

What MCFTB has for:

Spouses

- **L.I.N.K.S. (Lifestyles, Insights, Networking, Knowledge, and Skills) for Spouses** – Spouses of active duty Marines and Sailors will gain a wealth of knowledge about the Marine Corps lifestyle. Learn how to read an LES, learn about resources and benefits available to you as a spouse, discuss deployment and separation, discuss moving in the military, and meet other spouses of active duty aboard MCAS Iwakuni.
- **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.

- **Social Graces** - This class discusses a variety of everyday and formal social customs such as military etiquette and traditions, Japanese etiquette, and the always important art of the well worded thank you note. These morsels of valuable information will provide participants with the know how to conduct oneself in all situations with grace and confidence.

Open to all SOFA status personnel who find themselves faced with questions on etiquette procedures in both American and Japanese social settings. This class will also provide those with questions of etiquette in regards to what is appropriate in a military versus a civilian setting.

- **What Not To Wear: Military Edition** - This program discusses the symbolism and traditions that take place at the Marine Corps and Navy balls. A brief history of the balls are presented with emphasis on the many venues in which the balls take place. For example , the balls as they are celebrated, past and present, during times of conflict in the field, celebrations overseas, and the Commandants Marine Corps Birthday Ball. Information is also presented regarding appropriate etiquette and attire. A demonstration by a Japanese spouse is given to explain the intricacies of dressing in and wearing a formal kimono.

The Station Thrift Store and Unit Spouse's organizations set up a ball gown consignment. This is one resource for acquiring a "new" ball gown at a great price. A resources listing is provided to each participant with information on readily available sources for the purchase of new ball gowns, rental ball gowns, and custom ball gowns that are reasonable in price as well as easily shipped to Iwakuni.

The program includes demonstrations by a Marine Corps Exchange Make-up artist and a Head to Toe Salon Hair Designer on tips and tools for creating a formal look at home. With the limited availability of professionals to provide this service for each of the balls and with the ever tightening economy this is a very important component.

This class is for spouses or soon to be spouses and civilians who may be attending a military ball for the first time. This class can also be valuable for those who have attended military balls in the past but may have questions.

- **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.

- **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.

- **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!
- **4 Lenses of Personality** - This fun interactive workshop will help assess and evaluate your personality preference while learning to value and understand the personality preferences of those around you. You will learn how to open the lines of communication, reduce personal misunderstandings, and strengthen your partnerships both personally and professionally. You will be led through the steps of completing the personality assessment. Several activities will be utilized to demonstrate the differences among personalities and how to better communicate and relate with one another. Completing this workshop and implementing the tools into your daily life will empower you to improve aspects of every relationship in your life.
- **SAFE & SOUND WORKSHOP** - This workshop will provide many safety tips from experts to help educate the community on how to stay safe. We will discuss and display how to utilize a fire extinguisher and the proper techniques as well as the types of fires that typically occur in the home. We will also show the proper steps for jump starting a car battery and how to maintain proper care on a vehicle. This event will also contribute to the lessons and techniques one can utilize to maintain personal safety and mentor to the community on how to avoid unnecessary circumstances. We will also learn how to physically prepare for any crisis situation or evacuation.

- **CACO: Beyond the Brief** - This brief is designed to help educate and reassure spouses that they will be taken care of in every way possible should the need arise for a CACO to visit them. The class is not intended to scare them or bring up the morbid 'what ifs'. This is strictly an educational class to offer all spouses the opportunity to work toward "readiness" in this area. Topics of discussion include: Definition of a casualty, Reportable Casualty Status, Next of Kin (KON), OEF/OIF Medevac Procedures, Notification Procedures, Benefits and Entitlements, Escort Information, Casualty Assistance.

THIS IS NOT CACO TRAINING. This is merely a brief to help spouses learn about the Casualty Assistance Process and Procedures.

- **In the Midst Workshop: F.E.A.R. NOT! Hachigamine Park** - FEAR Not is an acronym for Fun, Educational, Avenue for Communication, Relaxing, and Networking. The event will incorporate each with the following:

Fun – There will be some learning that takes place, but the true goal of this venue is to have fun! In fact each workshop is themed for maximum fun! Spouses will participate in the Super Roller Slide Down.

Educational – Educational tools such as simple home repair, fast tips for kitchen recipes, etc. are provided. Also, a tutorial on what the Park has to offer will be provided.

