

## Marine Corps Family Team Building (466-4637)

### Readiness and Deployment Support (466-4908)

- The RDSP offers workshops and special events in which participants learn skills to cope with the military lifestyle.
- Programs offered include Pre-Deployment Briefs and Return and Reunion Workshops, among others.

### Family Readiness Program (466-5779)

- Training is provided to assist Command Teams in developing successful unit family readiness programs.

### LifeSkills (466-7562)

- Offers our military families opportunities for resiliency and personal growth
- Some of the classes are Four Lenses and Five Love Languages

### L.I.N.K.S. (466-5588)

- A volunteer, team-mentoring program, designed to teach participants about benefits, resources, and services that are available to them.
- The program offers an orientation to the Marine Corps lifestyle, helping spouses, Marines, children and teens, and parents/extended family members understand and adapt to the unique challenges military life often presents.

### Installation Volunteer Coordinator (466-4101)

- Provides information on local volunteer opportunities both on and off base.

## Semper Fit

### HITT (466-2371)

- Train the Trainer
- Personal Training
- Unit Sessions

### Fitness Centers (466-2713)

- Devil Dog Gym
- Hancock Gym

### Athletics (466-2566)

- Intramural Sports
- Equipment Checkout
- Paramobile Chair Checkout
- MCMAP Area
- Outdoor Fields/Track

### Aquatics (466-2510)

- Mainside Pool
- Cedar Creek Pool
- Hancock Pool
- AMP-IT

### Health Promotions (466-6467)

- Health Education
- Competitive Events
- Health Screenings

### Single Marine Program (466-3027)

- Recreation Center & Trips
- Volunteer Opportunities



# MARINE & Family

Marine & Family Programs at MCAS Cherry Point strives to provide our Marines, Sailors, and Families a comprehensive body of programs and services that are designed to enhance quality of life, education, resilience, behavioral health, and overall family readiness.

**Call, stop by, or visit our website today for up-to-date information on how we can help.**

**252-466-3264**

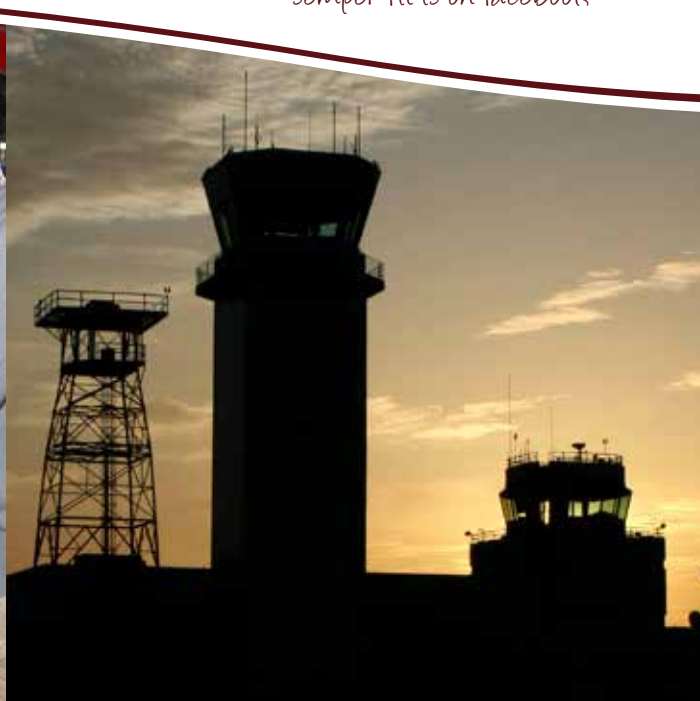
**Bldg. 232 • Corner of 4<sup>th</sup> Ave & E Streets • MCAS Cherry Point**

