

February 2019

Welcome to the FEBRUARY 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!

- **Furlough Recovery/Planning** – Do you and your family need assistance recovering from the missed pay period? Resources and support continue to be available to Members and Civilians.
  - Work-Life Office (206) 217-6640
  - GG SUPRT Money Coach (Emergency Que for expedited service) [www.cgsuprt.com](http://www.cgsuprt.com)
  - CGMA [www.cgmahq.org](http://www.cgmahq.org)
  - Unit CFS
  - Local CG Associations
  
- **Military Saves Week 25 FEB-2 MAR** – Kick your savings into high gear. Take the pledge. Set a goal. Make a plan. <https://militarysaves.org/for-savers/savings-tools-and-resources> For more information, contact Ms. Angela LeMaster (206) 217-6615.
  
- **FREE Tax Filing (Federal and State) through CGSUPRT**  
NOTE: Must access through CG SUPRT website. File early to avoid tax return IDENTITY THEFT! [www.cgsuprt.com](http://www.cgsuprt.com) For more information, contact Ms. Kristin Cox (206) 217-6607 or Ms. Angela LeMaster (206) 217-6615.
  
- **Spouse Scholarships** - Fund your education, career, or business goals! Check out National Military Family Association Scholarship Program. <https://www.militaryfamily.org/programs/spouses-scholarships/> For more family resource information, contact Ms. May Chao at (206) 217-6786.
  
- **Stress Management tips for Military** - Learn to recognize and manage stress. <https://www.military.com/education/keys-to-success/tips-for-stress-management.html> Contact Troy Olson at (206) 217-6612

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/>