

Welcome to the AUGUST edition of the Base Seattle Work-Life “News Bullets”. See a topic and click on the link or contact the POC to learn more!

**License and Certification Reimbursement for Spouses:** A program to reimburse spouses up to \$500 for qualified relicensing and certification fees, to maintain their same professions when they move to a new state in support of their service member. Reimbursement is retroactive to December 2017. Forms and instructions are located at: <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Reserve-and-Military-Personnel-CG-13/Military-Personnel/Spouse-License-Reimbursement/>. Contact Ms. Heather Miles (206) 217-6674 [Heather.M.Miles@uscg.mil](mailto:Heather.M.Miles@uscg.mil)

**What Marijuana legalization means for you:** Read the attached infographic, post freely and learn what legalization of marijuana means for you and your family. For more information contact [dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil](mailto:dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil)

**Learn how to keep your shipmates and family members safer from suicide:** Recognize signs, provide a skilled intervention, and develop a safety plan at the Applied Suicide Intervention Skills Training (ASIST) course 20-21 August 2019 in Seattle. For more information or to sign up, contact Kristin Cox 206-217-6607 [kristin.l.cox@uscg.mil](mailto:kristin.l.cox@uscg.mil) or Robert Atadero 502-297-1103 [Robert.M.Atadero@uscg.mil](mailto:Robert.M.Atadero@uscg.mil)

**Family members who are interested in attending college:** May qualify for a Pell Grant, which is money to help pay for college and does not have to be repaid. For more information contact May Chao 206-217-6786 [may.chao@uscg.mil](mailto:may.chao@uscg.mil)

**Healthy Teen Relationships, Online and Off:** “That's Not Cool” is dedicated to decreasing teen dating violence and increasing awareness for healthy teen relationships online. Check out their website at <https://thatsnotcool.com/> or for more information contact Jennifer Parrish 206-217-6675 [Jennifer.M.Parrish@uscg.mil](mailto:Jennifer.M.Parrish@uscg.mil)

**Communication tips for families:** A family lacking healthy communication may flounder even in calm waters. Here are some communication tips for families. <https://oureverydaylife.com/a-lack-of-communication-in-the-family-5280058.html>. For more information contact Troy Olson 206-327-6612 [troy.e.olson@uscg.mil](mailto:troy.e.olson@uscg.mil) or Kristen Hutcheson 206-217-6608 [Kristen.S.Hutcheson@uscg.mil](mailto:Kristen.S.Hutcheson@uscg.mil)

V/r,  
Your Work-Life Staff

Work-Life Web Site:  
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:  
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life>