Avenue for Communication – We can all improve our communication skills! Tips for communicating with the deployed spouse as well as children, co-workers, friends, and even strangers will be discussed. Spouses will participate in the obstacle course, during which they will have to communicate to their best ability!

Relaxing – Military spouses must do everything during a deployment, but setting aside time to relax is important! Spouses will learn how to relax, how to recognize stress, and how to prevent their bodies from being overwhelmed. Breathing techniques will be taught by a Semper Fit representative.

Networking – Although it may feel like it sometimes, military spouses are never alone. Attending this workshop will provide them with one more opportunity to expand upon existing support systems, friendships, and professional acquaintances.

- **COPING WITH STRESS WORKSHOP** - This will be group discussion based workshop. There are many stressors that life offers during deployment but being able to recognize them makes it easier to overcome. Spouses will learn the tools necessary to cope while going through a deployment.

- **SELF DEFENSE CLASS** - This workshop will provide many safety tips from experts to help educate the community on how to stay safe. This event will also contribute to the lessons and techniques one can utilize to maintain personal safety and mentor to the community on how to avoid unnecessary circumstances. We will also learn how to physically prepare for any crisis situation or evacuation. You will be actively participating in each technique so those attending are encouraged to wear workout attire.
- **Should I-Stay or Should I-Go?** - This workshop helps educate community members on making the decision on traveling back to the states for an extended time and obstacles they possibly could encounter and how to avoid them if at all possible. This workshop will help put your mind at ease in making sure you covered all bases before making your decision.
- **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

- **Japanese Spouses Orientation** - This workshop will give Japanese Spouses information about resources available at Marine Corps Air Station (MCAS) Iwakuni. We will invite speakers from Family Counseling & Advocacy, Navy-Marine Corps Relief Society, WICO, Tricare, Legal, New Parent Support Program, and Red Cross.

このクラスは、岩国基地内で軍などによって提供されている様々なプログラムやサービスを紹介します。専門の方々をお呼びして、プレゼンテーションを行います。

- **Japanese Spouses L.I.N.K.S.** - L.I.N.K.S stands for Lifestyle, Insight, Networking, Knowledge, and Skills. This brief will help Japanese spouses with their unique lifestyle in the military. It contains information about military pay, deployment, military history, moving in the military, etc.

リンクスとは、海兵隊員と結婚し今までと違った生活と見識、ネットワーク、知識、とコツを学ぶことができます。また参加することで、新たな友達との交流を持つことが出来、海軍生活に役立てることが情報を提供します。

- **Japanese Spouses Meet & Greet** - This will be a great opportunity to meet other Japanese spouses on the base. We will share our experiences, give each other advice and be able to spend more time with guest speakers if wanted.

日本人配偶者そして婚約者が知り合う機会を設け、軍生活での経験やアドバイスを語り合います。また、ゲストの方などに個人的に質問をすることが出来ます。

- **Family Readiness Assistant Training** – This training is mandatory if you are going to serve as a Family Readiness Assistant. Under the guidance of the FRO, Family Readiness Assistants assist with family readiness communications by: Providing feedback from unit families – guidance on this subject is generally provided in the commander's intent; Keeping the FRO apprised of issues with unit families – remember to follow disclosure guidelines; Keeping the FRO apprised of contacts made with unit families; Assisting the FRO in evaluating and assessing communication quality and overall effectiveness – It is imperative to understand the FRO's expectations regarding the assistance provided; Publicizing morale support events – primarily through word of mouth and only as directed by the FRO. Family Readiness Assistants must complete a formal application, screening, selection, and interview process within their Unit.
- **Family Readiness Advisor Training** – This training is mandatory if you are going to serve as a Family Readiness Advisor. The Family Readiness Advisor will assist the Family Readiness Command Team in the execution of the Unit Family Readiness Program. The Family Readiness Advisor shall embody the commander's family readiness goals and possess a desire to support Marines and their families in order to increase family readiness and improve quality of life within the unit. Spouses provide direct experience with the military lifestyle and successfully navigating the maze of resources, dealing with separations, moving from base to base, etc. This constituency must be provided sufficient opportunity to participate, voice their concerns, and provide the Unit Family Readiness Program the opportunity to benefit from their experiences. Family Readiness Advisors, along with Family Readiness Assistants, must complete a formal application, screening, selection, and interview process. If selected, Family Readiness Advisors will be appointed in writing by the commander.

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