



HELPFUL LINKS

American Red Cross Okinawa
americanredcrossokinawa.org

CNIC Individual Augmentees
cnic.navy.mil

Credo Okinawa – Growth Retreats
 [credooki](https://www.facebook.com/credooki)

DoDEA
dodea.edu

Expatriate Exchange (Moving)
expatexchange.com

Families Overcoming Under Stress (FOCUS)
focusproject.org

Family Emergency Response
navyfamily.navy.mil

Military OneSource – Deployment
militaryonesource.mil/deployment

Navy – Marine Corps Relief Society
nmcrs.org

Navy MWR Digital Library
navymwrdigitallibrary.org

Navy MWR Okinawa
navymwrokinawa.com

Ombudsman Program
ombudsmanregistry.org

Ready Navy
ready.navy.mil

Relocation
move.mil
militaryinstallations.dod.mil

CONTACT INFORMATION

Navy Support
Bldg. 445, Camp Foster
645-5707 | 098-970-5707
navysupport@okinawa.usmc-mccs.org

DoD INST 1342.22 Military Family Readiness

MCCS MARINE & FAMILY PROGRAMS

is your

NAVY FLEET & FAMILY SUPPORT CENTER

MARINE & Family Marine Corps Family Team Building

MCCS
MARINE CORPS COMMUNITY SERVICES™

The
Fleet & Family Support
Center

NAVY SUPPORT

mccsokinawa.com

NAVY LIAISON

645-5707 | 098-970-5707

Individual Deployment Support Program
MCCS Deployed Spouses Benefit Cards for Navy Individual Augmentee (IA) Spouses
Individual Augmentee Family Deployment Cycle Briefs & Resources

- ia.navy.mil

Navy Family Accountability & Assessment System (NFAAS)

- navyfamily.navy.mil
- Navy IA Communication
- NFAAS App

- Emergency Case Management

Family Readiness Group (FRG) Training & Support
Ombudsman Support & Advanced Training Resources

- ombudsmanregistry.org

EDUCATION & CAREER SERVICES

645-3486 | 098-970-3486

Education Counseling
Military/Civilian Testing
Joint Service Transcript
Commissioning Programs
Accessing Higher Education Brief
Tuition Assistance

- GI Bill
- Spouse Education
- FAFSA/Financial Aid Scholarships

Navy College
243-8131 | 046-816-8131

navycollege_yokosuka@fe.navy.mil

LIBRARIES

645-7178 | 098-970-7178

SINGLE MARINE PROGRAM (SMP)

645-3681 | 098-970-3681

LIFESKILLS TRAINING & EDUCATION

645-3698 | 098-970-3698

Relationship Series

- Four Lenses Workshops
- Developing Healthy Blended Families
- Building Lasting Relationships
- Monthly Pre-Martial Information Seminars

Communication Series

- Interpersonal Communication
- Conflict Management
- Social Networking Safety

Wellness Series

- Basic Stress Management
- Basic Anger Management
- Family Care Plan
- Aging Parents & Elder Care
- Emergency Preparedness

Impact Series

- Safe and Sound at Home
- Casualty Notification Process – Scared of "The Call?"

LIFESTYLE, INSIGHTS, NETWORKING, KNOWLEDGE & SKILLS (L.I.N.K.S.)

645-3698 | 098-970-3698

L.I.N.K.S. for Navy Spouses
Volunteer as a L.I.N.K.S. Mentor

READINESS & DEPLOYMENT SUPPORT PROGRAM

645-3696 | 098-970-3696

Cycle, Family & Kids Briefs
Hearts Apart

- Military Spouse Deployment Group

Deployment Success Workshop
Stress Management Workshops

Beyond the Brief Series

- Should I Stay or Should I Go?
- Finance & Budgeting
- Coping with Stress & Adjusting Family Roles

Heading Home

- For Service Members Preparing to Return CONUS

Strong Military Couples

- The 5 Love Languages

VOLUNTEER PROGRAM

645-3749 | 098-970-3749

Strategic Volunteer Opportunities
Volunteer Management Training
Passport to Volunteering Workshops
Teen Volunteer Workshops
Presidential Volunteer Service Award (PVSA)

INFORMATION, REFERRAL & RELOCATION SERVICES

645-2104 | 098-970-2104

Newcomers' Orientation Welcome Aboard (NOWA)
Sponsorship Training
Smooth Move Workshop
Loan Locker

CULTURAL AWARENESS & ADAPTATION PROGRAM

645-2104 | 098-970-2104

Basic Japanese & Survival Language Courses
Japanese Spouse Orientation (JSO)
Arts & Crafts
Cultural Awareness Classes

TRANSITION READINESS PROGRAM

645-3151 | 098-970-3151

Transition Support
Pre-Separation Counseling
Transition Readiness Seminar (TRS)
Pre-Retirement Seminar
Personal Readiness Seminar (PRS)

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

645-7810 | 098-970-7810

Ace the Interview
Resume Writing
Federal Government Employment
Career Assessment
Job Search Strategies

PERSONAL FINANCIAL MANAGEMENT

645-2104 | 098-970-2104

Money Management
Saving & Investing
Credit Report & Credit Score Analysis
Thrift Savings Plan (TSP) & Retirement Planning
Personal Financial Counseling

BEHAVIORAL HEALTH PROGRAM

645-2915 | 098-970-2915

Community Counseling

- Individual, Couples & Family Counseling
- Sailor Assistance & Intercept for Life (SAIL)
- Cognitive Behavioral Therapy for Insomnia (CBTI)
- Women's Healing & Empowerment
- Healthy Thinking Group
- Grief & Loss Group
- Keeping Your Cool
- Alpha-Stem AID

Family Advocacy Program

- STOP Group for Men/Women
- Anger Management
- Married & Loving It!
- Incident Determination Committee (IDC) Training

New Parent Support Program

- Home Visits
- Parents in Uniform
- Journey Through Pregnancy
- Nurturing Parenting
- Baby Boot Camp
- Infant Massage
- Play Morning

Substance Abuse Counseling Center (SACC)

Greenside
645-3009 | 098-970-3009

Substance Abuse Rehabilitation Department (SARD)

Blueside
646-9520 | 098-971-9520

FAMILY CARE

Educational & Development Intervention Services (EDIS)

634-2740 | 098-961-2740

- Early Intervention (Children 0-3)
- Related Services (Ages 3-21)

Exceptional Family Member Program (EFMP)

645-9237 | 098-970-9237

- Playgroups, Events & Activities
- SSI & Medicaid Workshop
- EFMP 101
- Special Needs Forum
- Support at IEP School Meetings
- Targeted Research
- Family Transition Assistance
- Lending Library
- Family Support Groups

NOTE: For paperwork, respite reimbursement or coordinating PCS moves, please contact the USNHO EFMP office at 646-7408.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

645-4355 | 098-970-4355

sapr.mil