September 2017
# Marine & Family Support

**Feature of the Month:** MCCS Job Fair  
**Monthly Spotlight:** Career Symposium  

## Family Programs and Resources
- Information & Referral
- Cultural Relations Program
- Relocation Services
- Personal Financial Management

## Veterans Affairs (VA)  
## Retired Activities Office (RAO)  
## Transition Readiness Program  
## Family Member Employment Assistance Program  
## Education & Career Services  
## MCCS Libraries  
## Marine Corps Family Team Building (MCFTB)  
## Single Marine Program  
## Health Promotions  
## Behavioral Health-Family Advocacy  
## New Parent Support Program (NPSP)  
## Behavioral Health-Community Counseling Program  
## Behavioral Health-Substance Abuse  
## Family Care/Exceptional Family Member Program  
## Family Care/ Child and Youth Sports  
## Marine & Family Support Telephone Directories  
## Semper Fit Calendar  
## Marine & Family Calendar
September Special Event

THE LARGEST MILITARY COMMUNITY

Job Fair on ISLAND!

COMMUNITY CENTER AUDITORIUM, CAMP FOSTER
SEPTEMBER 15 | 9 A.M.–2 P.M.
Open to DoD family members, transitioning military members and anyone else eligible for CIV employment.

For details, visit mcrdokane.com/job or call 465-1802.
September Spotlight

CAREER SYMPOSIUM
TUESDAY SEPTEMBER 26, 2017 | 9 A.M.—1 P.M.

CAMP FOSTER COMMUNITY CENTER
BLDG. 5908

This event is intended for military spouses.
Registration is required to attend.

Visit www.mcsc.com/transition or call 643-3151 to register.
Marine and Family Information & Referral (I&R) Specialists are available to provide individualized, one-on-one assistance on individual readiness and personal development. For more information please contact your nearest Marine & Family Resource facility or email psc_request@okinawa.usmc-mccs.org.

Marine and Family I&R Specialists are also available to coordinate unit and group training to include Personal Finance, Culture and Transition workshops.

For all Navy/Marine Corps Bases:
- Connie Melendez / 645-7494
- Cecilia Boehm / 637-2509
- Lindsay Byrd / 645-3172
- Erica Ramirez / 645-7494
- Sheena Anderson / 623-4522

For more information or to submit a request for support, please email your request to psc_request@okinawa.usmc-mccs.org.
Survival Japanese Language Class
Learn basic Japanese phrases and pronunciation.
   11 SEPTEMBER,  MONDAY,  1130-1230,  SCHWAB ED. CTR.
   18 SEPTEMBER,  MONDAY,  1130-1230,  FUTENMA ED. CTR.

Survival Japanese Language Writing
Learn to write basic Japanese used on everyday signs/items that are written in Hiragana, Katakana and Kanji styles.
   21 SEPTEMBER,  THURSDAY, 1130-1300,  FOSTER MFP-R

Basic Japanese Language Class Part 1
This is the first part of the basic class for adult learners wanting to develop their Japanese language skills.
   11, 12, 14, 15 SEPT,  M, T, TH, F,  1130-1300,  COURTNEY MFP-R
   25, 26, 28, 29 SEPT,  M, T, TH, F,  1130-1300,  FOSTER MFP-R

Kinser Field Trip
Meet at the Kinser Marine & Family - Resources office and visit a local fish market. Please bring your own vehicle for transportation.
   29 SEPTEMBER,  FRIDAY,  1200-1400,  KINSER MFP-R

Uruma Grocery Tour
This tour will introduce you to off-base grocery stores and the fish market in the Camp Courtney area. Please bring your own vehicle for transportation.
   07 SEPTEMBER,  THURSDAY, 1030-1230,  COURTNEY MF-R

Japanese Spouse Orientation: Family Support Agencies
Japanese Spouse Orientation (JSO) is designed for Japanese spouses and fiancées in their transition to military life. This month’s theme is Family Support Agencies. A translator is present for all sessions. For more information, please call 645-3127/2157.
   18 SEPTEMBER,  MONDAY,  0900-1100,  FOSTER MFP-R
**Yukata Dressing (Summer Kimono)**

Learn more about the *Yukata*, the traditional Japanese Summer Kimono. The *Yukata* is light and casual, set to match the warmer summer season. There are different styles of kimonos for men, women, and children. This class will demonstrate the proper wear of a woman’s *Yukata*.

- **08 SEPTEMBER, FRIDAY, 1130-1300, FOSTER MF-R**

**Gift Box**

Get a head start on your Christmas wrapping! Learn how to make your very own gift box using a recycled milk box and washi paper. All supplies are provided. This class is designed for adults. Call your nearest MF-R to register.