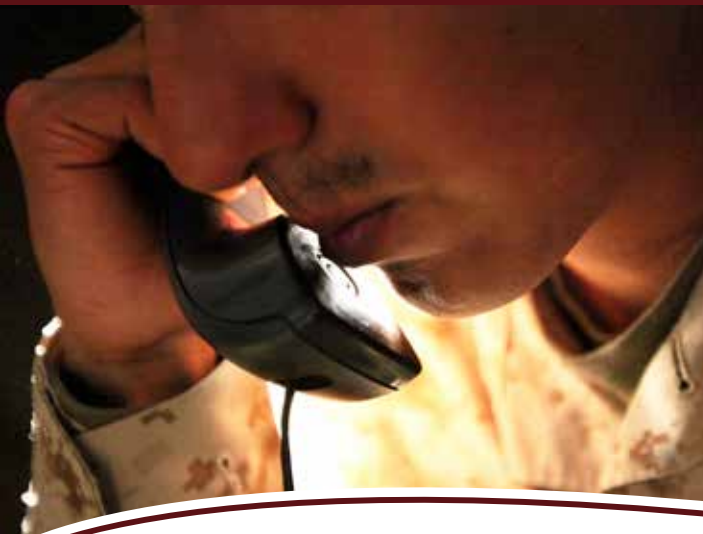
**[www.mccscherrypoint.com/programs](http://www.mccscherrypoint.com/programs)**

facebook.com/mccschpt



*semper fit is on facebook*





## *Behavioral Health*

### **Community Counseling Program (466-3264)**

- Individual and group counseling services for Active Duty, family members, and retired military with Licensed Clinical Social Workers and Licensed Professional Counselors.

### **Victim Advocacy**

- Victims Advocate assist victims of sexual and domestic violence by advocating for their rights and wishes as well as providing emotional support and crisis intervention.
- Victims Advocate can accompany victims to court, medical examinations, or social services and can be reached 24/7 by calling **252-671-0377**.

### **Substance Abuse Counseling Center (466-7568)**

- Offers both out-patient and intensive out-patient treatment, case management, referrals, counseling, aftercare/continuing care, prevention, training and resources.

### **Sexual Assault Prevention & Response (466-5490)**

- Prevention through education and training. Support for victims 24/7. Sexual Assault Response line **252-665-4713**.

### **New Parent Support Program (466-3651)**

- Offers support and education for expectant parents and parents of children under age 6, regardless of whether this is the couple's first child.
- Offers classes and home visits. Call to register for classes and check eligibility for services.

### **FOCUS Project-Families Overcoming Under Stress (466-7137)**

- Resiliency skills training for couples (dating or married) and families with children as young as age 3. A Masters Level Clinician works one to one with the entire family and uses family strengths to teach core resiliency skills. Workshops and skill building groups are also provided.

### **Family Advocacy Program (466-3264)**

- The goal of FAP is to prevent child abuse and domestic abuse through public awareness, education and family support programs; to identify, support and treat victims and offenders; and to provide information and referrals as appropriate.

### **M&FLC-Military & Family Life Consultants Program (339-6084/0290/0262)**

- Problem solving counseling
- Completely anonymous
- Training and consultation

## *Family Care*

### **Resource and Referral Office (466-5605/5079/3595)**

- Central registration for all Children, Youth, and Teen Programs
- Offers assistance in locating appropriate, affordable, and accessible childcare

### **Children, Youth & Teen Programs (466-5605)**

- Child Development Centers
- Hourly Care for ages 1 - 12 years
- Before/After school care
- Summer camps for school aged children

### **Exceptional Family Member Program (466-7533)**

- Mandatory Enrollment Program for all Active Duty personnel with a special needs family member.
- Offers educational and individual family support, respite care and family activities, as well as local information and resources.

### **School Liaison Program (466-7648)**

- School transition support
- Resources for parents

## *Personal & Professional Development*

### **Education Program (466-3500)**

- Academic/career advising; TA Funding; GED to Masters, Afloat, MASP/OASC, seated classes: CCC, SIU, PU, BU; distance learning; credentialing programs: MCCOOL, USMAP; a full range of testing programs: National Testing Center, PearsonVUE, DANTES, FAA, Military Classification, proctoring.

### **Station Library (466-3552)**

- Provides services in support of the professional, personal, educational, and recreational needs of the Cherry Point Community.
- Houses an extensive collection of books, audiobooks, magazines, electronic resources, in addition to free internet workstations, fax services, 3D printing and gaming.

### **Career Resource Center (466-4201)**

- Information and Referral
- Transition Readiness Program
- Relocation Assistance
- Family Member Employment Assistance Program
- Personal Financial Management
- Retired Services Officer

