

**MARINE & FAMILY PROGRAMS**  
**Resource Guide**  
**2011**



**Marine Corps Community Services**



## **Marine Corps Community Services (MCCS) Mission Statement**

Sustain a wartime footing and promote retention by supporting the Operating Forces, Tenant Commands and the families of Camp Pendleton with responsive fitness and recreation programs; Marine and family support services; and business activities. We will stay focused on customer service while keeping a continued eye toward the future through innovation and continuous process improvement.

## **Marine & Family Programs (M&FP) Mission Statement**

Taking care of Marines, Sailors, and their families.

## **Purpose**

The purpose of this course catalog is to assist commanders in identifying appropriate resources that best support evolving needs.

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# Family Readiness

<b>Family Readiness Program Training</b>
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**Command Team Training****Length: 2 Hours**

*Target Audience: Commander, Executive Officer, SgtMaj, Chaplain, Family Readiness Officer, Command Team Advisors, Deputy FRO, Commander's Spouse, SgtMaj's Spouse or Senior Enlisted Spouse*

*Description: Command Team Training required by HQMC will prepare the Command Team to perform their duties for the Unit Family Readiness Program. The training will provide specific guidance per MC O 1754.9 on Official Communication, Information and Referral, Readiness and Deployment support, Volunteer Management, and Funding.*

*Location: Unit Specific*

*Phone: 760-725-6637*

**Family Readiness Officer Training****Length: 5.5 Hours**

*Target Audience: Family Readiness Officers*

*Description: Family Readiness Officer Training required by HQMC will prepare Family Readiness Officers to perform their duties for the Unit Family Readiness Program. The training will provide specific guidance on Official Communication, Information and Referral, Readiness and Deployment support, Volunteer Management, and Funding.*

*Location: Bldg. 1795*

*Phone: 760-725-6637*

**Family Readiness Officer CES (Continuing Education Session)****Length: 2 Hours**

*Target Audience: Family Readiness Officers*

*Description: Family Readiness Officer CES is designed to give appointed FROs and Deputy FROs information and education on programs and services available to their Marines and Families. It provides leadership, public speaking, volunteer management and additional professional development trainings.*

*Location: Bldg. 1795*

*Phone: 760-725-6637*

**Family Readiness Program Training**

**Family Readiness Volunteer Training**

**Length: 4-6 Hours**

*Target Audience: Marine or Navy Spouses and extended family members*

*Description: Family Readiness Volunteer training required by HQMC will prepare Family Readiness Volunteers to perform their duties for the Unit Family Readiness Program. The training will provide specific guidance on Official Communication, Information and Referral, Readiness and Deployment support, and their specific Position Descriptions.*

*Prerequisite: Participant must be designated in writing by Service Member*

*Location: Bldg. 1795*

*Phone: 760-725-6637*

**Family Readiness Resource Training**

**Length: 30 Minutes**

*Target Audience: All Family Readiness Volunteers (FRVs) and Family Readiness Officers (FROs)*

*Description: Designed to inform Family Readiness Volunteers and Family Readiness Officers who have been trained at other installations of the resources avail in the local area. This class is required for FRVs and FROs who were trained at another installation within the last 3 year and are appointed as a FRV/FRO at Camp Pendleton.*

*Location: Bldg. 1795*

*Phone: 760-725-6637*

**5 Love Languages**

**Length: 4 Hours**

*Target Audience: All Marines, Sailors and their spouses*

*Description: According to Dr. Gary Chapman, author of *The 5 Love Languages*, learning the primary love language of your spouse and choosing to speak it makes a tremendous difference in the emotional climate of a marriage. Foundational principles and activities are covered in the class to help couples better communicate and express their individual needs and preferences.*

*Location: Bldg. 1795*

*Phone: 760-725-6637*

**Lifestyle Insight Networking Knowledge and Skills (L.I.N.K.S.)**

**L.I.N.K.S.****Length: 8 Hours**

*Target Audience: All Marines, spouses, children, teens, and parents of Marines are eligible to participate in L.I.N.K.S. Additionally, other Service Members and spouses serving with Marines, and Marine Corps civilian employees and spouses are eligible.*

*Description: Lifestyle Insights, Networking, Knowledge and Skills (L.I.N.K.S.) is a program within Marine Corps Family Team Building that enhances the readiness of Marines, both single and married, and their families by offering an orientation to the Marine Corps lifestyle. This orientation includes mentorship by Marine Corps Family Team Building personnel and experienced and knowledgeable volunteer mentors. The program involves information sharing, small group discussions, and interactive activities. L.I.N.K.S. provides a positive environment for Marines and their families to learn to manage the demands of the Marine Corps lifestyle, and to work together as a team in balancing family needs while meeting Marine Corps expectations. L.I.N.K.S. sessions are available for:*

- Spouses
- Marines
- Teens
- Kids
- Parents

*Location: Bldg. 1795*

*Phone: 760-725-2335*



**PREP**

**Prevention Relationship Enhancement Program****Length: 8 Hours**

*Target Audience: All Marines, Sailors, and their fiancés or spouses*

*Description: This one-day workshop helps couples communicate and connect more effectively. Participants learn and practice proven techniques. Key topics include: Relationship Risk Factors, Communication Danger Signs, Safety and Structure in Communication, and When Forgiveness Isn't Easy.*

*Location: Bldg. 1795*

*Phone: 760-9052*

LifeSkills

**4 Lenses Personality Workshop**

**Length: 4 Hours**

*Target Audience: All military and their families, MCCS employees, Base employees.*

*Description: This workshop will provide you the opportunity to improve your interpersonal skills as well as help you communicate with others in a way that fosters mutual understanding and acceptance. The principles you will discover in this workshop will empower you to improve aspects of every personal relationship in your life.*