- **22 SEPTEMBER, FRIDAY, 0900-1100, FOSTER MFP-R**
- **28 SEPTEMBER, THURSDAY, 0930-1130, COURTNEY MFP-R**
- **29 SEPTEMBER, FRIDAY, 0900-1100, KINSER MFP-R**
Okinawa Islandwide Eisa Dance Festival
Koza Music Town, Okinawa City
6:00 pm - 9:00 pm, 15 September
Koza Athletic Park, Okinawa City
5:00 pm - 9:00 pm, 16 September

Mysterious Aqua Jewelry Art
Okinawa Outlet Mall Ashibina, Tomigusuku Village
11:00 am, 1 September - 10 September
Advance Tickets: Adults: ¥600 / Junior Students: ¥400
Day of Event: Adults: ¥700 / Junior Students: ¥500

Orion Beer Fest 2017
Koza Athletic Park Sub-ground, Okinawa City
16 - 17 September

Blast the Music of Disney
Okinawa Convention Center, Ginowan City
6:00 pm, 30 September
Tickets: Seat S: ¥9800 / Seat A: ¥7800
*Children under 3 years old not permitted*

Mid-Autumn Festival at Shuri Castle
Shuri Castle, Naha City
6:30 pm - 9:00 pm, 30 September - 1 October
Admission: Adults: ¥820 / High School Students: ¥620
Junior High/Elementary School Students: ¥310

Ginowan Sagoromo Festival
Ginowan Seaside Park, Ginowan City
3:00 pm - 9:00 pm, 30 September
12:00 pm - 9:00 pm, 1 October
Newcomers’ Orientation Welcome Aboard (NOWA)

All accompanied USMC and USN (all ranks), Civilian employees, family members age 10 and up and all unaccompanied USMC and USN (E-6 and above) are required to attend NOWA within two weeks of arrival.

Attendance is necessary for the newcomer to obtain the USFJ Privately Owned Vehicle (POV) Driver’s License. Please contact Base Safety at 645-3183/2862 to inquire about taking the POV Licensing exam prior to attending NOWA. A valid stateside Driver’s License is required to obtain a SOFA driver’s license.

**Childcare** is provided on a limited space-available basis and must be reserved in advance. Note: Infant Care space is extremely limited. Sponsors should call 645-4117 or 645-4062 for reservations as early as possible prior to the newcomer’s arrival.

**Transportation** is available from the Westpac, Hamagawa and Eagle Lodges. The sponsor MUST request transportation at the time of registration.

**Two copies each** of PCS orders and Area Clearance/Dependent Entry Approval message are required for Tricare enrollment and SOFA POV license testing (for family members) during NOWA.

06 SEPTEMBER, WEDNESDAY, 0715-1600, COMMUNITY CTR.
13 SEPTEMBER, WEDNESDAY, 0715-1600, COMMUNITY CTR.
20 SEPTEMBER, WEDNESDAY, 0715-1600, COMMUNITY CTR.
27 SEPTEMBER, WEDNESDAY, 0715-1600, COMMUNITY CTR.

For questions or more information on the Relocation Services, or to sign-up or register for any Relocation workshop, please contact your nearest Marine & Family Programs-Resources facility listed below, email reloassist@okinawa.usmc-mccs.org or visit the Relocation Webpage on the MCCS Okinawa (www.mccsokinawa.com) website.

Foster: 645-2104/2106/8395
Kinser: 637-2815
Courtney: 622-7332
Hansen: 623-4522/4860
Schwab: 625-2622

Sign Up Today
**Accompanied Smooth Move Workshop**

The accompanied Smooth Move workshop provides pre-departure and destination information on relocation and travel entitlements, base and community information, financial concerns, employment opportunities and much more. Orders are not required and family members are encouraged to attend. Call your nearest MF-R facility to sign up.

11 SEPTEMBER, MONDAY, 0800, COMMUNITY CTR.

**Unaccompanied Smooth Move Workshop**

The unaccompanied Smooth Move workshop provides pre-departure and destination information on relocation and travel entitlements, base and community information, financial concerns and much more. Orders are not required. Call your nearest MF-R facility to sign up. **NOTE: For those on an unaccompanied tour on Okinawa, with family members in CONUS moving to their new duty station, the Accompanied Smooth Move workshop is also available as an option.**

25 SEPTEMBER, MONDAY, 0800, COMMUNITY CTR.

**Sponsorship Training**

Get the most up-to-date information on regulations and policies affecting PCS moves to Okinawa, including a full explanation of the Sponsor’s roles and responsibilities and information about the resources in place to assist with your sponsorship assignment. Call your nearest MF-R facility to sign up.

07 SEPTEMBER, THURSDAY, 0900-1100, COURTNEY MFP-R
12 SEPTEMBER, TUESDAY, 0900-1100, FOSTER MFP-R
19 SEPTEMBER, TUESDAY, 0900-1100, KINSER MFP-R
21 SEPTEMBER, THURSDAY, 0900-1100, SCHWAB MFP-R
26 SEPTEMBER, TUESDAY, 0900-1100, HANSEN MFP-R

**Loan Locker**

Basic home items such as pots, pans, dishes, utensils, car seats and strollers are available to incoming and outbound personnel. Items are checked out for a 30 day period and may be extended an additional 30 days, if necessary. A copy of the Service Member’s orders are required to receive items.
To sign-up or register for any of the PFM classes, call any of the MFP-R offices listed on page 30 or visit the MCCS PFM webpage (www.mccsokinawa.com/personal_finance_management/) to electronically register for workshops.

Sign Up Today  Back to Index
Blended Retirement System (BRS) Opt-In Course
Are you one who is affected by the changes to the military retirement system and is mandated to receive training on BRS? We are providing classroom sessions on your Opt-In choices. You can also take this mandated training on MarineNet or Joint Knowledge Online (JKO) at http://jko.jten.mil.

Seating is limited to 25 students and must be pre-registered to attend.

