



APRIL 2026



Director's Message

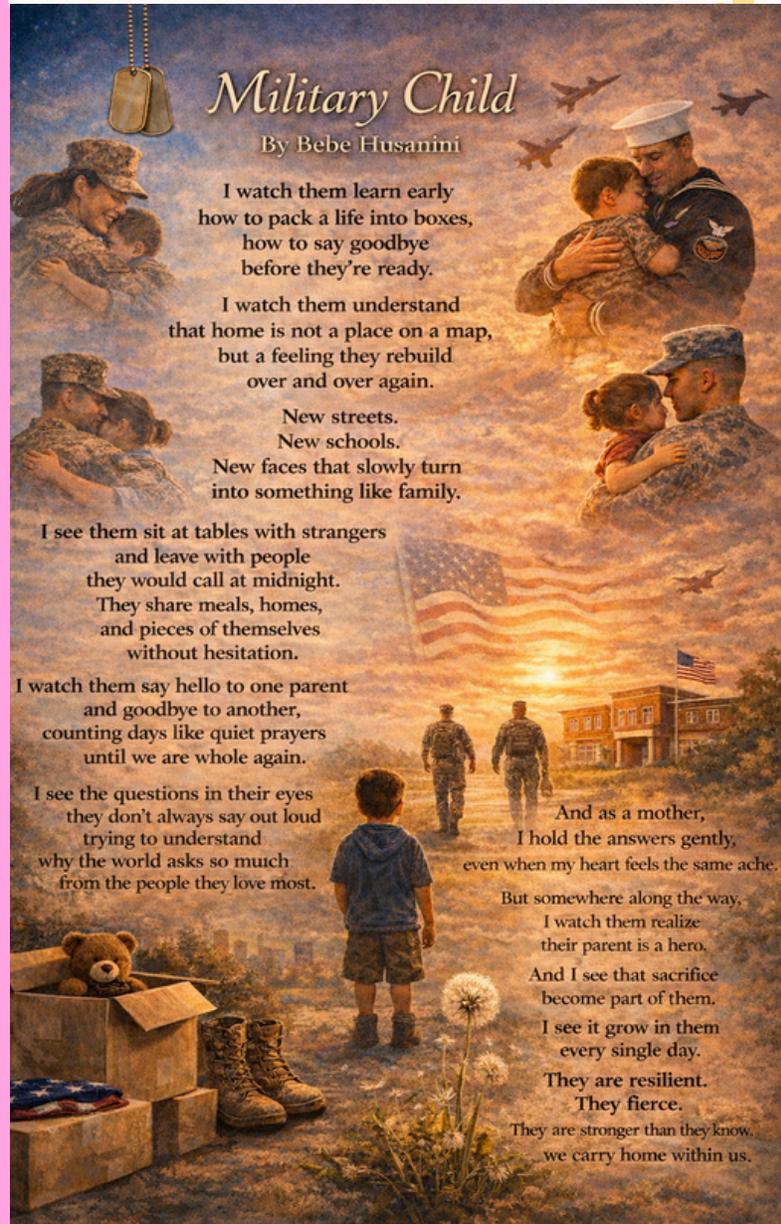
April is centered on strengthening families through intentional connection, stress management, and resilience-building especially as we recognize the Month of the Military Child.

This month's programming directly supports these priorities through a combination of hands-on workshops and family-centered events. From Strike Out Stress, which provides practical tools to manage daily stressors, to our Premarital Seminar, which strengthens communication and long-term relationship success, we are equipping individuals and families with skills that support readiness at every stage.

Our L.I.N.K.S. Foundations and Mentor Workshop continue to build informed, connected, and confident spouses, while our Ikigai sessions and family-centered experiences promote mindfulness, purpose, and personal growth. These efforts reinforce the importance of mental and emotional fitness as part of Marine Corps Total Fitness. At the center of this month is Kids' Warrior Day, a signature event that brings families together to celebrate military children through purposeful play, confidence-building activities, and community connection. This event reflects our commitment to early prevention building resilience, strengthening family bonds, and creating positive experiences that support long-term well-being.

When we align education, connection, and engagement, we strengthen not only families but the overall readiness of our force.

— Bebe Husanini



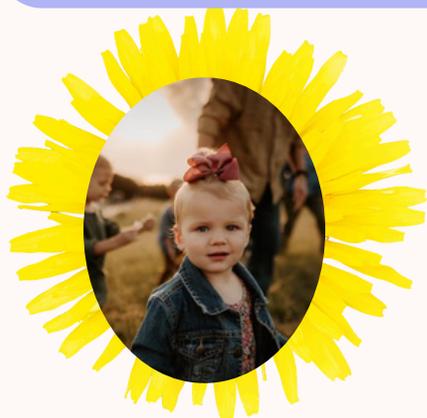
MONTH OF THE MILITARY CHILD SPOTLIGHT

This April, in recognition of the Month of the Military Child, we are proud to highlight Ms. Tabitha Williams-Serbousek and her family. After transitioning from the Marine Corps in 2024, Ms. Williams continues to support the military community alongside her spouse, who remains on active duty. Together, they are raising three children and navigating the unique experiences that come with military life.

