirees, and DOD civilians.

Tuition Assistance (TA) offers financial assistance to eligible service members who elect to pursue Off-Duty Voluntary Education. TA will fund up to 100% of institution charges for tuition for high school completion, vocational certification, postsecondary education, and graduate study.

- The Tuition Assistance brief is mandatory for first-time users utilizing tuition assistance, which is offered on a walk-in basis every Wednesday from 1000-1130 in the Education Center, Building 850. The brief is also available online at <https://ppr-yuma.libguides.com/voluntary-education/tuition-assistance>.

- Spouse Tuition Assistance-Military OneSource sponsors the Military Spouse Career Advancement Account (MyCAA), which provides up to \$4000 of financial assistance for E1-E5, WO1-WO2 and O1-O2 military spouses who are pursuing associate degree programs,

licenses, or credentials leading to employment in portable career fields.

Montgomery GI Bill (MGIB)/Post-9/11 GI Bill: The Voluntary Education Program provides MGIB and Post 9/11- GI Bill assistance for those interested in learning about their benefits. For basic eligibility requirements and benefits information, please attend a MGIB-Post 9/11-GI Bill brief that is offered at the Education Center or visit the GI Bill website at va.gov.

Online Academic Skills Course (OASC) is a free online program designed to assist in building math, science, and reading comprehension skills to improve academic skills and readiness of service members as they progress through scholastic and occupational pathways during the military career. Visit dantes.petersons.com to register.

Joint Services Transcript (JST) provides service members with a consolidated record of their military learning experiences. The JST is an official transcript endorsing and recommending college credit for military education and training and is recognized by the American Council on Education (ACE), which increases college credit awarded, enhances opportunities to complete a college degree, and offsets tuition assistance costs through increased college and university recognition of military schools and experience for credit. To view your transcript or order an official transcript to be sent to your school, please visit <https://jst.doded.mil>.

Career Exploration: O*NET Online is a career exploration tool that provides tailored career guidance by offering information on career assessments, occupations, education requirements, job search tools, and employment information. Please visit onetonline.org to for more information.

Testing Services: The testing services provided at the Education Center include Military Classification exams (DLPT, OPI, DLAB, and AFCT), college exams, Test of Adult Basic Education (TABE), and Career Development Courses. All service members who want to take an exam must complete a Test Request form and turn it in to the Education Center a minimum of 5 days before the test date. Please contact the Education Center at 928-269-3248 to learn how to register for an exam.

The United Services Military Apprenticeship Program (USMAP) is a formal military training program that provides service members the opportunity to improve job skills and complete civilian apprenticeship requirements while on active duty. USMAP requires no off-duty hours. It combines on-the-job training and related technical instruction in which the service member receives practical and technical training. Upon program completion, the US Dept. of Labor provides a nationally recognized "Certificate of Completion". To find out more information, please contact 928-269-3589 to set up a counseling appointment or visit <https://usmap.osd.mil>.

Marine Corps Credentialing Opportunities Online (COOL) is a program that explains how Marines can meet civilian certification and license requirements based on their MOS. For more information please visit <https://cool.osd.mil/usmc> or contact 928-269-3589 to schedule a counseling appointment.

Exceptional Family Member Program (EFMP)

Contact Information:

Phone Number: (928) 269-2949
Station Building Number: 1085
Hours of Operation: 0730-1630 Mon, Wed-Fri
0730-1800 Tues

Description:

The Exceptional Family Member Program (EFMP) assists Marines who have a family member with a physical, emotional, developmental or learning disability requiring specialized services. The program ensures that the family will be assigned to a location where appropriate services exist to support the special needs of the EFM.

Enrollment is for any family member enrolled in DEERS and residing with their sponsor that may require special medical or educational services based upon a diagnosed physical, intellectual, educational or emotional need.

Enrollment in the EFMP is MANDATORY as per MCO P1754.4B. For more information or to register an exceptional family member with the program, please contact or visit the EFMP Manager. The program is 100% confidential.

Exchange - MCX

Contact Information:

Phone Number: (928) 269-3567
Station Building Number: 965
Hours of Operation: 0600-2100 Mon-Fri
0800-2100 Sat
0700-1900 Sun
Open beginning at 0900-1900 on holidays

Description:

The Exchange is the hub of all retail services aboard MCAS Yuma. It houses the food court, GNC, the barber shop, ITT, and laundry/dry cleaning, in addition to its own retail products and services. The Exchange carries men's and women's clothing and shoes, sporting goods, housewares, large appliances, electronics, cosmetics and jewelry. The store also has a grocery section, where non-perishable items and alcohol may be purchased. Located in the back of the Exchange is the Military Clothing section which carries uniforms, as well as Marine Corps

insignia, plaques, towels, stuffed animals, coffee mugs and much more. The food court hosts a variety of quick-serve restaurants, including: Carl's Jr., Subway, the Desert Perk, Benito's Pizza and L&L Hawaiian BBQ.

The Customer Service desk offers Star Card services, gift cards, hunting and fishing licenses and also sells tobacco products.

Family Advocacy Program

Contact Information:

Phone Number:	(928) 269-2561
Station Building Number:	598
Hours of Operation:	0700-1630 Mon-Fri
24/7 Help Line:	(928) 941-3650

Description:

The Family Advocacy Program (FAP) is a multi-faceted, multi-disciplinary resource that is designed to address child abuse and domestic abuse within the Marine Corps community through prevention, intervention, and treatment.

Family Advocacy services are available when an act of abuse or neglect has been alleged or when there is risk for abuse or neglect to occur. These cases are more serious in nature and indicate a definable threat to the victim's safety. These cases are monitored very closely and include intensive rehabilitation services for both the victim and offender.

Services Offered

- Staffed by individuals trained in social work, counseling, and other behavioral health specialties.
- Collaborates with Military Treatment Facilities and TRICARE to connect those requiring intensive care with services.
- The Clinical Program includes screenings, assessments, treatment planning, evidence-based interventions, clinical case management, and appropriate referrals. Counseling for domestic and child abuse consists of individual, couple, group, and family therapy. The primary goals of the clinical program are ensuring the safety of the victim, reducing abusive behaviors, and aiding in the development of healthy relationships.
- Victim Advocates provide crisis intervention, immediate and ongoing advocacy services, and outreach to victims of domestic abuse and to non-offending parents in cases of child abuse or neglect. The Victim Advocates are credentialed under the National Advocate Credentialing Program through the National Organization for Victim Assistance.
- New Parent Support Program offers parenting education and home visiting services to expectant parents and families with children ages zero to five. It is staffed with home visitors who are licensed social workers, licensed counselors and/or licensed registered nurses. Families may self-refer or may be referred by other agencies.

- The Prevention and Education (P&E) program provides education and prevention-focused services to individuals, families, and the community. It provides classes on relationships, anger management, stress management, and parenting. Additionally, P&E programs provide outreach and awareness events on child abuse/neglect and domestic violence.

It is our mission to bring awareness and give our Active Duty and DOD personnel the courage and tools to recognize the signs of domestic violence, and report it to our Family Advocacy Program.

STATION BULLETIN 1710

All active duty personnel and DoD personnel will report known or any suspected incidents of child abuse and child neglect occurring on the installation or involving military personnel or their families to the Family Advocacy Program (928) 941-3650.

Incidents in which there is immediate danger will immediately be reported to law enforcement by calling 911.

Family Child Care Program

Home Based Child Care

Contact Information:

Phone Number:	(928) 269-3233
Station Building Number:	1071
Hours of Operation:	PROGRAM NOT AVAILABLE UNTIL FURTHER NOTICE

Description:

The Family Child Care Program (FCC) offers an alternative to center based care. FCC provides quality child care in homes, by trained and certified providers, to MCAS Yuma's military and civilians. Our providers are self-employed, yet work within the guidelines of the Marine Corps and the Child and Adult Care Food Program. Each provider completes health and background checks, orientation training and home inspections before receiving a certificate from the base commander. In addition to trainings and inspections by the Child and Youth Program, homes are also monitored by the Branch Health Clinic, the Department of Safety and the Fire Department. After opening, providers continue their training with the FCC Modules and are monitored monthly by the FCC Director.