08 SEPTEMBER, FRIDAY, 0830-1030, FOSTER MFP-R
18 SEPTEMBER, MONDAY, 0830-1030, HANSEN MFP-R
21 SEPTEMBER, THURSDAY, 0830-1030, COURTNEY MFP-R
25 SEPTEMBER, MONDAY, 0830-1030, KINSER MFP-R

Command Financial Specialist (CFS) Training
This training provides Unit Command Financial Specialists (CFS) with the basic tools, techniques and information to perform as the unit CFS. Training provided is governed by OPNAVINST 1740.5C and MCO 1700.37. There are only 25 seats available. Please call 645-2104/3600 for additional information and/or to register.

Candidates must meet the following prerequisites to attend this course:

*Must be in pay grades E-6 and above (USN/USMC) / E-5 with over 6 years service (USN/USN Units only)*
*Highly Motivated and financially Stable*
*Must have 12 Months remaining onboard after completion of the training*

11-15 SEPTEMBER, MON-FRI, 0730-1630, FOSTER BLDG. 439
Retired Activities Office (RAO)

**RAO Representative: Ben Garcia**

The RAO serves military retirees from all branches of service in a number of ways, to include the following:
1. Serves as a central point to obtain valuable information.
2. Provides reliable answers to your questions.
3. Refers individuals to appropriate service providers.

The RAO volunteer is a valuable link to help retirees and family members obtain the rights, benefits and privileges they are entitled to receive. The RAO is open Tuesdays and Thursdays from 0900 to 1500. For more information, please call 645-3159/3151.

Veterans Affairs Assistance

**VA Representative: Robert Healy**

Foster Marine & Family Office: Mon-Wed: 0730-1630, 645-3508/3151
Kadena AFRC: Thu-Fri: 0730-1630, 634-3366

The VA representative is here to assist transitioning military members, retirees and surviving spouses with educational services and assistance to beneficiaries. Transitioning military members will receive a full overview briefing at each TRS session. One-on-one appointments are also available.

*The VA Representative can also be emailed at varep@okinawa.usmc-mccs.org.*
**TRP**
Transition Readiness Program

**Transition Readiness Seminar (TRS)**
This workshop is required for active duty members between 90 days and one year of their date of separation or retirement. Unit Transition Coordinators will conduct the pre-separation interview, initiate the DD Form 2648 and register military members attending.

- 11-15 SEPTEMBER, MON-FRI, 0700-1630, HANSEN MFP-R
- 11-15 SEPTEMBER, MON-FRI, 0700-1630, KINSER MFP-R
- 18-22 SEPTEMBER, MON-FRI, 0700-1630, SCHWAB ED. CTR.
- 25-29 SEPTEMBER, MON-FRI, 0700-1630, FOSTER BLDG. 439

**Pre-Retirement Workshop**
This workshop is an alternative option to the TRS workshop for retiring service members, and covers recruiting, job market, resume preparation, federal employment, interview skills and specific entitlements to include Financial and Estate Planning, TRICARE, Veterans benefits and Relocation. Spouses of Service Members are welcome to attend the entire seminar. It is recommended that Service Members attend the Pre-Retirement workshop one to two years before retirement.

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*IMPORTANT CHANGE REGARDING PRE-RETIREMENT SIGN-UP*
To register for the Pre-Retirement Workshop, please contact your Unit Transition Coordinator (UTC). If your UTC contact information is unknown, please contact our office at 645-3151 and we will be more than happy to assist you with obtaining this information. NOTE: The TRP office no longer directly accepts sign-ups for the Pre-Retirement Workshop.

For more information on TRP please email tamp@okinawa.usmc-mccs.org or call 645-3151.
The FMEAP provides individual assistance with resume development and review, interview coaching and a career resource center with a computer lab. All of our services are free and available to Service Members, retirees, reservists, DoD employees, military spouses and family members. Please see page 30 for Marine and Family Programs contact phone numbers.

**Ace the Interview Workshop**
The best candidate may not get the job, but the best interviewee might. Learn how to ace your next interview. In this workshop you will understand how to answer tough questions, dress appropriately, and negotiate your salary.

*19 SEPTEMBER, TUESDAY, 0830-1130, FOSTER MFP-R*
*21 SEPTEMBER, THURSDAY, 0830-1130, KINSER MFP-R*

**Resume Writing Workshop**
Your Resume is a powerful career tool and should be a persuasive marketing piece, so don't let your resume go unnoticed. In this workshop you will be able to identify your skills, learn different resume formats and how to write about your accomplishments. Participants will leave with a draft master resume at the end of the workshop.

*01 SEPTEMBER, FRIDAY, 0830-1130, HANSEN MFP-R*
*28 SEPTEMBER, THURSDAY, 0830-1130, KINSER MFP-R*
*29 SEPTEMBER, FRIDAY, 0830-1130, FOSTER MFR*

**Federal Government Employment Workshop #1**
Applying for federal employment can be a daunting process, but we are here to help de-mystify the process. We will walk you through the application process, resume formats, required documents and how to align your skills with the job qualifications.

*07 SEPTEMBER, THURSDAY, 1300-1600, COURTNEY MFP-R*
*07 SEPTEMBER, THURSDAY, 1300-1600, KINSER MFP-R*
*12 SEPTEMBER, TUESDAY, 1300-1600, FOSTER MFP-R*
*19 SEPTEMBER, TUESDAY, 0830-1130, HANSEN MFP-R*

*To sign-up or register for any FMEAP classes. Please contact Family Member Employment Assistance Program using the contact information listed on page 30 or visit the Marine and Family Programs website at https://www.mccsokinawa.com/transition/*
Federal Government Employment Workshop #2

NOTE: Prerequisite - Federal Government Employment Workshop #1.

