

FEBRUARY 2026

Director's Corner

As we move into the new year, February is about setting the tone early for leadership, relationships, and readiness. At MCFTB, prevention starts with preparation, connection, and equipping people with the right tools before challenges escalate.

This month's programming reflects that mindset. From command-level readiness training to relationship-building and spouse connection opportunities, everything we offer in February is designed to strengthen confidence, communication, and community across Okinawa.

Readiness Through Prevention

Strong units are built on informed leaders, supported families, and healthy relationships. February programming with Marine Corps Family Team Building emphasizes proactive prevention through training, education, and connection whether that means equipping command teams to lead effective Unit Personal & Family Readiness Programs, providing readiness leaders with practical tools, or creating intentional space for couples and spouse to strengthen communication and build community. When we invest early, we reduce stress later. That is the foundation of prevention and the heart of Marine Corps Family Team Building.

Love Through the Lenses: Four Lenses Couples Date Night

21 February | Camp Courtney, Tengan Castle from 1700–2200

As part of our February focus on strengthening relationships and resilience, MCFTB is hosting Love Through the Lenses, an interactive couple's experience built around the Four Lenses communication framework. This engaging evening helps partners better understand differences in personality and communication styles through guided discussion, practical exercises, and shared reflection.

Couples will leave with:

- Tools to communicate more effectively
- Strategies to reduce conflict and manage stress
- A deeper understanding of one another
- The opportunity to connect with other couples in a relaxed, supportive setting

Light refreshments will be provided, creating a meaningful date night experience while reinforcing the skills that support strong marriages, resilient families, and ready units.

–Bebe Husanini

[REGISTER HERE >](#)



UPCOMING WORKSHOPS

L.I.N.K.S.

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

3 February 2026 | 1015-1115

Camp Foster, Gunners Gym

A casual connection event for spouses to meet, build friendships, and strengthen their support network in a relaxed setting. Connection is a powerful prevention tool.

L.I.N.K.S. Mentors

24 February 2026 | 1000-1130

Camp Courtney, Main Street Espresso

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. Foundations

11 February 2026 | 0930-1500

Camp Courtney, Hashmarks

Designed for new military families, L.I.N.K.S. Foundations provides essential knowledge on Marine Corps culture, benefits, deployments, communication, and community resources. Led by experienced Marine spouses, this workshop offers guidance, connection, and practical support.

LifeSkills

Premarital Seminar

13 February 2026 | 0800-1500

Camp Foster, Ocean Breeze

The LifeSkills Premarital Seminar is a full-day workshop designed to prepare service members and their partners for military marriage through education, planning, and resource awareness. Participants are introduced to relationship readiness, communication and conflict tools, financial preparedness, and key military systems and benefits. The seminar also covers marriage order requirements, immigration and visa processes, behavioral health resources, chaplain support, and cultural awareness. The goal is to help couples build a strong, informed foundation and reduce common stressors before marriage.

Family Readiness Support

Command Team Training

4 February 2026 | 0830-1130

Camp Foster, Education Center

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.

UPCOMING WORKSHOPS

Family Readiness Support

Readiness Coordinator Training 10-12 February 2026 | 0830-1600 Camp Foster, Education Center

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.

Readiness Learning Series 24 February 2026 | 0830-1600 Camp Foster, Bldg. 439

This new quarterly learning series provides facilitated discussion and scenario-based training focused on event execution, budgeting, financial responsibility, and resource awareness. Designed to build confidence and consistency among readiness leaders. Light refreshments provided.



Readiness & Deployment Support

Special Event

Love Through the Lenses: Four Lenses Couples Date Night

21 February 2026 | 1700-2200

Camp Courtney, Tengan Castle

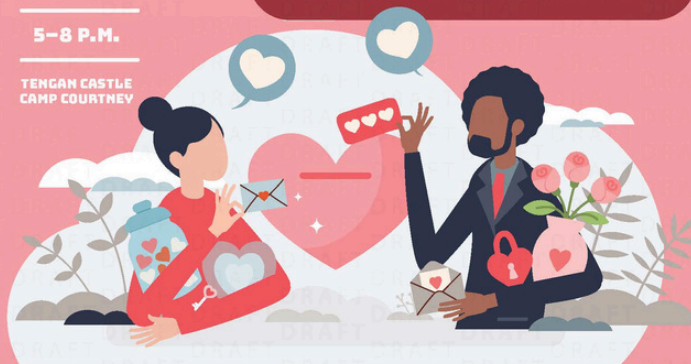
This interactive couples experience uses the Four Lenses communication framework to help partners better understand differences in personality and communication styles. Through guided discussion, exercises, and light refreshments, couples gain practical tools to strengthen connection and reduce conflict—while enjoying a meaningful date night together.

LOVE THROUGH THE LENSES: FOUR LENSES COUPLES DATE-NIGHT EXPERIENCE

SATURDAY,
FEBRUARY 21

5-8 P.M.

TENGAN CASTLE
CAMP COURTNEY



Join us for a Four Lenses couples' workshop to learn about temperament awareness, communication styles, love and appreciation, stress responses, intimacy and parenting in an intimate learning environment. Light refreshments provided.