*Location: Bldg. 1795*

*Phone: 760-763-7890*

**Color Me Too**

**Length: 45 Minutes**

*Target Audience: All military and their families, MCCS employees, Base employees.*

*Description: An introduction to color temperament. This class is a brief workshop that will introduce the participants to the four colors associated with personality types. A more in-depth look into the four colors associated with the color spectrum is "4 Lenses Personality Workshop."*

*Location: Bldg. 1795*

*Phone: 760-763-7890*

**Color My Kids**

**Length: 4 Hours**

*Target Audience: All military and their families, MCCS employees, Base employees.*

*Description: In this workshop you will be guided to determine your child's color spectrum along with your parenting style. You will walk away with improved parenting and communication skills, along with the know-how to build stronger and more meaningful family relationships.*

*Prerequisite: 4 Lenses Personality Workshop*

*Location: Bldg. 1795*

*Phone: 760-763-7890*

## LifeSkills

**Speaking with Style****Length: 4 Hours**

*Target Audience:* All military and their family, MCCA employees, Base employees.

*Description:* This workshop is for the individual who must speak publicly in the course of performing their day-to-day Marine Corps business. Speaking with style presents proven techniques on how to speak successfully. It takes a “how-to” approach to effective speaking.

*Location:* Bldg. 1795

*Phone:* 760-763-7890

**Family Care Plan****Length: 1 Hour**

*Target Audience:* All military and their family, MCCA employees, Base employees.

*Description:* One of the most important considerations of family readiness is to ensure that your family will be taken care of properly while you are on deployment and during unexpected circumstances. In this workshop we will discuss the purpose and terminology, the roles and responsibilities of those involved, and family care planning.

**Family Disaster Plan****Length: 30 Minutes**

*Target Audience:* All military and their family, MCCA employees, Base employees.

*Description:* There are many different kinds of disasters occur without warning and can be equally devastating to their victims: wildfires, earthquakes, floods, pipeline leaks, and explosions. This workshop is primarily geared to wild fires and earthquakes, but the planning you and your family do now will be of benefit for any type of disaster that can strike your community. At the end of this workshop you will have a plan to use in case of an emergency.

*Location:* Bldg. 1795

*Phone:* 760-763-7890

**Elder Care****Length: 1 Hour**

*Target Audience:* All military and their family, MCCA employees, Base employees.

*Description:* Caring for an aging parent, an elderly spouse, or a close friend presents difficult challenges especially when a crisis hits and you are suddenly faced with the responsibilities of elder care. In this class we will talk about some of the emotions with which you and your loved one will be dealing, some actions you should take, and some ways that may help you cope.

*Location:* Bldg. 1795

*Phone:* 760-763-7890

**LifeSkills****Who Moved My Cheese?****Length: 4 Hours*****Target Audience:*** All military and their family, MCCS employees, Base employees.

**Description:** The workshop is based on Dr. Spencer Johnson's international bestselling book by the same name. The goal of the workshop is to help you deal with difficult changes through a better understanding of change and learning valuable skills that allow you to face change with less stress and more success. The fun and interactive setting includes watching an animated movie based on the book, as well as discussions and a questionnaire. The questionnaire will help you determine your current Change Skills level, including your change readiness, anticipation, and energy.

**Location:** Bldg. 1795**Phone:** 760-763-7890**Leading Across Generations****Length: 4 Hours*****Target Audience:*** All military and their family, MCCS employees, Base employees.

**Description:** For the first time in history there are four distinct generations in the workforce, all with their own perspectives, styles, and expectations. Unfortunately, where there are differences, there are often conflicts. Gain an understanding of the specific differences between the generations that make up today's workforce. Resolve the points of friction where one generation's style or perspective is likely to conflict with those of another generation.

**Location:** Bldg. 1795**Phone:** 760-763-7890**7 Habits of Highly Effective Military Families****Length: 7 Hours*****Target Audience:*** All military and their family, MCCS employees, Base employees.

**Description:** Along with the normal challenges of family life, military families must also deal with the added stress of relocation and deployment. Based on the original principle of Stephen Covey's *7 Habits of Highly Effective People*, this workshop provides a much needed framework for applying universal, self-evident principles that enable family members to communicate more effectively about their problems and resolve them successfully.

**Location:** Bldg. 1795**Phone:** 760-763-7890

<b>Readiness &amp; Deployment Support</b>
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**Pre-Deployment Briefs****Length: 45 Minutes***Target Audience: All Marines, Sailors, and Their Families*

*Description:* Topics covered include: MCFTB programs, financial planning and emergencies, Powers of Attorney, legal, personal preparation, spouse relocation, TriCare, preparing children and loved ones, family care plans, deployment stress and the Combat Operational Stress Continuum, American Red Cross, Postal Communication, Military OneSource, and CACO (optional). This brief is for both Single and Married Marines and Sailors and is facilitated on a unit specific basis 30-60 days before a deployment.

\*Family Readiness Officers or members of a Command Team can call to schedule a brief with an RDST.

*Location:* TBD by the Command Team or Family Readiness Officer

*Phone:* 760-763-1337

**Spouses In the Midst****Length: 3 Hours***Target Audience: All spouses or significant other whose Marine or Sailor is currently deployed*

*Description:* Designed as a day for spouses “In the Midst” of a deployment, this workshop offers a wide range of venues to include fun, education, communication, relaxation, and networking. We invite all spouses aboard Camp Pendleton to join us in developing and enhancing the tools needed for inner strength and endurance during separation and deployment. This workshop is offered base-wide only and childcare is available.

*Location:* Bldg. 1795

*Phone:* 760-763-1337

**Return & Reunion Brief****Length: 2 Hours***Target Audience: All spouses and family members whose Marine or Sailor is currently deployed*

*Description:* This interactive workshop for spouses discusses the expectations and challenges associated with the return and reintegration of their deployed service member. Topics include: homecoming planning, communication, tools for managing stress, romance and intimacy, and roles and responsibilities. This brief is facilitated on a unit-specific basis 14-30 days before a homecoming. Family Readiness Officers or members of a Command Team can call to schedule a brief with an RDST.