Are you unsure how to write your federal resume? This class is designed specifically to help you develop a powerful federal resume and address key areas in the job announcement to make you the successful applicant.

15 SEPTEMBER, FRIDAY, 0830-1130, FOSTER MFP-R
19 SEPTEMBER, TUESDAY, 1300-1600, KINSELER MFP-R
22 SEPTEMBER, FRIDAY, 0830-1130, HANSEN MFP-R
27 SEPTEMBER, WEDNESDAY, 0830-1130, COURTNEY MFP-R

Career Assessment
What is your dream career? This workshop will help you discover your work interests, career values, and motivations in the workplace. You will understand how these factors impact your potential success and career satisfaction.

21 SEPTEMBER, THURSDAY, 0830-1130, FOSTER MFP-R
28 SEPTEMBER, THURSDAY, 1300-1600, HANSEN MFP-R

Career Technical Training Track (CTTT)
The Career Technical Training Track (CTTT) is designed to assist Service Members in identifying certifications and credentials needed for their career interests.

06, 07 SEPT, WED-THURS, 0730-1630, FOSTER MFP-R

Job Fair Success
Stand out from the crowd and make an impression at the next job fair! Learn how to research employers, prepare your attire, and follow-up so you can successfully navigate any job fair and land the job.

01 SEPTEMBER, FRIDAY, 1000-1100, FOSTER MF-R

Career Symposium
Join Marine & Family Programs-Resources for the Career Symposium. This exciting event is designed to help put military spouses on the path to their next career! Take advantage of the opportunity to discuss job search techniques with employment specialists, meet recruiters from MCCS Human Resources for tips on how to compete for jobs, along with a presentation from a motivational speaker. Seating is limited, so please reserve your seat today by registering on www.mccsokinawa.com.

26 SEPTEMBER, TUESDAY, 0900-1300, COMMUNITY CTR.

Sign Up Today  Back to Index
The MCCS Education Centers assist active duty and family members with their educational goals. Guidance Counselors can provide academic/vocational guidance, financial assistance information and assist in developing education plans.

**Marine Corps Tuition Assistance (TA) Overview**
This class reviews Marine Corps TA policies. All classes are held at the Education Centers.
MONDAYS & FRIDAYS, 1000, FUT, FSTR, CTNY, HAN, SCH
TUESDAYS & THURSDAYS, 1000 KINSE

**TUITION ASSISTANCE NOTES:**
*There will be no TA Briefs conducted on Friday, 29 September.*

**FY 17 Tuition Assistance funding will end on 15 September. All TA Requests for courses starting between 15 and 30 September must be approved by the command and processed through the Education Office prior to 15 September. All courses starting after 1 October 2017 will be approved when FY 18 funds become available.**

**GI Bill Brief**
This class explains the differences between the Montgomery GI Bill and the Post 9-11 GI Bill. All classes are held at the Education Centers.
11 SEPTEMBER, MONDAY, 1430, COURTNEY, HANSEN
12 SEPTEMBER, TUESDAY, 1430, FOSTER, KINSE
13 SEPTEMBER, WEDNESDAY, 1430, SCHWAB, FUTENMA

**Accessing Higher Education**
This course is a 2-day interactive workshop that will assist participants with planning their road to college after leaving active duty.
14-15 SEPTEMBER, THURS & FRI, 0800, FOSTER ED. CTR.
28-29 SEPTEMBER, THURS & FRI, 0800, HANSEN ED. CTR.

**USMAP/MCCOOL**
Marines will learn about apprenticeship and credentialing opportunities related to their MOS while on active-duty, along with being prepared to transition to civilian employment after leaving active service.
18 SEPTEMBER, MONDAY, 1430, COURTNEY, HANSEN
19 SEPTEMBER, TUESDAY, 1430, FOSTER, KINSE
20 SEPTEMBER, WEDNESDAY, 1430, SCHWAB, FUTENMA
**Education & Career Services**

**Junior Marine Brief**
This Class explains available opportunities for pursuing higher education to those Marines with less than 24 months on active duty.
- 25 SEPTEMBER, MONDAY, 1430, COURTNEY, HANSEN
- 26 SEPTEMBER, TUESDAY, 1430, FOSTER, KINSE
- 27 SEPTEMBER, WEDNESDAY, 1430, SCHWAB, FUTENMA

**Transitioning From Boots to Books**
This brief prepares Service members for successful transition from the military into higher education. Topics include: career assessment, college selection factors, finding your education and college admissions.
- 19 SEPTEMBER, TUESDAY, 1100-1230, KINSE ED. CTR.
- 20 SEPTEMBER, WEDNESDAY, 1100-1230, FOSTER ED. CTR.
- 21 SEPTEMBER, THURSDAY, 1100-1230, HANSEN ED. CTR.

Please contact your nearest MCCS Education Center using the contact information listed on page 30 or visit the Marine and Family Programs website at www.mccsokinawa.com/educationandcareerservices/
**Adult Library Programs**

INTRODUCING THE MCCS INNOVATION LAB!
The MCCS Innovation Lab at the Camp Foster Library provides an opportunity for the Marine Corps community to learn about 3D printing, virtual reality, robotics, drones, electronic die-cut design creation, Little Bits prototyping and much more. Exciting new programs highlight opportunities to learn and use the new equipment. Visit the MCCS Innovation Lab and broaden your horizons in the areas of Science, Technology, Engineering, Art and Math (STEAM)!

