

What MCFTB has to offer

- L.I.N.K.S. (Lifestyle, Insights, Networking, Knowledge and Skills)
 - LINKS for Spouses
 - All military spouses are invited to attend in order to learn more about the Marine Corps. Reading rank, reading an LES, learning Japanese culture, and learning more about the resources on MCAS Iwakuni are just a few examples of what a spouse will learn from this class.
 - LINKS for Kids
 - All children ages 6-12 are invited to attend this class to learn more about the Marine Corps. Moving in the military, Marine Corps customs, Friendship, and learning the Marine Corps Hymn are just a few examples of what a kid will learn from this class.
 - LINKS for Marines
 - All Marines are invited to attend this class to get more insight on: Deciding to make the Corps a career, benefits and entitlements for single and married Marines, putting learned skills to use after the Corps, and making the most of each paycheck are just a few examples of what a Marine will be exposed to during this class.
 - LINKS for Teens
 - All teens ages 13-18 are invited to attend this class. The structure is very much like LINKS for Kids, with more in-depth topics. Japanese customs, Marine Corps customs, financial awareness, writing resumes, and Pillars of Good Character are just a few examples of what a teen will learn from this class.
 - LINKS for Parents
 - All parents of a military member are encouraged to attend this class in order to gain more knowledge about the Marine Corps. Currently, MCAS Iwakuni does not offer this class due to the lack of family members in the area.

- Japanese L.I.N.K.S.
 - Japanese LINKS class
 - All Japanese spouses are welcome to attend. Reading rank, reading an LES, learning military lifestyle, and learning more about the resources on MCAS Iwakuni are just a few examples of what a spouse will learn from this class. Due to the massive content of a typical LINKS for Spouses class, the Japanese version will be reduced slightly in the interest of time. However, all who attend will leave with a wealth of knowledge.
 - Japanese Spouse's Orientation (JSO)
 - All Japanese spouses are invited to attend. Due to the large amount of information given in the Japanese LINKS class, the Orientation is meant as an additional venue for various speakers on base to come and share knowledge, i.e.: Navy Federal Bank, Navy Marine Corps Relief Society, MCCS Finance Specialist, possibly New Parent Support. This is also an avenue to get the Japanese population interested in gaining more knowledge about the military lifestyle.
 - Japanese Spouse Meet & Greet
 - MCAS and JMSDF spouses and fiancés have an opportunity to make new friends through networking with one another. This provides an avenue for learning and gaining insights into the military culture and how to excel in a multi-cultural environment. Guest speakers will be in attendance imparting new and interesting information covering a wide variety of topics. The entire session is translated in Japanese.

- Family Readiness Program Training
 - Command Team Training
 - Each Command is invited to schedule training for their entire Command Team to attend (CO, XO, SgtMaj, CO Spouse, SgtMaj Spouse, and Family Readiness Advisors). This training is structured to teach the Command Team their roles and responsibilities within the Commandant's new Family Readiness Program.
 - FRO Training
 - The Family Readiness Officer for each unit is invited to attend this training. This training is structured to teach the FRO his/her roles and responsibilities to the unit within the Commandant's new Family Readiness Program.
 - Family Readiness Assistant Training
 - Each Family Readiness Assistant (unit level volunteer) is invited to attend this training. It is structured to teach Assistants their roles and responsibilities to the unit within the Commandant's new Family Readiness Program.
 - Family Readiness Advisor Training
 - Each Family Readiness Advisor (unit level volunteer and Command Team member) is invited to attend this training. It is structured to teach Advisors their roles and responsibilities to the unit within the Commandant's new Family Readiness Program.

- Readiness and Deployment Support Training
 - Pre-Deployment Briefs
 - Each deploying service member and his/her spouse are encouraged to attend a Pre-Deployment Brief. This brief/meeting will consist of the MCFTB Readiness and Deployment Support Trainer (RDST), the Unit Chaplain, and the deploying military member and their spouse. Currently, these briefs are done on a one-on-one basis with the constituents mentioned.
 - In The Midst
 - All spouses currently experiencing a deployment are encouraged to attend this class. It is structured for adults only and is a safe forum for spouses to relate to one another. Along with the RDST, a counselor is present as a support. This class may be done in the form of a classroom setting, or an outing.
 - Kids N' The Midst
 - All children currently experiencing a deployment are encouraged to attend this class. The class is split into different age groups to give the kids an opportunity to learn on different levels. Along with the RDST, a counselor is present as a support. This class is done as a classroom setting along with a short outing to Crash, Fire, Rescue for a fun and educational demonstration.
 - Beyond the Brief
 - These classes are designed to further inform spouses who are experiencing deployment in more depth than the usual pre-deployment brief. The following are our "Beyond the Brief" classes:
 - Safe and Sound at Home
 - Spouses learn how to use a fire extinguisher, change a car tire, charge a car battery, and other various useful tips that will help them cope during their service member's absence.
 - Should I Stay or Should I Go?

