

Borinquen Beacon

VOLUME 12, ISSUE 38

SEPTEMBER 20, 2012.

Sunday, September 23, 2012.



Visiting Team VS. Home Team Time (ET)

St. Louis Rams @ Chicago Bears	1:00 pm
Tampa Bay Buccaneers @ Dallas Cowboys	1:00 pm
San Francisco 49ers @ Minnesota Vikings	1:00 pm
Detroit Lions @ Tennessee Titans	1:00 pm
Buffalo Bills @ Cleveland Browns	1:00 pm
Jacksonville Jaguars @ Indianapolis Colts	1:00 pm
New York Jets @ Miami Dolphins	1:00 pm
Kansas City Chiefs @ New Orleans Saints	1:00 pm
Cincinnati Bengals @ Washington Redskins	1:00 pm
Philadelphia Eagles @ Arizona Cardinals	4:00 pm
Atlanta Falcons @ San Diego Chargers	4:00 pm
Houston Texans @ Denver Broncos	4:00 pm
Pittsburgh Steelers @ Oakland Raiders	4:00 pm

Are you ready for some football? MWR is pleased to announce that the Pelican Pub will now offer NFL Prime Ticket every Sunday from 1300-2000. Sit back and watch your favorite team on one of our five flat screen TV'S. Order an ice cold beverage, some hot wings, and relax as the Football Season kicks off! Additionally, we invite you to bring the kids, as we will show a free Sunday matinee at the Community Center Ballroom starting promptly at 1500. After the first game and movie is over, join us for an evening meal from 1615-1830. Then, the regular menu will be available from 1830-1930 and will remain open while supplies last.

Sunday's Menu :

Meat ball sub with fries OR onion rings
Cost: \$6.00

Matinee at Community Center Ballroom:

Madagascar 3
Time: 15:00



Captain's Cup Futsal 2012

Team Rosters due:

TODAY

Registration begins:

Tuesday, September 27, 2012.

First Game will be played

October 9, 2012.

All games will be played at the basketball court on base.

Eligibility: All AD Coast Guard, DOD, CGES/MWR, CBP, INS, FBI and Ramey School.

Point of Contact:
Recreation Assistant
(787) 890-8400 Ext 8869



MWR is on Facebook!

Join our group and find out what's going on around our community.

Captain's Coed Softball



Registration:
September 5, 2012.

Team Rosters:

Monday, September 24, 2012.

First Game:

October 13, 2012.

Eligibility: All AD Coast Guard, DOD, CGES/MWR, CBP, INS, FBI and Ramey School.

Point of Contact:
Recreation Assistant
(787) 890-8400 Ext 8869

Youth Soccer 2012

Season Begins:

Monday, October 15, 2012.

Open to boys and girls
ages 4-14 yrs.

Team Selections:

TODAY

4:00 pm at Base Soccer Fields

Late Fees Began:

Tuesday, September 18, 2012

Registration Fees:

Active Duty Dependents: \$25

Other Authorized

Children: \$30

Coaches Dependent (1): FREE



The outdoor basketball courts are being resurfaced, and will soon match the quality/color of the tennis courts. With that being said, the outdoor basketball courts are closed until the project is complete. Approximately 8-12 days weather permitting.

Ceramic Shop

La Casita Ceramic Shop is for your convenience and flat-out fun. Adults, teens, and children of all ages are welcome, and there's no experience necessary. It's Easy! We provide everything! Just pick a piece of pottery, and use our paints, brushes, idea books, stamps, sponges and stencils to create your design. Friendly staff will assist you as much or as little as you like. We'll glaze and fire your masterpiece and have it ready for you to pick up in a week or less.

NEW HOURS

- Mondays 10am-2pm
- Tuesdays 10am-2pm
- Wednesdays 3pm-6pm
- Thursdays Closed
- Fridays 5pm-8pm
- Saturdays **Closed**
- Sundays (Every other weekend)
1pm-4pm (Sept. 16th and 30th)



Borinquen's Super Fit Kids

This event is FREE for kids ages 2-13. It will be held in La Plaza Gymnasium. Light refreshments will be provided at the end of each section.