**Other Weekly Adult Programs**
Each MCCS Library offers weekly adult programs including crafts, language skills, electronic instruction and more. Please check with your local library for days and times.

**Stories by Starlight**
Grab your pajamas and join us for stories, songs and a craft at our evening story time. This program is tailored to ages 4-10 years old, but all ages are welcome to attend.

13 SEPTEMBER, 1800-1900, FOSTER LIBRARY

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Please contact your nearest MCCS Libraries using the contact information listed on page 30 or visit the Marine & Family Program webpage at www.mccsokinawa.com.
Please check your local library for days and times.

Lapsit
Babies, newborn to 23 months, are exposed to language development, rhymes, stories, songs and playful activities in a positive and supportive atmosphere.

Tales for Tots
An interactive 20 minute program designed for curious ones, ages 24 to 48 months.

Preschool Story Time
This program includes age appropriate songs, storytelling, flannel board stories, finger-plays and a themed craft for children, ages 4-6 years old.

School-Age
A themed program featuring stories, games, and a craft activity for those 7-9 years old.

Tweens & Teens
Tweens and Teens, ages 10-18 years old, are invited to join us once a month at Courtney, Foster and Kinser libraries for our teen advisory board, book club and teen programs.
Marine Corps Family Team Building (MCFTB)

The Marine Corps Family Team Building (MCFTB) mission is to provide Marines and their families with the tools and resources needed to successfully meet the challenges of the military lifestyle and enhance mission readiness. We provide preventative education that is offered at touch points across the life cycle of a Marine. Our focus is to increase awareness and to provide skill building tools and readiness for individual and family development.

Lifestyle, Insights, Networking, Knowledge, Skills (LINKS) – 645-3698
This mentoring program for Marine family members is taught by Marine spouses to provide insight into the military lifestyle. There are LINKS sessions for kids, teens, spouses, Marines and Japanese spouses.

LINKS-New Volunteers, 07 SEPT, 0900-1100, FOSTER MFP-R
LINKS-Spouses, 20th Anniversary Workshop, 20-21 SEPT, 0900-1300, FOSTER BLDG. 439

LINKS-Spouses, 20th Anniversary Workshop, 21 SEPT, 1300-1600, FOSTER BLDG. 439

LifeSkills Training & Education – 645-3698
Workshops on various topics are provided to empower Marines and their family members and assist them in developing leadership skills.

Family Care Plan, 06 SEPT, 1300-1400, FOSTER BLDG. 5677
Emergency Prepare, 13 SEPT, 0930-1130, FOSTER BLDG. 5677
Interpersonal Comm., 26 SEPT, 0930-1130, FOSTER BLDG. 5677

Registration is required for all workshops. Classes may be cancelled due to lack of participants.
To register, call us at 645-3689 or go to www.mccsokinawa.com/MCFTB.
Premarital Informational Workshop ~ 645-3698
Premarital Seminar, 08 SEPT, 0745-1200, OCEAN BREEZE

Family Readiness Program Training ~ 645-3696
OPSEC/PII, 12 SEPT, 0830-1030, OCEAN BREEZE

Volunteer Program ~ 645-3749
Based on your schedule, interests, skills and goals, the Volunteer Program can help you find your perfect fit. For more information on all volunteer opportunities, both on and off base, please call 098-970-3749 (off-base), 645-3749 (on-base) or email volunteerrnow@okinawa.usmc-mccs.org.

MCCS Okinawa is a partner with Presidential Volunteer Service Award (PVSA) in identifying and recognizing Americans making a difference through volunteer service. As a certifying organization for the PVSA, MCCS Okinawa has the authority through an application and review process to administer the PSVA to volunteers.
The Single Marine Program’s mission is to enhance the quality of life to all unaccompanied Marines and Sailors on Okinawa. This program provides recreational activities and community involvement to enhance the overall morale and well-being of unaccompanied Service Members.

**Please call your nearest Single Marine Program facility for specific information on events pertaining to your base.**

**Labor Day Okuma Weekend!**
Enjoy snorkeling, camping, jet skiing, banana boat sled and more, during the Labor Day weekend with the Single Marine Program! FREE Transportation.

1-4 SEPT, SAT-MON, 1000, OKUMA BEACH

**Enjoy Okinawa Outdoors!**
Join SMP while we explore the underwater life without getting wet and take hikes to explore some of Okinawa’s waterfalls.

16 SEPT, SATURDAY, 0845, FOSTER SMP
16 SEPT, SATURDAY, 0900, KINSER SMP
17 SEPT, SUNDAY, 1000, FUTENMA SMP

**FREE FOOD!**
Steak, tacos, wings and bacon burgers, oh my! Sound good?? Please plan on enjoying them all for FREE during September with the Single Marine Program.

08 SEPT, FRIDAY, 1100, KINSER SMP (Steaks)
12 SEPT, TUESDAY, 1800, SCHWAB SMP (Tacos)
20 SEPT, WEDNESDAY, 1700, HANSEN SMP (Wings)
26 SEPT, TUESDAY, 1130/1700, CTNY SMP (Bacon Burgers)

**Base Clean-Up**
Start racking up Letters of Appreciation! Volunteer for our weekly base clean-ups, perimeter clean-ups and beautification projects. Please call your nearest SMP facility for specific information pertaining to your base.

