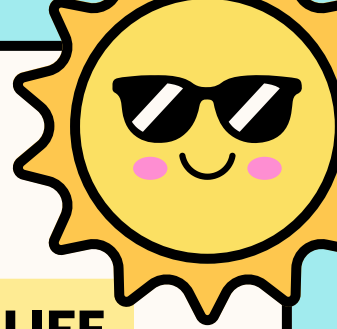


July 2026



THE GREAT RESET: IN REAL TIME. IN REAL LIFE.

Summer is a time of activity, transition, and opportunity for military families. This month's theme focuses on prevention, resilience, readiness, and connection through practical tools that help Marines, Sailors, and families navigate everyday challenges while strengthening overall well-being.

Director's Corner

As summer continues across Okinawa, many families find themselves balancing operational demands, deployments, PCS transitions, school breaks, family responsibilities, and community activities. While these experiences can be rewarding, they can also increase stress and create challenges for maintaining balance.

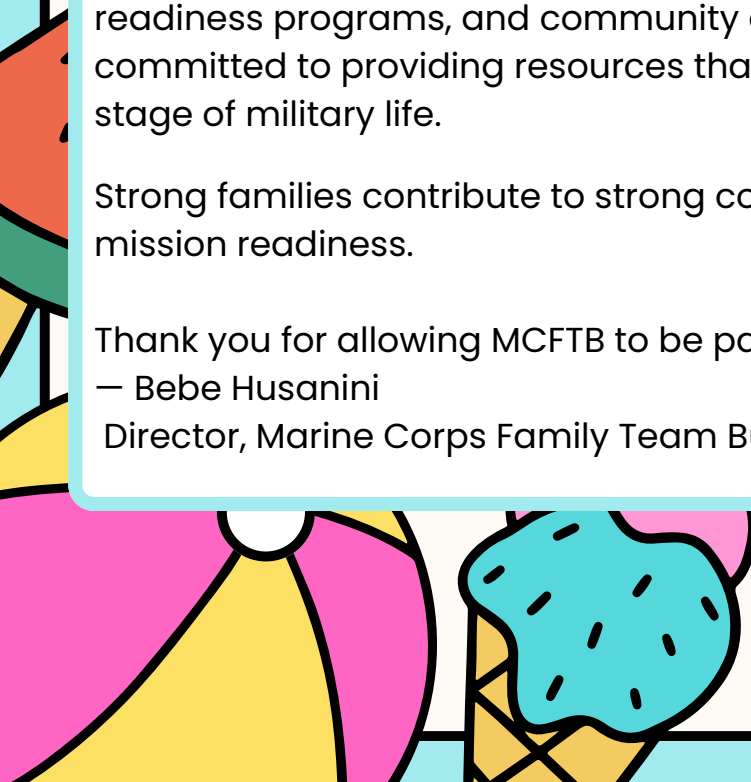
At Marine Corps Family Team Building (MCFTB), we believe readiness begins long before a challenge occurs. Prevention, preparation, communication, and connection are essential components of resilience and Marine Corps Total Fitness. This month's theme, "The Great Reset: In Real Time. In Real Life," encourages families to intentionally pause, reconnect, and focus on the habits that strengthen mental, emotional, social, and family fitness. Through workshops, family activities, readiness programs, and community engagement opportunities, MCFTB remains committed to providing resources that support military families throughout every stage of military life.

Strong families contribute to strong commands. Strong communities contribute to mission readiness.

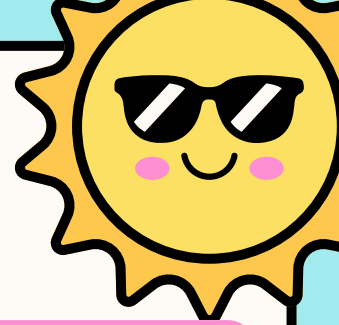
Thank you for allowing MCFTB to be part of your journey.

— Bebe Husanini

Director, Marine Corps Family Team Building



Monthly Spotlight



The Great Reset: In Real Time. In Real Life

Life rarely slows down. Between work schedules, deployments, school commitments, volunteer activities, and family responsibilities, it can be easy to place self-care and connection on hold.

This month, MCFTB encourages service members and families to take small but meaningful steps toward improving overall well-being by:

- Building healthy routines
- Strengthening support networks
- Prioritizing family connection
- Managing stress in healthy ways
- Preparing for emergencies before they happen
- Investing in personal growth and resilience

Small actions today create stronger outcomes tomorrow.

STRIKE OUT THAT STRESS... ON THE LANES!

Have fun while learning practical life skills! MCFTB invites youth and teens to participate in Strike Out Stress, a unique event that combines bowling with stress management education and resilience-building activities.

Participants will learn:

- Stress Management Techniques
- Healthy Coping Skills
- Effective Communication
- Conflict Resolution
- Teamwork and Cooperation
- Building Confidence and Resilience

This interactive event allows youth to connect with peers while developing valuable skills that support emotional wellness and personal growth.

