

MARINE & Family

Personal & Professional Development

Resources Program
Marine Corps Family Team Building
Education Program
Library Program

Semper Fit

Adult & Youth Sports
Aquatics
Health Promotion
Single Marine Program

Behavioral Health

New Parent Support Program
Community Counseling Program
Substance Assessment and Counseling Program
Family Advocacy Program

Family Care

Child and Youth Programs
Exceptional Family Member Program

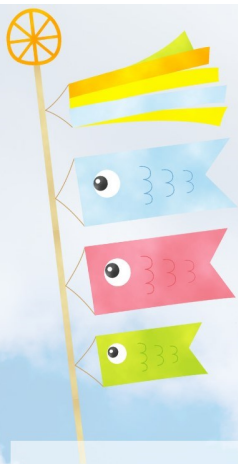
May 2025



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May Special Event



*Carp Streamer shaped
Inari Sushi Making Class
5 May 2025 (Mon)*



Date: 5 May 2025 (Mon)

Time: 1130-1300

Location: Camp Foster, MCCS,
Marine & Family Programs
Bldg. 445, Rm 201



**Please scan the QR code
below for registration.**

EVENTBRITE



sign-up

WEBSITE



Schedule



May Spotlight

Military Spouse Appreciation Celebration

FRIDAY, MAY 9, 2025

6:30 - 8:30 PM

BUTLER OFFICERS' CLUB

Connect with fellow spouses and enjoy free food, networking, crafts, games, resources and door prizes!

Cash bar available for drink purchases.
Open to all military spouses with base access aged 18+.



Japan Cultural Awareness & Adaptation Program

Survival Japanese Language

Learn basic Japanese when going to local stores/restaurants.

1 May	1130-1230	Camp Schwab	Bldg. 3000
6 May	1130-1230	Camp Hansen	Bldg. 2339

Magnets

In this class, you will color a Samurai helmet and car-streamer magnets.

1 May	1130-1300	Camp Kinser	Bldg. 1220
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Cooking Class

In this class, you will learn how to make Carp-streamer shaped sushi!

5 May	1130-1300	Camp Foster	Bldg. 445
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Postcard Craft

Decorate a Samurai helmet postcard using colored stickers.

6 May	1130-1300	MCAS Futenma	Bldg. 407
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Japanese Grocery Tour

Take a guided tour to a local food store and discover traditional dietary choices and typical Japanese ingredients. Please arrange for your own transportation. The meeting point will be in the produce section.

7 May	1030-1230	Happy More	Ginowan
8 May	1030-1230	San-A	Ishikawa

Japanese Writing

Learn how to write a Mother's Day message card in Japanese.

8 May	1130-1300	Camp Kinser (Education Ctr.)	Bldg. 1220
9 May	1130-1300	Camp Foster	Bldg. 445

Japanese Language Part 2

This is a basic class for adult learners. Learn calendar dates, days of the week, how to tell, Japanese counters, and Japanese adjectives (i-adj/na-adj).

12-16 May	1130-1300	Camp Courtney	Bldg. 4425
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Japan Cultural Awareness & Adaptation Program

Japanese Language Part 1

This is a basic class for adult learners. Learn frequently used phrases, self-introduction, conversing at restaurants/stores, interrogative/demonstrative pronouns, body parts, and numbers.

12-16 May	1130-1300	Camp Foster	Bldg. 445
19-23 May	1130-1300	Camp Kinser	Bldg. 1220

Cultural Awareness

Learn the basic understanding behind Japanese Culture.

19 May	1130-1230	Camp Hansen	Bldg. 2339
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Shisa Dog Craft

You'll learn how to sculpt your very own Shisa dog using clay!

23 May	0900-1200	Camp Courtney	Bldg. 4425
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Bingata

Bingata is a traditional dyeing method in Okinawa that has about 500 years of history. In this class, you will be decorating a small bag.

29 May	1130-1300	Camp Courtney	Bldg. 4425
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Japanese Calligraphy

Learn the art of Japanese calligraphy known as "Shodo". Write characters with a brush pen. Various styles and forms are created when controlling the concentration of the ink and the flexibility of the brush. **This class is designed specifically for adults;** all supplies are provided.

30 May	1130-1300	Camp Foster	Bldg. 4425
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*For more information, please visit the MCCS webpage at:
www.mccsokinawa.com/culturalawareness/*



Information & Referral (I&R) Specialists are available to provide one-on-one assistance with information and relocation services. For more information, please contact your nearest Personal & Professional Development- Resources facility or email: ***mcbb_reloassist@usmc.mil.***

I&R Specialists are available to coordinate unit and small group sponsorship trainings. For more information contact one of the following Marine and Family Programs Specialists:

<i>Camp Foster :</i>	<i>645-7494</i>
<i>Camp Kinser & MCAS Futenma :</i>	<i>637-2509</i>
<i>Camps Hansen :</i>	<i>623-3055</i>
<i>Camp Schwab :</i>	<i>625-2622</i>
<i>Camp Courtney :</i>	<i>622-7739</i>

To submit a request for support please email ***mcbb_reloassist@usmc.mil.***

Relocation Services

Newcomers' Orientation Welcome Aboard (NOWA) Brief

Event: In-person NOWA Brief

Times: 0645 - Arrival time for any Status of Forces Agreement (SOFA) privately owned vehicle (POV) license testers, Japanese license holders, and within Japan transfers (Any personnel who arrive after the 0700 SOFA POV licensing examination start time will not be permitted to enter the testing area).

- **0700 – 0830** - SOFA POV License Examination (Optional if completing before/after the NOWA Brief at the Installation Safety Office).
- **0815** - Arrival time for non- POV SOFA license examination testers
- **0830 – 1130** - Mandatory NOWA Brief
- **1130-1230** - Information Fair

Location: Camp Foster Community Center, Bldg. 5908

Attire: Proper civilian attire or uniform of the day

Per the United States Forces, Japan Instruction 36-2811, all SOFA status personnel and their family members stationed in Japan are required to complete an indoctrination training program within 72 hours of arrival to their permanent duty station. The NOWA Brief satisfies this requirement.

Children ages 16 years and older are required to attend a NOWA Brief.

Youth and Teen Tour

A Youth and Teen Tour is available for newcomers ages 10 - 15 years and will consist of visits to the following Camp Foster facilities: Kishaba Youth Center, Base Exchange, Library, and Bowling Center. The tour will depart from Camp Foster Community Center parking lot at 0840 and return at 1130 in time for the youth and teens to join their parents for lunch. Please note that seating is limited to 28 participants. Parents are highly encouraged to pre-register their youth and teens when signing up for the NOWA brief.

Virtual NOWA Brief:

Who is eligible: Personnel and their dependents eligible to complete the online SOFA license test through MCBF Installation Safety Office:

- O-4 and above
- CWO4 and CWO5
- E-8 and E-9
- GS-13 to GS-15
- NF-4 and NF-5
- Families with dependents 15 years of age or younger

To submit a Virtual NOWA Brief Request form, use the link or QR code : **Virtual NOWA Request Form**



Relocation Services

The virtual NOWA Brief is a 4-hour, video-based webinar facilitated via the Qualtrics system. Virtual NOWA Brief codes and training links are specific to the individual and will be emailed to the approved newcomer's personal email address on the Thursday following the in-person NOWA Brief by 1000. All newcomers that complete a virtual NOWA Brief prior to 1400 on Friday will have their name(s) forwarded to the MCIPAC-MCBB Installation Safety Office POV Licensing Section showing proof of virtual NOWA Brief completion.

To request the virtual NOWA Brief, please email mcbb_newcomers@usmc.mil

MCCS Child Care Services for NOWA Brief Attendees:

Free childcare service with MCCS Child & Youth Programs (CYP) is available on a one time, limited, space available basis. The following details apply:

- Services will be provided at the Camp Foster, Chimugukuru Child Development Center (CDC), building 499.
- Limited spaces available for children 6 weeks – 5 years of age.
- Drop off will be no earlier than 06:15 and children must be picked up no later than 15:00.
- Parents must pre-register their child/children at the MCCS Resource & Referral (R&R) office in building 495, room 100, on Camp Foster.
- Reservations for care are made at the MCCS R&R office after completion of registration, but no later than noon Tuesday the day prior to the NOWA Brief.
- Registration packets can be emailed to the parent or picked up at the MCCS R&R office by parents or their sponsor.
- For more information, parents or sponsors should call 645-4117 or 645-4062 as early as possible prior to the newcomer's arrival.
- Reservations can only be made once registration is completed.

