



## HELPFUL LINKS

American Red Cross Okinawa  
[americanredcrossokinawa.org](http://americanredcrossokinawa.org)

Credo Okinawa – Growth  
 Retreats

[credooki](https://www.facebook.com/credooki)

DoDEA  
[dodea.edu](http://dodea.edu)

Expatriate Exchange (Moving)  
[expatexchange.com](http://expatexchange.com)

Families Overcoming Under Stress (FOCUS)  
[focusproject.org](http://focusproject.org)

Family Emergency Response  
[navyfamily.navy.mil](http://navyfamily.navy.mil)

Military OneSource – Deployment  
[militaryonesource.mil/deployment](http://militaryonesource.mil/deployment)

Navy – Marine Corps Relief Society  
[nmcrs.org](http://nmcrs.org)

Navy MWR Digital Library  
[navymwrdigitallibrary.org](http://navymwrdigitallibrary.org)

Navy MWR Okinawa  
[navymwrokinawa.com](http://navymwrokinawa.com)

Ombudsman Program  
[ombudsmanregistry.cnic.navy.mil](http://ombudsmanregistry.cnic.navy.mil)

Ready Navy  
[ready.navy.mil](http://ready.navy.mil)

Relocation  
[move.mil](http://move.mil)  
[militaryinstallations.dod.mil](http://militaryinstallations.dod.mil)

## CONTACT INFORMATION

Navy Support  
 Bldg. 445, Camp Foster  
 645-5707 | 098-970-5707  
[mcbb\\_navysupport@usmc.mil](mailto:mcbb_navysupport@usmc.mil)

DoD INST 1342.22 Military Family Readiness

# MCCS OKINAWA

# MARINE & FAMILY PROGRAMS

# NAVY SUPPORT

**MARINE & Family** | Marine Corps  
 Family Team  
 Building

**MCCS**  
 MARINE CORPS  
 COMMUNITY  
 SERVICES

# NAVY SUPPORT

*mccsokinawa.com*

## NAVY LIAISON

645-5707 | 098-970-5707

- Individual Deployment Support Program
- MCCS Deployed Spouses Benefit Cards for Navy Individual Augmentee (IA) Spouses
- Deployment Cycle Briefs & Resources
- Navy Family Accountability & Assessment System (NFAAS)
  - navyfamily.navy.mil*
  - Navy IA Communication
  - NFAAS App
    - Emergency Case Management

- Family Readiness Group (FRG) Training & Support
- Ombudsman Support & Advanced Training Resources
  - ombudsmanregistry.cnic.navy.mil*

## EDUCATION & CAREER SERVICES

645-3486 | 098-970-3486

- Education Counseling
- Military/Civilian Testing
- Joint Service Transcript
- Commissioning Programs
- Accessing Higher Education Brief
- Tuition Assistance
  - GI Bill
  - Spouse Education
  - FAFSA/Financial Aid Scholarships
- Navy College
  - 243-8131 | 046-816-8131
  - navycollege\_yokosuka@fe.navy.mil*

## LIBRARIES

645-7178 | 098-970-7178

## SINGLE MARINE PROGRAM (SMP)

645-3681 | 098-970-3681

## LIFESKILLS TRAINING & EDUCATION

645-3698 | 098-970-3698

- Relationship Series
  - Four Lenses Workshops
  - Developing Healthy Blended Families
  - Building Lasting Relationships
  - Monthly Pre-Martial Information Seminars
- Communication Series
  - Interpersonal Communication
  - Conflict Management
  - Social Networking Safety
- Wellness Series
  - Basic Stress Management
  - Basic Anger Management
  - Family Care Plan
  - Aging Parents & Elder Care
  - Emergency Preparedness
- Impact Series
  - Safe and Sound at Home
  - Casualty Notification Process – Scared of "The Call?"