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For additional information and registration options
Please contact your nearest Single Marine Program using the contact information listed on page 30 or visit the MCCS SMP webpage at https://www.mccsokinawa.com/smp/.
To register, please contact your nearest Health Promotion Office, visit your nearest Fitness Center or visit our webpage at www.mccsokinawa.com/wellness/.

The Semper Fit mission creates opportunities that promote and improve the health and wellness of the entire Marine Corps community. The Semper Fit Health Promotion Program provides health education that encourages people to increase control over and improve their full health potential.
Behavioral Health
Family Advocacy

To schedule a counseling appointment, please visit Camp Foster Bldg. 439, 2nd floor, between 0800-1600, Monday - Friday, excluding holidays. We offer Nurturing Parenting, Life skills, and Anger Management classes for teens and parents of teens by request. For more information on counseling and psychoeducational groups, please call 645-2915. Pre-registration and screening required for all groups.

STOP Group for Men/Women                Call for Schedule
26-week group for those who engage in abusive patterns of behavior, helping them to deal with ongoing issues in a supportive environment.

Couples Communication                Call to Register
This one day course teaches you how to enhance your communication skills as a couple. Topics include the Five Love Languages, financial freedom and conflict resolution. Individuals must be registered to attend.

Anger Management Class                Call to Register
Four-session class aimed at identifying triggers, and learning effective coping behaviors to reduce levels of anger and resolve conflicts.
  WEDNESDAYS, 1100-1230, FOSTER BLDG. 439

FAP Incident Determination Committee (IDC) Certificate
Training meets requirement for annual Family Advocacy training and certifies officers designated as the unit IDC voting representative (BN level CO/XOs). Any command member who works with families involved in or at risk of child/spouse abuse is welcome to attend. Individuals must be registered to attend.
  07 SEPTEMBER, THURSDAY, 0800-1600, OCEAN BREEZE

Back to Index
Behavioral Health
New Parent Support Program (NPSP)

**Home Visiting**  
**Call to Register**
Home visitors work with families in a one-on-one setting to provide support and enhance parenting skills and consists of professional social workers and registered nurses with knowledge of the issues encountered by parents.

**Journey Through Pregnancy**  
**Call to Register**
This 12-week, open discussion class, featuring the InJoy series, is designed for expectant parents to attend at any time during pregnancy. Topics include: labor and birth, medical procedures, new mother care, feeding and new baby care and Dunstan Baby Language.

- **TUESDAYS**, 1330-1430, **COURTNEY**
- **WEDNESDAYS**, 1330-1430, **KINSER CHAPEL**
- **THURSDAYS**, 1330-1430, **FOSTER**

**Play Morning**  
**Call to Register**
The interactive, educational playgroups assist parents in learning developmentally-appropriate play techniques and help children improve their social, cognitive, and motor skills. Parents have the opportunity to meet other parents and have a great time with their kids. *For Families with children newborn through 5 years old.*

- **WEDNESDAYS**, 1030-1200, **KINSER CHAPEL**

**Nurturing Parenting**  
**Call to Register**
A program to empower individuals and families with the knowledge, strategies and skills to make healthy parenting and lifestyle choices.

- **WEDNESDAYS**, 1400-1600, **FOSTER**

**Baby Boot Camp**  
**Call to Register**
This class assists in preparing expectant mothers and fathers to be confident and competent parents. Learn the basics of infant development, taking care of yourself as a parent, baby safety, newborn care, community resources and more.

- **01 SEPTEMBER**, **FRIDAY**, 0800-1300, **FOSTER BLDG. 439**

**Parents in Uniform**  
**Call to Register**
There are many challenges associated with being a military parent. This class is offered to parents and parents to be.

- **14 SEPTEMBER**, **THURSDAY**, 1500-1630, **FOSTER BLDG. 439**

**Infant Massage**  
**Call to Register**
Enjoy the benefits of this 4-session Infant Massage, as moms and dads are guided in parent-infant touch and massage interaction.

Back to Index
The Behavioral Health Community Counseling Program offers short-term, solution-focused counseling to help with relationships, work and life problems. To register, come for a screening during walk-in hours:
- Camp Foster (Bldg. 439), Mon-Fri, 0800-1100 and 1300-1600
- Camp Hansen (Bldg. 2631), Mon-Fri, 0800-1100 and 1300-1600

We also have counselors available, by appointment only, at the Camp Schwab Community Counseling Office located in Building 3327. All services, including the groups listed below, require pre-screening. For more information, please call 645-2915 or visit the BH Community Counseling webpage at www.mccsokinawa.com/counseling.

**Women’s Healing & Empowerment**  Call to Register: 645-2915
This eight-session counseling group is for adults and mature adolescents who have experienced trauma such as childhood abuse, domestic violence or sexual assault. This group meets on Camp Foster.

**Women of Wisdom**  Call to Register: 623-1458
Eight-session counseling group for women to develop and enhance coping, communication, trauma recovery and relationship skills. This group meets on Camp Hansen.

**Healthy Thinking Group**  Call to Register: 645-2915
Six-session cognitive therapy group which teaches participants to identify and reduce false, illogical or negative thoughts in order to manage issues such as depression, anxiety and anger. This group meets at Camp Foster and Camp Hansen.