Shuttle Service:

A shuttle bus to and from the NOWA Brief is available for members staying at the Camp Foster Westpac Inn temporary lodging facility. A shuttle will arrive at the Westpac Inn at 0600 and depart at 0610 to accommodate those SOFA POV license testers, Japanese license holders, and within Japan transfers. For those who are not completing the SOFA licensing exam, a shuttle will arrive at the Westpac Inn at 0730 and depart at 0740 to accommodate those attending the mandatory portion of the NOWA Brief. The shuttle bus schedule will be as follows:

For those SOFA POV license testers:

- 0600 – Arrive at Westpac Inn
- 0610 – Depart Westpac Inn
- 0620 – Drop off at Foster Community Center (Parents using free CDC services should remain on the shuttle bus).
- 0625 – Drop off at Foster Chimugukuru CDC (Shuttle bus will wait at CDC to return parents to Community Center after checking in their pre-registered children).
- 0645 – Drop off at Foster Community Center

***For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil***

Relocation Services

For those only attending the mandatory portion of the NOWA Brief:

- 0730 – Arrive at Westpac Inn
- 0740 – Depart Westpac Inn
- 0750 – Drop off at Foster Community Center (Parents using free CDC services should remain on the shuttle bus).
- 0755 – Drop off at Foster Chimugukuru CDC (Shuttle bus will wait at CDC to return parents to Community Center after checking in their pre-registered children).
- 0815 – Drop off at Foster Community Center

Those newcomers not billeting at the Westpac Inn, are responsible for coordinating their own transportation with their sponsor to the Camp Foster Community Center building 5908.

Items to bring for the NOWA Brief:

- Check-in sheet if available
- Light jacket or sweater

Items to bring if completing the SOFA POV license examination:

- 2 copies of web orders (USMC)/original orders (USN) or Letter of Employment (civilian)
- 2 copies of Area Clearance/Dependent Entry Approval if accompanied
- Valid stateside driver's license
- Military identification (ID)/valid photo ID
- Driver's Awareness training certificate (USMC) for those Service Members ages 26 and under
- Driving for Life training certificate (USN) for those Service Members ages 26 and under

Dependents attending the NOWA Brief without their sponsor are required to have their sponsor's signature on the Application for USFJ Form 4EJ Driver's Permit (Yellow Card) to take the SOFA POV license examination. Sponsors are not required to stay with dependents throughout the NOWA Brief.

Any personnel who arrive after the 0700 SOFA POV licensing examination start time will not be permitted to enter the testing area.

Welcome Aboard Information:

Please visit <https://www.okinawa.usmc-mccs.org/about> for an electronic Welcome Aboard packet, which contains information about driving, transportation, housing, childcare, pets, schools, and more.

***For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil***

Relocation Services

Military Installation Information:

For additional information on MCB Camp S.D. Butler, please visit <https://installations.militaryonesource.mil>. If you have any questions or require special accommodations, please contact your nearest MCCS Personal and Professional Development Resources office:

Camp Foster	DSN: 645-2104	Bldg. 445
Camp Courtney	DSN: 622-7739	Bldg. 4425
Camp Kinser	DSN: 637-2815	Bldg. 1220
Camp Hansen	DSN: 623-4522	Bldg. 2339
Camp Schwab	DSN: 625-2622	Bldg. 3000

***** **ADDITIONAL INFORMATION*******

SOFA POV License Examination:

All portions of the NOWA Brief must be completed prior to receiving your SOFA POV driver's license.

Personnel are highly encouraged to complete the SOFA POV license examination prior to attending a NOWA Brief. Test sessions are held on non-holidays, Monday, Tuesday, Thursday, and Friday at 0800 and 1000, at Camp Foster building 5831 and Camp Courtney building 4319.

Check-in starts 30 minutes prior to the test sessions. E-5 and below personnel without their commanding officer's signature will not be authorized to test at the NOWA Brief. E-3 and below personnel will not be authorized to test at the NOWA Brief. Attendees who hold a Government of Japan driver's license, or licensing transfers from mainland Japan, are highly encouraged to visit the licensing office prior to attending a NOWA Brief, as they are required to watch the driving video prior to being issued a SOFA POV license. If they do not, they will need to remain at the NOWA Brief during the license testing portion to receive their SOFA POV license at the NOWA Brief.

A copy of the Japanese Traffic Regulations for SOFA Licensed Drivers is available online at <https://www.okinawa.usmc-mccs.org/about> under the "Driving and Transportation" tab.

For questions, please contact the Installation Safety Office at:

Camp Foster, Bldg. 5831, DSN: 645-7219

Camp Courtney, Bldg. 4319, DSN: 622-6202

7 May	0830-1230	Camp Foster Community Ctr.
14 May	0830-1230	Camp Foster Community Ctr.
21 May	0830-1230	Camp Foster Community Ctr.
28 May	0830-1230	Camp Foster Community Ctr.

***For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil***

Relocation Services

In-Person Sponsorship Training

Get the most up-to-date information on regulations and policies affecting PCS moves to Okinawa. This includes a full explanation of the sponsor's roles and responsibilities, and information about the resources in place to assist with a sponsorship assignment with travel regulations.

1 May	0900-1100	Camp Kinser	Bldg. 1220
5 May	1300-1500	Camp Foster	Bldg. 5908
8 May	0900-1100	Camp Schwab	Bldg. 3000
19 May	0900-1100	Camp Hansen	Bldg. 2339
26 May	0900-1100	Camp Courtney	Bldg. 4425

In-Person Sponsorship Coordinator Training

This workshop is designed to train Unit Sponsorship Coordinators (USC) to better understand their roles, duties and responsibilities in the unit's Sponsorship program. This class will review all pertinent orders and directives, the Functional Area Inspection checklist, and update all USC's on changes within the Marine Corps Sponsorship program.

6 May	0900-1100	Camp Kinser	Bldg. 1220
12 May	0900-1100	Camp Foster	Bldg. 445
15 May	0900-1100	Camp Schwab	Bldg. 3000
20 May	0900-1100	Camp Hansen	Bldg. 2339
30 May	0900-1100	Camp Courtney	Bldg. 4425

In-Person Smooth Move Workshop

The Smooth Move workshop provides pre-departure and destination information on travel entitlements, base and community information, financial concerns, employment opportunities, and much more. Orders are not required and family members are encouraged to participate.

5 May	0800-1030	Camp Foster	Bldg. 5908
27 May	0800-1030	Camp Hansen	Bldg. 2339

*For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil*

PFMP

Personal Financial Management Program



OKINAWA

FINANCIAL MANAGEMENT



MONEY MANAGEMENT WORKSHOP

HOW TO PREPARE A FINANCIAL STATEMENT,
DEVELOP A BUDGET, AND MORE

SAVING & INVESTING

LEARN ABOUT SAVING AND INVESTING TO
ACHIEVE FINANCIAL SECURITY



TSP & BRS WORKSHOP

ALL ABOUT THRIFT SAVINGS PLANS AND BLENDED
RETIREMENT SYSTEMS

CREDIT REPORT & SCORE ANALYSIS

ESTABLISH ACTION PLANS FOR BUILDING,
REBUILDING, OR MAINTAINING CREDIT SCORE



MORE INFO:



[HTTPS://WWW.OKINAWA.USMC-MCCS.ORG/MARINE-FAMILY-SUPPORT/FINANCIAL-MANAGEMENT](https://www.okinawa.usmc-mccs.org/marine-family-support/financial-management)

*To sign-up or register for the PFMP classes, visit the MCCS PFM webpage
at: <https://www.okinawa.usmc-mccs.org/financial-management>*

PFMP

Personal Financial Management Program

Thrift Savings Plan/Blended Retirement System Blended Workshop

This workshop will explain how to manage your TSP retirement account, to include avoiding redundancy and allocating contributions. This workshop will also discuss the Blended Retirement System to include the pension, TPS, continuation pay and lump sum retirement. Satisfies PFM training codes, FB, FG.

1 May	0900-1030	Camp Schwab	Bldg. 3000
23 May	1300-1430	Camp Foster	Bldg. 445

Money Management

This hands-on workshop will enable attendees to prepare a financial statement, develop a budget, establish a savings plan, and build/rebuild a good credit record. Satisfies PFM training codes: PR, FD, FA, FC, FH, FE, FF, TL, and FL. Please bring the following to class: Current LES, bank statements, investment statements and statements of debt/obligation.

2 May	0830-1130	MCAS Futenma	Bldg. 407
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CFS Round Table

This half-day meeting is for the CFS qualified individuals to discuss current topics related to the Command Financial Specialist program.

2 May	1300-1600	Camp Shields	Crows Nest
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Home Buying

Learn about interest rates, points, closing costs, escrow accounts, earnest money, selecting an agent and processing a VA loan.

22 May	0900-1100	Camp Hansen	Bldg. 2339
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To sign-up or register for the PFMP classes, visit the MCCS PFM webpage at: <https://www.okinawa.usmc-mccs.org/financial-management>

VA Veterans Affairs

VA Overseas Military Services Coordinator (OMSC)

Book your appointment to meet with a OMSC to discuss all your after-service benefits. Remember, your questions are important and require more than a “really quick” response, so walk-ins may not be accepted. The OMSC will be available for all Marines and Sailors through a “first come, first serve appointment” system, Monday-Wednesday at Camp Foster, building 445, by visiting: <https://www.okinawa.usmc-mccs.org/marine-family-support/veteran-affairs>

Appointment availability for the month is posted a week prior to the scheduled date.

