

April 2019

Welcome to the APRIL 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!

- **Celebrating the Month of the Military Child!** The Military Child Education Coalition delivers programs, services and professional development to meet the needs of military-connected students, parents, and professionals. Check it out at <https://www.militarychild.org/resources>. For more information, contact Ms. Kelly Smitherman at (503) 861-6242.
- **Protecting Our People Protects Our Mission - April is Sexual Assault Awareness and Prevention Month.** Each one of us plays a role in preventing and responding to sexual assault. Learn more about how you can respond to and support survivors at <https://www.safehelpline.org/info-for-friends>. Contact Ms. Jennifer Parrish for more information, (206) 217-6675.
- **Our children’s safety depends on you - April is Child Abuse Prevention Month.** If you are concerned about the well-being of a child, reach out to those who can help. Find prevention and intervention resources at www.childhelp.org. For more family support resources, contact Mr. Troy Olson at (206) 217-6612.
- **Autism Awareness Month -** Autism had risen to 1 in every 59 births in the U.S., according to Center for Disease Control and Prevention (2018). Learn the early signs at <http://www.autism-society.org/what-is>. Contact Ms. May Chao for additional Special Needs Program resources at (206) 217-6786.
- **Mindful Self-Compassion Training -** Do you want to learn how to shift your inner critic to an inner coach? Handle difficult emotions with greater ease and respond to stress wisely? Attend the free MSC course May 13-14 in Astoria. Open to active duty, reserve and family members (over 18). For more information or to register, contact Ms. Kristin Cox at (206) 217-6607 <https://www.dcms.uscg.mil/Base-Seattle/Work-Life>
- **BAH Primer -** The Basic Allowance for Housing (BAH) program provides fair housing allowances to service members. What does this mean to you? Find a BAH overview, FAQs and additional resources here <https://www.defensetravel.dod.mil/Docs/perdiem/BAH-Primer.pdf>. To complete a pay slip review & check your BAH, Ms. Angela LeMaster at (206) 217-6615.

Blind Copied to all D13 mailboxes and D13 ombudsmen.

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>