**Keeping Your Cool**  Call to Register: 645-2915
Six-week cognitive behavioral anger management counseling group, which uses relaxation, cognitive and communication skills interventions. The goal is to reduce frequent and intense anger and its destructive consequences to improve physical and mental health of individuals and families. This group meets on Camp Foster and Hansen.

**Grief and Loss Group**  Call to Register: 645-2915
Eight-week cognitive behavioral process group, which focuses on the stages of grief, loss and acceptance. Participants will learn safe coping skills and how to process feelings of denial, anger, depression and guilt. Participants will be able to heal in a safe and supportive environment. This group meets on Foster.
The Substance Abuse Counseling Center provides screening, assessment, prevention, early intervention, and treatment services. We have counselors located at Camp Foster Bldg. 440, Camp Hansen Bldg. 2631 and provide services at Camp Schwab Bldg. 3429 by appointment. For more information or to schedule an appointment, please call 645-3009.

**Screening / Assessment**
Active duty service members attached to USMC units and dependents (18 years of age and older) can call or walk in to schedule an appointment as a self-referral.

**PRIME for Life (PFL) 4.5 Class**
Designed for those who may be engaging in high risk substance use behaviors and are therefore at greater risk of developing substance related problems.

**Early Intervention**
Designed for individuals making high risk choices with regard to their alcohol use. The program assists participants in developing a low-risk plan to protect the things they value most. The foundation of our Early Intervention program is the PRIME for Life (PFL) 16 hour course.

**Substance Abuse and Gambling Treatment**
Treatment is available for individuals who have been diagnosed with a Substance Use or Gambling Disorder. The level of care and length of treatment are determined by the individual’s need.

**Continuing Care After Care**
Designed for individuals who have completed substance abuse or gambling treatment. Group sessions are held weekly to assist individuals with maintaining recovery and achieving the goals on their aftercare plan. Individual sessions are also available as needed.

**Family and Friends Workshop**
A six-hour educational workshop on the influence of addiction within family relationships.

**Prevention Outreach and Education for Military Commands**
Outreach and education programs are available to meet the individualized needs of our military commands.
The Exceptional Family Member Program (EFMP) is a mandatory program designed to coordinate Permanent Change of Station (PCS) assignments for active duty sponsors to ensure availability and accessibility of necessary services for exceptional family members.

**EFMP and EDIS Play Group**
The Play and Learn Play Group is a weekly play group hosted by Educational and Developmental Intervention Services (EDIS). Children up to 3 years old, are invited for an hour of fun activities and social time, which helps teach social skills, along with gross motor and fine motor skills.

- 06 SEPT, WEDNESDAY, 1000-1100, FOSTER CHAPEL
- 13 SEPT, WEDNESDAY, 1000-1100, KADENA USO
- 20 SEPT, WEDNESDAY, 1000-1100, FOSTER CHAPEL
- 27 SEPT, WEDNESDAY, 1000-1100, CTNY HASHMARKS

**Special Needs Forum**
Join EFMP in an open door forum for families, service providers and unit commanders. This forum provides a platform for everyone to talk about issues and current trends.

- 15 SEPT, FRIDAY, 1700-1800, U.S. NAVAL HOSPITAL

**EFMP IEP Procedures with Joe**
Join EFMP and DoDEA as we talk about Individual Education Plan (IEP). Hear from the DoDDS Special Education Coordinator and find out how you can maximize or implement your IEP properly.

- 29 SEPT, FRIDAY, 1100-1230, FOSTER ED. CTR.

For questions and more information on the EFMP or to register for EFMP workshops, please contact the closest EFMP office:

- Camp Foster (Bldg. 495): 645-9237
- Camp Kinser (Bldg. 1316): 637-3516
- Camp Courtney (Bldg. 4448): 622-9794

Email: efmp@okinawa.usmc-mccs.org
Webpage: www.mccsokinawa.com/efmp
MCCS Child and Youth Programs (CYP) provide safe, healthy and developmentally appropriate learning environments and recreation opportunities for your family. The Child Development Centers (CDC) provide fulltime care for children, ages 6 weeks to 5 years old. School Age Care (SAC) provides before school, after school and full day care on no-school days for children in kindergarten through 12 years old. The CDC and SAC programs also provide drop-in hourly care. The Youth and Teen Centers are affiliated with the Boys and Girls Club of America and provide activities, field trips and other recreation opportunities for ages 10-12 years old (youth centers) and for ages 13-18 years old (teen centers).

To register, please contact the Resource and Referral Department at 645-4117, visit us at Camp Foster Building 495 or visit our webpage at www.mccsokinawa.com/cyp
MARINE & FAMILY PROGRAMS (M&FP) KEY PERSONNEL

Deputy A/CS Marine & Family Support  Bert Corn  645-3082
Chief, Family Care  Cullen Ohashi  645-4505
Chief, Semper Fit  Robert Johnston  645-3741
P & PD Branch Head  Tina Smilie  645-7809/2889
Behavioral Health (BH) Branch Head  Clark Jackson  645-2915
Director, BH Family Advocacy  Margaret Zohni  645-2915
Director, BH Community Counseling  LaVerne Dowling  645-2915
Director, BH Substance Abuse  Bernard Robinson  645-0815
Director, P & PD - Resources  Terry Burmester  645-2903
Director, Family Team Building  Frank Fay  645-3689
Deputy Director, Education/Career Services  Marie Hill  645-7160
Supervisory Librarian  Jeff Conner  645-6056
M&FP Administrative Specialist  Rachel Crowsey  645-7809/2889
P&PD-R Administrative Specialist  Akira Nakayoshi  645-2884