If we are fully booked with appointments and you need immediate assistance please reach out to a local VA Benefits Advisor at the Camp Foster Education Center, email OMSCJ-PANOK.VBAVACO@VA.GOV or wait till the next set of appointments are released.

RAO Retired Activities Office

Retired Activities Office (RAO)

The RAO serves military retirees from all branches of service in a number of ways, to include the following:

- Serves as a central point to obtain valuable information.
- Provides reliable answers to questions.
- Refers individuals to appropriate service providers.

The RAO volunteer is a valuable link to help retirees and family members obtain the rights, benefits and privileges they are entitled to receive.

For more information about the RAO, or if interested in volunteering, please email MCBB_TRP@usmc.mil or call 645-3159/3151.

DEPARTMENT OF VETERANS AFFAIRS

OMSC

OVERSEAS MILITARY SERVICES COORDINATOR

To fulfill President Lincoln's promise to care for those who have served
in our nation's military and for their families, caregivers, and survivors.



SERVICES

- Disability Claims
- Home Loan Guarantees
- Post 9/11 G.I. Bill
- Applying for Benefits
- Life Insurance
- Education and Training
- Compensation

HOURS OF OPERATION:

CAMP FOSTER, BLDG 445
MONDAY- WEDNESDAY
0800-1600
DSN: 645-3151

Closed during all Federal Holidays

For assistance on Thursday and
Friday please contact the Airmen and
Family Readiness Center by dialing
DSN: 634-3366



SCHEDULE AN APPOINTMENT TODAY

For all Camp Foster appointment
availability visit:

[https://www.okinawa.usmc-
mccs.org/marine-family-
support/veteran-affairs](https://www.okinawa.usmc-mccs.org/marine-family-support/veteran-affairs)



You're Cordially Invited to

2025 MILITARY RETIREE
★ ★ ★
APPRECIATION DAY

TUESDAY, MAY 27th | 1230-1500

REGISTRATION STARTS AT 1230

CAMP FOSTER COMMUNITY CENTER, BLDG 5908

CONNECT WITH RESOURCES AVAILABLE TO YOU AS A
MILITARY RETIREE!

RETIRED MEMBERS CAN REGISTER
BY EMAILING MCBB_TRP@USMC.MIL

MARINE & Family | Transition
Readiness
Program

MC&CS
MARINE CORPS COMMUNITY
SERVICES

TRP

Transition Readiness Program

Transition Readiness Seminar (TRS)

The TRS is required for all Service Members separating from military service. Service Members must have completed an individual counseling (IC) and pre-separation brief prior to registration. The seminar incorporates briefs from Veterans Affairs, Department of Labor, Personal Financial Management, and other important transition resources. For registration details, contact your Unit Transition Coordinator.

5-7 May	0800-1630	Camp Kinser	Bldg. 1220
12-14 May	0800-1630	Camp Schwab	Bldg. 3000
19-21 May	0800-1630	Camp Foster	Bldg. 439

Department of Labor Employment Workshop (DOL-EW)

The 2-Day DOL-EW is available to meet the congressionally mandated requirement for those who seek employment after separating or retiring from the military. The DOL-EW curriculum is designed to assist service members with their transition into high-quality civilian careers. The track will assist in identifying and developing career goals, understanding hiring methods, as well as creating a professional introduction and a draft resume.

1-2 May	0800-1630	Camp Hansen	Bldg. 2339
8-9 May	0800-1630	Camp Kinser	Bldg. 1220
15-16 May	0800-1630	Camp Schwab	Bldg. 3000
22-23 May	0800-1630	Camp Foster	Bldg. 439

Career & Credential Exploration (C2E)

The 2-day vocational track C2E is designed to assist service members in identifying certifications and credentials needed for their career interests. This 2-day workshop will help you identify the best occupation for your strengths and create a plan to make it a reality.

15-16 May	0800-1630	Camp Hansen	Bldg. 2339
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***The TRP office does not accept direct registrations from Service Members.
For more information on the TRP, please email MCBB_TRP@usmc.mil
or call 645-3151.***

TRP

Transition Readiness Program

Pre-Separation Counseling Brief

This brief will prepare service members for the transition process. Eligible service members will receive invaluable information on benefits, entitlements and resources in this 3 hour brief.

7 May	0830-1130 1300-1600	Camp Schwab	Bldg. 3000
14 May	0830-1130 1300-1600	Camp Foster	Bldg. 439
28 May	0830-1130 1300-1600	Camp Hansen	Bldg. 2339

RETIRED SERVICE MEMBERS,
WE NEED YOU!

MCCS is seeking volunteers for the
Retired Activities Office

Make a difference in the community by volunteering your knowledge and time to assist fellow retirees and their families with Social Security benefits, medical-related assistance, retirement pay and more.

645-3151 **MCCS**
RAO@okinawa.usmc-mccs.org MARINE CORPS

The TRP office does not accept direct registrations from Service Members. For more information on the TRP, please email MCBB_TRP@usmc.mil or call 645-3151.

FMEAP

Family Member Employment Assistance Program

The FMEAP provides individual assistance with resume development and review, interview coaching, and a career resource center with a computer lab. All services are free and available to Service Members, retirees, reservists, DoD employees, military spouses and family members.

Ace The Interview

Applying for a job is just the first step, in this workshop we discuss some of the basics to ace your next interview. From answering the tough questions, to dressing to impress, this workshop covers how to prepare for your next Interview!

6 May	0830-1130	Camp Foster	Bldg. 445
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Resume Writing Workshop

Write a winning resume today! In this workshop you will be able to identify your skills, learn different resume formats, and how to write about your accomplishments so that an employer will call you for an interview.

13 May	0830-1130	Camp Courtney	Bldg. 4425
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Federal Government Employment

Applying for federal employment can be a daunting process, but we are here to help de-mystify the process. We will walk you through the application process, required documents, creating a resume and how to align your skills with the job qualifications.

20 May	0830-1130	Camp Kinser	Bldg. 1220
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Civilian Employment Bootcamp

For those who are looking for a great opportunity to be introduced to the civilian employment landscape, resume writing, and interview skills in preparation for civilian life, or for an opportunity to invest in yourself!

27 May	0830-1130	Camp Hansen	Bldg. 2339
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27 May	1300-1600	Camp Schwab	Bldg. 3000
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S.T.A.R.S. (Spouse Transition & Readiness Seminar)

The spouse edition of military transition. Preparing military spouses for civilian life after the military. If your service member has less than 12 months left on active duty, you're encouraged to attend.

29 May	0830-1230	Camp Foster	Bldg. 445
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*For registration or more information please visit the MCCS FMEAP webpage at:
www.okinawa.usmc-mccs.org/fmeap
Email MCBB_FMEAP@usmc.mil or call 645-5074*

MCFTB

Marine Corps Family Team Building

Volunteer Program

Volunteer workshops are developed to expose volunteer opportunities on island and the benefits of volunteering. For registration or more information please visit:
www.mccsokinawa.com/volunteer.

Enter the world of volunteering
and learn how to strengthen
the community while enhancing
your resume.



Passport to Volunteering

This training gives volunteers the necessary tools for a successful and fulfilling volunteer career. Learn about strategic volunteer opportunities, how to identify transferrable skills for resumes, and much more. Sign-ups are via Eventbrite.com

20 May

1330-1500

Camp Foster

Bldg. 445

The President's Volunteer Service Award (PVSA)

The President's Volunteer Service Award (PVSA) encourages citizens to live a life of service through Presidential gratitude and National recognition. Presidential recognition sets you apart from your peers. Although you may not seek recognition, your example can deliver a powerful message that encourages others to take action. Hours are measured over a 12-month period (January 1 through December 31) and awards are based on cumulative hours.

Age Group	Bronze	Silver	Gold
Teens (13-15)	50-74	75-99	100+
Young Adults (16-25)	100-174	175-249	250+
Adults (26+)	100-249	250-499	500+

Navy Support

The Navy Liaison provides active outreach for MCCS Marine & Family Programs to all US Navy Personnel aboard Commander Fleet Activities Okinawa (CFAO) and their tenant commands, Commander, Task Force Seventy-Six (CTF-76) at White Beach, and the U.S. Naval Hospital Okinawa on Camp Foster. For any questions, reach out to mcbb_navysupport@usmc.mil.

Registration is required for all workshops. To register, or request accommodations, go to: <https://www.okinawa.usmc-mccs.org/mcftb>

MCFTB

Marine Corps Family Team Building

LifeSkills Training and Education

LifeSkills Training and Education is a collection of personal and professional skill building classes that promote positive adjustments and improved individual and family functioning. It provides Marines & family members practical skills for successful interactions and positive outcomes at work, home, & in life.

Premarital Seminar

The seminar provides an in-depth look at the procedures for getting married in the United States or overseas. The seminar also hosts information regarding IPAC benefits, legal services, immigration procedures, financial partnerships, and basic communication strategies.