*Location:* TBD by the Command Team or Family Readiness Officer

*Phone:* 760-763-1337

<p><b>Readiness &amp; Deployment Support</b></p>
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**Warrior Kids Series****Length: Varies**

*Target Audience: Children ages 5-12 whose Marine or Sailor is currently deployed . For Kids and Deployment and Kids and Reunion, the remain-behind parent will also attend the workshop.*

*Description: This series is for kids ages 5-12 who's parent has already deployed. Each workshop within the series will touch topics focused on expressing emotion, staying connected and preparing for the homecoming.*

*-Kids and Deployment: The target audience for this workshop is children and their remain-behind parents at the beginning of the deployment cycle. This workshop is split, with parents receiving a workshop in one room, while the children receive a kid-friendly version in a separate room. The last 30 minutes of this workshop brings parents and kids back together for a team-building exercise. These events are 90 minutes in length and will be facilitated by RDST and FOCUS Program.*

*-Kids In the Midst: The target audience for this workshop is children ages 5-12 "in the midst" of a deployment. This fun event will feature a short FOCUS workshop, as well as 3 venues or "stations" for the kids to create and complete projects and activities. This workshop is offered base-wide only. Childcare is not provided for this event, as the parents do not attend. These events are 2 hours in length and will be facilitated by the RDST and FOCUS Program.*

*-Kids and The Corps: Kids and the Corps incorporates L.I.N.K.S. for Kids and Kids in the Midst programs that are featured during the summer months. Highlights include Corps history and traditions, moving in the military, how to be a great friend, dealing with separation, and getting involved in the community. At the end of the workshop, parents and siblings are invited to attend the Kids and the Corps graduation ceremony featuring a VIP speaker and a traditional cake-cutting ceremony. Kids who attend this workshop MUST have a parent currently deployed. This workshop is offered base-wide only and childcare is not provided. These events are generally held all day, from 9am to 3pm.*

*-Kids and Reunion: The target audience for this workshop is children and their remain-behind parent at the end of the deployment cycle and before a homecoming. This workshop is split, with parents receiving a workshop in one room, while the children receive a kid-friendly version in a separate room. The last 30 minutes of this workshop brings parents and kids together for a team building exercise. This workshop is offered base-wide only and childcare will be offered for children 4 and under. These events are 90 minutes in length and will be facilitated by RDST's and FOCUS Program*

*Location: Bldg. 1795*

*Phone: 760-763-1337*

# Family Care

**Exceptional Family Member Program**

**Autism Support Group**

**Length: 1.5 Hours**

*Target Audience: Parents with children diagnosed on the Autism spectrum or related disorder*

*Description: A structured group featuring guest speakers, questions and answer time, parent-to-parent connections and moral support. It is intended to support and educate parents on different strategies, programs and techniques specific to autism spectrum disorders.*

*Location: DeLuz Housing Community Center*

*Phone: 760-725-3175*

**Coffee Talk**

**Length: 1 Hour**

*Target Audience: Mothers of children with special needs*

*Description: A chance for moms to “kick back” and chat with others going through similar circumstances. Two opportunities offered each month:*

- 1<sup>st</sup> Tuesday of the month from 9:00 – 10:00 am at the San Onofre IGO Coffee
- Last Monday of the month from 9:30-10:30am at the Mainside Coffee Bean & Tea Leaf

*Location: San Onofre IGO Coffee and Mainside Coffee Bean & Tea Leaf*

*Phone: 760-725-3175*

**Fisher Children’s Center**

**Drop-In Childcare**

**Length: Ongoing**

*Target Audience: Children of Marines, Sailors, and their spouses*

*Description: Drop In and Hourly Care is available at Fisher Children’s Center Monday through Friday 0600-1800, for children ages 6 weeks-5 years of age. The fee is \$4 per hour plus meals. Reservations can be made up to one week in advance. Updated immunization cards are required for care. For more information, call Fisher Children’s Center, Monday through Friday.*

*Location: Fisher’s Children’s Center*

*Phone: 760-725-0845*

## FOCUS Program

**Families Overcoming Under Stress (FOCUS)****Length: Varies**

*Target Audience: Marines, Sailors, and their families*

*Description:* FOCUS works with families and couples to strengthen their skills in meeting many of the challenges and stressors commonly experienced by military families during wartime including:

- Helping families and couples to identify and build upon their existing strengths and positive coping strategies
- Increasing parents' and children's understanding of how different family members might react to wartime stress
- Helping service members and family members communicate and better understand how each were affected by deployment
- Working with spouses to better support one another in dealing with the stressors that can arise from long separations
- Increasing parents' skills in dealing more effectively with some of the emotional and behavioral reactions that children can have when experiencing stress

FOCUS will also provide briefs, training sessions and information to commands as requested.

*Location:* Bldg. 13150

*Phone:* 760-859-6079



# Personal & Professional Development

**Personal Finance****Basic Money Management****Length: 3 Hours***Target Audience: Military, Families and Government Employees*

*Description:* Money management is the process of knowing where you are spending your money today, and having a well thought-out plan in place for where you want it to go in the future. This program will cover the core concepts of money management, and will teach you how to be your own personal money manager. This course is offered on the first and third Friday of each month.

\*This course fulfills the requirements for BHA, Marriage, and Basic Budgeting

*Location:* Bldg. 13150*Phone:* 760-725-6098**Prelude to Basic Investing****Length: 3 Hours***Target Audience: Military, Families and Government Employees*

*Description:* In this presentation, we'll go through some of the theories that investors have developed in an effort to explain the behavior of the market. We'll discuss concepts like dollar cost averaging, diversification, and short/long-term investing, which are especially useful for individual investors. We will also discuss some of the more arcane academic explanations. No matter what your situation is, all of these concepts are important to understand because they help to clarify the inner workings of the mysterious financial market. This course is offered on the second Friday of each month.