Children enrolled in the FCC program experience a family atmosphere that includes a small adult to child ratio, weekly activity plans and nutritious meals. Typically, these homes can provide hours of operation that are more flexible than those at a child care center. Hours can include early morning, evening, weekend, part day, hourly and/or overnight care. Homes provide excellent care for children who are not comfortable in large groups, for infants whose parents prefer the smaller ratio groups and for families who would like siblings to be enrolled together.

Military dependents interested in opening their own childcare business can contact the FCC Director at 269-3233. Orientation classes include 40 hours of training, with free child care if spaces are available. CPR, first aid, child development, appropriate guidance techniques, business practices, food safety and menu planning are some of the subjects offered during orientation.

For additional information or to enroll your child in a Family Child Care home, please visit the Resource & Referral Office located at building 1071, or call (928) 269-3234.

To learn more about operating your own Family Child Care home, call the Family Child Care Office at 269-3233 or visit the Director in building 1071.

Family Member Employment Assistance Program (FMEAP)

Contact Information:

Phone Number:	(928) 269-2680
Station Building Number:	852, Rm. 164
Hours of Operation:	0930-1630 Mon 0800-1800 Tue 0800-1630 Wed-Fri

Description:

Family Member Employment Assistance Program (FMEAP) provides employment assistance, training and other career development opportunities to military spouses and family members. A FMEAP advisor can assist in the following areas:

- Resume Assistance - Writing powerful resumes to help land an interview
- Useful networking techniques, resources, and job referrals to identify potential employers
- Workshops/Classes to provide practical application/hands on training of skills

Family OverComing Under Stress

(FOCUS)

Contact Information:

Phone Number: 928-269-4288
Station Building Number: 645, Rooms 107, 116 & 117
Hours of Operation: 0800-1630 Mon-Fri
* evenings and weekends by appointment

Description:

FOCUS offers training designed to strengthen couples and families in readiness for tomorrow. It builds on current strengths and teaches practical skills related to the challenges of military life, including stress, injury, and other transitions. During FOCUS, families and couples practice perspective-taking and become closer by developing a shared understanding of their experience. Sessions tailored to each couple, or family's individual goals enhance cohesion, communication, and mutual care. FOCUS training is confidential, free and offers services at family friendly hours.

FOCUS sessions allow families and couples to build their own story about military life experiences. This helps them to:

- Enhance communication and perspective taking
- Identify and manage emotions effectively
- Fine tune co-parenting
- Navigate transitions: EAS, Deployment, PCS, Blended Families, etc.
- Sharpen strategic problem-solving
- Turn concerns and wishes into achievable goals

FOCUS is offered in multiple formats:

- Family or Couple Resilience Training: 6 to 8 modules for the entire family or couple, as described
- Individual consultations: one-on-one short-term meeting to address a specific need
- Group level resilience training: 60 to 90 minute group training for spouses, children, and service members, to include PMEs
- Briefings: 15 to 90 minute overview of FOCUS and resilience strategies that are helpful for military families and couples

Financial Management Program Services

Contact Information:

Phone Number: (928) 269-2034
Station Building Number: 850, Room 113
Hours of Operation: 0730-1600 Mon-Fri and by appointment

Description:

Personal Financial Management Program (PFMP) can help improve understanding of finances through individual counseling and workshops. Areas of focus include:

- Creating Financial Plans
- Basic Money Management
- Investments
- Car Buying
- Home Buying
- Thrift Savings Plan (TSP)
- Retirement
- And referral to outside resources as needed.

PFMP also provides Command Financial Specialist (CFS) training twice a year or by request. The CFS training is for SNCO's and above and is a 40 hour certification class. Under the provisions of MCO 1754.10, CFS can assist Marines with basic financial information and budgets.

CONFIDENTIALITY: All appointments are confidential and information is not shared without approval from Active Duty and/or family member.

Fitness Center

Contact Information:

Phone Number: (928) 269-2727
Station Building Number: 545
Hours of Operation: 0400-2200 Mon – Fri
0800-1700 Sat - Sun
Holiday hours subject to change

Description:

The Station Gym is a state-of-the-art fitness center that houses two weight rooms, a functional fitness room, two cardio rooms, a combat fitness room, an outdoor HITT Center, a full-size basketball court, a testing & assessment lab, and men's & women's locker rooms.

The two weight rooms (Main Weight Room & Weight Room Annex) total nearly 6,000 square feet. These two areas are comprised of four full Power Racks, a Smith Machine, Iron Grip dumbbells from 5-180 lbs., Iron Grip fixed barbells (curl & straight) ranging from 10-100 lbs., a variety of selectorized machines from LifeFitness and FreeMotion, and a wide selection of plate loaded machines from Hammer Strength, LifeFitness, and Hoist for your total body fitness needs.

Our cardio equipment is spread out over approximately 2,200 square feet and includes different types of machines to help you improve your cardiovascular health. Our treadmills include those from Woodway, LifeFitness, and Alter-G. The Alter-G treadmills are excellent for post-rehabilitation fitness or “over-speed” training for athletes. Cybex ARC trainers and ellipticals from Precor and LifeFitness are currently available, as well as upright and recumbent bikes. Station Gym also has two Matrix Climbmills and three Concept2 rowers. For those looking for an upper body cardio workout, we also have a Marpo Rope Trainer and an Upper Body Aqua-Ergometer.

Station Gym’s functional fitness room, better known as the “Warrior Den” is a 1,702 square foot multi-purpose room designed specifically to meet the needs of functional training. Four Power-Lift full racks with lifting platforms offer patrons enough space for their Olympic weightlifting desires. GHD benches, UCS Plyo-Safe boxes, a custom made glass slam wall, wall climbing pegboards, Dynamax medicine balls, pull up bars, Olympic rings, and battle ropes round out the gear that can be found in this area.

The second deck Combat Fitness Room is split into two areas, each approximately 1,075 square feet. The first area has a custom full sized bag rack that hangs Title Thai heavy bags, an uppercut bag, a Windy Muay Thai bag, and two double-end bags. In addition, there are four Title speed bag platforms with Cleto Reyes speed bags and full sized mirrors. This area also has a number of kettlebells and other equipment to improve your speed, agility, and quickness. The second half of the room is fully matted on the walls and floors with Zebra Mats where Brazilian Jiu Jitsu (gi and no-gi), Muay Thai, and MCMAP training takes place.

Our testing and assessment lab is a crucial element to the success of our patrons’ health & wellness goals. In this room, qualified and certified fitness specialists are able to test and assess one’s strength, flexibility, lung capacity, metabolic rates, and body composition. This area of our facility also doubles as the rehab room where patrons can come for manual deep tissue massage utilizing our DMS (Deep Muscle Stimulator).

The HITT Center is located outside on the northwest corner of the Station Gym and is 5,355 square feet. The HITT Center includes a large shade structure with rubberized flooring, lighting, and fans. We also have three 20 ft. HITT training lockers fully outfitted with HITT specific gear and equipment to include kettlebells, Olympic bars, bumper plates, dumbbells, plyometric boxes, and sleds just to name a few. This area also has an outdoor three story climbing wall with four auto-belay rigs. Climbing harnesses are available at the front desk.

The Station Gym full-size basketball court has challenge hours from 1100-1300 M-F and 1600-2200 M-Th. Friday evening challenge hours from 1800-2200 are for full-court volleyball only. The basketball court is multi-purpose and can be used for other activities as well, including but not limited to; wrestling tournaments, submission grappling tournaments, and special events such as, Homecomings and Movie Nights.

Great Escapes Travel Co.

