



MCB Hawaii EFMP

The Exceptional Ohana

December 2025



Mele Kalikimaka
a me hau'oli
makahiki hou

Merry Christmas
&

Happy New Year!



Contact Us:

Main: 808-496-0290

Fax: 808-496-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

Family Field Trip

Join EFMP for a holiday Family Field Trip. We will be visiting Honolulu Hale and the Frank F. Fasi Civic Center Grounds on Friday, December 12th at 10:30am. Admission is Free!

Honolulu City Lights returns for its 41th year of holiday cheer. The City decorates Honolulu Hale and the Frank F. Fasi Civic Center Grounds. City department employees decorate Christmas trees with different themes for each department that are beautifully displayed within Honolulu Hale. The Civic Center Grounds have many outdoor displays that are great for picture taking.

It is right next to the Iolani palace grounds, which is a great place to have a picnic lunch. Families are encouraged to picnic there after the Field Trip!



Interested in joining us?

Please RSVP no later than

Thursday, December 11th

Call (808) 496-0290 or

email: mcbh.efmp@usmc.mil



EFMP Exceptional
Family Member
Program

Managing Expectations



Everyone has a vision of the perfect holiday. So when reality fails to live up to the dream, stress can build. Here are some practical tips to help you manage expectations this holiday season:

Set realistic expectations. No Christmas, Hanukkah, Kwanzaa or other holiday celebration is perfect. Treat any mishaps as opportunities to practice flexibility and resilience. A lopsided tree or an overcooked brisket won't ruin your holiday — those moments become family memories. If your children's wish list is beyond your budget, talk to them about realistic expectations and remind them that the holidays aren't about expensive gifts.

Be proactive. If you are concerned about potentially difficult conversations at family gatherings, plan ahead. Put your focus on bringing people together, creating good memories, and what you and your family have in common. Plan activities that create fun and laughter, such as playing a family game or looking through old photo albums.

Keep things in perspective. On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. Remember the good things you have in your life and recognize that stressful situations will pass. There will be time after the holiday season to follow-up or complete more of the things that were overlooked or that you felt you did not have the time to do during the holidays.

Remember what's important. Commercialism can overshadow the true sentiment of the holiday season. When your holiday expense list is fatter than your monthly budget, scale back. Remind yourself that family, friends and the relationships are what matter most.

Take time for yourself. You may feel pressured to be everything to everyone. Remember that you're only one person and you can't do everything. Sometimes the best thing you can do for yourself, is a little self care — everyone, including yourself, will benefit when you're feeling less stressed. Reflect on aspects of your life that give you joy; go for a long walk; get a massage; or listen to your favorite music or read a new book. These moments help you recharge and can make the season feel more manageable.

Taken from the American Psychological Association

<https://www.apa.org/helpcenter/holiday-stress-managing-expectations>



Homemade Holidays

Are you on a tight budget or enjoy a more “Homemade” approach to gift-giving? Check out this site for some fun ideas for DIY gifts using Mason jars! Get the kids involved & make it an engaging sensory activity, all while knocking out your gift list!

<https://diyjoy.com/diy-gifts-in-a-jar/>





Training & Events

For event registration, call us at 808-496-0290.

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

Please register at least 1 day prior to the even

DATE	TIME	TOPIC	LOCATION
Dec 11	1:30PM	Service, Support and Therapy Animals— Learn about various types of support animals.	Virtual on Teams. RSVP to get the link.
Dec 12	10:30AM	Family Field Trip— Join us in visiting Honolulu Hale, at the Frank Fasi Building	Call or email EfMP to RSVP by Dec 11
Dec 17	10:00AM	Sensory-friendly Storytime with the Base Library— this Storytime incorporates songs and movement for the active child.	Building 219, Classroom 106. Next to the EFMP office. No registration required
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic here on MCB Hawaii

Ka lā hīkī ola
Hope and promise

Ka lā hiki ola, translates to - the dawning of a new day. This is the value of optimism, hope and promise. We are reminded that there will always be the dawning of another day — life affords us many different opportunities, and it is up to us to grab hold of them, and make this day our day, and the best day ever. All we have is the present—and, in that moment, the opportunity to take positive action to impact ourselves and our community.