*Location:* Bldg. 13150*Phone:* 760-725-6098**Credit Management & Your Credit Score****Length: 3 Hours***Target Audience: Military, Families and Government Employees*

*Description:* The Credit Management class is comprised of three components. The first two topics are FICO score and credit reporting agencies. The first topic, FICO score, discusses the basics of establishing and using credit. The second topic covers credit reporting agencies, including credit scoring. The third component of the class covers debt management. This section of the topic covers warning signs of credit abuse and collection practices and procedures. This course is offered on the fourth Friday of each month.

*Location:* Bldg. 13150*Phone:* 760-725-6098

Personal Finance

**Car Buying Strategies**

**Length: 1 Hour**

*Target Audience: Military, Families and Government Employees*

*Description: Almost every service member will purchase a new or used car while on active duty. This course is designed to help you save money and hassles on your next car purchase by focusing on the “Three Deals of Car Buying”: the Purchase, the Financing, and the Trade-In. It will also take a look at legal rights you have when buying or selling a car.*

*Location: Bldg. 13150*

*Phone: 760-725-6098*

**Home Buying Strategies**

**Length: 1 Hour**

*Target Audience: Military, Families and Government Employees*

*Description: All types of people can benefit from this class! We provide an in-depth look at the home buying checklist, loan programs, credit scores, and how to repair your credit. You will learn:*

- First time or seasoned home buying strategies
- How to choose a lender, and what questions to use when interviewing lenders.
- How to avoid predatory lending practices. What to watch out for!
- Where to find grant programs and low interest rate loan programs!

*Learn from lenders who specialize in working with First Time Buyers how and why banks qualify buyers and on what basis!*

*Location: Bldg. 13150*

*Phone: 760-725-6098*

**Investing Strategies**

**Length: 2 Hours**

*Target Audience: Military, Families and Government Employees*

*Description: This course is designed for persons who are currently involved in different levels of investing and familiarizes the students with a range of investment strategies, performance evaluation, and the role of investor behavior in financial markets. The main purpose of this course is to help students understand the interrelation of fundamental and behavioral approaches in explaining the financial market dynamics and investment performance. As an option, the course instructs participants in the use of various financial databases.*

*Location: Bldg. 13150*

*Phone: 760-725-6098*

**Relocation Assistance Program****Plan Your Move****Length: 3 Hours**

*Target Audience:* All first-time or OCONUS Permanent Change of Station movers; Spouses are encouraged to attend

*Description:* This workshop provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. This course is offered on the third Thursday of each month.

*Location:* Bldg. 13150

*Phone:* 760-725-3802

**Unit Sponsorship Training****Length: 3 Hours**

*Target Audience:* Any Rank (personnel designated as Sponsorship Coordinator)

*Description:* This course provides designated command personnel with the necessary tools to train individuals within the command to assist transferring service members and family members. This course will provide attendees with a checklist of sponsorship duties and up to date information regarding local resources. This course is offered on the last Thursday of each month.

*Location:* Bldg. 13150

*Phone:* 760-725-3802



**Family Member Employment Assistance & Volunteer Program**

**Career Prep for Military Spouses**

**Length: 2 Hours**

*Target Audience: Military Spouses*

*Description:* Spouses will explore new career paths that will lead to finding fulfillment in employment, learn corporate expectations, receive valuable information about the job search process and resumé writing, and learn ways to participate in valuable internship opportunities. This course is offered on the second and fourth Monday of each month.

*Location:* Bldg. 13150

*Phone:* 760-725-4737

**Spouse T.A.P.**

**Length: 8 Hours**

*Target Audience: Active Duty Military Spouses*

*Description:* This course is a joint endeavor between the Family Member Employment Assistance Program and the Military Transition Program in an effort to meet the readiness of spouses and family members leaving the armed forces. The goal of this workshop is to prepare our military families in the best possible way to reenter mainstream civilian life as it pertains to employment, financial fitness, and job readiness.

*Location:* Bldg. 13150

*Phone:* 760-725-4737

**Military Transition Program**

**Employment Workshops**

**Length: 2-3 Hours**

*Target Audience: Military, Families and Government Employees*

*Description:* There are several workshops offered that focus on resumé writing, interviewing techniques, and the federal application process.

- *Resumé Writing:* Learn the various types, essential contents, and the visual dynamics of resumé writing. This workshop is held on the first Monday of each month.
- *Interviewing Techniques:* Learn how to interview effectively and confidently. This workshop is held on the second Monday of each month.
- *Federal Application Process:* Learn how to find federal employment opportunities, and how to complete and submit Federal Job Applications on the third Monday of each month.

*Location:* Bldg. 13150

*Phone:* 760-725-4199

<b>Military Transition Program</b>
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**TAMP Pre-Separation Class****Length: 4 Days**

*Target Audience: Attendance begins with assigned Unit Transition Counselor (UTC), (usually the Career Planner).*

*Description: 4-day program for all separating service members. Day 1 is an 8-hour benefits brief with a focus on available veteran support services. Days 2-4 are the Department of Labor Transition Assistance Program (TAP), with a focus on translating military skills to civilian skills, resumé writing, interview skills, networking, and successful job search methods. Additionally, in the afternoon of Day 4, the Department of Veterans Affairs provides a 4-hour brief on veterans benefits focusing on the GI Bill, benefits compensation, vocational rehabilitation, etc. Held weekly Monday through Thursday. On weeks where holidays fall on a Monday, the schedule is Tuesday through Friday.*

*Prerequisite: Required to receive DD2648 paperwork from UTC or IPAC and bring to class. Uniform required for 1<sup>st</sup> day.*