Contact Information:

Phone Number: (928) 269-5300
Building Number: 965 (in the Marine Corps Exchange)
Hours of Operation: 0900-1600 Mon-Fri
Website: www.mccsyuma.org (under "Shopping & Services")

Description:

Great Escapes Travel Co. is located next door to Desert Perk and has discounted tickets to exciting places like Disneyland, Sea World, Universal Studios, and the San Diego Zoo, Knott's Berry Farm, Magic Mountain and more. They also have hotel vouchers available for discounts on lodging near some of the most popular attractions. Other services provided include Fed Ex at a discounted price, military Dog Tags, laser engraving and booking of vacation getaways. Contact Laser's Edge engraving at (928) 269-5380.

Housing Office

Contact Information:

Phone Number: (928) 269-2826/(928) 269-3643
Station Building Number: 1093
Hours of Operation: 0700-1530 Mon-Fri

Description:

Military personnel with dependents on PCS orders to Yuma must report to the Housing Office within 30 days of reporting for duty. It is important that no commitments for housing in town be made by incoming personnel prior to checking in with the housing office. MCAS Yuma Housing is privatized and operated by Lincoln Military Housing. Their offices are located in the same building as the government housing staff.

There are a total of 821 family housing units. 128 2-BR units are located off base at our 16th St. Housing area, about a 15 minute drive from the base. On base, there are 464 units for E1- E5, 149 units for E6-E9, 38 units for O1-O3 and 36 units for O4-O6. Pets, with some restrictions, are allowed in most base housing. Rottweiler, Pitt Bull and Wolf hybrids are not allowed in base housing.

To apply for housing at MCAS Yuma, the following paperwork is required:

- A completed housing application (DD1746)
- A copy of orders to Yuma
- Dependency Application:

NAVMC 10922 for Marines Page
2 for Navy personnel
DEERS Enrollment for all other services

- Megan’s Law Addendum to DD1746
- Privacy Act Release Form
- Marine Corps Prohibited Dog Breed Form

Completed paperwork may be faxed or emailed to the Station Housing Office, but this does not preclude the requirement to report to the housing office within the first 30 days.

- Fax: (928) 269-3284
- Email: yuma.housing@usmc.mil

Applicant will be considered “active” on the waitlist when they report to the office in person and check in with the housing staff. The control date for the waitlist will be the date the Station Housing Office receives the completed application.

ID Office

Contact Information:

Phone Number:	(928) 269-3588
Station Building Number:	852
Hours of Operation:	0700-1130 (walk-ins only)/1300-1500 (appointment only) Mon, Tues, Wed, Fri 0700-1130 Thurs... ID Cards 1300-1500 Thurs... PKI Only (Pin resets and email loads) *Hours of operation are subject to change

Description:

Military ID Cards are available from the Station ID Office and are required for all family members ages 10 and up. When applying for a Military ID Card, the sponsor must be present or the spouse must have a General Power of Attorney, or a Special Power of Attorney designating Military ID Cards or enrollment into the Defense Eligibility Enrollment Reporting System (DEERS) in their possession. Applicants will also need to have the following:

- Marriage Certificate or Divorce Decree
- Birth Certificate
- Social Security Card
- Driver’s License or other valid proof of identification

All service members and their dependents must be registered in DEERS, which can be completed at the Station ID Office, in order to be eligible for a Military ID Card. Active duty and retired service members are automatically registered in DEERS, but dependents must be registered by the service member to ensure accuracy of information. Once enrolled in the DEERS computerized database it is important to maintain and update your information on a regular basis. It is especially important to verify that all dependent information is correct and

current prior to a deployment. Enrollment in DEERS is also required in order for dependents of service members to be eligible for TRICARE benefits.

For simple updates (i.e. address, phone, etc.), visit www.tricare.osd.mil/deers/.

Contact station ID for further instructions or information

Information & Referral Program (with Relocation Services)

Contact Information:

Phone Number:	(928) 269-6499
Station Building Number:	850, Room 104
Hours of Operation:	Monday – Friday, 0730-1600

Description:

INBOUND: Electronic Welcome Aboard Packet (WAP) is sent to all inbound Marines and family members. Additional hard copy packet can be sent. Electronic and hard copy WAP's to include links and information to assist active duty and families on housing, schools, employment, local resources, child care, colleges, plus much more.

A monthly Welcome Aboard brief is provided and spouses are encouraged to attend. Welcome Aboard briefs provides all newly arrived Marines and family members with information of resources available on the installation and off.

OUTBOUND: All relocating Marines are required to attend pre-departure PCS Move Workshop facilitated by the Information & Referral (I&R) Office as soon as possible after receiving notification of PCS orders. The following topics are thoroughly covered at the workshop.

- Planned departure
- Pay and Travel Entitlements
- Financial Planning for Relocation
- Moving your Personal Property and Household Goods
- Accessing TRICARE
- Obtaining Relocation information to next duty station (Military Homefront)

Sponsorship

eSponsorship Application & Training is available (<http://www.apps.mhf.dod.mil/esat>). This website provides the following services.

- Registration for sponsor and newcomer
- Training and certificate for Sponsor
- Sponsorship Duty Checklist
- Newcomer and family needs assessment
- Letter templates for use by Sponsor
- Management and status updates

Inns of The Corps **(Dos Rios)**

Contact Information:

Phone Number: (928) 269-2262
Station Building Number: 1088
Hours of Operation: 24/7 Seven Days a Week

Description:

The Inns of the Corps is the Temporary Lodging Facility on MCAS Yuma. It is located just behind the Chapel on the corner of Shaw Avenue and Hart Street. It currently has 48 rooms including 28 kitchenette suites with two queen size beds, 17 king rooms, and 3 handicapped rooms containing one king size bed. Co-join rooms are available. All rooms have Wi-Fi internet and morning continental breakfast.

Reservations and check in/out is available 24/7. Those eligible for reservations are Active Duty Military, Retired Military and Department of Defense Employees and Retirees. Families that are making a Permanent Change of Station have priority for reservations. The Inns of The Corps has a listing of Yuma area hotels available at the front desk.

Lake Martinez Recreation Area

Contact Information:

Phone Number: (928) 269-2262/2267
Hours of Operation: 24/7/365

Description:

Lake Martinez is a recreation area located on the Colorado River about 39 miles north of MCAS Yuma off of Highway 95. Activities available include fishing, boat rentals and swimming. Fishing licenses are available at the lake. Accommodations include two 6-person and two 8-person cabins, eight 4-person park models, three primitive campsites and 17 recreational vehicle sites. Reservations can be made by contacting the Inns Of the Corps and be sure to ask about our daily specials. Active duty members are able to make reservations 90 days in advance, retirees and Department of Defense (DOD) personnel up to 90 days in advance. Our General Store is now open Mon-Sun. from 0900 to 1700. Come out and see our new Welcome Center open 0700 to 1830 daily.

Legal Assistance

Contact Information:

Phone Number: (928) 269-2481
Station Building Number: 852
Hours of Operation: 0730-1630 Mon-Fri
1330 Tuesdays Will Brief (walk in)

Description:

The Legal Services Support Team, Yuma provides legal services, assistance and advice to active duty, retirees and their family members with valid ID Cards.

The Legal Assistance Office prepares wills, powers of attorney, military vehicle exemptions and immigration and naturalization forms. Advice concerning divorce, child custody and support, family care plans, debtor/creditor, landlord/tenant, immigration and naturalization and other legal matters is also available. All services provided are free. Notary public services, powers of attorney and military vehicle exemption forms can be handled on a walk-in basis. Appointments are encouraged for all other legal matters.

Library

Contact Information:

Phone Number: (928) 269-2785
Station Building Number: 691
Hours of Operation: 0800-2000 Mon-Wed
0800-1600 Thurs-Fri
1000-1400 Sat
1300-1700 Sun

Description:

The Station Library is under the Personal and Professional Development umbrella of programs. It has 10 computers w/CAC, WII FII Hot Spot access and scanners. IPADS are also available for use. Lap time programs for age's birth to 3 years of age and story time programs for ages 3-6 are conducted weekly at various times throughout the week. A summer reading program is available for all ages throughout the summer. Interlibrary loan services are available if the library doesn't have the material you are seeking. A photocopier and FAX machine are also available for patron use, free of charge. We have many other programs such as sign language classes, Circuit classes, and 3D printers are available.

