

MCB Hawaii EFMP The Exceptional 'Ohana February 2026

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: If you need some resources for marriage classes or counseling, contact your Family Case Worker.

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

Contact Us:

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Email: mcbh.efmp@usmc.mil

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Do you know the 5 love languages?
Here's what they are, and how to use them.

Love language #1:

Words of affirmation— those of us whose love language is words of affirmation prize verbal connection. They want to hear you say precisely what you appreciate or admire about them.

Love Language #2:

Acts of service— Some of us feel most loved when others lend a helping hand or do something kind for us. In your home, you could be proactive and do something that eases your person's daily grind. Take on the chore that every-one avoids doing, to show your partner you care.

Love language #3:

Gifts— Those of us whose love language is gifts are not necessarily materialistic. Instead, their tanks are filled when someone presents them with a specific thing, tangible or intangible, this helps them feel special. Yes, it's truly is the thought that counts.

Love language #4:

Quality time— having another person's undivided, dedicated attention is precious currency for the people whose love language is quality time. A call, a text, date night, being the only thing on your agenda says I love you.

Love language #5:

Physical touch—Expressing the language of physical touch can be as platonic as giving a friend an enthusiastic fist-bump when she tells you about landing an interview for a dream job or as intimate as a kiss with your partner to mark the end of the workday.

Loneliness is not just about being alone; it's about experiencing a lack of satisfying emotional connections. By taking the time to learn each other's love languages and then using them, we can strengthen our relationships and our bonds to others.

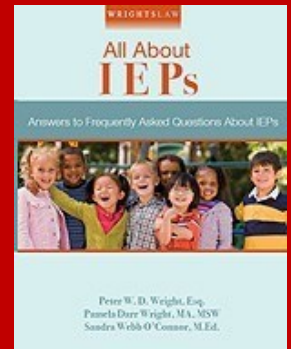
Resource:

<https://ideas.ted.com/whats-your-favorite-persons-love-language-here-s-how-to-tell-and-how-to-use-it/>

EFMP Lending Library pick-of-the-month

The EFMP Lending Library offers a variety of books, 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. Families are key members of the team who helps decide what kids need to thrive in school.

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

Register for our Special Education Overview Workshop on 6 February at 1200

Do you need help with creating or organizing an IEP binder with your child's educational documents? Do you need support at IEP meetings? Do you want to learn the basics about special education? Contact us at 808-496-0290 or mcbh.efmp@usmc.mil, to Register for our Special Education Overview Workshop on 6 February at 1200, with our EFMP Attorney Derek Brow, ESQ who will be presenting on IEP Strategies—Accommodation, Modifications, & Services. You can also schedule an appointment to work with your EFMP Family Case Worker!

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/leaders-service-providers/efmp-special-needs/special-care-organizational-records/> (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 808-496-0290.

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

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
February 6	12:00 Noon	Special Education Overview— IEP Strategies— Accommodations, Modifications & Services—with our EFMP Attorney Derek Brow, ESQ	Call or email to register BUILDING 220 CLASSROOM D Walk-ins also welcome
February 18	10:00 AM	Sensory-Friendly Storytime in Partnership 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	MCBH Branch Health Clinic

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.