*Location: Varies*

*Phone: 760-725-6652*

**25+ Executive Retirement Seminar****Length: 4 Days**

*Target Audience: Those who plan to retire after 25+ years of active duty*

*Description: 4-day Job Search Seminar targets those who plan to retire after 25+ years of active duty. Class is facilitated by the Marine Executive Association (MEA), West. This workshop is held Monday through Thursday.*

*Location: Bldg. 13150*

*Phone: 760-725-6210*

**Pre-Retirement Seminar****Length: 4 Days**

*Target Audience: Active Duty with 20-25 years of service*

*Description: 4-day Job Search Seminar targets those retiring with 20 – 25 years of active duty. This class is held three times per year.*

*Location: Varies*

*Phone: 760-725-6210*

**Military Transition Program**

**Officers Under Twenty (O.U.T.)**

**Length: 1 Day**

*Target Audience: Junior Officers*

*Description:* Junior Officers, upon completion of the TAP class, attend a one-day seminar that includes representatives for junior officer recruiting firms, such as Orion, Leaders, Lucus, and Bradley Morris, as well as a Junior Officer Retention Specialist.

*Prerequisite:* Must have completed TAP

*Location:* Bldg. 13150

*Phone:* 760-725-6210

**Veterans Affairs Assistance Program (VAAP)**

**Length: 4 days**

*Target Audience: Active Duty Military*

*Description:* Job Search Class targeted towards those who will leave active duty due to a service connected disability. They are provided job search assistance with focus on how to address their service connected disability if it will affect their employment. They are provided career assessments and career counseling to look at possible career fields of interest. Focus is also on available veterans services and benefits.

*Location:* Bldg. 13150

*Phone:* 760-763-6210



**Education Center****Military Academic Skills Program (MASP)****Length: 30 Days***Target Audience: Marines and Sailors with a GT of 99 or below*

*Description:* This program is in partnership with Palomar Community College and provides 30 days of Math and English basic skills. This program satisfies the MCO 1560.25D recommendation that Marines with a GT of 99 or below and who score below a grade 10.2 on the TABE exam complete a MASP class before beginning college courses. This class is open to all services, dependents, and civilians at no cost. Marines who complete this course may have improved scores on their military exams or may use this program to prepare for college entrance exams. Register online with Palomar Community College.

*Location:* Bldg. 1331*Phone:* 760-725-6414**Military Testing Program****Length: Varies***Target Audience: All qualified Service Members*

*Description:* This program is conducted according to requirements outlined in MCO P1230.5B and MCO P1560.D. Military testing has a direct affect on Marines ability to re-enlist, make lateral moves into new MOSs, qualify for commissioning programs, or qualify for additional pay. Tests currently given include the Armed Forces Classification Test (AFCT), the Defense Language Proficiency Test (DLPT), the Defense Language Aptitude Battery (DLAB), the Air Force Squadron Officers School (SOS), the Air Command and Staff College (ACSC), and the Air War College (AWC). In addition, the Air Force Career Development Courses (CDCs) are required for all civilian and military fire fighting personnel and crash crews. These exams are given to all qualified personnel in the Southern California area.

*Location:* Bldg. 1331*Phone:* 760-725-6414

Education Center

**Education Officer Brief**

**Length: 8 Hours**

*Target Audience: Battalion Unit Education Officers or SNCOICs*

*Description:* This course is offered at the Education Center and satisfies the MCO 1560.25D requirement that Battalion Education officers attend an annual brief to keep current on Marine Corps Education Policies and guidance.

*Prerequisite:* Must have completed TAP

*Location:* Bldg. 1331

*Phone:* 760-725-6414

**College 101 Brief**

**Length: 1 Hour**

*Target Audience: Battalion Unit Education Officers or SNCOICs*

*Description:* This course is offered at the Education Center and satisfies the MCO 1560.25D requirement that all military personnel requesting tuition assistance for the first time must attend a College 101 brief. This brief provides information and guidance on the tuition assistance program, the student's responsibilities, and information on college programs and choosing the right school. This brief is offered on Tuesdays at the SOI office, on Wednesdays and Fridays at the Mainside office, and on a walk-in basis at the South Mesa Office.

*Location:* Bldg. 1331

*Phone:* 760-763-6414

**Civilian Testing Program**

**Length: Varies**

*Target Audience: All qualified Service Members, dependents, and civilians*

*Description:* This program is conducted according to requirements outlined in DANTES (Defense Activities for Nontraditional Education Support) Examination Program Handbook (DEPH). Tests currently given include the American College Test (ACT), Scholastic Aptitude Test (SAT), College Level Examination Program (CLEP), Dantes Single Subject Test (DSST), Excelsior exams, and the General Equivalency Test (GED). These tests are funded by DANTES and available at no cost to all active duty personnel. Dependents and Civilians attending schools aboard Camp Pendleton are allowed to take the CLEP and DSST exams at the regular cost.

*Location:* Bldg. 1331

*Phone:* 760-763-6414

# Behavioral Health

**Counseling Services: Prevention & Education****Anger Management****Length: 3 Hours***Target Audience: Active Duty Military and Spouses*

*Description:* The anger management class objective is to effectively communicate anger and achieve positive goals. The class participants will explore the definition of anger and the source or sources of anger. This class will introduce the concept of accountability and the significance of change in negative behavior to constructive expression of anger. This class is offered twice a month.

\*This class is not an appropriate referral in response to a domestic violence incident

*Location: Sera Mesa Community Center, Bldg 1538**Phone: 760-725-6636***Communication and Conflict Resolution Skills****Length: 3 Hours***Target Audience: Active Duty Military and Spouses*

*Description:* The learning objective is effective communication. In this class several techniques will be illustrated to ensure that the message sent is the message received. This class will also address the importance of understanding the different methods of communicating and the concept of self care. Participants will discuss the guidelines in resolving conflict without abuse and or violence. This class is offered once a month.