Liberty Military Housing

Contact Information:

Phone Number: (928) 248-1410
Station Building Number: 1093
Hours of Operation: 0830-1730 Mon-Fri,
0900-1700 Sat

Description:

Lincoln Military Housing is a private company that manages, operates and maintains Family Housing at MCAS Yuma. Currently there are 821 family housing units. 128 of those units are off-installation two-bedroom apartments called 16th Street Housing and are available for ranks E-1 through E-5. Contact the Housing Office to apply.

Marine Corps Family Team Building (MCFTB)

Contact Information:

Phone Number: (928) 269-6550
Station Building Number: 598
Hours of Operation: 0730-1630 Mon-Fri
Website: www.mccsyuma.org

Description:

Marine Corps Family Team Building (MCFTB) provides Marines and their families with the tools and resources needed to successfully meet the challenges of the military lifestyle and enhance mission readiness by providing preventative educational classes and workshops. All classes and workshops are offered at NO COST to participants. Call or visit the website for more information.

MCFTB is comprised of the following programs:

- Lifestyle Insights, Networking, Knowledge, & Skills (L.I.N.K.S.) – An orientation program designed to meet the needs of Marines, and their entire family: spouse, children, and extended family members. L.I.N.K.S. provides an introduction to the Marine Corps culture and lifestyle, thereby increasing participants' ability to navigate through challenges, and allow them to become more self-sufficient. L.I.N.K.S. also highlights the many military and community resources and benefits available to Marines and their families.
- Readiness & Deployment Support – A continuum of readiness education including pre, during-, and post-deployment support at the unit level for Marines and their entire family: spouse, children, and extended family members.

- LifeSkills Training & Education – Personal and professional growth workshops that cover a wide variety of topics in areas of communication, impact, relationships, and wellness.
- Family Readiness Program – A training course for command team members of the Unit, Personal and Family Readiness Program (UPFRP). This course will cover unit and information technology topics, as well as outline the roles and responsibilities of the Family Readiness Command Team members.
- Prevention Relationship Enhancement Program (PREP) - If you are married, engaged or in a significant relationship, and you want to enhance your marriage or relationship then PREP is for you. Participants will learn how to implement skills such as talking with your partner as friends or knocking down communication walls that can sometimes creep up with the passage of time or the build-up of stress. PREP teaches couples how to effectively communicate, work together as a team to solve problems, manage conflict without damaging closeness, and preserve and enhance commitment and friendship.
- Chaplains Religious Enrichment Development Operations (CREDO) – CREDO offers retreats that help people grow towards increased functional ability, spiritual maturity, acceptance of responsibility, and enhanced readiness. CREDO offers the following core programs and services.

Call (928) 269-2371 for more information or check out www.Facebook.com/mfrcredo

- Volunteer Coordinator (VC) – The Volunteer Management Program helps match potential volunteers with opportunities that are mutually beneficial to the individual and the program/organization. Volunteering can be a great way to develop or enhance skills, make friends, develop a professional network, be mentored, build a resume and give back to the community. The VC assists Marines and family members by finding opportunities on and off of the installation and providing relevant details to get started.

Call us at (928) 269-6550 and find your win-win opportunity today!

Memorial Sports Complex

Contact Information:

Phone Number: (928) 269-6199 for Reservations

Description:

The Memorial Sports Park is available for parties, games and more. Located at Memorial Sports Park are two softball fields, a large grass field and an artificial turf football/soccer field, all of which have lights for usage after dark, as well as a picnic area and beach volleyball court. All can be reserved at the gym.

Military and Family Life Counselor (MFLC)

Contact Information:

Phone Number: (480) 273-7901, (928) 580-1541

Description:

Military Family Life Consultants (MFLC) are funded by the Department of Defense. The MFLC program provides licensed counseling specialists to individual units. It has also expanded to augment installation-counseling services to provide short term, situational, problem-solving counseling services, and education to service members and their families. Information shared with an MFLC is confidential.

Military OneSource

Contact Information:

Phone Number: (800) 342-9647
Website: www.militaryonesource.mil
Hours of Operation: 24/7/365
Arizona Military OneSource: Garland Miller
(602) 267-2074 office (602) 513-1910 mobile
garland.miller@militaryonesource.com

Description:

Military OneSource is provided by the Department of Defense at no cost to all active duty Service members, members of the National Guard, Reservists and their families. Whether you are preparing for a new baby or a deployment, looking for child care or interested in finding out more about local schools before a permanent change of station, need to get your vehicle fixed, or a pipe has burst under your kitchen sink, Military OneSource can help. They are a 24/7/365 information and resource referral program, supplemental to existing installation services. Topics of available information include, but are not limited to:

- Personal and Relationship Issues
- Childcare and Parenting
- Deployment and Reunion
- Education
- Money Management
- Spouse Employment
- Elder Care

- Health & Wellness Coaching
- Non-Medical Counseling
- Relocation
- Special Needs
- Peer Support
- Transition Resources
- Online Libraries

No question is too small. No issue is too big. Military OneSource helps military families save time and money by researching questions, supplying solid, reliable information and providing valuable services. All calls are immediately answered by a professional consultant, all who holds a master's degree, who can help. Translation services are available in more than 150 languages. Consultant's answer the telephone "live" but questions can also be answered via email. Military OneSource follows up after services are offered to make sure that the help needed was delivered. For more information or to start getting answers to questions call their toll free number or visit their website listed above.

Navy-Marine Corps Relief Society (NMCRS)

Contact Information:

Phone Number:	(928) 269-2373
Station Building Number:	645, Room 101
Hours of Operation:	0800-1600 Mon-Fri

Description:

The Navy-Marine Corps Relief Society (NMCRS) is a private, non-profit, charitable organization designed to provide financial, educational and other assistance to members of the Navy and Marine Corps, both active duty and retired, their eligible family members and survivors, when in need. Trained volunteers, familiar with the special conditions of military life, have a realistic understanding of the potential hardships facing service members and their families. NMCRS Yuma is located in Building 645 (across from the base theater) on the first floor, room 101. The phone number is 928-269-2373 and the email address is yuma@nmcrs.org. Please do not hesitate to call for information.

NMCRS provides interest-free loans, grants, or a combination thereof for the following situations:

- Food, Rent, Utilities
- Emergency travel
- Essential vehicle repairs, payments, insurance
- Medical/Dental Bills
- Funeral Expenses
- Disaster Relief
- Unforeseen Family Emergencies
- Quick Assist Loans (up to \$500 in as little as 10-15 minutes)

The Navy-Marine Corps Relief Society normally does not offer financial assistance for conveniences, non-essential bills, liberty, vacations, taxes, fines, and/or legal expenses, however, all requests are evaluated on a case by case basis.

When you visit the NMCRS you will need to bring your current military/dependent ID Card, a Leave and Earnings Statement (LES) and any other applicable paperwork and/or supporting documentation.

Other NMCRS Services include:

- Personal Budget Counseling
- Budget for Baby Classes assist expectant parents prepare for the financial responsibilities of a child. Participants receive a handmade baby blanket and a \$25.00 Visa gift card. Classes are normally held twice a month. Call the office to sign up, (928) 269-2373.