9 May 0800-1500 Camp Foster Bldg. 5906

Stress Management

Dive into practical, actionable strategies designed to help you manage stress effectively and create a healthier, more balanced work-life routine. Learn how to prioritize your well-being, boost your productivity, and enjoy more peace of mind—both at work and at home!

14 May 0900-1100 White Beach CFAO

Auto Care Workshop for Adults: Essential Skills for Vehicle Maintenance

This is a collaborative effort with Typhoon Motors and MCFTB. This hands-on, practical program is tailored to equip Active Duty personnel, spouses, teens and their families with essential automotive maintenance skills, fostering vehicle safety, reliability, and overall mission readiness.

17 May 1000-1300 Camp Courtney Typhoon Motors

Pre-Deployment Brief

Get ready for a smooth deployment! Our pre-deployment brief covers everything you need to know from key topics to awesome resources, ensuring both service members and their families are mission-ready!

8 May 1300-1400 MCAS Futenma Bldg. 407

Mid-Deployment Brief

These briefings cover essential topics like legal planning, personal preparation, communication tools, and local resources, providing Marines, Sailors, and their families with valuable information to support a successful deployment experience.

22 May 0900-1030 Camp Hansen Bldg. 2339

MCFTB

Marine Corps Family Team Building

L.I.N.K.S. Workshops

L.I.N.K.S. is a military acculturation program designed by spouses to help meet the needs of all military personnel, families, and DOD ID card holders.

L.I.N.K.S Cuppa Conversations

The L.I.N.K.S. Cuppa Conversations is an opportunity for L.I.N.K.S Mentors and L.I.N.K.S Foundation graduates to network, share information and enjoy good company.

6 May

0830-1030

Camp Courtney

Bayview Game Room

L.I.N.K.S. Military Spouse Appreciation

The 2025 Military Spouse Appreciation Celebration aims to express appreciation and recognition for military spouses stationed overseas in Okinawa. This event is a special occasion to honor the invaluable contributions of our military spouses!

9 May

0930-1500

Camp Foster

Butler's Officer Club

L.I.N.K.S. Foundations

The L.I.N.K.S. Foundations workshop is designed for spouses of any age and experience level. Come meet other spouses, network and share experiences at this one day workshop.

13 May

0930-1500

Camp Courtney

Legends

L.I.N.K.S. Strike A-Pose:

Join us for this L.I.N.K.S. workshop, in partnership with Final Touch Models. Help boost confidence, teach etiquette, and styling skills. Participants will showcase their growth in the Flirting with Formal fashion show, in late September.

17 May

1000-1600

Camp Foster

Ocean Breeze

L.I.N.K.S. Mentor Training

After completing a L.I.N.K.S. class, individuals are encouraged to join the training crew as L.I.N.K.S. Mentors. These trained volunteers assist Marines, Sailors, and their families by providing information on benefits, services, and opportunities to navigate military life.

28 May

1000-1300

Camp Courtney

Legends



MCFTB

Marine Corps Family Team Building

Family Readiness Program Training Program

Family Readiness Program Training workshops provide resource information and training to enhance Family Readiness Command Teams in support of the Unit, Personal and Family Readiness Program.



Command Team Training, Family Readiness Command Team Advisor / Assistant Family Readiness

Family Readiness Command Team Training is designed to orient and guide Command Team members in their roles, responsibilities, and operating components of their Unit, Personal and Family Readiness Program. This training provides the required information to implement and execute a successful program to empower Marines and their families not just to survive but to thrive while taking on the challenges of the military lifestyle.

7 May

0830-1130

Camp Foster

Bldg. 439

UPFRP Readiness Coordinator Training

UPFRP Readiness Coordinator training provides Deployment and Uniformed Readiness Coordinators and with the required information and resources to be successful in their roles and to effectively support the Unit, Personal and Family Readiness Program. This three-day training prepares Readiness Coordinators for the challenging and exciting task of managing the Unit, Personal and Family Readiness Program.

13-15 May

0830-1600

Camp Foster

Bldg. 5679



Registration is required for all workshops. To register, or request accommodations, go to: <https://www.okinawa.usmc-mccs.org/mcftb>

MCFTB

Marine Corps Family Team Building



AUTO CARE WORKSHOP

**ESSENTIAL SKILLS
FOR VEHICLE
MAINTENANCE**

**SEE BELOW DATES FOR TARGETED
AUDIENCE**

BOOK NOW

**RESERVE THE
FOLLOWING
DATE:**

May 17th Camp Courtney (Adults)

SIGN UP NOW!!



MCFTB

Marine Corps Family Team Building

Calling all Volunteer Models aged 12 & over!

Strike A Pose

a L.I.N.K.S. special event

SATURDAYS | 10AM - 4PM | 19 APRIL
17 MAY

CAMP FOSTER
OCEAN BREEZE

This two-day workshop series, in partnership with Final Touch Models, will empower you with confidence, etiquette, and styling skills! Participants will showcase their growth at the *Flirting with Formal* fashion show in late September.



TOPICS

- The Confidence Code: Etiquette
- The Power of Presence: Makeup
- Styled for Success: Wardrobe
- Grace in Motion: Runway Training



Education Program

The MCCS Education Program assist active duty and family members with their educational goals. Guidance Counselors can provide academic/vocational guidance, financial assistance information, and assist in developing education plans. To make an appointment please email education@okinawa.usmc-mccs.org

USMC Tuition Assistance (TA) Brief

This brief is a requirement for all Marines who are first time TA users. During this brief participants will review the Marine Corps TA policies and the local process for requesting TA.

Mondays & Wednesday	1000	Camp Courtney	Bldg. 4425
	1000	MCAS Futenma	Bldg. 407
	1000	Camp Hansen	Bldg. 2339
Tuesdays & Thursday	1000	Camp Schwab	Bldg. 3000
	1000	Camp Kinser	Bldg. 1220B
	1000	Camp Foster	Bldg. 5679

Virtual SkillBridge Brief*

Marines will learn about the policies and guidelines for pursuing a SkillBridge program opportunity that provides civilian work force training prior to separation from active duty service.

1 May	1430	Virtual
15 May	1430	Virtual

IMPORTANT INFORMATION FOR VIRTUAL BRIEFS

*To register for special virtual briefs or for more information about educational workshops, please email: education@okinawa.usmc-mccs.org

Please provide your name, rank, email address, and assigned camp. We will email you the link and password for your assigned day of the scheduled brief.

Please contact your nearest MCCS Education Center or visit the Marine and Family Program webpage at: <https://www.okinawa.usmc-mccs.org/education>

Education Program

USMAP/MCCOOL Brief

Marines will learn about apprenticeship and credentialing opportunities for their MOS to become better at their job while on active-duty and be better prepared to transition to civilian employment after leaving active-duty service.

6 May	1430	Camp Foster	Bldg. 5679
6 May	1430	Camp Schwab	Bldg. 3000
7 May	1430	MCAS Futenma	Bldg. 407

Training In The Trades

This workshop will explore vocational and trade education and training. Navigate pursuing a vocation or trade-industry career, learn how to utilize the GI Bill and discover other financial resources to fund your education.

13 May	1430	Camp Hansen	Bldg. 2339
13 May	1430	Camp Kinser	Bldg. 1220

GI Bill Brief

This class explains the differences between the Montgomery GI Bill and the Post 9-11 GI Bill. In addition, Marines will learn all the advantages of each type of GI Bill and how they can apply for and use these benefits.

20 May	1430	Camp Schwab	Bldg. 3000
20 May	1430	Camp Foster	Bldg. 5679
21 May	1430	Camp Courtney	Bldg. 4425

Managing Your Education (MYE)

This 2-day workshop assists participants with planning their road to college after leaving active duty. Topics include: assessing personal and career goals, GI Bill, financial aid and scholarships.

To register, email: eduardvisor@okinawa.usmc-mccs.org.

Please provide your name, rank, email address, EDIPI, and dates of the class you would like to attend.

1-2 May	0800	Camp Hansen	Bldg. 2339
8-9 May	0800	Camp Kinser	Bldg. 1220
15-16 May	0800	Camp Schwab	Bldg. 3000
22-23 May	0800	Camp Foster	Bldg. 5679

Education Program

MCCS EDUCATION CENTERS

Welcome You to Okinawa!

Supporting Your Educational Goals

The Voluntary Education Program assists with:

Educational Opportunities

Funding

Testing for Marines, Sailors and family members!

Contact an MCCS Education Center near you to find out more!



CAMP KINSER

Bldg. 1220B | 637-1821

CAMP COURTNEY

Bldg. 4425 | 622-9694

MCAS FUTENMA

Bldg. 407 | 636-3036

CAMP HANSEN

Bldg. 2339 | 623-4376

CAMP FOSTER

Bldg. 5679 | 645-7160

CAMP SCHWAB

Bldg. 3000 | 625-2046

okinawa.usmc-mccs.org/education

We encourage and support the participation of individuals of all abilities. Please contact 645-7160 or email education@okinawa.usmc-mccs.edu if accommodations are required.