\*This class is not appropriate for alleged victims/offenders of domestic violence to attend together. They may attend this class , but it must be on separate dates

*Location: Sera Mesa Community Center, Bldg 1538**Phone: 760-725-6636***Combat Operational Stress Workshop****Length: 4 Hours***Target Audience: Active Duty Military and Spouses*

*Description:* This is a 4-hour skill-building workshop. During this workshop the service member will learn about stress reactions, coping skills for daily life, and relaxation techniques. The opportunity to troubleshoot some of the challenges they may be experiencing due to deployment and/or combat is provided. This workshop is offered every Friday each month. This is a drop-in class (no pre-registration necessary).

*Location: Counseling Services, Bldg 1122**Phone: 760-725-9051*

<b>Counseling Services: Prevention &amp; Education</b>
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**Domestic Abuse Prevention and Awareness Brief****Length: 1 Hour***Target Audience: Active Duty Military and their families*

*Description:* This brief informs active duty Marines and Sailors of the legal definitions of abuse within intimate relationships according to MCO1752.3B, the UCMJ, and California Penal Codes. It introduces the concepts of power and control and how it may contribute to abusive behaviors. The presentation will inform service members of the available support resources, to include within the military system and in the civilian community. Participants will become familiar with available reporting options.

*Location:* TBD by the Command*Phone:* 760-725-6636**Men's or Women's Educational Program****Length: 16 Weeks***Target Audience: Active Duty Military and Spouses*

*Description:* This class is intended for men or women who have been identified as domestic violence offenders. This program addresses abusive behavior in an intimate relationship. The focus of this group is on accountability, skill building, and development of action plans to ensure the abusive behavior does not continue.

*Location:* Counseling Services, Bldg 1122*Phone:* 760-725-9051**Power Workshop****Length: 4 Hours***Target Audience: Active Duty Military and Spouses*

*Description:* This 4-hour workshop explores the dynamics of power and control techniques and their negative effect on interpersonal relationships. Participants will learn to recognize how those techniques can result in destructive, and sometimes abusive, behaviors. Healthy alternatives to enhance communication, manage stress, and resolve conflict are presented. This workshop is offered twice a month.

\*This class is not appropriate for alleged victims/offenders of domestic violence to attend together. They may attend this class, but it must be on separate dates

*Location:* Counseling Services, Bldg 1122*Phone:* 760-725-6636

**Counseling Services: Prevention & Education**

**Stress Management Brief**

**Length: 1 Hour**

*Target Audience: Active Duty Military and Spouses*

*Description:* The objective of this brief is to understand what stress is and how it influences behavior. Participants will learn the definition of stress and its impact on the body; spiritually, emotionally, and physically. Simple and effective methods will be introduced to reduce the stressors and stress-related symptoms.

*Location:* TBD by the Command

*Phone:* 760-725-6636

**Stress Management Class**

**Length: 2 Hours**

*Target Audience: Active Duty Military and Spouses*

*Description:* The objective of this class is to understand the definition of stress and how it influences behavior. Participants will learn the definition of stress and its impact on the body; spiritually, emotionally, and physically. Simple and effective methods will be introduced to reduce the stressors and stress-related symptoms. This class is offered once a month.

*Location:* Sera Mesa Community Center, Bldg 1538

*Phone:* 760-725-6636

**Suicide Prevention and Awareness Brief**

**Length: 1 Hour**

*Target Audience: All military and their family, MCCS employees, Base employees.*

*Description:* Learn action steps that can be taken to assist in the prevention and awareness of suicide. Participants will become familiar with recognizing the early warning signs, risk factors of suicide, and gain an understanding of support services available both here on Camp Pendleton and within the civilian community.

*Location:* TBD by the Command

*Phone:* 760-725-6636

**Counseling Services: Prevention & Education****Women's Educational Program****Length: 16 Weeks**

*Target Audience: Women choosing to use abusive behaviors*

*Description: This class is intended for women who have been identified as domestic violence offenders. This program addresses abusive behavior in an intimate relationship. The focus of this group is on accountability, skill building, and development of action plans to ensure the abusive behavior does not continue.*

*Location: Counseling Services, Bldg 1122*

*Phone: 760-725-9051*

**Women In Relationships****Length: 16 Weeks**

*Target Audience: Survivors of Domestic Violence*

*Description: This group is provided for identified victims of domestic violence. This group offers ongoing support and education.*

**\*This is an appropriate referral for identified female victims of domestic abuse**

*Location: Counseling Services, Bldg 1122*

*Phone: 760-725-9051*



**Counseling Services: New Parent Support**

**Parenting Class**

**Length: 9 weeks**

*Target Audience: Military families with children under the age of 5*

*Description: This is a nine week, court-accepted class. All nine classes must be completed within one year to receive a certificate of completion. Each week there is a new topic. Classes are an hour and half long:*

*Class 1: Caring and Connecting with Our Children*

*Class 2: Development & Temperament: What Makes Your Child Tick*

*Class 3: Protecting Our Children (safety class)*

*Class 4: Emotions: More Than Just Angry and Hungry*

*Class 5: Self-Esteem & Cooperation: A Can-do Attitude*

*Class 6: Effective Communication: Speaking a Child's Language*

*Class 7: Structure: End the Chaos*

*Class 8: Discipline That Works*

*Class 9: More About Discipline*

*Location: Abby Reinke Community Center*

*Phone: 760-725-3884*

**Baby Boot Camp**

**Length: 7 Hours**

*Target Audience: Expectant Parents*

*Description: Baby Boot Camp is a class for new and expectant active duty members and their spouses. This class covers everything a parent needs to know to take care of their newborn, as well as information on resources for the whole family. Topics include the role of the parent, developmental stages of infants, basic infant care, child safety, discipline, pre- and post-partum emotions and communication.*