Pre-register by September 27, 2012.

For more information or to sign up contact the MWR office at (787)890-8400 ext. 8894



Event includes:

- Fun obstacle course
- Boot camp exercises
- Use of equipment to complete various challenges
- Much more...

Saturday, September 29, 2012.

Ages 2-4	30 minutes	8:30-9:00 am
Ages 5-7	45 minutes	9:15-10:00 am
Ages 8-13	1 hour	10:15-11:15 am

I would like to thank everyone for participating at the Toy Distribution event. I will like to extend a special thank you to all my staff and volunteers who devoted their time and effort into making this event a memorable one. This event was filled with fun activities as well as an outstanding community participation. **Our next community activity will be the Family Financial Night, Tuesday, September 25th, 2012.** A complimentary dinner will be served at 17:00, followed by a one-hour session beginning at 18:00. All are welcome to attend. Please register in advance by either calling the MWR Office or stopping by. Lastly, registrations are still being accepted for our After School Program, free one day trial available, join us!

Boys & Girls Club of Borinquen
Director



Kids Triathlon

This past Saturday, we had our second Kids' Triathlon on Ramey Base. With twice as many contestants as last time (47 signed up), it was a huge success. I would like to reach out and thank ALL of the individuals involved in this race. First of all, CONGRATULATIONS to our young triathletes who battled the heat and humidity and completed their swim, bike and run! You were also enthusiastically cheered on by the amazing students from Ramey School who got up early on a Saturday morning to help us make this event as fun and safe as possible. An event like this is not possible to plan and execute without the help of volunteers. It was incredible to see the many individuals who helped guide the kids from beginning to end, and I hope you had just as much fun as the kids did. Safety is always a concern when organizing an event like this one; in particular when the ages range from 4 to 13. We were fortunate to have wonderful volunteers from our Pool Staff, Security Department and Medical Clinic, all of whom did a great job in keeping our kids safe. Finally, I would like to thank MWR (again) for allowing me to organize a kids' triathlon. A special thank you goes to the MWR intern, Amie, who worked hard to make this a great event! Pictures will hopefully be posted on MWR's Facebook page shortly.

As mentioned in the Beacon, this race was the first in a three part series; the other two events will be held in early spring. The point system works as follows: 1st place is worth 5 points, 2nd place 4 points, and 3rd place 3 points. Any athlete, who did not get to step up on the podium, will be awarded 1 point for completing the race. I want to end this long Thank You note by wishing you a very active and fun Puerto Rican fall and winter! Please stay active with your kids; it is not just beneficial for your health, but will also create memories that your child will cherish for a long time.

Sincerely,

Jessica

Ramey School Athletic Booster Club

What We Do: Raise and distribute funds to support our Ramey teams and athletes.

Meetings: September 14th, October 12th, November 9th, December 14th. 3:00pm

Where: Ramey School Media Center

What We Need: Volunteers to help this club improve Athletics at Ramey School. Your child does not have to be a student athlete for you to get involved. Send us your email if you would like to be notified and updated of Booster Club activities.



GO BOMBERS!

Safety Reminder



All traffic in an intersection must come to a complete stop while a school bus is on/offloading children on base. Nothing is more important than the safety of our families.

Stay Safe,
MEC Hussain

Coast Guard Exchange



Regular Store Hours

Monday	8:00 a.m.	8:00 p.m.
Tuesday	8:00 a.m.	8:00 p.m.
Wednesday	8:00 a.m.	8:00 p.m.
Thursday	8:00 a.m.	8:00 p.m.
Friday	8:00 a.m.	8:00 p.m.
Saturday	8:00 a.m.	8:00 p.m.
Sunday	10:00 a.m.	5:00 p.m.