New Parent Support Program (NPSP)

Contact Information:

Phone Number:	(928) 269-2308
Station Building Number:	645, Rooms 106, 114, & 115
Hours of Operation:	0730-1600 Mon-Fri

Description:

This voluntary participation program was developed to assist families in many ways that friends and family often do when back at home. Marine and sister service families expecting a child, or with a child under six years of age, are eligible to participate free of charge in all of the services offered. The New Parent Support Program can help with preparations for parenthood, confidence as a parent, understanding the ages and stages of your child's development, developing a family support system, developing common ground with your spouse in the area of parenting, improving your relationship with your children, making parenting fun and feeling more at home in the military family community. Classes offered by NPSP are as follows:

- Baby Boot Camp is a fun and interactive class is for expectant parents and parents with children up to 3 months. Class content includes but is not limited to: community resources, parenthood; attachment and bonding, SIDS, Shaken Baby Syndrome, ways to calm babies, self-care, and newborn/infant care. Class is from 8:00am—3:30pm.
- Pregnancy Basics Training teaches you what to expect when you are expecting! See how your baby grows month by month, learn about nutrition, pregnancy discomforts, breastfeeding, labor stages and relaxation techniques, and becoming a parent. Class is from 8:00am—3:30pm.
- Tours of the labor and delivery ward at the local hospital are available.
- Stork Club is an interactive play group designed to teach parents developmentally

- appropriate play and to help children improve their social, cognitive and motor skills.
- Next Level Parenting is a 6 hour class for parents of children birth and up. Parents are taught the importance of child-led play and positive interactions with their children. Other topics include, but are not limited to: safety, stages of development, age appropriate discipline options, toilet training, handling tantrums, and parent self-care. Class is from 8:00am—3:00pm.
- Home Visits are also available to help with concerns as a parent or a parent-to-be in the privacy of your own home by a warm and caring professional.

The New Parent Support Program is a professional team of social workers and nurses who provide supportive and caring services. The trained, supervised home visitors have extensive knowledge of the issues encountered by today’s parents, and they are sensitive to the unique challenges facing military families. They are an excellent resource to help families cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood.

Oasis Swimming Pool

Contact Information:

Phone Number:	(928) 269-2914/2926 (office/pool)
Station Building:	693
Hours of Operation:	May through September

Description:

Located just behind the Station Theater, Oasis Swimming Pool offers designated lap swim times, open swim times and is also available on a reservation basis for parties. Oasis Swimming Pool is generally open from May through September, but hours of operation vary based on life guard availability.

Hours of Operation May through September are:

Lap Swim:	Tue -Fri 0500-0700 1100-1300
Open Swim:	Tues -Fri 1300-1800 (May 24 th – Aug 3 rd) 1500-1800 (Aug 4 th – Sept 28 th) Sat & Sun 1000-1800 Holidays 1000-1800 (May 24 th – Aug 3 rd) 1200-1700 (Aug 4 th – Sept 28 th)

Lap swim is free for active duty personnel. There is a nominal charge to utilize the Oasis Pool at all other times. Monthly and Seasonal passes are available for adults, families and youth.

Post Office

Contact Information:

Civilian Phone Number: (928) 344-0437
Military Phone Number: (928) 269-3119
Station Building Number: 691
USPS Hours of Operation: 0900-1530 Mon-Fri
*Closed for lunch 1300-1330
Military Hours of Operation: 0800-1530 Mon, Tue, Thur, Fri
0800-1300 Wed
*Closed for lunch 1300-1330

Description:

The station Post Office serves as both a United States Post Office and Military Postal Facility. The USPS can handle all personal postal needs from stamp purchases to priority mail.

All personal and official mail is handled through the Military Postal Facility. Incoming personnel may contact the Military Post Office for correct mailing addresses prior to arrival. Each unit is structured with an individual box number style address format. These unit addresses are for official mail only. Personnel residing in the barracks will receive their own personal Post Office Box located at the Post Office to receive their personal mail at their convenience. Personnel living in base housing or off base will receive their mail at their place of residence. To expedite the deliveries of your personal mail at your residence on base or off, call the Military Post Office for your proper USPS address format with zip code plus four.

Provost Marshal Office (PMO)

Contact Information:

Phone Number: EMERGENCY dial 9-1-1
Direct Dispatch: (928) 269-2204 (available 24/7)
Desk Sergeant: (928) 269-2205 (available 24/7)
Station Building Number: 1210
Hours of Operation: 0730-1630 Mon-Fri

Description:

The Provost Marshal is responsible for law enforcement and physical security activities for Marine Corps Air Station, Yuma.

For emergency assistance dial 911. When calling 911 on base, use a landline to be automatically

connected to the MCAS Yuma Dispatcher. If using a cell phone, be sure to specify that you are located aboard the air station. The Base Fire Department provides ambulance service for on-base emergencies.

Resource & Referral: Child and Youth Programs (CYP)

Contact Information:

Phone Number: (928) 269-3251/3234
Station Building Number: 1071-Annex / 1085- Main
Hours of Operation: 0730-1730 Mon-Fri

Description:

Resource & Referral serves as a one-stop shop for all child and youth programs. Looking for resources and don't know where to start? Resource & Referral can assist you in locating the service you need. Resource & Referral assists active duty and DoD civilian personnel in balancing the competing demands of family life and accomplishing their mission, while improving the economic viability of the family unit. MCAS provides a range of services to support parents in raising their children.

The Child Care Resource & Referral Office is staffed by knowledgeable professionals who can help eligible parents:

- Register children 6 weeks to 12 years of age into full day, part day, school age or hourly care
- Enroll Youth in age appropriate Youth Center programs
- Refer to Family Child Care Director to become a Family Child Care Provider or to utilize FCC homes
- Contract Care during special events for all units and most organizations at MCAS Yuma
- Use Short Term Alternative Child Care (STACC) option provides care on an occasional rather than daily basis
- Child Care Aware and National Association of Child Care Resource & Referral Agencies (NACCRRRA)

School Liaison Officer (SLO)

Contact Information:

Phone Number: (928) 269-5373
Station Building Number: 1071 – Child Development Center
Hours of Operation: 0800-1630 M-F

Email:

yumaschoolliaison@usmc-mccs.org

Description:

The USMC School Liaison Program is designed to provide connectivity between military families, local schools and the Marine Corps. The School Liaison supports transitioning families in obtaining educational information and assistance from local school districts as well as identifying and coordinating community resources to reduce the impact of the mobile military lifestyle on military school-age children (K-12). As a one-stop-shop, the School Liaison makes finding the information regarding local schools easier and can help ease some of the transitional stress associated with moving. By working closely with the MCAS community and local Yuma schools, the School Liaison Officer's goal is to ensure a smooth school transition and continued quality education for all military children. The School Liaison Officer acts as a resource and support system for all military parents and children in regards to any K-12 educational needs or concerns.

The School Liaison Officer can:

- Provide you with specific academic and location information about Yuma's public and private elementary, middle and high schools, including phone numbers and websites of all schools
- Help with transferring education records and dealing with varying school-to-school academic curriculum, schedules and high school graduation requirements
- Provide parents with enrollment information
- Support you with setting up your child's Special Education services in collaboration with the EFMP program
- Assist you in exploring school options, navigating the educational system and communicating with your child's new school
- Provide you with school calendars, schedules, and various program information for the current school year
- Provide you with the resources to increase academic success for your child
- Work with high school guidance counselors in support of student graduation requirements and scholarship opportunities

Semper Fit

Contact Information:

Phone Number: (928) 269-5334
Station Building Number: 693
Hours of Operation: 00730-1630 Mon-Fri
Website: www.mccsyuma.org

Description:

Fitness and recreation is core to a youthful and vigorous force. To that end, MCCS Semper Fit offers a wide variety of recreation and fitness programs to provide Marines and their families with resources to lead active, healthy lives.

Our mission at Semper Fit is to conduct, encourage, and inspire the quality of life programs that promote healthy lifestyles through recreation, athletics, physical fitness and other health and wellness activities.

Semper Fit includes:

- Station Gym
- Arizona Adventures
- Martinez Lake
- Single Marine Program
- Health Promotion
- Oasis Pool
- Athletics
- Youth Sports

Single Marine Program (SMP)

Contact Information:

Phone Number: (928) 269-6556/5794
Station Building Number: 693
Hours of Operation: 0800-1600 Mon-Fri
Website: www.mccsyuma.org (under "Semper Fit")

SMP Rec Center

Phone Number: (928) 269-5794
Station Building Number: 1200
Hours of Operation: 1000-2200 7 days a week/365 days a year

Description:

The Single Marine Program (SMP) exists to improve the quality of life for Single Marines and Sailors aboard MCAS Yuma. We focus on the young, single, enlisted Marine or Sailor, although we also welcome geographical bachelors, single parents and single officers. Volunteer opportunities are open to all MCCS Patrons over the age of 18.

