

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

**Transition, Goals, Plans and Success (TGPS)** NEW FY20 schedule is available <http://cglink.uscg.mil/SeattleWorkLife> ! Learn how to transition from the service. For more information or to sign up contact Heather Miles (206) 217-6674, [Heather.M.Miles@uscg.mil](mailto:Heather.M.Miles@uscg.mil).

**Child Care Subsidy Benefit:** Check out the new 'Subsidy Benefit Calculator'! Subsidy benefits are now based on only two factors check it out at - <https://elibrary.cnic-n9portal.net/familyenrollment/community-programs/family-enrollment/> For more information contact Kelly Smitherman (503) 861-6242, [Kelly.M.Smitherman@uscg.mil](mailto:Kelly.M.Smitherman@uscg.mil)

**Is your child struggling with school homework/assignments?** There is assistance available through tutor.com. <https://military.tutor.com/home> For more information contact May Chao 206-217-6786, [may.chao@uscg.mil](mailto:may.chao@uscg.mil)

**Money Management for Military Kids** – Parents can start with a few basic lessons to help their children learn healthy financial habits. Learn more at <https://www.consumerfinance.gov/about-us/blog/abcs-money-management-military-kids/>. For more tips on personal and family finances, contact the Personal Financial Manager, Angela LeMaster (206) 217-6615, [Angela.D.LeMaster@uscg.mil](mailto:Angela.D.LeMaster@uscg.mil)

**Learn ways to deal with stress with the upcoming school season.** <https://www.realsimple.com/health/mind-mood/stress/labor-of-love-back-to-school-stress> For more information contact the Family Advocacy Specialist's Troy Olson 206-217-6612, [Troy.E.Olson@uscg.mil](mailto:Troy.E.Olson@uscg.mil) or Kristen Hutcheson 206-217-6608, [Kristen.S.Hutcheson@uscg.mil](mailto:Kristen.S.Hutcheson@uscg.mil)

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>