Gas Station Hours

Monday to Saturday 8:00am - 5:00pm
Sundays 10:00am - 5:00pm

Lunch Menu September 24-28



AIRSTA Borinquen
Community Center
Daily Lunch
1100-1300
(787)890-8490
POC FSC De Leon

* Menus are subject to change depending on availability*

Monday, September 24

Cuban Pork w/ Chimichurri Sauce, Yellow Rice, Mixed Veggies, Sweet Bread, Plated Salad of the Day, Dessert of the Day/Asst. Beverages.

Tuesday, September 25

Peri-peri Chicken, Oven Glow Potatoes, Caribe Veggies, Garlic Sweet Bread, Plated Salad of the Day, Dessert of the Day/Asst. Beverages.

Wednesday, September 26

Beef Stroganoff, Linguine, Carrot Wheels, Garlic Bread, Plated Salad of the Day, Dessert of the Day/Asst. Beverages.

Thursday, September 27

Fish nuggets w/ Jalapeño Sauce, Macaroni and Cheese, Caribe Veggies/Tostones, Plated Salad of the Day, Dessert of the Day/Asst. Beverages.

Friday, September 28

CLOSED FOR LUNCH

MWR Library

A is for Alibi—Sue Grafton

Kinsey Millhone Alphabet Mysteries

The first novel in the "Alphabet Mysteries" series introduces the character of Kinsey Millhone as she looks into through the facts surrounding the death of prominent divorce lawyer Laurence Fife, whose murder eight years previously was blamed on his wife, Nikki Fife. After being released from prison, Nikki hires Kinsey to find the true murderer. In the course of the investigation, Kinsey becomes involved with Charlie Scorsoni, Laurence's former business partner, whose charms are sufficient to overcome temporarily Kinsey's reservations about sleeping with someone she hasn't yet crossed off her list of suspects.



“The more you read, the more things you will know. The more that you learn, the more places you’ll go” –Dr. Seuss, “*I Can Read With My Eyes Shut*”

Library Hours

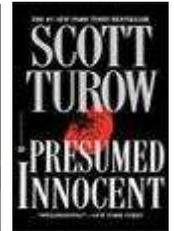
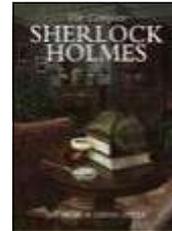
Friday, September 21: 1-3 pm
 Saturday and Sunday: Closed
 Monday, September 24: Closed
 Tuesday, September 25: 9-11am
 Weds, September 26: 10-12, 2-4 pm
 Thurs, September 27: Closed
 Friday, September 28: 1-3 pm

Other Titles of Interest

The Complete Sherlock Holmes—Sir Arthur Conan Doyle

The Maltese Falcon —Dashiell Hammet

Presumed Innocent—Scott Turow



Ombudsman's Corner

Hello everyone! As your new Ombudsmen here at Air Station Borinquen we would like to introduce ourselves to you.

Gabriela:

My name is Gabriela Sermini. I have been here for about two months, and we are trying to enjoy every bit of this place. We were previously stationed in North Bend, Oregon so this has been quite an adjustment, but for the good. I was born in Venezuela and I moved to the States about 11 years ago. I am currently working towards a Bachelor's Degree in Business Administration, and for the first time I am a stay-at-home mom trying to be as involved with my kids and the community as possible.

Jenni:

I am Jenni, and like Gabriela, I just moved here two months ago from Mobile, Alabama. I love Puerto Rico and we are happy to be returning for our second tour. We are enjoying the island from a different point of view this time around. I look forward to working together with Gabriela, the Command and all of you to make living here a positive experience.

We hope that we can be helpful to spouses and families. Should you have any questions or concerns please do not hesitate to contact us at asbqnombudsman@gmail.com.