Recent events and trips include trips to Las Vegas, Comic Con, the Grand Canyon, etc.

Sexual Assault Prevention and Response Program (SAPR)

Contact Information:

Phone Number: (928) 269-2994/2990/7895

24/7 Sexual Assault Support Line (928) 941-3601
DOD SAFE HELPLINE 1-877-995-5247
Station Building Number: 598
Hours of Operation: 0800-1630 Mon-Fri

Description:

WHAT IS SEXUAL ASSAULT? The DOD defines sexual assault as intentional sexual contact, characterized by use of force, threats, intimidation, abuse of authority, or when the victim does not or cannot consent. Sexual assault includes rape, forcible sodomy (oral or anal sex), and other unwanted sexual contact that is aggravated, abusive, or wrongful (to include unwanted and inappropriate sexual contact), or attempts to commit these acts.

WHAT IS CONSENT? "Consent" is a freely given agreement to the conduct at issue by a competent person. An expression of lack of consent through words or conduct means there is no consent. Lack of verbal or physical resistance or submission resulting from the use of force, threat of force, or placing another person in fear does not constitute consent. A sleeping, unconscious, or incompetent person cannot consent. A current or previous dating or social or sexual relationship by itself or the manner of dress of the person involved with the accused in the conduct at issue shall not constitute consent.

WHO IS ELIGIBLE FOR SAPR SERVICES? The SAPR program applies to active duty service members and dependents 18 years and older that have been sexually assaulted in a non-domestic situation (e.g.: a Marine sexually assaulted by service member, friend, civilian, or stranger). Service members or dependents assaulted by someone they have a domestic relationship with (e.g. spouse, father/mother of their child, live in boyfriend/girlfriend) are covered under the Family Advocacy Program.

WE OFFER TWO REPORTING OPTIONS:

RESTRICTED REPORT: When a service member chooses the restricted reporting option, the sexual assault is not reported to the command or law enforcement. The entities that can receive information under a restricted report are: the victim advocate (uniform or civilian), Community Counselors, Sexual Assault Response Coordinator, healthcare providers and Chaplin. If anyone else receives information about the assault, restricted reporting may not be available.

UNRESTRICTED REPORT: When a service member chooses the unrestricted reporting option, the sexual assault is reported to command and law enforcement. In both reports victims have access to medical care, advocacy, and counseling services.

IF ASSISTANCE IS NEEDED: Please contact the 24/7 Sexual Assault Support Line 928-941-3601 and you will be connected to a confidential credentialed SAPR Advocate that is ready to respond and provide information and referrals.

ADDITIONAL SEXUAL ASSAULT RESOURCES: Amberley's Place (24/7 Victim Crisis Response and

Advocacy Center) (928) 373-0849 www.amberlysplace.com, RAINN (Rape, Abuse, Incest National Network) www.rainn.org.

Sonoran Pueblo (The Club)

Contact Information:

Phone Number:	(928) 269-2711/7033
Email:	sonoran.events@usmc-mccs.org
Station Building Number:	1200
Hours of Operation:	Varies

Description:

“The Club” at the Sonoran Pueblo Event Center is a 32,000 sq. ft. venue offering ballroom rental as well as full catering and bar service that can be customized to almost any size budget and event. The venue also houses the Officers’ Lounge, SNCO Bar, and Enlisted Club, which serve dinner from 5pm to 9pm and offer “happy hour” food specials Tuesday through Friday. The Officer’s Lounge also hosts an all-hands lunch from 11am to 1pm. Hours of operation may vary depending on season. For more information and the latest updates on specials and events, follow on Facebook at: www.facebook.com/sonoranpueblo/ and www.mccsyuma.org/index.cfm/food/sonoran-pueblo/

Special Events Coordinator

Contact Information:

Station Building Number:	693
Hours of Operation:	0730-1630 Mon-Fri (Flexible for Events)
Phone number:	928-269-2671 Office 928-304-3424 Duty Cell

Description:

The primary function is to be a liaison between the Units aboard MCAS Yuma and Marine Corps Community Services. We not only funnel information to the Marines about MCCS, but we also serve as a channel of information back to MCCS management and administration. We also support and help coordinate Unit events including family fun days, holiday events and Single Marine Program events. If you have comments or suggestions about MCCS services or programs, please feel free to share them with your MCCS Special Events Coordinator and we will do our best to see that your needs are being met.

In addition the MCCA Coordinators have two primary missions:

INFORMATION DISSEMINATION: Our primary objective is to ensure that every Marine and his/her family are aware of all the services and events MCCA has to offer. We are the “one point of contact” for MCCA questions, information, comments and concerns. We are happy to come to your unit for general briefs, briefs on specific needs, or even to brief an individual shop on a requested topic.

EVENT PLANNING: We are available to assist your unit with executing many types of events. Family days, field meets, retirements, and Change of Commands or holiday parties – we can assist with brainstorming ideas or securing the details. We can help you reserve a location and utilize MCCA resources to the fullest extent. We help you work with other MCCA entities such as Arizona Adventures, Athletics Dept., Station Pool, SMP Rec Center, Sonoran Pueblo Club, etc...

Substance Abuse Counseling Center (SACC)

Contact Information:

Phone Number:	(928) 269-5634
Station Building Number:	598
Hours of Operation:	0700-1600 Mon-Fri 0600-0700 by Appointment Only

Description:

The Substance Abuse Counseling Center provides screening, assessment, education, and counseling to those struggling with alcohol and drug related problems. The Drug Demand Reduction Program (DDRP) and the Alcohol Abuse Prevention Program (AAPP) coordinate services to provide multiple prevention and educational options on and off the installation.

Types of services offered are:

- Early Interventions: 16-hour PRIME For Life educational class
- Outpatient Treatment
- Intensive Outpatient Program
- Aftercare

Alcohol Abuse Prevention Program (AAPP)

Contact Information:

Phone Number: (928) 269-3079
Station Building Number: 598
Hours of Operation: 0700-1530 Mon-Fri

Description:

The MCAS Yuma Alcohol Abuse Prevention Program's primary purpose is to provide prevention education and training to both military and civilians to enhance mission readiness. The program also provides requisite knowledge of the effects of alcohol abuse and misuse, to ultimately assist in making responsible decisions. The Alcohol Screening Program was also developed to help maximize mission readiness and the program administrators' random Breathalyzer tests to 10% of all Marines/Sailors each month.

The Alcohol Abuse Prevention Specialist's primary responsibility is to support Marine alcohol abuse prevention activities, and review surrounding community reports detailing the current alcohol situation or other reports as appropriate is important. The AAPP's goal is to help identify risk factors in the base community that relate to alcohol incidents. The primary goals are (1) to reduce alcohol related incidents, (2) eliminate/reduce under-age drinking, (3) reduce alcohol related problems due to driving under the influence. Trainings and educational classes are offered at least once a month for the Marines/Sailors and their dependents at the Substance Abuse Program Center. Activities and events are also coordinated through the Alcohol Abuse Prevention Program to reach MCAS Yuima staff, leaders, youth and other community stakeholders.

Drug Demand Reduction Program (DDRP)

Contact Information:

Phone Number: (928) 269-2791
Station Building Number: 598 (Rm #143)
Hours of Operation: 0630-1600 Mon-Fri

Description:

The MCAS Yuma Drug Demand Reduction Program's primary objectives are to provide the Marine Corps plans, policy and resources to units aboard the Air Station; to improve and sustain the capabilities of the tenant commanders; to provide opportunities to prevent problems which detract from the ethos of good order and discipline; and to promote peak unit performance and readiness.

The Drug Demand Reduction Coordinator provides the base and the local community with education and awareness on the use and abuse of illegal drugs including prescription medication and synthetic drugs misuse.