MARINE & Family

Voluntary
Education
Program

MCCS
MARINE CORPS

Please contact your nearest MCCS Education Center or visit the Marine and Family Program webpage at: <https://www.okinawa.usmc-mccs.org/marine-family-support/>

Library Program

MCCS Libraries are open 365 days a year, providing creative and educational programs for children, teens, and adults as well as access to technology and online resources (eBooks, audiobooks, magazines, periodicals, and music).

Library Resources

Innovation Lab

The MCCS Libraries' Innovation Labs provide an opportunity for the military community to learn and explore 3D printing, virtual reality, robotics, LittleBits, prototyping, and much more. Exciting programs highlight the opportunities to learn and use new equipment. Visit the MCCS Innovation Lab and broaden your horizons in the areas of STEAM: Science, Technology, Engineering, Arts and Mathematics!

Weekly Adult Programs

MCCS Libraries offer virtual and in person adult programs with topics varying from writing, Japanese language, to art and technology. Please check with your local Library for dates and times.

Electronic Resources

MCCS Libraries offer Electronic Resources to help you with recreation and education. A few examples are Mango Languages, Freegal music, Kanopy Movies, and Gale Search. Visit www.dodmwrlibraries.org for more details.

School Age Programs

Discover and develop your creative and technical strengths through programs focused on coding, innovation, science and technology! Tap into our curiosity by learning how to create cool 3D designs, conduct experiments, and learn how to use the library's innovation resources. Topics vary each month.

Library Storytimes

Kangaroo Storytime

The perfect Storytime for caregivers and infants who have not yet begun to walk. Introduce babies to books, language, and the very basics of early literacy.

Play to Learn Storytime

Learn the basics of early literacy through language building play through stories, games, and activities in this high energy Storytime.

Once Upon a Storytime

Enjoy full length picture books, songs, and rhymes in this Storytime designed for children to continue their early literacy development.

Yomikikase

An all-ages Storytime for children to learn Japanese holidays, language, and culture!

Semper Fit

MCCS Semper Fit creates opportunities that promote and improve the health and wellness of the entire Marine Corps community. The primary focus of the Semper Fit and Recreation program is to provide fitness, recreational, sports, and educational activities that are conducive to healthy lifestyles. MCCS Semper Fit offers eight world class fitness centers, five satellite gyms, dozens of playing fields and courts, adult and youth sports, group fitness classes, the HITT program, the Single Marine Program, and more on Marine Corps installations throughout Okinawa.

Semper Fit Health Promotion

Aids Service Members and their families in achieving optimum health and wellness through group fitness, wellness briefs, unit PT, the HITT program, and more.

645-3910 • mccshealthpromotions@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/healthpromotion

Semper Fit Athletics

Maintains fitness centers, playing fields and courts, and an outdoor recreation program. Select fitness centers also offer massage, martial arts, and dance programs.

645-3741 • fitnesscenters@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/semperfit

Semper Fit Adult Sports

Offers a variety of team sports, individual sports, and race events across Okinawa.

645-3521/3522 • adultsports@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/adultsports

Semper Fit Youth Sports

Provides a positive sporting experience for all youth ages 5 to 18 years within the community on Marine Corps family camps.

645-3533/3534 • youthsports@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/youthsports

Semper Fit Aquatics

Maintains 25-meter and 50-meter pools across Okinawa, offering swim lessons, lifeguarding courses, a youth and adult swim team, and more.

645-3180 • aquatics@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/aquatics

Single Marine Program

Fosters personal and professional growth in single and unaccompanied service members through Quality of Life advocacy, engaging in community opportunities through volunteerism, and through recreation activities.

645-3681 • singlemarineprogram@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/smp

***For more information, visit the Adult Sports Program webpage at:
okinawa.usmc-mccs.org/adultsports
or find us on Facebook at MCCS Okinawa - Semper Fit!***

Youth Sports

The Semper Fit Youth Sports Program offers high-energy, team-based fun for youth ages 5 to 18 in Marine Corps family camp communities — building skills, confidence, and a love for the game!

Season Information

Calling all young athletes ages 5 to 18 - it's time to play, learn and grow with **Semper Fit Youth Sports!**

Got a 4-year-old ready to hit the field? they're welcome too - as long as they turn 5 before the season ends! Register today on Eventbrite or stop by your nearest **MCCS Fitness Center** during our official registration periods.

Don't miss out on the fun - Sign up and get moving with Semper Fit!



Volunteer Coaches Wanted!

Head coach and assistant coach positions are available. Download an application today and submit it to the Semper Fit Youth Sports office or call for more information at 645-3533 | 098-970-3533

For more information, visit the Youth Sports Program webpage at okinawa.usmc-mccs.org/recreation-fitness/sports/youth-sports or find us on Facebook at [MCCS Okinawa - Semper Fit!](#)

Youth Sports

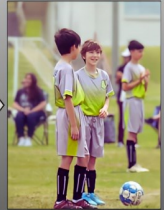
SEMPER FIT YOUTH SPORTS SCHEDULE

(ALL DATES ARE SUBJECT TO CHANGE BEFORE OR DURING THE SEASON)



2025 CO-ED SOCCER

- REGISTRATIONS: 01-30 NOVEMBER 2024
- PRACTICE BEGINS: 03 FEBRUARY, 2025
- SEASON BEGINS: 15 FEBRUARY, 2025
- SEASON ENDS: 10 MAY, 2025



2025 FALL BASEBALL & SOFTBALL

- REGISTRATIONS: 01 APRIL - 31 MAY 2025
- PRACTICE BEGINS: 14 JULY, 2025
- SEASON BEGINS: 26 JULY, 2025
- SEASON ENDS: 04 OCTOBER, 2025



2025 / 26 WINTER BASKETBALL & CHEERLEADING

- REGISTRATIONS: 01-31 AUGUST, 2025
- PRACTICE BEGINS: 14 OCTOBER, 2025
- SEASON BEGINS: 25 OCTOBER, 2025
- SEASON ENDS: 24 JANUARY, 2026



2026 CO-ED SOCCER

- REGISTRATIONS: 01-30 NOVEMBER 2025
- PRACTICE BEGINS: 02 FEBRUARY, 2026
- SEASON BEGINS: 14 FEBRUARY, 2026
- SEASON ENDS: 09 MAY, 2026



HOURS OF OPERATION
MONDAY - FRIDAY 0800-1800
CLOSED ON HOLIDAYS
BLD# 5952, CAMP FOSTER

PHONE: 645-3533/34 (DSN) / (098) 970-3533/34 (LOCAL)
EMAIL: YOUTHSports@OKINAWA.USMC-MCCS.ORG

WEBSITE:

WWW.OKINAWA.USMC-MCCS.ORG/RECREATION-FITNESS/SPORTS/YOUTH-SPORTS

FACEBOOK: MCCS OKINAWA - SEMPER FIT

Adult Sports



2023 SEMPER FIT

BIKE RACE SERIES

CAMP HANSEN
MAY 4



CHECK-IN: 5:30-6:30 A.M. | BRIEF: 6:35 A.M.
RACE START: 7 A.M.

Register for **\$50** on Eventbrite.

Open to participants island wide.
www.okinawa.usmc-mccs.org/adultsports
623-5558 | adultsports@okinawa.usmc-mccs.org

MCCS
SEMPER FIT

Adult Sports

Memorial 5K RUN

...IN HONOR OF THOSE WHO SERVED AND SACRIFICED



May 24, 8:05 a.m. | Camp Foster Fieldhouse

Register for \$50 on Eventbrite by May 21 at 11:30 p.m.

This run is open to participants island wide.

Check-in 6:30–7:30 a.m.

Brief at 7:45 a.m.

645-4866

adultsports@okinawa.usmc-mccs.org | www.okinawa.usmc-mccs.org/adultsports

MC&CS
SEMPER FIT

Aquatics

The Semper Fit Aquatics Program maintains 25-meter and 50-meter pools across Okinawa, offering swim lessons, lifeguarding courses, a youth and adult swim team, and more.



**FREE
ACTIVE DUTY SWIM INSTRUCTION
MCCS AQUATICS**

Active Duty Swim Instruction (ADSI)

The ADSI program helps active duty personnel develop, improve, and refine basic aquatic skills and swimming strokes. The skills covered will vary based upon student needs. MCCS Aquatics offers swim instruction to active duty personnel free of charge.

- Lessons may be group or one-on-one depending upon instructor availability.
- Please email the requested information found on the ADSI tab of the [Learn to Swim webpage](https://www.okinawa.usmc-mccs.org/aquatics) to mccsaquatics@okinawa.usmc-mccs.org, and an instructor will contact you.

For more information, visit the Aquatics Program webpage at www.okinawa.usmc-mccs.org/aquatics or find us on Facebook at [MCCS Okinawa - Aquatics](https://www.facebook.com/MCCS-Okinawa-Aquatics)!