Ramey School PTSO News



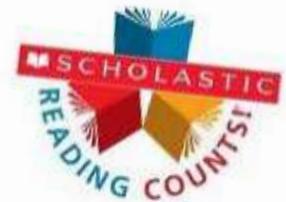
The book fair will run from October 15-19. We will need many volunteers to help run this great event. Volunteers will be needed for two to two and a half hour shifts including our night event where we have a super fun pajama party! If you would like to volunteer or even help us get the decorations made. We will need three community readers for the night event. If you would like to volunteer or have a great suggestion, please contact Angela and we'll try to make it happen.

Scholastic Book Orders

The book order forms have finally arrived. They went out to teachers this week, so you should be seeing them some time soon. September book orders will be sent in on September 30th. Checks should be made out to Scholastic. Orders can be given to your classroom teacher or dropped off in the PTSO box in the office.

I can order Scholastic online?

Yes. You just go to scholastic.com and register as a parent. Our user name is RAMEYPTSO and our password is also RAMEYPTSO (all caps). Then you can pick from the five available catalogs and pay with your major credit card. All deliveries go to your child's classroom. Orders come about 2 weeks after they are placed. (Sept. orders will be placed Oct 1).



What is a Casual Day?

Our first casual day is on SEPTEMBER 27th (which is also an early release day). Casual days are a PTSO fundraiser where your child can come to school out of uniform (in modest clothing with close-toed shoes) if they pay \$1.00. Students not wishing to participate may come in regular uniform. Money raised from casual day goes towards teacher reimbursements for classroom supplies and other PTSO purchases for the school. Money will be picked up first thing in the morning in each classroom. Students coming to school out of uniform, but not having \$1.00 will be in violation of dress code and will be sent to the office.

Dates to Remember:

Sept 27: Early Release and Casual Day

Oct 8: Columbus Day, No School

Oct 15-19: Scholastic Book Fair

Borinquen Conducts Hoist Training With CGC SAPELO

On Monday, September 17, 2012 Air Station Borinquen crew members LT Rich Birbilas, LT Reily, AET2 Saleeby, and AST3 Benavidez performed hoist training with Coast Guard Cutter Sapelo outside San Juan Harbor. The exercise provided some valuable experience for both the aircrew and cutter so that they are better prepared when a real search and rescue case happens. AET2 Saleeby took this photo as the cutter transited past El Morro in Old San Juan.



La Plaza Theater

FRIDAY



MEGAMIND

Will Ferrell and Jonah Hill

6:30 PM

The supervillain Megamind finally defeats his nemesis, the superhero Metro Man. But without a hero, he loses all purpose and must find new meaning to his life.

Rated PG: For action and some language

Runtime: 95 minutes



BATTLESHIP

Liam Neeson and Brooklyn Decker

8:30 PM

A fleet of ships is forced to do battle with an armada of unknown origins in order to discover and thwart their destructive goals.

Rated PG13: for intense sequences of violence, action and destruction, and for language

Runtime: 131 minutes

SATURDAY



ICE AGE: DAWN OF THE DINOSAUR

Ray Romano and Denis Leary

6:30 PM

The sub zero heroes are back. Scrat is still trying to nab the ever elusive nut, while maybe finding true love. Manny and Ellie await the birth of their mini-mammoth. Diego the saber toothed tiger wonders if he's growing too soft and Sid the sloth gets into trouble when he creates his own makeshift family by hijacking some dinosaur eggs.

Rated PG: For mild humor and peril

Runtime: 87 minutes



SAFE

Jason Statham and Catherine Chan

8:30 PM

Mei, a young girl whose memory holds a priceless numerical code, finds herself pursued by the Triads, the Russian mob, and corrupt NYC cops. Coming to her aid is an ex-cage fighter whose life was destroyed by the gangsters on Mei's trail.

