



## HELPFUL LINKS

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

CNIC Individual Augmentees  
[cnic.navy.mil](http://cnic.navy.mil)

Credo Okinawa – Growth Retreats  
[f 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.org](http://ombudsmanregistry.org)

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  
[navysupport@okinawa.usmc-mccs.org](mailto:navysupport@okinawa.usmc-mccs.org)

DoD INST 1342.22 Military Family Readiness

# MCCS MARINE & FAMILY PROGRAMS

*is your*

# NAVY FLEET & FAMILY SUPPORT CENTER

**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

Individual Augmentee Family Deployment Cycle Briefs & Resources

- *ia.navy.mil*

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.org*

## EDUCATION & CAREER SERVICES

645-3486 | 098-970-3486

Education Counseling

Military/Civilian Testing

Joint Service Transcript

Commissioning Programs

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
- Say What? Interpersonal communication
- Monthly Pre-Martial Information Seminars

Communication Series

- Interpersonal Communication
- Conflict Management

Wellness Series

- Basic Stress Management
- Basic Anger Management
- Family Care Plan
- Emergency Preparedness

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

645-3698 | 098-970-3698

COMPASS for Navy Spouses

Volunteer as a L.I.N.K.S.

Mentor

## READINESS & DEPLOYMENT SUPPORT PROGRAM

645-3696 | 098-970-3696

Cycle, Family & Kids Briefs

Hearts Apart

- Military Spouse Deployment Group

Deployment Success Workshop Stress Management Workshops

Heading Home

- For Service Members Preparing to Return CONUS

Strong Military Couples

- The 5 Love Languages

## VOLUNTEER PROGRAM

645-3749 | 098-970-3749

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

Lending 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

645-5074 | 098-970-5074

Ace the Interview

Resume Writing

Federal Government Employment

STARS

## 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 Assessment 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*