Date: July 7, 2026

Time: 11:30 a.m. – 1:30 p.m.

Location: Courtney Bowling Center

Registration is required through Eventbrite.

Identify stressors and positive ways to overcome them while engaging in bowling activities at this Youth & Teen Workshop.

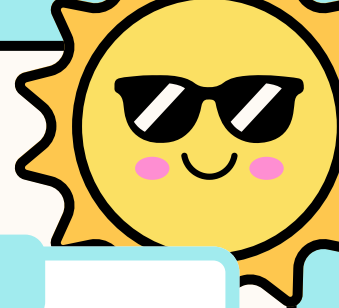
BOOK NOW!

APRIL 3 & JULY 7
11:30 A.M. - 1:30 P.M.

COURTNEY BOWLING CENTER

MC&CS
MARINE @Family
MARINE Corps Family Team Building

Crafts, Film, & Fun



Building Resilience One Movie at a Time



Building Resilience One Movie at a Time

Join MCFTB's Crafts, Films & Fun Summer Series, where military children and families connect through movies, crafts, and meaningful discussions focused on resilience, emotional wellness, friendship, communication, and family connection.

Upcoming Movies & Themes

July 1 – Zootopia 2

Respecting Differences, Inclusion & Teamwork
"Different strengths make stronger teams."

July 15 – Inside Out 2

Emotional Wellness & Healthy Coping Skills
"It's okay to feel your feelings."

July 29 – Ultraman

Courage, Resilience, & Helping Others

"Being brave means continuing forward even when things are hard."

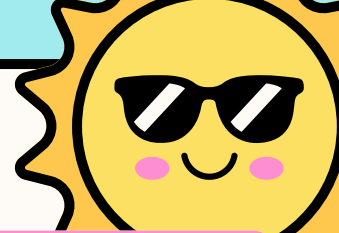


Each session includes a family-friendly movie, themed craft activity, and guided discussion designed to help children build confidence, strengthen connections, and develop healthy life skills.

Camp Foster Library
9:30–11:30 a.m.

Parents or guardians must accompany children. Registration is required through Eventbrite.

Autocare Workshop



Essential Skills 101

Reliable transportation is essential to daily life on Okinawa. MCFTB, in partnership with Typhoon Motors, presents Auto Care Workshop: Essential Skills 101, a practical and hands-on workshop designed to increase vehicle safety and readiness.

Participants will learn:

- Basic Vehicle Maintenance
- Tire Patch Kits
- Bulb Replacement
- Filter Replacement
- Preventive Maintenance
- Vehicle Safety Inspections

Date: July 23, 2026

Time: 10:00 a.m. – 1:00 p.m.

Location: Camp Kinser Typhoon Motors

This workshop is FREE for SOFA-status personnel.
Registration is required through Eventbrite.



Readiness & Deployment Support Spotlight

Mid-Deployment Karaoke Night

May 29, 2026 | MCAS Futenma – Habu Pit

Thank you to everyone who attended our Mid-Deployment Karaoke Night!

A total of 57 service members joined MCFTB for an evening dedicated to connection, morale, and resiliency. Participants enjoyed karaoke performances, social interaction, and an opportunity to take a break from operational demands while strengthening camaraderie with fellow service members.

Events like these support overall readiness by encouraging positive social connections, stress reduction, and unit cohesion throughout deployment.

Thank you to all 57 participants for making this event a success. We can't wait to see you at our next Mid-Deployment event!



L.I.N.K.S.

**L.I.N.K.S. Potluck Meet & Greet
6 June 2026 | Camp Foster**

Thank you to everyone who attended and supported our L.I.N.K.S. Potluck Meet & Greet. This event brought together volunteers, mentors, spouses, and community members for an afternoon of connection, collaboration, networking, and relationship building. Participants shared experiences, exchanged ideas, and learned more about how the L.I.N.K.S. program strengthens military families throughout Okinawa. The success of L.I.N.K.S. is made possible by the dedicated volunteers and mentors who continually invest their time, experience, and support into helping others navigate military life.



Become a Mentor. Make an Impact.

MCFTB is always looking for volunteers and mentors who are passionate about supporting military families.

As a mentor, you can:

- Welcome newcomers to Okinawa
- Share your military life experiences
- Provide encouragement and support
- Help families navigate available resources
- Strengthen family readiness and resilience

One conversation can make a difference.

One connection can build confidence.

One mentor can change someone's experience.

If you are interested in becoming a mentor or volunteer, contact

MCFTBokinawa@okinawa.usmc-mccs.org.



Class Schedule

L.I.N.K.S.

L.I.N.K.S. Foundations **14-15 July 2026 | 1730-2030 | Camp Foster Ocean Breeze**

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.

Somen Noodle Class **7 July 2026 | 1130-1230 | Marine & Family Programs Bldg 445 Rm 201**

Discover the flavors and traditions of Japan with the L.I.N.K.S. Somen Noodle Class. This engaging, hands-on experience gives participants the opportunity to learn about Japanese culture while preparing and enjoying a traditional Somen noodle dish.