Rated R: For strong violence throughout and for language

Runtime: 94 minutes

Next week



Friday

6:30 pm Happy Feet 2
8:30 pm The Best Exotic Marigold Hotel

Saturday

6:30 pm Journey 2: Mysterious Island
8:30 pm Act of Valor

AIRSTA Borinquen Health Services News

Clinic Corner

Thank you for attending the (4th) Quarterly, Patient Advisory Committee (PAC) meeting held Thursday, 20 SEP 2012, in the La Plaza Library. Interested personnel can Contact Master Chief Ek for meeting minutes and future PAC meeting information.

On **Friday, 21 SEP** the clinic will be opened but will be **without a medical officer**, due to scheduled Temporary Assignments. As always, the Duty HS can be reached to address your health care concerns @ (787) 307-7456.

Attention SEP birth month personnel! Contact Health Services to

schedule/complete your required readiness exams. Click the following link to access your Health Risk Assessment (HRA): <https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha.Login>. You'll need a completed HRA for your PHA appointment.

Tricare News

Express Scripts, Walgreens, and TRICARE, What's The Deal? Despite Express Scripts and Walgreens joining forces again, Walgreens is still a non-network retail pharmacy. The agreement between Walgreens and the Express Scripts network doesn't include the TRICARE contract.

Visiting the pharmacy locator tool <http://www.express-scripts.com/TRICARE/pharmacy/>; contact the ExpressRx mobile application at 1-877-363-130. Also, additional information can be found at: <http://tricare.mil/walgreens/>.

FDA Updates

What can you do about colds and flu? FDA offers tips for prevention and treatment: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092805.htm>.

FDA is alerting the public that certain over-the-counter (OTC) products that are applied to the skin for the relief of mild muscle and joint

pain have been reported to cause rare cases of serious skin injuries, ranging from first- to third-degree chemical burns, where the products were applied. When applied to the skin, the products produce a local sensation of warmth or coolness. These products should not cause pain or skin damage, however, there have been rare cases of serious burns following their use. Some of

the burns had serious complications requiring hospitalization. Patients are encouraged to report adverse events or side effects related to the use of these products to the FDA's MedWatch Safety Information and Adverse Event Reporting Program: <http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm319353.htm>

CG SUPPORT, confidential counseling, health coaching, education and referrals for USCG beneficiaries. See attached brochure for more related program information.



Highs and lows of carbohydrate diets

Edward F. Coyle, Ph.D., FACSM
Professor
Department of Kinesiology and Health Education
University of Texas at Austin
Austin, TX

Key Points

A low-carbohydrate diet in athletes impairs their exercise tolerance and their ability to beneficially adapt to long-term physical training.

Physical performance and mood state seem better maintained with a high vs. moderate carbohydrate

diet, thus reducing the symptoms of overreaching and possibly overtraining.

Adequate dietary carbohydrate is critical to raise muscle glycogen to high levels in preparation for the next day endurance competition or hard training session. Accordingly, during the 24 h prior to a hard training session or endurance competition, athletes should consume 7-12 g of carbohydrate per kilogram of body weight. However, during the 24 h prior to a moderate or easy day of training, athletes need to consume only 5-7 g of carbohydrate per kilogram of body weight.

Just as not every day of training should be intense or prolonged, not every day of training requires a high intake of carbohydrate.

Obese people consuming a very low-carbohydrate diet for 3-6 months can lose about 8% of their body weight compared to a 4% loss in those who eat a conventional diet that stresses reduced calories and fat. Approximately one-half of the weight loss may be derived from body fat on each diet. However, after 12 months on either diet, body weight reductions are likely to average only 2-4%, with little difference between diets.

AIRSTA Borinquen Health Services News Cont'd...

Wellness Quote of the Week

“Things turn out best for the people who make the best of the way things turn out.” -- *John Wooden*

Attention AIRSTA Borinquen Iron Men and Women

as a courtesy to all fellow fitness enthusiasts, please re-rack, put away or wipe down weight equipment you have finished using.

Do you think it's time to save a life?

