

MCB Hawaii EFMP

The Exceptional 'Ohana

February 2023

Marine Corps Family Team Building (MCFTB) offers workshops to cover a wide variety of topics in areas of communication, and relationships.

Real Relationships

Resilient, healthy relationships are built on interpersonal skills of communication, conflict resolution, and setting boundaries. This class will encourage and promote healthy relationships for anyone looking to improve interpersonal skills.

Interpersonal Communication

Learn how to improve your interpersonal communication through effective methods.

4-Lenses

The principles you discover in this workshop will empower you to improve aspects of every personal relationship in your life.

Learn about these workshops and more by contacting Tim Longbrake:
timothy.lonbrake@usmc-mccs.org
(808) 257-2657

*"Every day may not be good...
but there's something good in every day."
- Alice Morse Earle, American Historian*

Contact Us:

Main: 808-257-0290

Fax: 808-257-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

Cultivating Balanced Love

Love has three components: Passion, Intimacy, and Commitment.

Commitment is the willful decision to be with someone. It is a promise that does not change, no matter what is going on and no matter how we feel.

Intimacy is the emotional bond between two people. It is the sharing of lives—knowing the other and being known by them. We are known and accepted and loved for who we are.

Passion is the romantic impulse toward physical affection.

Balanced love means that all three aspects are present.

Couples have to cultivate and work on each aspect to have a strong marriage, and must be intentional about bringing balance to their relationship.

There are many resources to help make your marriage stronger:

- * Military OneSource offers free, non-medical counseling services via telephone, face to face or through secure, real-time video session or online chat. You can call to request counseling 24 hours a day, seven days a week, no matter where you live or serve.
- * Military and Family Life Counseling Program counselors provide free, confidential services in a flexible manner — around duty hours and on or off the installation. They're highly qualified, well-trained professionals who deliver valuable face-to-face counseling services to the military community.
- * The Community Counseling Program offers short-term solution-focused counseling, skill enhancement, education, and referrals to other helping resources. Counselors can assist with relationships and marital skills, stress management, communication & much more. Call (808) 257-7780. Walk-ins are available M-F 0800-1530 at MCBH Building 216.
- * Marriage Skill Building classes are available through the Family Advocacy Program. Learn more by calling 808-257-7780.

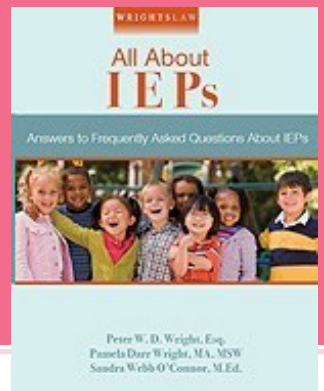


EFMP Exceptional
Family Member
Program

EFMP Lending Library pick-of-the-month

The EFMP Lending Library offers a variety of books, DVD's and other materials that you can borrow!

Visit our Lending Library and pick up a complimentary copy of All About IEPs that is yours to keep! Get your copy today!



What is Special Education?

Special education refers to a range of services that can be provided in different ways and in different settings. There's no "one size fits all" approach to special education. It's tailored to meet the individual needs of students with disabilities.

Special education focuses on helping kids with disabilities learn. But it doesn't necessarily mean placing kids in a special classroom all day. In fact, federal law says that kids who get special education services should learn in the same classrooms as their typical peers as much as possible. This is known as the least restrictive environment (or LRE).

The services and supports for one student may be very different from those of another student. It's all about the individual child and giving them the resources they need to make progress in school.

Kids who qualify for special education have an Individualized Education Program (IEP). They get individualized teaching and other resources at no cost to their families. And families are key members of the team that decides what kids need to thrive in school.

Source: <https://www.understood.org/en/articles/understanding-special-education>

Need help with creating or organizing an IEP binder with your child's educational documents? Need support at IEP meetings? Want to learn the basics about special education? Contact us at mcbh.efmp@usmc.mil, and schedule an appointment to meet with your EFMP Family Case Worker! You can also sign up for Special Education Overview training on 7 February at 1400, or at time that fits your schedule.

Spring Clean Your SCOR

A Special Care Organizational Record (SCOR) helps track and organize information about your family member with special needs.

Use spring as a reminder to make sure it's up-to-date!

Don't already use a SCOR? Get started today by downloading a template at <https://www.militaryonesource.mil> (search SCOR).



MillLife Learning offers a video overview of the SCOR: Learn how the Special Care Organization Record can help you maintain records for your family member with special needs. Using the SCOR will make it easier for someone else to step into the role of caregiver, if that is ever needed.

A link to this and other trainings is available through Military Once Source.

Training & Events

For event registration, call us at 808-257-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
February 3	9:00 AM	Respite Care Overview— Understand respite care eligibility and the requirements for reimbursement	Virtual on WebEx. Call or email to register and we'll provide a link.
February 7	2:00 PM	Special Education Overview— Join us in learning more about the Special Education cycle	BUILDING 219, CLASSROOM 2
February 23	3:00PM	Managing Deployments— Come learn strategies on ways to handle deployments.	BUILDING 219, CLASSROOM 2
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

Mālama
To care for and protect

Mālama — is the value of taking care of, or protecting. Mālama relates to our environment, culture, each other, ourselves, and everything with which we interact. It's about honoring our connection with nature, culture and our community.