

Welcome to the FEBRUARY 2020 edition of the Base Seattle Work-Life “News Bullets”. See a topic and click on the link or contact the POC to learn more!

- **CHILDCARE Subsidy Update!** The CG-11 team is hard at work to reduce the enrollment backlog and **ensure all families receive back pay to the date of their completed application**. Also, based on feedback, members will now receive a confirmation email within 3-5 days of application to provide for accountability and follow up. For more information read the entire Commandant’s FLASH Brief: 24 Jan20 or contact Child Development Services Specialist Kelly Smitherman at (503) 861-6242 kelly.m.smitherman@uscg.mil.
- **Free Money for School!** Check out different CG scholarship programs for spouses and children <https://coastguardfoundation.org/scholarships>. (Note: the CG Exchange Scholarship application deadline is 28 February). For more information, contact Family Resource Specialist May Chao at (206) 217-6786 may.w.chao@uscg.mil.
- **10 Steps to a Federal Job!** Learn how to apply for a federal position including resume requirements and creating a resume. In-person class at Base Seattle on 10 February 0730-1100 and CG SKYPE class on 19 February 0800-1130. RSVP is required with Transition and Relocation Manager Heather Miles at (206) 217-6674 Heather.M.Miles@uscg.mil.
- **Improve Your Marriage in 60 Seconds!** Subscribe to Gottman Institute’s newsletter “The Marriage Minute.” Over 40 years of research with thousands of couples show small things can create big change. <https://www.gottman.com/marriage-minute/>. For more information, contact Family Advocacy Specialists Troy Olson at (206) 217-6612 troy.e.olson@uscg.mil or Kristen Hutcheson at (206) 217-6608 kristen.s.hutcheson@uscg.mil.
- **Losing Your Edge?** Overworking can lower productivity -- you may get more by focusing on engagement, motivation and purpose to meet your goals. <https://www.psychologytoday.com/us/blog/people-planet-profits/202001/over-productivity-is-hurting-your-bottom-line>. For more information, contact Employee Assistance Program Coordinators Robert Atadero at (503) 861-6155 robert.m.atadero@uscg.mil or Kristin Cox at (206) 217-6607 kristin.i.cox@uscg.mil.

Very respectfully,
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>