Stop tobacco use today! www.ucanquit2.org, TRICARE's Smoking Quit line Support and Referral Service: 1-877-414-9949

September Wellness Observances

Childhood Cancer Awareness Month:

www.curesearch.org/ArticleView2.aspx?id=7750&l=8810&c=7eb54f

Healthy Aging[®] Month: www.healthyaging.net/events.htm

National Cholesterol Education Month: hp2010.nhlbihin.net/cholmonth/.



Family Finance Night



The Boys & Girls Clubs of Borinquen would like to invite the Community of Air Station Borinquen to our second Family Finance Night on **Tuesday, September 25th, 2012**. A volunteer financial advisor from the Foundation for Financial Planning will be conducting a 60 minute general session which will include important concepts to teach family strategies to meet both short- and long-term financial goals. After the general presentation, volunteer financial advisors will be available to meet on a more individual basis with those families who wish to obtain information that is related only to their specific situation. A complementary dinner will be served **promptly at 17:00**. Child care services will be provided by our staff at the Boys and Girls Club.

Interested participants must sign up in advance at the Main MWR office M-F 0800-1600.

WHEN: Tuesday, September 25th, 2012

*Date subject to change. Stay posted to the upcoming beacons

TIME: 17:00-19:00

WHERE: The Community Center

COST: FREE dinner and child care is included

US COAST GUARD AIR STATION BORINQUEN

260 Guard Road
Aguadilla, PR 00603

(787)890-8400

Our mission is to uplift the spirits of the Coast Guard Family and be an essential element of Coast Guard readiness and retention through customer-owned and driven MWR programs and services.



“Taking care of those who protect and defend”

FOR SALE: 2 Frigidaire 10,000 BTU A/C w/remote, just over a year old used 6 months garage stored, \$120 each. Panasonic 24,000 BTU A/C w/remote 230v highly used \$40. Kenmore 800w microwave \$20. Little Tikes activity garden 6-36 months \$20. Little Tikes swing along castle \$30.

SERVICES

Babysitters/ Dog Sitters

Do you hate mowing your lawn? I will gladly help you out for reasonable prices. I will even bring the mower!

Do you love music? Have you ever desired to learn to play piano? Piano lessons are being offered every Tuesday afternoon at the Ramey Base Chapel.

US COAST GUARD AIR STATION BORINQUEN

Commanding Officer:

CAPT Robert Phillips

MWR Officer: LT Travis
Smith

MWR Supervisor: Blair Mark-
ham

Editor: Melanie Deliz

Proofreader: Kelly Aley

**Deadline: Wednesdays at
11:00am**

Articles may be submitted via
e-mail at

beacon_info@yahoo.com

Off base commercial ads are not
accepted by the Beacon, feel free
to contact the MWR Officers.

MWR Business Hours:

8:00am – 3:30pm

787-890-8400

MWR Office	8895
Comm. Center	8490
CDC	8459
Pool	8496
Guest Housing	8492
Rec. Locker	8870
Ceramic Shop	8878
Theater	8881
B&G Club	8877
Library	8497

Volume 12
Issue 38

Help Anytime, Anywhere

EVERYONE NEEDS HELP FROM TIME TO TIME

When times get tough, most of us can benefit from talking through our problems with someone who is experienced and objective. Someone who can help us sort things out . . . a professional who will listen in confidence and help us find a good solution.

CG SUPRT can do just that.

ACHIEVE PERSONAL SUCCESS WITH CG SUPRT

When you call the CG SUPRT program, you will speak with an experienced and specially trained counselor who will assist you in getting the help you need.

CG SUPRT counseling is goal-oriented and solution-focused. CG SUPRT counselors and coaches will help assess your concerns and develop a plan of action. The plan may include short-term problem solving with a CG SUPRT counselor or coach, a referral to another resource, or the sharing of information.

HOW CG SUPRT WORKS

The CG SUPRT program helps you resolve personal problems and life challenges before they negatively affect your health, relationships with others, or job performance. You can contact the program 24 hours a day, 365 days a year, by calling one toll-free number.

