

What MCFTB has for:

Marines

L.I.N.K.S.(Lifestyles, Insights, Networking, Knowledge, and Skills) for Marines –

Active duty Marines and Sailors attached to Marine Corps Units are invited to gain additional insights into the benefits and entitlements of being in the Corps, Pay Day including basic pay and allowances and financial management tips, separation and deployments, moving in the military, and staying Marine.

7 Habits of Highly Effective Families Military personnel are trained to adapt to change. But we also live in changing, turbulent times, and many families today are faced with new and diverse challenges. Being a member of a military family poses its own set of hurdles. Along with the normal challenges, military families must also deal with the added stress of relocation and deployment. Building firm family relationships takes the **combined energy, talent, desire, vision, and focus of each family member**, plus proven principles to help members communicate their challenges and overcome them successfully together.

The *7 Habits of Highly Effective Military Families* workshop provides a framework for applying universal, self-evident principles that enable family members to communicate more effectively about their problems and resolve them successfully. Participants learn how to: 1) deal with relocation or Permanent Change of Station (PCS); 2) anticipate all phases of deployment; 3) apply an “Inside-Out Approach” to problem solving and goal creation; 4) resolve differences in marriage and family relationships by cooperating together creatively; 5) leverage family services both on and off the base; 6) abandon unhealthy behaviors; and 7) build family traditions, unity, and a “nurturing family culture.”

Open to all SOFA Status. This workshop is meant for everyone on MCAS Iwakuni whether you are single or married with children. Single Marines living abroad all have families back in the United States and it is as equally important to maintain and strengthen those relationship bonds as it is for married Marines to do so for their spouses' and their children.

Safety Seat Saturday

The Provost Marshal's Office has a Certified Child Protective Seat Technician who has been trained by the National Child Safety Passenger Program. In this class the Child Protective Seat Technician briefly discusses the importance of car seat safety and tips and tricks for proper installation of car seats. He then looks at each child seat in each participant's car and checks for proper installation. He also teaches participants how to ensure proper installation.

This class is for all SOFA status personnel who have one or more child safety seats in their automobile and for expectant parents who have already purchased a child safety seat.

Space A

A representative from the Air Transportation Division delivers a presentation on how to travel from MCAS Iwakuni using Space A flights. Booklets containing pertinent information and contact names and numbers are distributed along with examples of completed required documentation. Following the presentation there is ample time to receive answers to all your Space A questions.

All SOFA Status personnel who are eligible to take advantage of Space Available flights should attend this class. It is highly recommended that you take this class prior to using this service for the first time. Attending this class will ensure that you are aware of all the policies and procedures of Space A flights to help ensure easy travel.

F.A.C.E. (First Aid and CPR for Everyone)

MCFTB partners with the American Red Cross to offer this class. The class teaches basic emergency preparedness, how to perform compression only CPR, basic first aid, and how to help someone who is choking. These are the basics that everyone needs to know!

Family Care Plan Presentation

Marine Corps Order 1740.1A requires all active duty, single parents with the sole responsibility for the care of minor children or adult dependents to have a completed Family Care Plan (FCP) on file. The FCP, while not required for DOD civilians and other personnel, it is highly recommended that these individuals complete a FCP package. The FCP designates the who, what, where, when, and how's of care for your dependents in times of emergency or deployment. Marine Corps Family Team Building can assist in explaining what the FCP is, how to complete the necessary requirements and be a resource for information to assist in completing the process. Take the time to be the person who decides the best care for your family now rather than having a stranger make those decisions for you. Call MCFTB to complete or update your FCP.

PREP (Prevention and Relationship Enhancement Program)

This class is a comprehensive marriage strengthening program. It is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection to each other. PREP offers you the chance to discover how to enjoy your marriage no matter where you are today or what tomorrow may bring. PREP also includes a day of instruction for those who are in the beginning phase of completing necessary military requirements for marriage. During this portion you will hear from representatives from the Legal Office, Branch Health Clinic, TriCare, and from the Financial Services office to discuss family budgeting just to name a few.

If you are engaged and soon to be married this two day course is for you and your soon to be spouse. If you are married and would like to enhance your relationship then consider attending day two of this course.

WELCOME TO LAS VEGAS

This is a workshop allowing participants personal growth and readiness development. The event will consist of five venues: F.E.A.R. NOT!

Fun: Jeopardy Boxing

Avenue for Communication: Tying the Knot

Educational: Rolling the Dice

Relaxing: Relaxing Roulette

Networking: Showtime

Leadership Skills: To be offered in Spring of 2010

**Please call Marine Corps Family Team Building
at 253-3754/3542 for class dates or for more information.**