

Camp Pendleton Family Member Employment Assistance Program (FMEAP) Emergency & Shutdown Resource Chart – San Diego & Surrounding Counties

| Category | Provider / Program | Description | When / Hours | Contact Info | Website | Eligibility |
|----------------------|-----------------------------------|---|---------------------------------|------------------------------------|---|--|
| Emergency Assistance | San Diego County 211 | Immediate support for health and human resources. | Ongoing | (858) 527-1419 | https://211sandiego.org/ | open to all |
| Emergency Assistance | Orange County 211 | Immediate support for health and human resources. | Ongoing | DIAL 2-1-1 888) 600-4357 | https://211oc.org/ | open to all |
| Emergency Assistance | Riverside County/Inland 211 | Immediate support for health & human resources. | Ongoing | (909) 751-1181 | https://inlandsocaluw.org/211 | open to all |
| Emergency Assistance | Find Help | Food, medical care, food, and other free or reduced-cost help | Ongoing | Link on website | https://findhelp.org | Search by zip code; open to all |
| Nutrition Assistance | Jewish Family Service Drive-Thru | Supplemental groceries; no registration required | Wednesdays 4–6 PM (until Oct 8) | (858) 637-3210 | https://jfssd.org/ | <input checked="" type="checkbox"/> Federal employees, contractors, families |
| Nutrition Assistance | San Diego Food Bank | Food assistance during shutdown | Ongoing | 1-866-350-FOOD (3663) Toll Free | https://www.sandiegofoodbank.org/ | <input checked="" type="checkbox"/> Federal workers, <input checked="" type="checkbox"/> Military families, low-income households |
| Nutrition Assistance | Feeding San Diego | Food distribution at bases, schools, housing areas | Ongoing | (858) 452-3663 | https://feedingsandiego.org/ | <input checked="" type="checkbox"/> Federal workers, <input checked="" type="checkbox"/> Military families, low-income households |
| Nutrition Assistance | STEP Emergency Aid | Food, diapers, financial aid, counseling | October | (858) 695-6810 | https://www.teamstepusa.org/ | <input checked="" type="checkbox"/> Military families, veterans, <input checked="" type="checkbox"/> Federal workers |
| Nutrition Assistance | Armed Services YMCA | Food distribution services | Ongoing | (760) 385-4921 | https://asymca.org/ | <input checked="" type="checkbox"/> Active-duty military families |
| Nutrition Assistance | Courage to Call Food Distribution | Free food and bank relief (verify eligibility) | Oct 11, 9:45 AM | (877) 698-7831 | https://www.couragetocall.org/ | <input checked="" type="checkbox"/> Active duty, veterans, Guard/Reserve families |

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| Nutrition Assistance | Fallbrook Food Pantry | Food and clothing assistance | M–F, 9:30 AM–12 PM | (760) 728-7608 | https://www.fallbrookfoodpantry.org/ | Local residents (Fallbrook, Pala, Rainbow, Bonsall) |
| Nutrition Assistance | Mission San Luis Rey | Emergency food and diaper assistance | Tues–Thurs, 9 AM–3 PM | (760) 547-0708 | N/A | Oceanside & North County residents |
| Nutrition Assistance | Coast Hills Community Church | Monthly food distribution | 2nd Sat, 9–11:30 AM | (949) 290-7621 | https://coasthills.church/ | ✔ Military families |
| Nutrition Assistance | Helping Hands | Mobile food pantry for military dependents | Tuesdays (varied locations) | (949) 230-7318 | Facebook Group | ✔ Military dependents |
| Nutrition Assistance | Catholic Charities – SD | Emergency food distribution | Ongoing | (619) 323-2841 | ccdsd.org | All individuals/families in need |
| Nutrition Assistance | Community Resource Center | Food & Nutrition Program | M–Th 8 AM–4:30 PM, F 8 AM–2 PM | (760) 300-3238 | crcncc.org | Must enroll; open to all |
| Nutrition Assistance | San Diego Humane Society | Free pet food and supplies | Tues–Sun, 10 AM–6 PM | (619) 299-7012 | sdhumane.org | Pet owners in need |
| Financial Assistance | Cabrillo Credit Union | Emergency line of credit, interest-free for 60 days | Activated during shutdown | (800) 222-7455 | cabrillocu.com | ✔ Federal employees, contractors (members only) |
| Financial Assistance | USAA | No-interest loans, payment relief | Activated during shutdown | (800) 531-8722 | usaa.com | ✔ Federal employees (with direct deposit), USAA members |
| Financial Assistance | Navy Federal Credit Union | 0% APR paycheck assistance loans | Activated during shutdown | (888) 842-6328 | navyfederal.org | ✔ Federal employees (with direct deposit), members only |
| Financial Assistance | STEP Financial Aid | Emergency grants, counseling | Ongoing | (858) 695-6810 | stepsocal.org | ✔ Military families |
| Financial Assistance | Frontwave Credit Union | Personal Loans & Emergency Assistance | Activated during shutdown | (800) 736-4500 | info@frontwavecu.com | ✔ Federal employees (members only) contact for eligibility |
| Financial Assistance | Federal Employee Education & Assistance Fund (FEEA) | Shutdown grants, emergency loans (non-pay loss) | Activated during shutdown | (20) 554-0007 | https://feea.org/ | ✔ Federal employees |
| Emergency Financial Aid | Navy Marine Corps Relief Society | Help basic living expenses (food, rent, utilities, gas) | During government shutdowns | (800) 654-8364 | nmcrs.org | ✔ Active duty Navy & Marine Corps members |

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| Family & Childcare Support | Armed Services YMCA | Childcare, family programs | Ongoing | (760) 385-4921 | asymca.org | ✔ Military families |
| Family & Childcare Support | Blue Star Neighborhood | Shutdown hub: food, childcare, mental health | Ongoing | (202) 630-2583 | bluestarfam.org | ✔ Military and veteran families |
| General Support & Info | MyFEDBenefits Map | Interactive map of local relief offers | Ongoing | info@myfedbenefitshelp.com | myfedbenefitshelp.com | ✔ Federal employees, contractors |
| General Support & Info | California Unemployment Benefits | Apply for benefits if furloughed or laid off | As needed | (800) 300-5616 | edd.ca.gov | ✔ California-based federal employees |
| General Support & Info | Find Your Congressional Rep | Contact for questions or advocacy | As needed | Varies by district | house.gov | All constituents |
| General Support & | U.S. Embassy/Consulate Locator | Help for those abroad during shutdown | As needed | Varies by location | usembassy.gov | ✔ U.S. citizens abroad |
| Utilities | SDG&E | Flexible payment plans for unpaid bills | As needed | (800) 411-7343 | sdge.com | All customers |

Looking to build a career while navigating military life?

The Family Member Employment Assistance Program (FMEAP) is here to support military spouses and dependent family members with personalized career counseling, resume and interview prep, job search assistance, and access to workshops, training, and federal employment guidance. Whether you're relocating, reentering the workforce, or exploring new opportunities, FMEAP provides the tools and resources to help you thrive professionally—wherever military life takes you.

In-Person and Virtual Services Available (By Appointment)

Text or Call (760) 829-0305 or (442) 288-5843 | Email cpfmeap@usmc.mil

Workshop & Hiring Event Registration
<https://PPRCP.eventbrite.com>



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MARINE & Family
 Family Member Employment Assistance Program