Aquatics

Hello, sun. Hello, fun!

Memorial Day

POOL BASH

MONDAY
MAY 26
Noon – 3 p.m.

Plaza
Hansen
Futenma
McTureous

Music | Food and Drinks (while supplies last)

645-3180 | 098-970-3180
www.okinawa.usmc-mccs.org/aquatics
facebook.com/mccsokinawa.aquatics

MC&CS
SEMPER FIT

Aquatics



YOUTH SWIM TEAM TRYOUTS



JOIN THE OKINAWA DOLPHINS SWIM TEAM!

Tryouts are held at the Hansen Aquatic Center.

The tryouts are only for new swimmers ages 7 and older.

To schedule a tryout, please email us at
mccsaquatics@okinawa.usmc-mccs.org

For more details, visit okinawa.usmc-mccs.org/swimteam

Please call 645-3180 and/or email mccsaquatics@okinawa.usmc-mccs.org, if you have any questions or need any assistance



Aquatics

GET READY TO CRUSH YOUR NEXT RACE



SWIM / BIKE / RUN CUSTOM TRAINING PLANS



bit.ly/3V34PLr



Aquatics



AMERICAN RED CROSS

Lifeguard Certification

COURSES 2025

FUTENMA AQUATIC CENTER

Participants must turn 15 by the last day of the class and the registration deadline is two weeks before the first day of class. For class dates and prerequisites, scan the QR code below.

Thursday, Friday, Saturday
& Sunday Courses
3-7:30 p.m. (Thu & Fri)
9 a.m.-6 p.m. (Sat & Sun)



Monday-Friday Courses
7:30 a.m.-4:30 p.m.

Wednesday-Friday Courses
7:30 a.m.-4:30 p.m.

645-3180/098-970-3180

MCCS
SEMPER FIT

Aquatics



▼
▼

LIFEGUARDS WANTED

▼
▼

NOW ACCEPTING APPLICANTS
Salary starting at \$16.25/hr.

098-970-3180
okinawa.usmc-mccs.org/lifeguard
facebook.com/mccsokinawa.aquatics

MC&CS
MARINE CORPS 1820

Health Promotion

The Semper Fit Health Promotion Program aids service members and their families in achieving optimum health and wellness through group fitness, wellness briefs, unit PT, the HITT program, and more.

Make an appointment with our Wellness team!

Wellness educators provide resources that empower you AND help you stay on track.

Individual, Group, or Unit appointments available:

- Nutrition Education
- Tobacco Cessation
- Health Fairs/Special Events
- Body Composition Program (BCP) (Active Duty only)
- Stress Management
- Alcohol Prevention
- Microwave Meal Demos
- Heart Health
- Sexual Health

To request wellness support, please call 645-3910 or email us at mccshealthpromotions@okinawa.usmc-mccs.org.



Check out our Free Group Fitness Classes!

MCCS Health Promotions hosts a variety of strength and cardio-based group fitness classes across MCB Butler!

Find current class schedules and class descriptions on our webpage at okinawa.usmc-mccs.org/groupfitness

For more information, visit the Health Promotion webpage at okinawa.usmc-mccs.org/healthpromotion or find us on Facebook at MCCS Okinawa - Semper Fit!

Health Promotion

MAY IS...



PHYSICAL FITNESS MONTH

More Motion in May.

Need help propelling more movement? Look for Health Promotion's fitness-related resources at fitness centers on Camps Kinser, Foster, Courtney, Hansen, Schwab and MCAS Futenma.



facebook.com/mccsokinawa.semperfit
www.okinawa.usmc-mccs.org/healthpromotion

We encourage and support the participation of individual of all abilities.
Please contact us if reasonable accommodations are necessary.
Call 645-3910/096-970-3910 or email mccshealthpromotion@okinawa.usmc-mccs.org.

Health Promotion



Learn the art and science behind
the Snatch as well as the Clean and Jerk at...
Olympic Weightlifting Clinics!

CAMP FOSTER

Gunners Fitness Center HITT Porch

\$23 | Saturday, May 3, 8 a.m.-noon

* Max 10 participants; register by April 28

CAMP HANSEN

WARR Center

\$23 | Saturday, May 17, 8 a.m.-noon

*Max 10 participants; register by May 12

Olympic Weightlifting Clinics are open to all participants with base access 18+.



645-3910 | 098-970-3910

www.okinawa.usmc-mccs.org/healthpromotion

Health Promotion

||-WEIGHT ROOM-|| ORIENTATION

Gunners Fitness Center, Camp Foster

Learn how to optimally operate fitness equipment to meet your fitness goals.

9–10:30 a.m.

- ~~January 25~~
- ~~February 13~~
- ~~March 22~~
- ~~April 17~~
- May 17
- June 19



Registration required at \$10 per person; deadline to register is one day before desired date.
Orientation is open to all with base access ages 18 and older.

mccshealthpromotions@okinawa.usmc-mccs.org
www.okinawa.usmc-mccs.org/semperfit
645-7834 | 645-3910

MCCS
SEMPER FIT

Health Promotion

2025 HITT SUL SCHEDULE

CAMP SCHWAB
3-7 FEB

Registration closes:
27 JAN

MCAS FUTENMA
10-14 MAR

Registration closes:
3 MAR

CAMP HANSEN
7-11 APR

Registration closes:
31 MAR

CAMP FOSTER
6-10 OCT

Registration closes:
29 SEP

MCAS FUTENMA
17-21 NOV

Registration closes:
10 NOV

CAMP COURTNEY
8-12 DEC

Registration closes:
1 DEC

REGISTRATION REQUIREMENTS

- Active duty Marine or Sailor E4 and above
- Current 1st class for PFT and CFT
- Must have completed Semper Fit Basic Fitness (MCI4134A) and Semper Fit Advanced (MCI 4134A) Fitness Courses



HITT

HIGH INTENSITY TACTICAL TRAINING

MC&CS
SEMPER FIT



We encourage and support the participation of individual of all abilities. Please call 645-3910 / 098-970-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org. If accommodations are required. Email to register

SMP

Single Marine Program

The Single Marine Program (SMP) fosters personal and professional growth in single, unaccompanied service members through Quality of Life (QOL) advocacy and community engagement opportunities through volunteering and recreational activities.



Become a Unit Representative!

*Be a voice for your unit to address quality of life concerns,
plan memorable trips and events,
and become a force for good in the community!*

SMP Council Meetings*

Kinser SMP	First Wednesday	1500-1600
Futenma SMP	Last Tuesday	1200-1300
Foster SMP	Biweekly Wednesdays	1530-1630
Courtney SMP	Biweekly Wednesdays	1500-1600
Hansen SMP	Biweekly Wednesdays	1300-1400
Schwab SMP	First & Last Wednesdays	1500-1600

*For more information, visit okinawa.usmc-mccs.org/smp
or find us on social media at:*

*Camp Kinser SMP, MCAS Futenma SMP, Camp Foster SMP, Courtney SMP,
Camp Hansen SMP, Schwab SMP, and Oki SMP.*

SMP

Single Marine Program

Trips & Activities

*Open to single or unaccompanied Marines and Sailors only. Schedule is tentative.

Kinser SMP

WARR Nutrition Brief	May 6,8,14,16,20,21	Contact SMP
Free food day	May 9,29	1130-till supplies last
Nerf Wars 5	May 10	1400-1800
SMP Over-Nighter	May 23	2100-0500

Futenma SMP

Free Lunch Day	May 1,8,15,22,29	1115-till supplies last
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Foster SMP

Free Lunch Day	May 7,14,21,28	1130-till supplies last
SMP D&D Night	May 9	1900-2200
Tokashiki Island	May 17 - 18	0700-1700
Make your own Sushiroll	May 22	1130-1300
PME Trip	May 27	1130-1800
The Conqueror's Cup	May 21	1300-1700

Courtney SMP

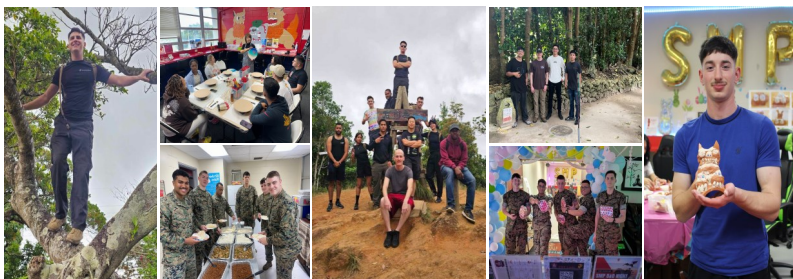
Star Wars Cosplay Contest	May 3	1700-2000
Free Lunch Day	Every Wednesday	1130 - Supplies last
Fee Saturday Brunch	May 10,24	1130 - Supplies last
MGT Draft Tournament	May 17	1500 - Finish

Hansen SMP

Free Lunch Day	Every Tuesday	1130 - Supplies last
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Schwab SMP

Gaming Tournament	May 2	1730-2000
Free Lunch Day	May 6,13,20,27	1130-1300



SMP

Single Marine Program

Volunteer Information

An LOA will be issued to all participants, Contact your local SMP center for more details!