The CG SUPRT program provides health coaching, professional counseling, education, and referral services to you and your family members.

CG SUPRT professionals can help you with a variety of issues:

- marital and family problems
- alcohol and/or drug abuse
- depression and anxiety
- work-related concerns
- career transition issues
- personal growth and development
- legal and financial challenges
- balancing work and life demands
- tobacco cessation
- health improvement

HEALTH COACHING

You can partner with a health coach in a thought-provoking and creative process to promote healthy lifestyle change, including losing weight, exercising, eating better and quitting tobacco. With help from your coach, you will establish a vision, clear goals and action steps to achieve your health goal.

PERSONAL FINANCIAL MANAGEMENT

The Personal Financial Management Program has the resources to assist families in many areas such as budgeting, credit & debt assistance, and retirement planning. CG SUPRT professionals can provide One-on-One Money Coaching, Educational Webinars, and Newsletters.

IS THERE A COST FOR THE CG SUPRT PROGRAM?

CG SUPRT telephonic counseling and sessions with a counselor or coach are provided at no cost to you.

Sometimes, in the assessment and counseling process, additional counseling, resources, or specialized treatment are recommended. If you accept these recommendations, you will be responsible for any related costs. Your CG SUPRT counselor will work with you and research the most appropriate and affordable resources to meet your needs, including any coverage by your insurance plan.

Depending on the assessment you receive from the CG SUPRT counselor, active duty members may be referred to the Coast Guard medical specialists to collaborate about receiving longer term care or accessing TRICARE.

Please do not hesitate to use this valuable service whenever you need it. It's easy to access, free, and confidential.

855-CG SUPRT
(855-247-8778)

TTY: 855-444-8724 **www.cgsuprt.com**
International: Country Code +800-02478778

**Make your personal action plan
for life's challenges, including:**

- Work and life balance
- Fulfilling relationships
- Recovery
- Tobacco cessation
- Healthy living
- Financial stability
- Sound mental health
- Child and elder care

You and your family
members can access
CG SUPRT at
anytime—24 hours a
day, 365 days a year.



CG SUPRT

to navigate life's challenges

Solutions • Understanding • Prevention • Resilience • Trust
855-CG SUPRT (247-8778) www.cgsuprt.com

**Confidential counseling
and assistance anytime!**

ONLINE SOLUTIONS

Explore our website at www.cgsuprt.com for information and support. Here you'll find:

- thousands of articles, tip sheets and checklists
- self-search tools for child and adult care services, summer camps, schools and more
- access to online consultation
- self-assessments and quizzes
- information to handle life-changing events
- audio clips and videos

ELIGIBILITY

Eligible members include USCG Active Duty members, civilian employees, members of the Selected Reserve, and their family members.

BETWEEN US

Confidentiality is a vital part of the CG SUPRT program's success. Your participation will be treated confidentially in accordance with all state and federal laws. Limitations on confidentiality are explained when services commence.

CG SUPRT upholds strict confidentiality standards. No one will know you have accessed program services unless you specifically grant permission or express a concern that presents the CG SUPRT program with a legal obligation to release information.



CONFIDENTIAL COUNSELING, HEALTH COACHING, EDUCATION AND REFERRAL



Confidential counseling and assistance anytime!

**855-CG SUPRT
(855-247-8778)**

**TTY: 855-444-8724 www.cgsuprt.com
International: Country code +800-02478778**

Make your personal action plan for life's challenges, including:

- Work and life balance
- Fulfilling relationships
- Recovery
- Tobacco cessation
- Healthy living
- Financial stability
- Sound mental health
- Child and elder care

**855-CG SUPRT
(855-247-8778)**

TTY: 855-444-8724

International:

Dial Country Code +800-02478778

www.cgsuprt.com

This brochure is for informational purposes only and does not guarantee eligibility for program services. The CG SUPRT program services do not replace regular medical care. In an emergency, seek help immediately.