*Location: Bldg. 13150*

*Phone: 760-725-3884*

<b>Consolidated Substance Abuse Counseling Center</b>
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**Building Alcohol Skills Intervention Curriculum (BASIC)****Length: 18 Hours***Target Audience: All military and their family, MCCS employees, Base employees.**Description: Basic is designed to build skills and provide information about substance use and to challenge assumptions that are commonly held pertaining to the effects of alcohol and drugs. The overriding goal of BASIC is to help Marines evaluate and think differently about their patterns of consumption.**Location: TBD by the requesting Organization**Phone: 760-725-5330***OUTPATIENT (OP)/INTENSIVE OUTPATIENT (IOP)****Length: Varies***Target Audience: Indicated (Assigned by CSACC Treatment Department)**Description: OP/IOP programs treat individuals with substance abuse related problems. The greater the problem, the more intense the treatment. The treatment is based on the individual's needs.**Location: Bldg 16105**Phone: 760-725-5538***Outreach Displays****Length: Varies***Target Audience: All military and their family, MCCS employees, Base employees.**Description: This program is designed to assist in mission readiness, by providing information pertaining to substance use and by challenging the assumptions that are commonly held pertaining to the effects of alcohol and drugs. The overriding goal is to increase the audience's awareness to the effects of alcohol and drug use within the United States Marine Corps.**Location: TBD by the requesting Organization**Phone: 760-725-5330***SACO Training Course****Length: 3 Days***Target Audience: Substance Abuse Control Officer (SACO)**Description: SACO training provides the designated appointee with an introduction to substance abuse policy. Training enhances the ability to be a technical assistant to the commander and the individual regarding substance abuse. Upon completion of the course, students will understand the SACO role and be able to provide preventive drug and alcohol education at the unit level, refer substance abusers for screening, serve as a liaison between the command and the Consolidated Substance Abuse Counseling Center (CSACC), and monitors the commands' after-care program and urinalysis drug testing program.**Location: Bldg. 1345**Phone: 760-725-5330*

# A-Z Resources

## A - Z RESOURCES

Abby Reinke Community Center.....	763-0649
Alcoholics Anonymous (24 hour).....	760-758-2514
American Red Cross.....	725-3303
Armed Services YMCA.....	385-4921
Base Chaplain.....	725-4700
Duty Chaplain.....	725-5618
Base Housing Office.....	725-5995/9826
Base Information.....	725-4111
Base Legal.....	725-6172
Base Locator.....	725-6662
Base Theater, Training Reservations.....	725-9076
Bowling Center.....	725-6109/5945
Children Youth & Teen Programs Headquarters.....	725-6308
-CYTP Resources & Referral.....	725-9723
Counseling Services.....	725-9051
-Prevention & Education (CSACC).....	725-6636
-Counseling Services North.....	763-6940
-New Parent Support Program.....	725-3884
Consolidated Substance Abuse Counseling Center.....	725-5538/725-5539
CREDO.....	725-4954
Debt Consolidation.....	725-6098/6209
DEERS (Joint Reception Center).....	725-2442
Defense and Veterans Brain Injury Center.....	760-763-1693
Deployment Health.....	763-6483 or 763-8614
DSTRESS.....	877-476-7734
Duty Chaplain.....	725-5618
Eagle's Landing Bar & Banquet Room.....	725-5331/4481
Exceptional Family Members Program (EFMP).....	725-5363
-EFMP SOI.....	763-0868
Family Member Employment Assistance Program (FMEAP).....	725-4737
FOCUS (Families Overcoming Under Stress ) Program.....	859-6079
Fisher Children's Center.....	725-0845
Health Promotions (Semper Fit).....	763-3793/3794
Homecoming Support.....	763-7176
Human Resources.....	725-5893
ID Cards.....	725-2442
Joint Education Center (JEC).....	725-6414
-JEC SOI.....	725-0606
Joint Reception Center.....	725-2106
Libraries	
Patrick J. Carney Library.....	725-5669
South Mesa Library.....	725-2032
Seaside Square Library.....	725-7325
Lincoln Military Housing.....	430-0040
Marine & Family Programs.....	725-3400/6090 or 1-800-253-1624

Marine Corps Family Team Building..... 725-9052  
 -Family Readiness Program..... 725-6637  
 -LifeSkills..... 763-7890  
 -L.I.N.K.S..... 725-2335  
 -Readiness & Deployment Support..... 763-1337  
 Military One Source 24/7.....800-342-9647  
 Military One Source website.....www.militaryonesource.com  
 Military Transition Program..... 725-6652  
 Naval Hospital..... 725-1288  
 Naval Hospital Mental Health.....725-1555/725-5297  
 Navy-Marine Corps Relief Society..... 725-5338  
 O.S.C.A.R. (Operational Stress Control and Readiness) Resources for 1st Marine Division  
     3/5 Mental Health Team (@ 5th Regimental Aid Station).....725-0539  
     5th Regiment Mental Health Team (@5th Regimental Aid Station).....725-0543  
     1st Regiment Mental Health Team (@1st Regimental Aid Station).....725-6407  
     1st Marine Division Mental Health Team (@33 Area).....725-5612  
 Personal Finance Management.....725-6098-6096  
 PMO..... 725-3888  
 PREP.....725-9052  
 Pub 1795..... 763-7888  
 Public Affairs..... 725-5011  
 Red Cross (24 Hours)..... 725-6877  
 Relocation Office..... 725-3802/5704  
 Retired Activities Office..... 725-9791  
 San Onofre Community Center..... 725-4310  
 School Liaison Officer..... 763-7385  
 Semper Fi Fund Resources website.....www.semperfund.org/resources  
 Sexual Assault.....760-500-1707  
 Sharkey’s All Ranks Lounge..... 725-2828  
 Single Marine Program..... 725-6722  
 South Mesa Club.....725-2231/2089  
     -Catering..... 763-3200  
 Stuart Mesa Community Center..... 725-9717  
 TMO..... 725-8177  
 TriCare Regional Contacts.....see Appendices A & B  
 TriWest.....1-888-TRIWEST (874-9378)  
 TriWest (for crisis).....1-866-284-3743  
 TriWest Online Care (24/7).....1-888-TRIWEST (874-9378)  
 TriWest website.....www.TriWest.com/onlineCare  
 Veteran’s Affair..... 385-0416  
 VITA.....763-2518  
 Volunteer Office..... 725-3856  
 Wounded Warrior Battalion..... 725-9805