## LIFESTYLE, INSIGHTS, NETWORKING, KNOWLEDGE & SKILLS (L.I.N.K.S.)

645-3698 | 098-970-3698

- L.I.N.K.S. for Navy Spouses
- Volunteer as a L.I.N.K.S. Mentor

## READINESS & DEPLOYMENT SUPPORT PROGRAM

645-3696 | 098-970-3696

- Family & Kids Briefs
- Hearts Apart
  - Military Spouse Deployment Group
- Deployment Success Workshop
- Stress Management Workshops
- Beyond the Brief Series
  - Should I Stay or Should I Go?
  - Finance & Budgeting
  - Coping with Stress & Adjusting Family Roles
- Heading Home
  - For Service Members Preparing to Return CONUS
- Strong Military Couples
  - The 5 Love Languages

## VOLUNTEER PROGRAM

645-3749 | 098-970-3749

- Strategic Volunteer Opportunities
- Volunteer Management Training
- Passport to Volunteering Workshops
- Teen Volunteer Workshops
- Presidential Volunteer Service Award (PVSA)

## INFORMATION, REFERRAL & RELOCATION SERVICES

645-2104 | 098-970-2104

- Newcomers' Orientation Welcome Aboard (NOWA)
- Sponsorship Training
- Smooth Move Workshop
- Loan Locker

## CULTURAL AWARENESS & ADAPTATION PROGRAM

645-2104 | 098-970-2104

- Basic Japanese & Survival Language Courses
- Japanese Spouse Orientation (JSO)
- Arts & Crafts
- Cultural Awareness Classes

## TRANSITION READINESS PROGRAM

645-3151 | 098-970-3151

- Transition Support
- Pre-Separation Counseling
- Transition Readiness Seminar (TRS)
- Pre-Retirement Seminar
- Personal Readiness Seminar (PRS)

## FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

645-7810 | 098-970-7810

- Ace the Interview
- Resume Writing
- Federal Government Employment
- Career Assessment
- Job Search Strategies

## PERSONAL FINANCIAL MANAGEMENT

645-2104 | 098-970-2104

- Money Management
- Saving & Investing
- Credit Report & Credit Score Analysis
- Thrift Savings Plan (TSP) & Retirement Planning
- Personal Financial Counseling

## BEHAVIORAL HEALTH PROGRAM

645-2915 | 098-970-2915

- Community Counseling
  - Individual, Couples & Family Counseling
  - Sailor Assistance & Intercept for Life (SAIL)
  - Cognitive Behavioral Therapy for Insomnia (CBTI)
  - Women's Healing & Empowerment
  - Healthy Thinking Group
  - Grief & Loss Group
  - Keeping Your Cool
  - Alpha-Stem AID
- Family Advocacy Program
  - STOP Group for Men/Women
  - Anger Management
  - Married & Loving It!
  - Incident Determination Committee (IDC) Training
- New Parent Support Program
  - Home Visits
  - Parents in Uniform
  - Journey Through Pregnancy
  - Nurturing Parenting
  - Baby Boot Camp
  - Infant Massage
  - Play Morning
- Substance Abuse Counseling Center (SACC)  
*Greenside*  
645-3009 | 098-970-3009
- Substance Abuse Rehabilitation Department (SARD)  
*Blueside*  
646-9520 | 098-971-9520

## FAMILY CARE

- Educational & Development Intervention Services (EDIS)  
634-2740 | 098-961-2740
    - Early Intervention (Children 0–3)
    - Related Services (Ages 3–21)
  - Exceptional Family Member Program (EFMP)  
645-9237 | 098-970-9237
    - Playgroups, Events & Activities
    - SSI & Medicaid Workshop
    - EFMP 101
    - Special Needs Forum
    - Support at IEP School Meetings
    - Targeted Research
    - Family Transition Assistance
    - Lending Library
    - Family Support Groups
- NOTE: For paperwork, respite reimbursement or coordinating PCS moves, please contact the USNHO EFMP office at 646-7408.*

## SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

645-4355 | 098-970-4355

*sapr.mil*