

MON

TUE

WED

THURS

FRI

1

1

4

5

Effective Family Care Plan
0900-1100 Camp Courtney
Bldg. 4425 Rm. 113

6

Open
CTT/FRCTA/FRA/PII/OPSEC
0800-1200 Camp Kinser
Bldg. 4425 Rm. 105

7

Passport to Volunteering
1100-1300 Camp Foster
Bldg. 425 Rm. 201

8

Premarital Seminar
0800-1430 Camp Foster
Ocean Breeze Southern Breeze

11

UPFRP Readiness Coordinator Training
0800-1600 Camp Hansen
Bldg. 2339 Rm. 120

12

UPFRP Readiness Coordinator Training
0800-1600 Camp Hansen
Bldg. 2339 Rm. 120

13

UPFRP Readiness Coordinator Training
0800-1600 Camp Hansen
Bldg. 2339 Rm. 120
Basic Anger Management
1300-1530 Camp Kinser
Bldg. 1220 Rm. 120

14

15

18

19

DRC/URC Refresher
0800-1600 MCAS Futenma
Education Center Rm. 4

20

L.I.N.K.S. Foundations
0900-1300 Camp Kinser
Education Center Rm. 105

21

L.I.N.K.S. Foundations
0900-1300 Camp Kinser
Education Center Rm. 105

22

Open Mid-Deployment
1000-1230 Camp McTureous
Community Center

25

26

Bridging the Generation Gap
1300-1530 Camp Camp Kinser
Bldg. 1220 Rm. 120

27

28

29

September

Passport to Volunteering

This two-hour class volunteers are exposed to strategic volunteer opportunities and learn how to identify transferrable skills for resumes and job applications.

Unit, Personal and Family Readiness Program (UPFRP) Readiness Coordinator Training

Required training for UPFRP Readiness Coordinators only. This is a 4 day course. Contact Marine Corps Family Team Building for registration.

Open Command Team/Advisor/Assistant/OPSEC/PII Training

These trainings provide resource information and volunteer training to enhance Family Readiness Command Teams in support of the Unit, Personal, and Family Readiness Programs. Contact Marine Corps Family Team Building for registration.

Pre-Deployment

Pre-deployment briefs provide an overview of available services and support that can be tailored to the specific needs of the unit and those attending.

Mid-Deployment Success

This is a fun and interactive workshop designed to promote deployment success through self-care for the spouse at home during a separation or deployment.

L.I.N.K.S. Foundations

L.I.N.K.S. for Spouses offers opportunities to understand and navigate the unique Lifestyle of being in a military family whether you are a new or seasoned spouse.

Premarital Seminar

This seminar is held to inform service members and their future spouses about the nuptial process. Topics covered include: the requirements of local marriage orders, the procedure to marry in Japan and in neighboring countries, family programs and resources, IPAC benefits, TRICARE services, legal information and services, immigration procedures, financial resources, and basic communication strategies.

Basic Anger Management

Although disagreements and anger are a normal part of life, overwhelming expressions of anger can have a very detrimental effect on relationships with others. This two-hour workshop provides a general overview of the dynamics of anger and offers a variety of acceptable coping strategies to handle angry feelings and behaviors.

Bridging the Generation Gap

Communicating across generations is essential in today's connected world. This two-hour workshop shows participants the unique characteristics of the many generations that exist today providing a foundation to enable improved communication through increased knowledge of generational characteristics, influences, and priorities.