STAY CONNECTED: @MCCSHAWAII @MCBHFAMILY

QUESTIONS: 808.496.7786 ombkbay.mcbhirrs@usmc-mccs.org

| INFORMATION REFERRAL & RELOCATION Resource to support a smooth transition on & off ba |  |           |              |
|---|--|-----------|--------------|
| NOV 06  | Welcome Aboard: New Arrivals Orientation | 0900-1130 | Base Chapel  |
| NOV 12  | PCS & Moving Workshop                    | 0830-1100 | Bldg 579     |
| NOV 13  | Sponsorship Training                     | 0900-0945 | Bldg 579     |
| NOV 13  | Sponsorship Coordinator Training         | 1000-1045 | Bldg 579     |
| NOV 19  | PCS & Moving Workshop                    | 0830-1100 | Bldg 579     |
| M-F   | Lending Locker Services                  |           | Bldg 579     |
|   |  |           | 202 406 7726 |

808.496.7786

| MARINE CORPS FAMILY TEAM BUILDING Life skills, readiness and deployment support classes and |  |           |              |  |
|---|--|-----------|--------------|--|
| workshops.  |  |           |              |  |
| NOV 03  | UPFRP Command Team Advisor/Family Readiness Assistant Training                 | 0900-1100 | Bldg 579     |  |
| NOV 04  | L.I.N.K.S. Foundations – Marine Corps 101                                      | 0800-1600 | Bldg 579     |  |
| NOV 06  | LifeSkills: Anger Management – Master your mood                                | 0900-1100 | Bldg 579     |  |
| NOV 14  | LifeSkills: Four Lenses Workshop – <i>Understanding personality types</i>      | 0900-1100 | Bldg 579     |  |
| NOV 17  | UPFRP Command Team Training  | 0830-0930 | Bldg 579     |  |
| NOV 17-18   | UPFRP Uniformed Readiness Coordinator Training, 2 days                         | 0830-1500 | Bldg 579     |  |
| NOV 19  | What's In Your Family Care Plan? and Readiness Handbook Workshop               | 0830-0930 | Virtual      |  |
| NOV 19  | Passport to Volunteering – For new volunteers                                  | 1000-1100 | Virtual      |  |
| NOV 24  | LifeSkills: Real Relationships – For all relationship types 1400-1530 Bldg 579 |           | Bldg 579     |  |
|   | QR Code for Class Registration Form  |           | 808.496.8848 |  |

| NEW PARENT SUPPORT  Support program for parents of newborns to 5 years old |  |           |                         |
|--|--|-----------|-------------------------|
| NOV 12   | Baby Boot Camp  *Call to register              | 0800-1630 | Bldg 216                |
| NOV 14   | Infant Massage Workshop   *Call to register    | 1000-1100 | Bldg 216                |
| Mondays  | Post Partum Support Group                      | 1000-1100 | Bldg 216                |
| Tuesdays   | Play Mornings                                  | 0900-1030 | Bldg 216                |
| 2 <sup>nd</sup> & 4 <sup>th</sup>  | Operation Dads                                 | 1130-1230 | Bldg 216                |
| Thursdays  |  |           |                         |
| Fridays  | WIC every Friday   *Call 808-259-7940 for appt | 1000-1500 | Bldg 219, Classroom 106 |
| FOLLOW:  | @MCBHNEWPARENT                                 |           | 808.496.8803            |

| FINANCIAL MANAGEMENT  Learn how to manage money and achieve financial success. |  |           |                        |  |
|--|--|-----------|------------------------|--|
| NOV 04 & 18  | Thrift Savings Plan                                    | 0800-0900 | Bldg 220               |  |
| NOV 04 & 18  | Continuation Pay                                       | 0900-1000 | Bldg 220               |  |
| NOV 04 & 18  | Marriage and Money                                     | 1300-1430 | Bldg 220               |  |
| NOV 06   | Renting a Home (meets SGT BAH Class requirement)       | 0900-1100 | Bldg 220               |  |
| NOV 07   | Wealth Building and Planning Retirement                | 1000-1100 | Bldg 220               |  |
| NOV 18   | Personal Readiness Seminar (PRS)                       | 0900-1200 | Bldg 220               |  |
| NOV 20   | Car Buying   | 1300-1400 | Bldg 220               |  |
| Wednesdays   | Walk-in Finance Assistance at the Single Marine Center | 0800-1200 | Single Marine Center – |  |
|  |  |           | Bldg 1629              |  |
| 808.496.7783   |  |           |                        |  |

