



“My husband and I are stationed in Norfolk, VA.” We recently relocated from Pennsylvania. Before the move, I contacted Navy One Source. I had many questions regarding daycare, community activities and after school programs for our children.

The consultant provided me child care and special needs information available through the Norfolk community. I also received educational materials at no cost that included the *Child Care Handbook*, *Questions Parents Ask* booklet, and the *Parenting in the 21st Century* CD. I was directed to the online tool “Summer Camp Locator” on the Navy One Source web page. The locator helped me select a local day camp for my children.

“Upon arriving in Norfolk I contacted the Fleet & Family Support Center and was pleased with the wealth of information and resources they could provide. Between Navy One Source and the Fleet & Family Support Center, my family had a much easier move and is successfully settled into our new home and community.”

Navy One Source is brought to you by the U.S. Navy, at no cost to you. Best of all, Navy One Source is here for you any time of day, wherever you are. Spanish speaking consultants and simultaneous translation of more than 150 other languages are available. Get in touch with us today.

From the United States: 1-800-540-4123

From outside the United States ONLY: 800-5404-1233

• Or call collect: 484-530-5914

Online: www.navyonesource.com

User ID: Navy

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En español, llame al **877-989-5392**

TTY/TDD: 1-800-346-9188

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