

1 August 2018

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

- **Access WORK-LIFE website from home!** Read all about Work-Life programs and connect with valuable resources from your phone or home computer. Share this link with your FAMILY! *New short link!* <https://www.dcms.uscg.mil/Base-Seattle/Work-Life/>
Contact Ms. Shirley Blanchett at (206) 217-6640 for the Work-Life front desk and general information.
- **Victim/Survivor Support Organizations** The National Sexual Violence Resource Center (NSVRC) directory of service providers. Find an organization in the local area, state or region. For more information, contact your unit Victim Advocate (VA) or Ms. Jennifer Parrish at (206) 217-6635. <https://www.nsvrc.org/find-help>
- **Positive parent-child relationships** The Child Development Institute provides information and resources for parents of infants to teens on topics from potty training to family game night. For more information on parent education and family communication, contact Mr. Troy Olson at (206) 217-6612. <https://childdevelopmentinfo.com/how-to-be-a-parent/parenting/#.W1c5S7AU17g>
- **MINDFULNESS** not only reduces stress but also builds an inner strength so that future stressors have less impact on happiness and physical well-being. Find out how mindfulness helps with stress here: <https://www.mindful.org/9-ways-mindfulness-reduces-stress/>. For more information on EAPC programs, contact Ms. Karen Collins at (503) 861-6EAP (6327) or Ms. Kristin Cox at (206) 217-6607
- **BABY on the way?** CGMA provides the Layette "Welcome Gift for Baby" package to families in our CG community following birth or adoption. Contact your unit CGMA rep or apply online at <http://www.cgmahq.org/programs/layette.html> To complete a **new baby family budget**, contact Ms. Angela LeMaster at (206) 217-6615.
- **Separating from the Coast Guard?** Follow this link to find transition course dates and the steps to register. For more information, contact Ms. Angela LeMaster at (206) 217-6615. <https://cq.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Transition%20Assistance%20Program.aspx>

V/r,
Your Work Life Staff

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

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