| FAMILY | MEMBER EMPLOYMENT   | Employment red                | adiness works | hops, classe | es & resources. |
|--------|---|-------------------------------|---------------|--------------|-----------------|
| NOV 04 | Civilian Resume Writing Workshop   *Regist                      | ter and receive event details | 0830-1130     | Bldg 220     |                 |
| NOV 05 | Navigating USAJobs Class   *Register and receive event details  |                               | 0830-1130     | Bldg 220     |                 |
| NOV 17 | Interview Skills Workshop   *Register and receive event details |                               | 1300-1530     | Bldg 220     |                 |
|        | REGISTER on <u>Eventbrite</u> or scan QR Code                   | E: OMBKbayFmeapHI@USM         | C-MCCS.ORG    |              | 808.496.7097    |

| EXCEPTIONAL FAMILY MEMBER PROGRAM  Workshops & events for exceptional family members. |  |           |                                    |  |
|---|--|-----------|------------------------------------|--|
| NOV 12  | Respite Care   *Call or email to register  | 1300      | Virtual on Teams                   |  |
| NOV 13  | Managing Deployments   *Call or email to register  | 1030      | Virtual on Teams                   |  |
| NOV 19  | Sensory-Friendly Storytime   | 1000      | Bldg 219, Classroom 106            |  |
| NOV 19  | Movie Night – Moana 2   *Call or email to register   | 1815-2030 | Bldg 6753, Kulia Gym               |  |
| Tuesdays  | Family Case Worker support services at KBay Health Clinic to assist with questions and DD2792 form completion/submissions. | 0830-1130 | Health Clinic, Kbay –<br>Bldg 6905 |  |
| FOLLOW:   | @EFMPHAWAII E: MCBH.EFMP@USMC.MIL  |           | 808.496.0290                       |  |

| COUNSELING/PREVENTION Counseling and support services and workshops. |   |           |          |  |
|--|---|-----------|----------|--|
| NOV 04-07  | SACC – SACO Course  | 0800-1500 | Bldg 279 |  |
| NOV 12-14  | SACC – Prime for Life 16.0  | 0800-1500 | Bldg 279 |  |
| NOV 18   | SACC – UPC Course   | 0800-1130 | Bldg 279 |  |
| NOV 19-21  | SACC – Prime for Life 16.0  | 0800-1500 | Bldg 279 |  |
| NOV 24   | SACC – Prime for Life 4.5   | 0730-1200 | Bldg 279 |  |
| Mondays  | Making Marriage Work   *Must register by calling 808-496-7780/8803                              | 0900-1030 | Bldg 216 |  |
| Tuesdays   | Emotional Intelligence Workshop (Anger Management)  *Must register by calling 808-496-7780/8803 | 0900-1030 | Bldg 216 |  |
| Wednesdays   | Triple P Parenting Seminar 0-12   *Must register by calling 808-496-7780/8803                   | 0900-1030 | Bldg 216 |  |
| Wednesdays   | Triple P Parenting Seminar Teen  *Must register by calling 808-496-7780/8803                    | 1300-1430 | Bldg 216 |  |
| Thursdays  | Warrior Maintenance Stress Management   *Must register by calling 808-496-7780/8803             | 0900-1030 | Bldg 216 |  |
| M-F  | CCP Walk-in Screenings  | 0800-1500 | Bldg 216 |  |
| CCP & FAP: 808.496.7780/8803 SACC: 808.496.2456                      |   |           |          |  |

| EDUCATION CENTER |  | Programs, resources, workshops and services to help you succeed. |        |             |
|------------------|--|--|--------|-------------|
| NOV 06           | AFCT: Armed Forces Classification Test | 0900   | )-1200 | Bldg 220    |
| NOV 13           | DLAB & DLPT Foreign Language Exams     | 0900   | )-1500 | Bldg 220    |
| NOV 20           | AFCT: Armed Forces Classification Test | 0900   | )-1200 | Bldg 220    |
| NOV 21           | <b>Education Fair</b>                  | 1000   | )-1200 | Mokapu Mall |
| Wednesdays       | TA 101                                 | 1130   | )-1230 | Bldg 220    |
| Fridays          | FAFSA Friday!                          | 1130   | )-1230 | Bldg 220    |
| 808.496.2158     |  |  |        |             |