To sign up for any training provided by the program, please enroll on-line at:
<http://mccsyuma.org/index.cfm/military-family/behavioral-health/ddrp/ddrp-trainings/>

Theater **(Sunset Cinemas)**

Contact Information:

Phone Number:	(928) 269-2358
Station Building Number:	672
Hours of Operation:	1900 Thurs 1800 & 2100 Fri 1200, 1500 & 1800 Sat 1200 & 1500 Sun

Description:

The Station Theater provides the latest in popular movies Thursday at 1900, Friday at 1800 and 2100, Saturday at 1200, 1500 and 1800 and Sunday at 1200 and 1500. Ticket prices are \$3 per person, and under 12 years of age are \$2! Additional charges on 3D movies. Check out our loyalty cups for the year. Only \$1 refills after purchased.

The concession stand sells soda, popcorn and candy at reasonable prices. Make sure to stop by the bowling alley snack bar and food can be delivered to the theater.

Student Incentive program gives a free bowling game or free admission to student with a B average and above.

Check out our Birthday party package \$100.00 pizza, drinks and decorations with 2 hrs bowling

- Check out of Facebook page MCCS Yuma – Sunset Lanes & Cinema

Thrift Shop

Contact Information:

Phone Number:	(928) 269-2033
Station Building Number:	645
Hours of Operation:	0900-1300 Tues & 0900-1200 Wed

Description:

The Thrift Shop is operated by the Navy-Marine Corps Relief Society (NMCRS) and is run entirely by volunteers. There are many gently used, good-condition items on sale at a low cost

including: uniforms, household items, toys, books, clothing and other miscellaneous items.

Good, durable, re-saleable items may be left in the box next door to the building or be brought into the shop during open hours. All profits made by the Thrift Shop go directly back to NMCRS for the purpose of helping Marines and Sailors in need.

Transition Readiness Program (TRP)

Contact Information:

Phone Number:	(928) 269-5181
Station Building Number:	852 - Room 164 - West Wing
Hours of Operation:	0700-1530 Mon-Fri

Description:

Assistance is provided to military members and their families so that they can successfully transition out of the military and back into civilian life. The Transition Readiness Seminar (TRS) is a redesigned course that focuses on what steps service members and their families need to take prior to separation as well as the resources available to assist them. This new course is a joint endeavor between the Departments of Defense, Labor, Veterans Affairs, Small Business Administration and provides a comprehensive curriculum that each service member can tailor to their specific post-military goals. In addition to the TRS, general classes are given on Resume Writing, Interviewing, Job Search, Federal Jobs and one-on-one assistance is provided in any areas related to career development.

TRICARE (Health Net Federal Services Military & Veterans)

Contact Information:

Phone Number:	1-844-866-WEST (1-844-866-9378)
Nurse Advise Line:	1-800-TRICARE (1-800-874-2273)
Website:	www.tricare-west.com

Description:

United Healthcare Military & Veterans is the West Region Contractor of TRICARE, the Department of Defense (DoD) health care program for active duty and retired members of the uniformed services, their families, and survivors. TRICARE's primary objectives are to optimize the delivery of health care and services in military treatment facilities (MTFs) and attain the

highest level of beneficiary satisfaction through the delivery of world-class health care benefits.

TRICARE Dental Program (United Concordia)

Contact Information:

Phone Number: (844) 653-4061
Website: www.uccitdp.com

Description:

United Concordia is proud to offer the TRICARE Dental Program (TDP) to active duty family members and National Guard and Reserve members and their families. To receive information on eligibility, enrollment, or to get a list of local United Concordia participating dentists call the phone number or visit the website listed above.

Vehicle Registration

Contact Information:

Phone Number: (928) 269-2888
Station Building Number: 952
Hours of Operation: 0600-1515 Mon-Fri

Description:

All military personnel aboard the air station must register their vehicle(s) with the Pass and Registration Office within 30 days of their reporting date. The vehicle(s) must be registered in the sponsor's name and the driver must present the following information:

- ID Card
- Valid State Registration
- Driver's License
- Proof of Insurance

In addition to all vehicle registration requirements, drivers under the age of 26 must present proof of completion of a Driver's Improvement Class. Vehicles not owned or registered to the driver must have a notarized letter of permission of use as well as must be listed on the insurance card. Motorcycle operators must also pass a motorcycle safety course offered by the air station's Ground Safety Department.

Privately owned vehicles traveling aboard the air station are subject to random spot checks by military police for current state and base registration and safety inspections.

Ventures Lodging & Rentals *(Equipment Rental)*

Contact Information:

Phone Number: (928) 269-2848
Station Building Number: 562
Hours of Operation: 0800-1700 Mon-Fri (Closed Wednesday)
0800-1400 Sat
1000-1400 Sun (returns only)
Website: www.mccsyuma.org
www.facebook.com/mccsarizonaadventures

Description:

Arizona Adventures is part of the MCCS Semper Fit program and carries a plethora of equipment that is available for rent to include: sporting equipment, camping equipment, tables and chairs, motor boats, canoes, kayaks, trailers, mountain bikes, cookware, and specialty items such as bounce houses, dunk tanks, and much, much more. For a complete list of equipment that is available for rent and the cost of rental visit Arizona Adventures, check out the website or Facebook.

Arizona Adventures also has a regularly updated brochure display filled with information about local parks and recreation opportunities. If you're looking for something fun to do with family, they're a great place to start!

Veterans Affairs Benefits Advisor

Contact Information:

Phone Number: (928) 269-3172/3143
Station Building Number: 852, Rooms 174, 175
Hours of Operation: 0700-1530 Mon-Fri

Description:

VA Benefits Advisors are available to provide 1:1 assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career:

- Disability and Compensation
- VA Healthcare
- Education

to name a few. For more information call the number/s or visit at the building and rooms listed above.

Veterinary Care Clinic

Contact Information:

Phone Number: (928) 328-2064
Station Building Number: 591 MCAS Yuma/ Main Office at Yuma
Proving Grounds (YPG)
Hours of Operation: By Appointment Only.

Description:

Veterinary services are available on the air station by appointment only. Services are provided by the Yuma Proving Grounds Veterinarian. For additional questions or to make an appointment, call the Yuma Proving Grounds Veterinary Clinic at the number listed above.

Victim Advocacy Services

(FAP)

Contact Information:

Phone Number: (928) 269-2561--Office
(928) 941-3650—24/7 Helpline
Station Building Number: 598
Hours of Operation: 0700-1600 Mon-Fri (office hours)
Advocates are available 24/7

Description:

What is Domestic Violence? Domestic violence or relationship abuse may involve a pattern of violent behaviors that adults use against their intimate partners. Abuse can cause injury or even death; however, it typically involves more than just physical abuse. Domestic violence may also include sexual, verbal and emotional abuse, as well as financial control, restricting movement, invasion of privacy or limiting freedoms of another person. You or someone you know may be in an abusive relationship if a partner: calls names, intimidates, puts the individual down, keeps the person from contacting family or friends, withholds money, or threatens to harm or actually physically or sexually harms the person. Without intervention domestic violence tends to become increasingly more severe and more dangerous over time.

USMC Victim Advocates are first responders who provide information, guidance and support to victims of domestic abuse and to non-offending parents/guardians of child abuse/neglect. Specially trained Victim Advocates respond to incidents of domestic violence or child abuse/neglect 24/7. They can also be contacted at any time by anyone with questions or concerns. They provide emotional support, advise victims of their rights, explore options and resources, accompany and support victims through medical and legal proceedings and link victims to military and civilian resources and services.

Under Department of Defense policy adult victims of domestic violence may be afforded the two reporting options:

Unrestricted:

- Unrestricted reports result in command involvement and may result in a law enforcement investigation.
- An unrestricted Family Advocacy Program (FAP) case is opened to provided safety and treatment planning.
- All reports of child abuse are unrestricted.
- Once an unrestricted report is made IT CANNOT BE RESTRICTED.

Restricted:

- Adult victims who prefer confidential assistance and DO NOT want law enforcement or military commands notified can contact a FAP clinician, FAP Victim Advocate, or health care provider to make a restricted report.
- As with Unrestricted reports, Restricted reports allow victims to work with a FAP counselor or FAP Victim Advocate to evaluate relationship choices, develop a safety plan, obtain resources and referrals seek medical attention and attend counseling sessions.

