

# U.S. Fleet Cyber Command U.S. Tenth Fleet



## Ombudsman Welcome Letter

### Welcome to Ft. Meade and the FCC/C10F family!

We are your Navy family Ombudsmen. We have been Navy spouses for many years and have experienced many of the ups and downs that come with being a part of the Navy family.

As Ombudsmen, we are designated by your Chief of Staff to serve as a communication link between the command leadership and the command family, in addition to being trained Information and Referral Specialists. Ombudsmen are advocates, ready to support, direct, and empower you and/or your family with all available resources.

#### How we can assist:

- Employment resources
- Lost dependent ID
- Information on events and recreational opportunities
- Information on benefits
- Education resources and opportunities
- Referrals for childcare, counseling and more
- Deployment readiness and support
- Info on Community Resources
- Info on Military Resources
- Grievance resolution and arbitration
- Tips for Navy life success
- Command info
- And much, much more...

#### The Ombudsman Code of Ethics:

- Support the Command Mission
- Work within the Chain of Command
- Maintain Confidentiality
- Maintain the highest standards of professionalism

#### Mandatory Reportables:

- Spouse abuse/Child abuse or neglect
- Potential or attempted suicide
- Death in the family
- Issues with drugs/alcohol/finances
- Sexual Assault

If we do not readily know the answer, we are committed to finding answers and resources for you. We can be reached via phone or email - 24 hours a day for emergencies or between 0900-1800 for non-emergencies.

Along with your command members, we look forward to meeting you at the FFSC Navy Family Orientation and/or at command functions. We look forward to providing assistance, as needed, during your time as part of the FCC/C10F family!

**571-357-0935    [fcc.c10f.ombudsman@gmail.com](mailto:fcc.c10f.ombudsman@gmail.com)**

**Facebook: Tenth Fleet Ombudsman**