

March 2019

Welcome to the MARCH 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!

- **Meet our new Transition & Relocation Manager (TRM)** Please welcome Ms. Heather Miles, she will provide support and information to transitioning members and unit leadership; empowering members for success post-Coast Guard. In addition, she will assist with spouse employment resources and serve as ombudsmen coordinator. Contact Ms. Miles directly at heather.m.miles@uscg.mil or (206) 217-6674.
- **Family Financial Stress** Most people know that financial problems can test even the most stable relationships. Our Work-Life Team has programs and resources to help during stressful times – contact us about family stress, communication and financial plans. Contact our Family Advocacy Specialist Mr. Troy Olson (206) 217-6612 or Personal Financial Manager Ms. Angela LeMaster (206) 217-6615. Additional resources can be found at our Work-Life Web Site: <http://cglink.uscg.mil/SeattleWorkLife> or Work-Life Web Site From Home: <https://www.dcms.uscg.mil/Base-Seattle/Work-Life>
- **FREE Tax Filing (Federal and State) through CGSUPRT**
NOTE: You must access through CG SUPRT website. Password “USCG” File early to avoid tax return IDENTITY THEFT! www.cgsuprt.com For more information, contact Ms. Kristin Cox (206) 217-6607 or Ms. Angela LeMaster (206) 217-6615.
- **CISM TRAINING** Learn peer support crisis intervention skills. Critical Incident Stress Management (CISM) - Newport, OR March 26-28. For more information or to register, contact Ms. Kristin Cox at (206) 217-6607 <https://www.dcms.uscg.mil/Base-Seattle/Work-Life>
- **Car Buying Tips** - Shop for financing THEN shop for the vehicle. Check out the auto loan toolkit at <https://www.consumerfinance.gov/consumer-tools/auto-loans/>. For more information on personal finances, contact Ms. Angela LeMaster at (206) 217-6615 or angela.d.lemaster@uscg.mil.
- **Safe Helpline App** is a free mobile resource created for members of the military community affected by sexual assault with 24/7 access. Get information and resources, including self-care tips. <https://safehelpline.org/app> For additional resources and information, contact Ms. Jennifer Parrish at (206) 217-6675.
- **Employee Assistance Program Coordinator** in Astoria OR has retired. Please direct all EAP assistance requests to Ms. Kristin Cox in Seattle WA at (206) 217-6607 Kristin.I.cox@uscg.mil <https://www.dcms.uscg.mil/Base-Seattle/Work-Life>

V/r,
Your Work-Life Staff

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