***Schedule is tentative, Open to all who are interested**

Kinser, Futenma & Foster SMP

Asakatsu Coffee Social with the US Consulate in Naha	May 7,14	0730-0830
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Kinser SMP

PARCO Beautification	May 3	1300-1500
Camp Beautification	May 10,17,24	1300-1400
Family Fun Night	May 15	1645-2000
Blood Drive	May 22	1000-1400
Fenceline Beautification	May 31	1300-1500

Futenma SMP

Community Clean up	May 3,10,17,24,31	1200-1300
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Foster SMP SMP

Garden Day	May 10,24	1200-1300
Scrub a dub	May 11	1300-1500
Family Fun Night	May 15	1700-2100

Courtney SMP

SMP Center Field Day	May 8	1700-1800
Garden Beautification	May 10,24	1000-1100
Blood Drive	May 12	1100-1500

Hansen SMP

Kin Sunrise Beach Clean up	May 3	230-1400
Camp Clean up	May 10,17,24	1230-1400
Blood Drive	May 15	1100-1500
Tidy Tuesday	May 27	1700-1800
Kin Day Care Volunteer	May 28	1000-1100
Kin Town Mangrove Planting	May 30	1000-1200

Schwab SMP

Blood Drive	May 1	1000-1400
Camp Clean up	May 3,17	1300-1400
SMP Center Field Day	May 14	1700-1800

SMP

Single Marine Program

BI-MONTHLY

BLOOD DRIVE

AT SCHWAB SMP BLDG 3429



No sign up necessary
LOA provided

For More Information

625 - 1119



Schwab SMP Blood Drive

Be the Lifeline—Donate Blood, Save Lives!

Date: 1 May 2025

Time: 10:00-14:00

This event is a volunteer opportunity open to ALL WHO ARE INTERESTED !
LOA will be issued, No preregistration is required!

Contact Schwab SMP for more detail;

625-1119 (DSN)
Email: Singlemarineprogram@okinawa.usmc-mccs.org



OPEN TO SINGLE OR UNACCOMPANIED
SERVICE MEMBERS

FOR MORE INFORMATION CALL 625 - 1119



6 Days 5 Nights

PHILIPPINE MANILA

Single Marine Program Okinawa

This trip is open to Single & Unaccompanied Marines and Sailors ONLY

Highlights

- Rizal Park
- Fort Santiago
- San Augustin Church
- Casa Manila Museum
- Philippine National Museum



TOTAL PRICE

\$1,100 /Person

- 5 nights' accommodation
Twin room only
- Daily breakfast & lunch
- Round trip airfare
(Naha: Taipei - Manila)
- Ground transportation
- 1 day PMF Tour with an English-speaking guide

TRIP DATE

2ND - 6TH JULY, 2025

Limited to 12 spots

(Minimum of 10 registrants required to run this trip)

REGISTRATION

Registration due by 5/20

Early registration fee of \$1,000 (plus \$100 deposit to the local SMP office) is required at least 6 months of advance notice.

Mandatory Safety Brief on 6/20 at Foster SMP

Contact Us

Single Marine Program Office
Manila: 091555-76303 645-1727 (DSN)
lodaka.manila@okinawa.usmc-mccs.org



Open to single and unaccompanied Marines & Sailors
Authorized visitors of all USMC are welcome.

SMP Philippine Manila Tri

This trip is limited to single and unaccompanied Marines and Sailors only.

Date: 2-6th July 2025 (6 days/5 nights)

Total Cost: \$1,100

Registration due: 20 May 2025

What's included:

- ◆ Round-trip flights (OKA-TPE-MNL)
- ◆ Accommodation for 5 nights, including daily breakfast and 1 lunch
- ◆ Ground transportation:
 - 1) SMP—Naha Airport
 - 2) Airport—Hotel in Manila
- ◆ One-day PME tour with an English-speaking Guide including visits to;
 - 1) Rizal Park
 - 2) Fort Santiago
 - 3) San Augustin Church
 - 4) Casa Manila Museum
 - 5) Philippine National Museum

Contact SMP Program Office for more detail;

645-1727 (DSN) / 098-970-1727 (Cell)
Email: Singlemarineprogram@okinawa.usmc-mccs.org

FAP

Family Advocacy Program

To schedule a counseling appointment, please call us at 645-2915 or 098-970-2915 or visit us at Camp Foster Bldg. 439, 2nd floor. We are open from Monday-Friday between 0800-1600, excluding holidays.

'Re-Train Your Brain' (Century Anger Management Class)

'Re-Train Your Brain' - (Century Anger Management) is a 4-week psychoeducational class taught by Behavioral Health, Family Advocacy Program Prevention & Education. This class teaches individuals how to properly manage stress, cope with feelings of anger, and communicate effectively. Available to active duty Marines, attached Sailors, and dependents.

Must be age 18 and over.

Mondays	0930-1130	Camp Hansen Behavioral Health	Bldg. 2631
Wednesdays	1130-1330	Camp Foster Behavioral Health	Bldg. 439

Skill Building Unit Brief

Briefs are provided to units in a variety of formats and topics. Specific topics can be requested to match individual unit needs. Examples of previously conducted briefs are Stress Management, Conflict Resolution, and Healthy Dating. Units can contact us by email to arrange a date and time for us to come provide this brief to their Marines or Sailors.

Available upon request- Please email: fapprevention@usmc.mil to schedule.

***For more information on counseling and psycho-educational groups,
Please call 645-2915 or FAPprevention@usmc.mil.***

NPSP

New Parent Support Program

Baby Boot Camp

This class will provide helpful information on caring for your baby from birth through the first months after delivery. It discusses home, car, and crib safety, how to diaper, bathe, and soothe your baby, as well as feeding and breastfeeding. Also included is information on self-care, diet and nutrition, and baby health. At the end, prizes and giveaways are offered as well as resources that will help you transition to parenthood.

5 May

0815-1630

Camp Foster

Bldg. 439

Parents in Uniform

There are many challenges related to being a military parent. This is a small, group-based class offered to parents at any stage of pregnancy. We recommend taking it earlier rather than later in the pregnancy, as we cover Marine Corps policies related to becoming a parent—housing information, legal requirements, community resources, leave policy, on-island childcare options, DEERS, and other family readiness issues.

8 May

1430-1630

Camp Foster

WestPac Inn

Infant Massage Class

Learn massage techniques that help with gas, colic, teething, congestion and regulating temperature. Infant Massage is a great way for both parents to connect and bond with baby and decreases the risk of Post-Partum Depression and promotes brain development.

Every Thursday

1000-1130

Camp Foster

WestPac Inn

Play Morning

This interactive educational playgroup is offered to parents and their children under the age of six to assist parents in learning developmentally appropriate play techniques and help children improve their social, cognitive, language and motors skills. Registration required. For more information, please call at DSN: 645-0396 or 098-970-0396 (off base) or send us an e-mail at NPSPokinawa@usmc.mil.

Every Wednesday

1000-1130

Camp Courtney

Bldg. 4408

Parenting Support Group

This group is designed to help parents: increase social connections, share experiences and parenting tips, discover new ideas for everyday challenges, and build friendships and support networks. Open to parents with children under 6 years old. Babies under 6 months are welcome to attend with their parents if needed.

Every Tuesday

1100-1230


Camp Foster

Ocean Breeze

The New Parent Support team consists of licensed professional counselors, social workers, and registered nurses with knowledge of the issues encountered by parents. Visit the MCCS NPSP webpage at: www.mccsokinawa.com/npsp/

CCP Community Counseling Program

To schedule a counseling appointment, please call Camp Foster at 645-2915 or Camp Hansen 623-1458.

A series of black footprints of varying sizes and orientations, scattered across the left side of the poster, suggesting a path or journey.

BEHAVIORAL HEALTH

COMMUNITY COUNSELING PROGRAM

CONFIDENTIAL WALK-IN SCREENING SERVICES

**RELATIONSHIP ISSUES | ANGER | ANXIETY
DEPRESSION | JOB STRESS | GRIEF & LOSS**

CAMP FOSTER | BLDG. 438
Monday–Friday, 8–11 a.m. & 1–4 p.m.
645-2915

CAMP HANSEN | BLDG. 2631
Monday–Friday, 8–11 a.m. & 1–4 p.m.
623-1458

Licensed and experienced counselors are available to help with the challenges of military life. Individual, couple, family and group counseling sessions are available.

MARINE
@Family

Community
Counseling
Program

MCICS
MARINE COMMUNITY
INTEGRATION CENTER

SACP

Substance Assessment and Counseling Program

SACP provides screening, assessment, prevention, early intervention, and non-medical counseling services for substance and gambling concerns. We have counselors located at Camp Foster Bldg. 440, Camp Hansen Bldg. 2631, and Camp Schwab Bldg. 3000 Rm. PSC11. For more information or to schedule an appointment, please call 645-3009 or 098-970-3009.