Vittori Pool & Clubhouse
(Lincoln Military Housing)

Contact Information:

Phone Number: (928) 344-1240
Address: 2561 Vittori Avenue (on base)

Description:

Vittori Pool:

The Vittori Pool is open April through October (subject to change)
Pool hours are 11:00am – 8:00pm, Sun-Tues (closed Wednesday subject to change)
Only base housing residents (including 16th St.) are permitted. Be prepared to show your Military ID and give your address. Two guests per household are allowed. Alcohol, pets and glass containers are prohibited. The pool is not available for private events.

Vittori Clubhouse:

The Vittori Clubhouse is open year round and available for rent to military housing residents (including 16th St.). The clubhouse includes a full kitchen, bathrooms, sofas, chairs, tables, a TV and playground access. There is a \$250 deposit required but is fully refundable if the clubhouse is cleaned and free of damage. Reservations are first come, first served. Capacity is 50+.

Youth Center

(Child and Youth Programs)

Contact Information:

Phone Number: (928) 269-5390
Station Building Number: 1050
Hours of Operation: 0630-1730 Mon-Fri

Description:

The Youth Center provides a host of activities offered throughout the year for Kindergarten through 12 year olds enrolled in school. Summer day camps and school intercession programs, as well as before and after school programs are offered for a fee. Youth participate in field trips, arts & crafts activities, sports clinics, dances, movies and much more. Childcare options are as follows:

- Drop-in childcare is available through the Child and Youth Programs. To utilize this service, parents must have a current Registration Packet including a health assessment for each child.
Immunization records are not required if the child is enrolled in public, private or charter schools where verification of immunizations are required. Reservations will be accepted one week in advance in hourly increments. The fee is \$5.00 per hour per child. Reservations must be canceled within 24 hours of the scheduled care or a \$10.00 non-cancellation fee per child will be applied.
- School age care is also available to active duty, department of defense employees, reservists on active duty orders, military retirees, contractors or federal employees. A complete Application for Child Care (DD2606) is required for child care services as well as a \$35.00 non-refundable registration fee. The following documents will also be required: current pay information for parents, health assessment, and proof of eligibility for programs. Child care fees are based on total family income and a fee scale is available upon request. Registration Packets may be found at www.mccsyuma.org tab under Family Care at the CYP page or by calling (928) 269-3251.

Youth Sports Program

(Semper Fit)

Contact Information:

Phone Number: (928) 269-2324
Station Building Number: 693
Hours of Operation: 0730-1630 Mon-Fri

Description:

Youth Sports has many opportunities throughout the year for boys and girls. Each sport is

\$45 per child. Cheerleading is \$90 for the initial season, and \$45 for any subsequent season. Fees include uniform, trophy and end of season party.

Sports include:

- Soccer (Ages 3-12) January-March
- Track (Ages 5-12) March-May
- Basketball (Ages 5-12) May-July
- Flag Football (Ages 5-12) September-November
- Cheerleading (Ages 5-12) May-July, September-November

**Sports/Dates are approximate and subject to change

Coaches are always needed! If you're interested, please visit <http://mccsyuma.org/index.cfm/semper-fit/youth-sports/> for our Volunteer Coaches Packet or stop by our office.

Yuma County Area Transit (YCAT)

Contact Information:

Phone Number:	(928) 783-2235 or 511
Address:	2715 East 14th Street, Yuma, AZ 85365
Hours of Operation:	Monday through Friday from 5:25 a.m. to 8:30 p.m. and Saturday from 9:30 a.m. to 6:30 p.m. with limited evening services from Arizona Western College, Northern Arizona University and University of Arizona and other specific Yuma County and eastern Imperial County destinations until 11:00 p.m. on weekdays. <i>Service does not operate on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.</i>
Website:	www.ycipta.org

Description:

The Yuma County Intergovernmental Public Transportation Authority (YCIPTA) is proud to provide Yuma County Area Transit (YCAT) fixed route, vanpool and YCAT On Call demand responsive bus service throughout southwestern Yuma County including the cities of Yuma, San Luis, Somerton, Town of Wellton, Cocopah Indian Reservation and unincorporated communities of Yuma County, including Gadsden, Fortuna Foothills and Ligorita. YCAT also provides service into Winterhaven and El Centro, CA and on the Quechan/Fort Yuma Indian Reservation. You can count on YCAT to provide transit services - Monday through Friday 5:30 a.m. and 8:30 p.m. with limited evening service from Arizona Western College, University of Arizona and Northern Arizona University as well as other limited Yuma County and eastern Imperial County destinations in addition to service on Saturday between 9:30 a.m. and 6:30 p.m.

YCAT fixed and flex routes generally operate Monday through Saturday with the exception of Gold Route 8, Silver Route 9, Turquoise Route 10 and NightCAT, which operate limited days (see

schedule below for details). No YCAT service is provided on Sunday and the following holidays: New Year's Day, Dr. Martin Luther King Day, President's Day, Memorial Day, Independence Day, Labor Day, Veterans Day, Thanksgiving Day and Christmas Day. Saturday schedule operates on the day after Thanksgiving, Christmas Eve and New Year's Eve.

Maps and schedules are available at the Yuma County Chamber of Commerce, Yuma Visitor Bureau Visitor Information Center, Yuma International Airport, on board buses, at government offices, libraries and various retail outlets throughout Yuma County. Refer to route maps, system map or the Rider's Guide to see the service area of the scheduled bus route.

Visit the YCAT website for up to date fare information.

Times on the published schedules are approximate and may vary due to road conditions, weather, traffic conditions and other unforeseen circumstances. YCAT assumes no responsibility for acts or omissions of others, or for lost or stolen or damaged baggage or other personal articles, or for personal items left behind. YCAT passes are non-refundable and non-transferable. Timetables shown are approximate and not guaranteed. Passengers should allow extra time for delays.

Yuma International Airport

Contact Information:

Phone Number:	(928) 726-5882
Office Hours:	Monday through Friday 8 AM - 5 PM, closed for lunch Noon to 1 PM. Office Closed on National Holidays mostly
Terminal hours:	The following times are approximate: 4:30 am – 12:30 am, seven days a week Phone: (928) 726-5882 Ext. 2160, or 928-941-2396
Address:	2191 E. 32nd St. Suite 218 Yuma, AZ 85365
Website:	www.yumainternationalairport.com

Description:

Visitors to the airport will find two commercial airlines, four automobile rental agencies, a restaurant and lounge and a game room, in addition to several relaxing areas throughout the terminal. For military travelers, the Military Comfort Center is provided which features plush furniture, Wii and games, several computers to check email and wonderful volunteers who make cookies and Kool-Aid and love to make you feel at home. The FC "Frosty" Braden Passenger Terminal is proud to display a collection of art, which was funded through donations from the public. Other features of the terminal building include a business center, which is open to the public, and wireless internet service available from anywhere within the building.

Note: Times are subject to change. Arizona does **not** change with Daylight Savings Time. They are always on Mountain **Standard** Time.

Yuma Regional Medical Center (YRMC)

Contact Information:

Phone Number: (928) 344-2000
Address: 2400 S. Avenue A, Yuma, Arizona 85364
Website: www.yumaregional.org

Description:

Yuma Regional Medical Center is a 406 bed, Medicare-certified acute care hospital staffed by skilled healthcare professionals who are committed to providing the highest level of patient-family centered care. In addition to serving the community's general medical and surgical needs, Yuma Regional offers many specialized services, including:

- Women and Children Services Center
- Level III Neonatal ICU
- Heart Center
- Cardiopulmonary Care Unit
- Outpatient Surgery Department
- Wound Care Center
- Bariatric (Weight Loss) Surgery Program
- Cancer Resource Center

Yuma Regional Medical Center also serves as the base for the area's Emergency Medical System and operates one of the busiest Emergency Departments in the state.