

# WORKFORCE AND FAMILY SERVICES ASSISTANCE CHART

If you need help with:

Then Contact:

Service	WL Specialist
Adoption Reimbursement Information	FRS
CG SUPRT Counseling, Information & Referral	EAPS
Child Abuse Prevention & Reporting	FAS
Childcare (Center & Housing-based)	FRS
Childcare Subsidy Information	FRS
Coast Guard Mutual Assistance Information	PFM
Command Financial Specialist	PFM
Credit Report/Credit Score Assistance	PFM
Crisis Intervention & Referral	EAPS
Critical Incident Stress Management (CISM)	EAPS
Elder Care Information	FRS
Emotional/Physical/Sexual Abuse	FAS
Employment Information	TRM
Family & Intimate Partner Violence Crisis Intervention	FAS
Family Readiness-Mobilization & Deployment	FRS
Family Violence Case Management	FAS
Family Violence Prevention	FAS
Family Violence Victim Advocacy	FAS
Federal Job Application Information	TRM
Financial Readiness & Counseling	PFM
Healthy Relationship Education & Resources	FAS
Interviewing Techniques	TRM
Relocation Handbook	TRM
Resources and Referrals for Your Job Search	TRM
Mandatory Financial Touchpoint Training	PFM
New Baby Issues	FAS
Offender Education & Treatment	FAS
Ombudsman Program	*TRM
Operational Stress Control	EAPS
Parenting Issues, Education, & Resources	FAS
Personal Financial Management Information & Resources	PFM
Personal Financial Management Training	PFM
Post-Transition Budget	PFM
Pre-Separation Counseling	TRM
Protective Orders	FAS
Relocation Assistance	TRM
Respite Care	FRS
Resume Writing	TRM
Retirement/Transition Seminars	TRM
Scholarship Assistance	FRS
School Liaison	FRS
School-Related Issues (K-12)	FRS
Security Clearance Issues Related to Finances	PFM
Separation/Divorce Issues	FAS
Sexual Assault Prevention & Awareness	SARC/VAPS
Sexual Assault Resources and Support	SARC/VAPS
Sexual Assault Victim Advocacy	SARC/VAPS

## Workforce and Family Services (WFS) Staff

**Employee Assistance Program Specialist (EAPS)**  
 Angela Leon-Guerrero  
 Teams: 206-815-4426 Cell: 671-988-9141  
 Email address: angela.a.leonguerrero@uscg.mil

**Family Advocacy Specialist (FAS)**  
 Armeda Winter  
 Teams: 571-614-2635 Cell: 808-798-0461  
 Email address: armeda.winter@uscg.mil

**Family Resource Specialists (FRS)**  
 Stacey Sawyer  
 Teams: 571-608-8906 Cell: 808-688-7052  
 Email address: stacey.c.sawyer@uscg.mil

**Transition and Relocation Manager (TRM)**  
 Jessica Dung  
 Teams: 571-607-2830 Cell: 808-419-4728  
 Email address: jessica.r.dung@uscg.mil

**Sexual Assault Response Coordinator (SARC)**  
 Lianne Casupang  
 Teams: 571-607-5991 Cell: 808-291-7720  
 Email address: lianne.m.casupang@uscg.mil

**Victim Advocate Program Specialist (VAPS)**  
 Jennifer Donnarumma  
 Teams: 571-613-4214 Cell: 808-425-0838  
 Email address: jennifer.a.donnarumma@uscg.mil

**Personal Financial Manager (PFM)**  
 Graziella Panetta  
 Teams: 571-610-0171 Cell: 808-291-3154  
 Email address: Graziella.Panetta@uscg.mil

**Workforce and Family Services Supervisor  
 D14 HSWL Regional Practice**  
 Jessica Hamilton  
 Teams: 206-815-4809 Cell: 808-286-8002  
 Email address: jessica.e.hamilton2@uscg.mil

\* Ombudsman Coordinator is a collateral duty assigned to one of the WL staff.

CONTINUED ON THE REVERSE

## WORKFORCE AND FAMILY SERVICES ASSISTANCE CHART

**If you need help with:**

**Then Contact:**

Service	WL Specialist
Special Needs Program	FRS
Spend Plans/Budgets	PFM
Spouse Employment Information	TRM
Stalking Issues	FAS
Stress Management	EAPS
Substance Abuse Awareness & Prevention	EAPS
Suicide Awareness, Prevention, & Reporting	EAPS
Taxes	PFM
Transition Assistance (Separating/Retiring)	TRM
Veterans Benefits	TRM
Workplace Violence Prevention & Intervention	EAPS

Substance Abuse Awareness, Prevention, & Treatment (Active Duty Personnel)	SAPS
<b>District Substance Abuse Prevention Specialist (SAPS)</b> HS1 Tiffany Dominguez Phone: 707-776-7781 or 571-610-3252 Email address: tiffany.l.dominguez@uscg.mil Duty SAPS: 757-628-4329	

**SERVICEMEMBERS & DEPENDENTS:**

**CG SUPRT PROGRAM**

CG SUPRT: 855-247-8777

[WWW.CGSPURT.COM](http://WWW.CGSPURT.COM)

**CIVILIANS & DEPENDENTS: FEDERAL OCCUPATIONAL HEALTH PROGRAM**

FOH: 1-800-222-0364

[WWW.FOH4YOU.COM](http://WWW.FOH4YOU.COM)

**NATIONAL HOTLINES**

**Sexual Assault**

Safe Helpline

877-995-5247

[www.SafeHelpline.org](http://www.SafeHelpline.org)

**Child Abuse**

800-4-A-CHILD (422-4453)

[www.childhelp.org](http://www.childhelp.org)

**Domestic Violence**

800-799-SAFE (7233)

[www.thehotline.org](http://www.thehotline.org)

**Suicide & Crisis Lifeline**

Call or text 988

Chat [988lifeline.org](https://988lifeline.org)

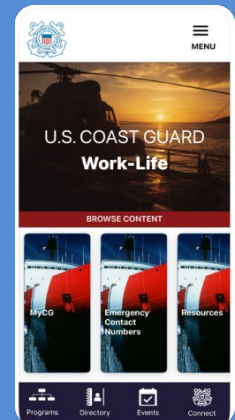
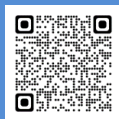
**Crisis Text Line**

[www.crisistextline.org](http://www.crisistextline.org)

Text the word HOME to 741

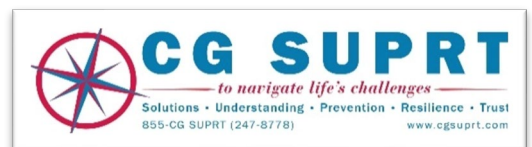
Download the USCG Work-Life Mobile App from the Apple Store or Google Play for resources and information on the go. The app includes information on:

- Work-Life programs
- Medical services
- Chaplain services
- Housing
- Legal services



Contact CG SUPRT for free expert guidance, counseling, and/or resources 24/7 on:

- Childcare
- Diet & nutrition
- Debt & credit
- Education
- Other life challenges



To request services, call or go online:  
 855-CG SUPRT (247-8778)  
[www.CG SUPRT.com](http://www.CG SUPRT.com)