Like many military children, her kids have faced time apart during deployments, frequent moves, and major life transitions. Through it all, they continue to adapt, grow, and thrive. Their resilience and strength serve as a meaningful reminder of the important role military children play in supporting their families and the broader community.

What Does It Mean to Be a Military Child?

In honor of Month of the Military Child, we asked a few of our own military children to share what being a military kid means to them.



Bristol: "I love you mama and dada"



Denver: "I am strong like my mommy and daddy"



Aspen: "When my dad is away for training, I help my mom take care of things at home. It makes me feel proud to step up"

FEATURED SPOTLIGHT: KIDS' WARRIOR DAY

Kids' Warrior Day continues to be one of MCFTB's most popular and in-demand events and this year was no exception. Registration sold out in less than 45 minutes, reflecting the strong interest and impact this event brings to our community. While the event is currently at capacity, a waitlist is available. Should any cancellations occur, families on the waitlist will be contacted in order.

Eligibility:

Ages 5-10

Join the Waitlist:

<https://www.eventbrite.com/e/mccs-okinawa-mcftb-kids-warrior-day-2026-tickets-1978868510986?aff=oddtcreator>



Volunteer Sign-Up:

We are also seeking volunteers to support this high-energy, impactful event. Volunteers play a key role in creating a safe, engaging, and memorable experience for our military children.

<https://www.signupgenius.com/go/10C054DAEAA2AA3F4CF8-55366062-kids#/>



Saturday, 11 April 2026
Camp Foster | 0800-1200

In honor of the Month of the Military Child, MCFTB proudly presents Kids' Warrior Day a high-energy, purpose-driven event designed to celebrate military children while building resilience through play. Children ages 5-10 will participate in activities that promote teamwork, confidence, and problem-solving, while families connect in a supportive and uplifting environment.

Families can expect:

- Confidence-building and teamwork-focused activities
- Opportunities to connect with community resources
- A positive environment that strengthens family bonds

KIDS WARRIOR DAY
April 11, 2026
0730-0820 Sign-in
0830-1200 Events
Camp Foster Field 2

Registration opens from Mar 16-22.
For questions, contact mcftbokinawa@okinawa.usmc-mccs.org
or Call DSN 645-3689 / from cell 098-970-3689

UPCOMING WORKSHOPS

L.I.N.K.S.

L.I.N.K.S. Foundations

15 April 2026 | 0930-1500

Camp Kinser, Ed Center Rm 107

Designed for new military families, L.I.N.K.S. Foundations offers a welcoming introduction to Marine Corps life, benefits, deployments, communication, and community resources, led by experienced Marine spouses who provide practical guidance and connection.

L.I.N.K.S. Mentors

28 April 2026 | 1000-1130

Camp Courtney, Main Street Xpresso

Training for spouses interested in serving as L.I.N.K.S. mentors, focused on outreach, support skills, and strengthening the L.I.N.K.S. network across installations.

L.I.N.K.S. Cuppa Conversation

14 April 2026 | 1000-1200

Camp Foster, Ed Center Rm 4

Join Christal Burnette, Okinawan health and longevity expert, as she leads us in various activities designed to help you discover your Ikigai! This is a fun opportunity to gather with spouses, meet new people, share information, and implement powerful learnings to have a positive impact on your life!

Mid-Deployment Brief / Deployment Support

Mid-deployment: Araha Beach Pirate Boat Playground

23 April 2026 | 1700-1900

Araha Beach, Pirate Boat Playground

Join us for a mid-deployment gathering at Araha Beach's Pirate Boat Playground spend time with your kids, enjoy the playground, and connect while sharing resources and support.

MARINE & Family | Marine Corps Family Team Building

L.I.N.K.S. Cuppa Conversation Series:

DISCOVER YOUR IKIGAI

生き甲斐

TUESDAY, APRIL 14, 2026

1000 - 1200
Camp Foster Education Center Room 4



UPCOMING WORKSHOPS

Mindfulness Moment: Practical Tools for Everyday Stress

This month, our programming emphasizes real, practical stress management tools that can be applied daily.

Families are encouraged to:

- Practice short, intentional pauses to reset during busy days
 - Build simple routines that promote consistency and calm
- Strengthen communication by checking in with one another regularly
- Engage in shared activities that promote connection and presence

Workshops like Strike Out Stress and Ikigai sessions are designed to help participants apply these tools in real-time, reinforcing healthy coping and resilience.

Family Readiness Support

MCFTB continues to deliver prevention-focused education and training that strengthens communication, builds resilience, and supports families across the military lifecycle. Through collaboration with Deployment Readiness Coordinators, we ensure families are informed, connected, and prepared before challenges arise.

LifeSkills

Premarital Seminar

10 April 2026 | 0800-1500

Camp Foster, Ocean Breeze

The LifeSkills Premarital Seminar is a full-day workshop that prepares service members and their partners for military marriage by covering relationship skills, financial planning, military requirements and benefits, and support resources to help build a strong, informed foundation.

Strike Out Stress

3 April 2026 | 1130-1330

Camp Courtney, Bowling Alley

A hands-on session combining stress management education with a relaxed, engaging environment to build practical coping skills.

Roots & Purpose: A Family Ikigai Experience

24 April 2026 | 0800-1400

Camp Foster, Ocean Breeze

A family-centered event that blends creativity and reflection to strengthen connection and shared values.

