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Subject: June Health Safety and Work-Life News Bullets
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Good afternoon,

Welcome to the JUNE 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!

- **\$225 INCREASE in the CHILD CARE SUBSIDY program for Oregon and Washington!** Find out how you can increase your subsidy payment by \$225 per month/per child - <https://content.govdelivery.com/accounts/USDHSCG/bulletins/1ee2617> Contact the USDA/CG Child Care Subsidy Program at 1-866-508-0371 or contact Ms. Kelly Smitherman at (503) 861-6242 for additional information.
- **Are you a sexual assault survivor AND separating from military service?** Help is available for sexual assault survivors going through transition <https://safeline.org/tsm-overview.cfm>. For more information, contact your unit Victim Advocate (VA) or Ms. Jennifer Parrish at (206) 441-6635
- **ASIST TRAINING learn life-saving suicide intervention skills.** Applied Suicide Intervention Skills Training (ASIST): For more information or to register, contact Ms. Kristin Cox at (206) 217-6607 <https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Employee%20Assistance%20Program.aspx>
 - Port Angeles July 2-3
 - Seattle July 16-17

Did you know you can get financial reimbursement for ADOPTING A CHILD? For more information, contact Ms. May Chao at (206) 217-6786 or click

here <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Adoption-Reimbursement/>

Are your members checking in with work life? Follow the link <http://cglink.uscg.mil/SeattleWorkLife> Click on “Other Recourses” and click on “Base Seattle Work Life Check-In with Voice Over” to meet the entire staff and learn how we can help!

- **Are you transferring this summer? When do you need to update your DEERS and TRICARE information?** Find out **when and how** to update your information with DEERS and TriCare at <https://tricare.mil/deers>.

V/r

Your Work Life Staff

Work Life Web Site:

<http://cglink.uscg.mil/SeattleWorkLife>

Base Seattle Web Site:

<http://cglink.uscg.mil/BaseSeattle>