PERSONAL AND PROFESSIONAL DEVELOPMENT

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<td>Futenma Bldg. 403 636-3946</td>
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Y=Youth / T=Teen
Y/T=Youth & Teen

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**TUE**

1. **JOURNEY THROUGH PREGNANCY - COURTNEY**
   - Time: 1330-1600
   - Location: KINSE R CHAPEL

2. **PLAY MORNING - KINSE R CHAPEL**
   - Time: 1330-1600
   - Location: KINSE R CHAPEL

3. **JOURNEY THROUGH PREGNANCY - KINSE R CHAPEL**
   - Time: 1330-1430
   - Location: KINSE R CHAPEL

4. **NURTURING PARENTS - FOSTER**
   - Time: 1400-1600
   - Location: FOSTER CHAPEL

**THU**

1. **JOURNEY THROUGH PREGNANCY - FOSTER**
   - Time: 1330-1600
   - Location: FOSTER CHAPEL

**FRI**

1. **RESUME, 0830-1130, HANSEN MFR**
   - Location: HANSEN MFR

2. **TA, 1000, FUT, FSTR, CTNY, HNSN, SHWB ED CTRS**
   - Location: HANSEN MFR

3. **JOB FAIR SUCCESS, 1000-1100, FOSTER MFR**
   - Location: FOSTER MFR

4. **SAVING & INVESTING, 0830-1030, SHIELDS BLDG 6300**
   - Location: SHIELDS BLDG 6300

5. **NOWA, 0715-1600, FOSTER MFR**
   - Location: FOSTER MFR

6. **PREMARITAL SEMINAR, 0745-1200, OCEAN BREEZE**
   - Location: OCEAN BREEZE

7. **MONEY MGMT, 0830-1130, FUTENMA ED CTR**
   - Location: FUTENMA ED CTR

8. **TA, 1000, KINSER ED CTR**
   - Location: KINSER ED CTR

9. **VIEW A DRESSING, 1130-1300, FOSTER MFR**
   - Location: FOSTER MFR

10. **TA, 1000, FUT, FSTR, CTNY, HNSN, SHWB ED CTRS**
    - Location: HANSEN MFR

11. **CFS (1/5), 0700-1630, HANSEN MFR**
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12. **CFS (2/5), 0700-1630, HANSEN MFR**
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14. **CFS (4/5), 0700-1630, HANSEN MFR**
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15. **CFS (5/5), 0700-1630, HANSEN MFR**
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16. **BRS OPT-IN, 0830-1030, COURTNEY MFR**
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17. **BRS OPT-IN, 0830-1030, COURTNEY MFR**
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18. **BRS OPT-IN, 0830-1030, COURTNEY MFR**
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**COLOR CODE LEGEND:**
- SINGLE MARINE PROGRAM - SMP
- AQUATICS - AQUA
- ATHLETICS - SPORTS
- HEALTH & WELLNESS - H/W

**YOUTH SPORTS:** KNSR, FSTR, CTNY, MCT: BASEBALL/SOFTBALL GAMES CONTINUE 1-30 SEPTEMBER

**YOUTH SPORTS:** BASKETBALL/SOFTBALL REGISTRATION 1-15 SEPTEMBER THROUGH EVENTBRITE OR AT MCCS FITNESS CENTERS

1. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** SCHWAB-COMMISSARY TRIP, 1700
   **SMP:** HANSEN-MOVIE NIGHT, 1600
   **SPORTS:** HANSEN-POW/MIA 5K RUN, 0800
   **SPORTS:** CTNY-NORTH CC CUP 11 V 11, 1800
   **SPORTS:** KNSR-OPEN SOFTBALL, 1900

2. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-MOVIE NIGHT, 1600
   **SPORTS:** HANSEN-POW/MIA 5K RUN, 0800
   **SPORTS:** CTNY-NORTH CC CUP 11 V 11, 1800
   **SPORTS:** KNSR-OPEN SOFTBALL, 1900

3. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** FUTENMA-VOLUNTEER PIZZA NIGHT, 1800
   **SMP:** KINSER-BASE CLEAN-UP, 1300
   **SMP:** KINSER-STARVIN' MARVIN, 1800
   **SPORTS:** CTNY-NORTH CC CUP 11 V 11, 0900
   **SPORTS:** KINSER-OPEN SOFTBALL, 0900

4. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-BASE CLEAN UP, 1300-1500
   **SPORTS:** CTNY-OPEN SOFTBALL, 0900

5. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-LABOR DAY BBQ, 1200
   **SPORTS:** KINSER-OPEN SOFTBALL, 0900

6. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-BASE CLEAN UP, 1300-1500
   **SPORTS:** CTNY-OPEN SOFTBALL, 0900

7. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-BASE CLEAN UP, 1300-1500
   **SPORTS:** CTNY-OPEN SOFTBALL, 0900

8. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-LABOR DAY BBQ, 1200
   **SPORTS:** CTNY-OPEN SOFTBALL, 0900

9. **SMP:** HONG KONG TRIP
   **SMP:** NORTH/SOUTH CAMPS OKUMA TRIP
   **SMP:** HANSEN-BASE CLEAN UP, 1300-1500
   **SPORTS:** CTNY-OPEN SOFTBALL, 0900

**Semper Fit Events September 2017**

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