## TriCare Regional Contacts

*What Region Do I Fall In? see Appendix B, page 38*

### West Region

#### *TriWest*

TriWest Customer Service

1-888-TRIWEST (1-888-874-9378)

Marine Corps/TriWest DSTRESS Line (anonymous counseling: 1-877-476-7734)

TriWest Online Care at [www.TriWest.com/OnlineCare](http://www.TriWest.com/OnlineCare) or TRIAP Crisis Line 1-866-284-3743

### North Region

#### *Health Net*

Health Net Customer Service

1-877-TRICARE (1-877-874-2273)

Marine Resilience Support Program can be accessed by calling 1-866-459-8796.

<http://www.healthnetfederalservices.com>

### South Region

#### *Humana*

Humana Customer Service

1-800-444-5445 or <http://www.humana-military.com/>

The Warrior Navigation and Assistance Program (WNAP) can be accessed by calling

1-888-4GO-WNAP (1-888-446-9627) or by e-mailing [wnap@humana.com](mailto:wnap@humana.com).

Behavioral Health: 1-800-700-8646

### Centralized Information/Numbers

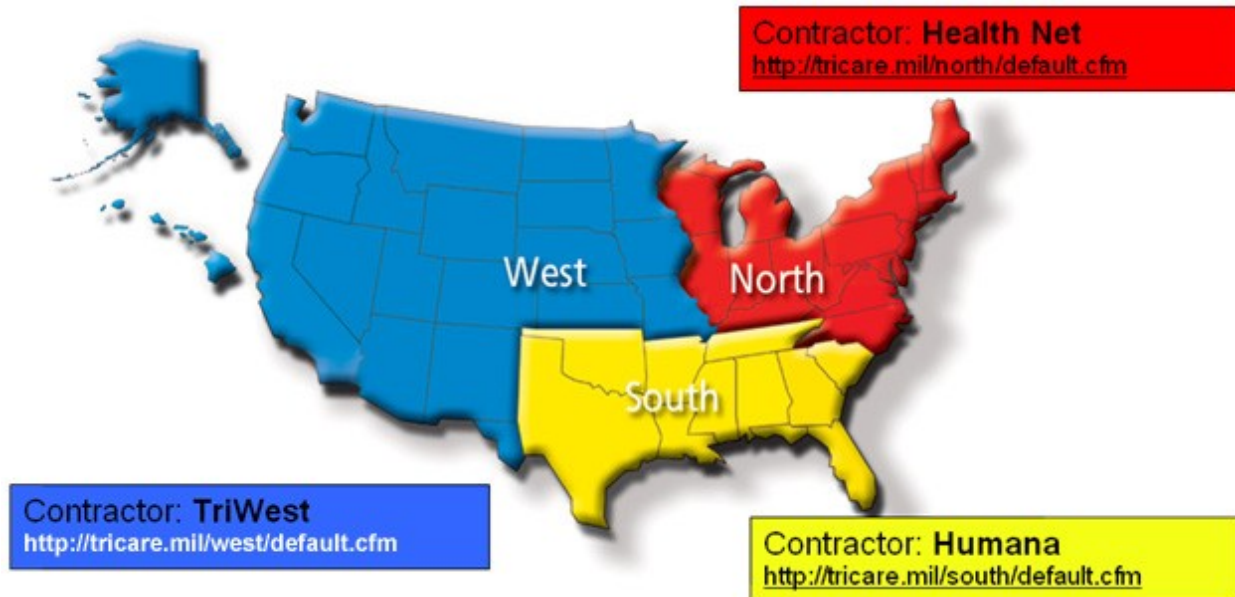
**inTransition Program** for behavioral health assistance

(\*Only when referred by a healthcare provider) 1-800-424-7877

**Veteran's Affairs** 1-800-827-1000

**TRICARE Information** [www.tricare.mil](http://www.tricare.mil)

### What Region Do I Fall In?



States that make up TRICARE Regions

<u>North</u>	<u>South</u>	<u>West</u>
CT	AL	AK
DE	AK	AZ
DC	FL	CA
IL	GA	CO
ID	LA	HI
KY	MS	ID
ME	OK	IA*
MA	SC	KS
MI	TN*	MN
NH	TX*	MO*
NJ		MT
NC		NE
OH		NV
PA		NM
RI		ND
VT		OR
VA		SD
WVA		TX*
WI		UT
IA*		WA
MO*		WY
TN*		
MD		
NY		

\*denotes portion of state

TRICARE North region provides health care services and support in Connecticut, Delaware, the District of Columbia, Illinois, Indiana, the Rock Island Arsenal area of Iowa, Kentucky, Maine, Maryland, Massachusetts, Michigan, the St. Louis area of Missouri, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, the Fort Campbell area of Tennessee, Vermont, Virginia, West Virginia and Wisconsin.

TRICARE South region provides health care services and support in Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, South Carolina, most of Tennessee and the eastern portion of Texas.

TRICARE West region provides health care services and support in Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (except for the Rock Island Arsenal area), Kansas, Minnesota, Missouri (except for the St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, the extreme western portion of Texas, Utah, Washington and Wyoming.