- Spouses learn the advantages and disadvantages of returning to the states to be with family while their service member is deployed.
 - CACO
 - Spouses learn the CACO process in order to be aware in the event their service member is injured or passes away during combat.
 - Coping with Stress During Deployment
 - Spouses are invited to learn how to cope with the stressful life of deployment. This class is a small, intimate group and a confidential environment. A counselor is present.
 - F.E.A.R. Not
 - Spouses are invited to travel to Hachigamine Park to enjoy something: **F**un, **E**ducational, **A**venue for Communication, **R**elaxing, and **N**etworking. All will be incorporated into a day's worth of relaxing enjoyment.
- Return and Reunion Brief
 - The spouse of the deployed service member is invited to meet with the RDST and the unit Chaplain in order to prepare him/her for the return of the service member.
- Talk, Listen, Connect: Coming Home video by Sesame Street
 - Children are invited to view Sesame Street's new video depicting how military families cope with change and the return of a service member.
- Spouses enduring deployment are also eligible for benefits offered by MCFTB:
 - 10 hours/week/child of reimbursed child care (respite care)
 - If the military member is deployed 6 months or more, the spouse is eligible to take advantage of the Deployed Spouse's Discount Card.

- LifeSkills Training

- Space A Class

- All SOFA status personnel are invited to take advantage of an informational brief given by a representative from the terminal. Information about the Freedom Bird will also be given.

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

- All SOFA status personnel are invited to attend. MCFTB partners with the Red Cross to offer this non-certification class to all of those who would like to be prepared in an emergency.

- Color Your Personality: 4 Lenses for Spouses

- All spouses are welcome to attend. This class will identify for each participant what “color” their personality is. Also, upon learning their own color, spouses will learn how to interact with people who have personalities of a different color.

- Color Your Personality: 4 Lenses for Couples

- All couples are invited to attend. Individuals will learn what color they are and then as couples, how to interact with one another according to the colors identified.

- Franklin Covey: 7 Habits of Highly Effective Families for Military Families

- All Marines and family members are invited to attend. Participants will learn the 7 Habits that Franklin Covey identifies as being key to remaining effective and synergistic with others. This is a two day class.

- Social Graces

- All SOFA status personnel are invited to attend, however spouses may gain the most benefit. Participants will learn common etiquette customs of the Marine Corps, i.e.: what to wear to the Birthday Ball, MCAS Iwakuni dress code order, proper ways to address their service member’s higher ranking authority. There will also be a Japanese culture portion, teaching participants what is acceptable and what isn’t while interacting with the Japanese population.

- Marine Corps Ball

- This program is open to all SOFA status personnel as well as JMSDF and invited guests of those who will be attending either the Navy or Marine Corps Ball. The Program will discuss the symbolism and traditions that take place at the Marine Corps and Navy balls. A brief history of the balls will be presented with emphasis on the many venues in which 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 will also be presented regarding appropriate etiquette and attire. A demonstration by one of the Japanese spouse's explains the intricacies of dressing in and wearing a formal kimono.

MCFTB partners with the Station Thrift Store and with Unit Spouse's organizations to create a venue to set up a ball gown exchange. This is marketed as one resource for acquiring a "new" ball gown. A resources listing will be 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.

- 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. The Child Protective Seat Technician briefly discusses the importance of car seat safety and tips and tricks for proper installation of car seats. He will then look at each child seat in each participant's car and check for proper installation. He will also teach participants how to ensure proper installation. There will be plenty of fun and activities for the children to enjoy while parents listen to the important information given and while parent's car seats are checked.

A bouncy house, games, and refreshments are just the beginning of the fun for the kids. DARE, PMO Crime Prevention, and New Parent Support join in the fun and there will be an appearance by McGruff! To aid in active parent participation, volunteers to be "baby holders" will be available while the parents work on learning proper car seat installation by actually installing their child's seat in their own car.

This community activity is a partnership between MCFTB, PMO, as well as New Parent Support, and WIC. These partners will be on site with tables set up offering parents support and services.

- F.A.C.E. (First Aid & CPR for Everyone)
 - MCFTB partners with the American Red Cross to offer this class which will teach 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!

While F.A.C.E. is being presented, the Red Cross will also host an enrichment course for children including Masters of Disasters and Scrubby Bear Clean Hands.

***MCFTB offers child care reimbursement for all participants of the classes mentioned above. However, it is required to sign-up with the CDC, an FCC provider, or babysitter of choice ahead of time to take advantage of this offer.**