LifeSkills

Premarital Seminar **10 July 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.



Preparedness is Prevention

Looking for practical ways to prepare for emergencies and strengthen your family's readiness?

MCFTB's Readiness & Deployment Support workshops help service members and families prepare for both expected and unexpected challenges through:

- Family Care Planning
- Readiness Binder Development
- Emergency Communication Plans
- Important Document Organization
- Resource Navigation
- Emergency Preparedness Education

Living overseas presents unique opportunities and challenges. Planning ahead helps reduce stress, build confidence, and strengthen family readiness.

"On Okinawa, preparedness isn't just a recommendation it's a responsibility. Taking small steps today can make a significant difference when emergencies occur."

— Bebe Husanini

Family Readiness Program

Command Team Training

1 July 2026 | 0830–1100

Camp Foster, Ed Center Bldg 5679, Rm 9

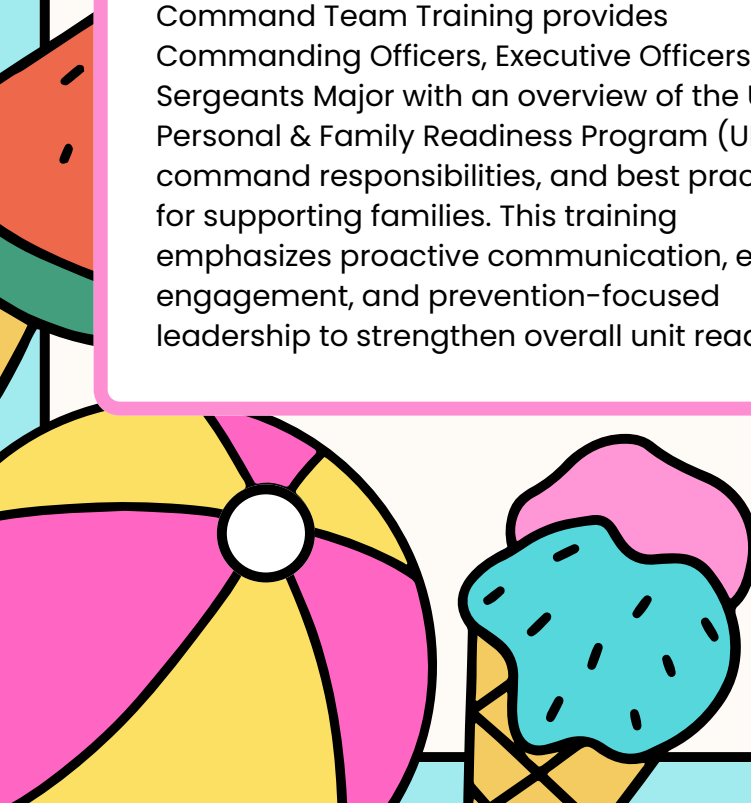
Command Team Training provides Commanding Officers, Executive Officers, and Sergeants Major with an overview of the Unit Personal & Family Readiness Program (UPFRP), command responsibilities, and best practices for supporting families. This training emphasizes proactive communication, early engagement, and prevention-focused leadership to strengthen overall unit readiness.

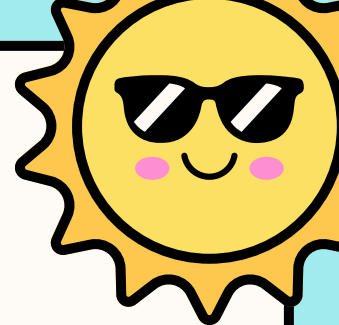
Readiness Coordinator Training

7–9 July 2026 | 0830–1600

Camp Foster, Ed Center Bldg 5679
Rm 9

This multi-day training prepares Deployment and Unit Readiness Coordinators to effectively support families through clear communication, accurate information flow, and confident resource referral. Strong readiness leaders are key to early intervention and prevention.





DID YOU KNOW? MCFTB OFFERS CUSTOMIZED WORKSHOPS

MCFTB provides customized workshops and training opportunities for:

- Military Units
- MCCS Organizations
- Leadership Teams
- Civilian Personnel
- Family Readiness Programs
- Community Groups

Popular topics include:

- Communication
- Stress Management
- Emotional Intelligence
- Team Building
- Leadership Development
- Conflict Resolution
- Deployment Readiness
- Resilience Education

Workshops can be tailored to meet the needs of commands and organizations throughout Okinawa.

COMMUNITY CONNECTION

MCFTB proudly partners with organizations across Okinawa to support readiness, resilience, and family well-being, including:

- American Red Cross
- Emergency Management
- EFMP
- Chaplain Services
- Navy Support Services
- MCCS Programs and Resources

Together, we continue strengthening military families across Okinawa.

READINESS TIP OF THE MONTH

Five Ways to Reset During Stressful Seasons

1. Establish a healthy daily routine.
2. Prioritize family connection.
3. Stay active and get adequate sleep.
4. Organize important family documents.
5. Ask for support early when challenges arise.

Preparedness today creates confidence tomorrow.

