



# **HSWL Regional Practice Cape May Work-Life Staff Is Available For You!**

**Mission:** To provide necessary employee assistance, sexual assault prevention & response, family advocacy and resource support that meets the needs for all Coast Guard family beneficiaries within the tri-state area of New Jersey, Delaware, & eastern Pennsylvania.

**Vision:** A resilient, safe, and ready Coast Guard.



## **Work-Life Staff Directory**

USCG Training Center, 1 Munro Ave, Cape May, NJ 08204

General Office & Information: 609-898-6882, or email [WorkLife.RPCM@uscg.mil](mailto:WorkLife.RPCM@uscg.mil)

### **Deputy Regional Practice Director & Work-Life Supervisor**

LT Shannon "Paul" Reck  
Office: 609-898-6860  
[Shannon.P.Reck@uscg.mil](mailto:Shannon.P.Reck@uscg.mil)

### **Family Advocacy Specialist**

Ms. Charlene DiPeri  
Office: 609-898-6925  
Cell: 609-675-1720  
[Charlene.A.DiPeri2@uscg.mil](mailto:Charlene.A.DiPeri2@uscg.mil)

### **Personal Financial Manager**

Mrs. Sarah Rohrer  
Office: 609-898-6886  
Cell: 609-374-7395  
[Sarah.S.Rohrer@uscg.mil](mailto:Sarah.S.Rohrer@uscg.mil)

### **Child Development Services Specialist**

Ms. Valanda Weston  
Office: 609-898-6384  
Cell: 609-568-0659  
[Valanda.M.Weston@uscg.mil](mailto:Valanda.M.Weston@uscg.mil)

### **Family Resource Specialist & Ombudsman Coordinator**

Mr. Bob Spicer  
Office 609-898-6885  
[Robert.H.Spicer@uscg.mil](mailto:Robert.H.Spicer@uscg.mil)

### **Sexual Assault Response Coordinator**

Ms. Shari Freeman  
Office: 609-898-6451  
Cell: 609-780-6152  
[Shari.N.Freeman@uscg.mil](mailto:Shari.N.Freeman@uscg.mil)

### **Employee Assistance Program Coordinator**

Mr. Lee Green  
Office: 609-898-6731  
Cell: 609-819-5493  
[Lee.D.Green@uscg.mil](mailto:Lee.D.Green@uscg.mil)

### **Health Promotions Manager**

Mr. Tim Merrell  
Office: 202-475-5146  
[Timothy.M.Merrell@uscg.mil](mailto:Timothy.M.Merrell@uscg.mil)

### **Transition Relocation Manager**

Mr. Robert Miller  
Office: 202-372-4089  
Cell: 202-271-5361  
[Robert.A.Miller4@uscg.mil](mailto:Robert.A.Miller4@uscg.mil)