Prime for Life (4.5) Workshop (Must Sign-Up in Advance)

Learn how alcohol and drug related problems develop and how to prevent them.

PRIME FOR LIFE

1st Friday of the month, 1–4:30 p.m.

**Substance Assessment and Counseling Center
Camp Foster, Bldg. 440**

**Join us at this monthly workshop to learn how alcohol
and drug-related problems develop, what we can
do to prevent them and why sometimes we need help.**



Advance sign-up is required.
To attend the workshop, call or email
mcb_butler-sacc-prevention@usmc.mil

645-3009 | 098-970-3009
www.okinawa.usmc-mccs.org/sacc

MC&CS
MARINE CORPS BASE

CYP

Child & Youth Programs

MCCS Child and Youth Programs (CYP) provide a safe, healthy, and developmentally appropriate learning environment as well as recreational opportunities for your family. The Child Development Centers (CDC) provide full-time care for children 6 weeks to 5 years old. School Age Care (SAC) provides before school, after school, and full day care on no school days for children in kindergarten through age 12 years old. CDC and SAC programs also provide drop-in hourly care.

The youth and teen centers are affiliated with the Boys and Girls Club of America and provide activities, field trips, and other recreational opportunities to kids ages 10-12 years old at youth centers and 13-18 years old at teen centers.



Check out your local Youth & Teen Center!

mccsokinawa.com/youth_centers • mccsokinawa.com/teenscenters

MARINE
4Family
Child and Youth Programs

MCCS
MARINE CORPS

To register, please visit us at Camp Foster Building 495, or visit our webpage at: www.mccsokinawa.com/cyp/.

EFMP

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) in Okinawa ensures the continuity of care for dependents of active personnel who have special needs. Enrollment in the program is mandatory for those family members who have been determined by Headquarters Marine Corps EFMP to meet eligibility requirements. Standard forms for enrollment include DD Form 2792 (medical summary) and DD Form 2792-1 (educational needs summary). Besides assisting in initial enrollments, updated enrollments and requests for disenrollment, the Okinawa USMC EFMP Installation Office provides transition assistance, administrative case management, IEP support and training/outreach opportunities.



- **Assignment Coordination**
- **Information and Referral**
- **Administrative Case Management**
- **IEP Meeting Support**

For more information, contact the
Okinawa EFMP Installation Office.

645-9237 | 098-970-9237
efmp@okinawa.usmc-mccs.org
mccsokinawa.com/efmp



For questions and more information on the EFMP or to register for EFMP workshops, please contact the closest EFMP office:

Camp Foster, Bldg. 495: 645-9237

Camp Kinser, Bldg. 1316: 637-3516

Camp Courtney, Bldg. 4448: 622-9794

Email: efmp@okinawa.usmc-mccs.org

Webpage: www.facebook.com/mccsokinawa.marineandfamily

EFMP

Exceptional Family Member Program

JOURNAL & JAVA



3RD THURSDAY OF THE MONTH
10-11 A.M. | FOSTER LIBRARY

MC&CS
MARINE CORPS CENTER

645-9237 | 098-970-9237
www.okinawa.usmc-mccs.org/EFMP

EFMP Exceptional
Family Member
Program

Marine & Family Programs Telephone Directories

Deputy Director, Marine & Family Programs	Christopher Cowderoy	645-3082
Chief, Personal & Professional Development	Tina Smilie	645-7809
Chief, Behavioral Health	Clark Jackson	645-2915
Chief, Family Care Program	Tamara Browning	645-4505
Chief, Semper Fit	Robert Johnston	645-3741
Director, Family Advocacy Program	Zachary Dunga	645-2915
Director, Community Counseling Program	Necol Jackson	645-2915
Director, Substance Assessment & Counseling Program	Charles Darsan	645-0815
Director, Resources	Terry Burmester	645-2903
Director, Education Program	Evan Carpenter	645-5797
Director, Library Program	Lynn Castaneda	645-6056
Director, Marine Corps Family Team Building	Bebe Huanini	645-3724
P&PD Administrative Specialist	Tabitha Williams	645-2889
Resources Administrative Specialist	Akira Nakayoshi	645-3125

PERSONAL AND PROFESSIONAL DEVELOPMENT

<i>Education Centers</i>			<i>Libraries</i>		
Foster	Bldg. 5679	645-7160	Foster	Bldg. 5679	645-7178
Courtney	Bldg. 4425	622-9694	Courtney	Bldg. 4453	622-9280
Futenma	Bldg. 407	636-3036	Futenma	Bldg. 403	636-3946
Hansen	Bldg. 2339	623-4376	Hansen	Bldg. 2339	623-7372
Kinser	Bldg. 1220	637-1821	Kinser	Bldg. 1311	637-1039
Schwab	Bldg. 3000	625-2046	Schwab	Bldg. 3000	625-2518

Resources

<i>Camp Foster, Building 445</i>		<i>Camp Courtney, Building 4425</i>	
Resources Manager	645-3150	Front Desk / I & R	622-7332/7739
Front Desk/Reception	645-2104/2106	Personal Finance	622-7416
Relocation Services	645-7494	TRP/FMEAP Program	622-7878
Resources	645-3600		
Administrative Assistant	645-3473		
Personal Finance	645-3127/8109		
Culture Awareness	645-7810		
TRP Manager	645-5074		
FMEAP Manager	645-3151/3154		
Transition Office	645-3508		
Veterans Affairs Rep	645-3159		
Retired Activities Office			
<i>Camp Schwab, Building 3000</i>		<i>Camp Hansen, Building 2339</i>	
Front Desk/I & R	625-2622	Front Desk / I & R	623-4522/3055
TRP/FMEAP	625-2699	TRP/FMEAP Staff	623-3027/7291/7736
		Personal Finance	623-3050
		<i>Camp Kinser, Building 1220</i>	
		Front Desk / Reception	637-2815
		Information & Referral	637-2509
		Personal Finance	646-9125
		TRP/FMEAP	637-1307

Marine Corps Family Team Building, Bldg. 445

Reception/Admin	645-3689	Family Readiness	645-7806
		Readiness &	645-3698
		Deployment	
L.I.N.K.S.	645-3696	Volunteer Program	645-3749
LifeSkills Training	645-7806	Navy Support	645-5707

BEHAVIORAL HEALTH

<i>Family Advocacy</i>			<i>Community Counseling</i>		
Foster	Bldg. 439	645-2915/2916	Foster	Bldg. 439	645-2915/2916
FOCUS	Bldg. 5691	645-6077	Hansen	Bldg. 2631	623-1453
NSPS	Bldg. 439	645-0396			

Substance Assessment & Counseling Program

Foster Bldg. 440 645-3009
Fax: 645-3939

SEMPER FIT

<i>Single Marine Program</i>			<i>Gyms/Fitness Centers</i>		
Foster	Bldg. 5908	645-3681	Foster	Bldg. 5902	645-2705
Hansen	Bldg. 2377	623-3017	Kinser	Bldg. 1307	637-1114
Schwab	Bldg. 439	625-1119	Futenma	Bldg. 159	636-2676
Kinser	Bldg. 1220	637-7105	Futenma	Bldg. 303	636-3241
Courtney	Bldg. 4319	622-7105	Courtney	Bldg. 4451	622-9221
Futenma	Bldg. 104/105	636-1015	Hansen	Bldg. 2431	623-4831
			Hansen	Bldg. 2828	623-2702
			Schwab	Bldg. 3450	625-2618
<i>Health Promotions</i>			<i>Athletics</i>		
Wellness Director		645-3910	Adult Sports		645-3521/3522
Fitness Director		645-3484	Youth Sports		645-3533/3534
Group Fitness Director		645-3484			
<i>Aquatics</i>					
Aquatics Program		645-3180			
Swim Team		645-2787			

FAMILY CARE

<i>Child Development Centers</i>			<i>Resource & Referral</i>		
Foster	Bldg. 499	645-3846/2549	Foster	Bldg. 495	645-4117
Ashibina (Fstr)	Bldg. 1680	645-5072/5073	<i>Family Child Care</i>		
Kinser	Bldg. 864	637-2296/2291	Foster	Bldg. 495	645-2174
Courtney	Bldg. 4456	622-9702/7761	<i>Exceptional Family Member</i>		
<i>Youth & Teen Centers</i>			Foster	Bldg. 495	645-9237
Kishaba (Y)	Bldg. 24	645-8012	Kinser	Bldg. 1316	637-3516
Foster (T)	Bldg. 200	645-1004/1006	Courtney	Bldg. 4448	622-9794
Kinser (Y/T)	Bldg. 1316	637-1755	<i>School Age Care Program</i>		
Courtney (Y/T)	Bldg. 4446	622-9702/9711	Foster	Bldg. 1620	645-7301
			McTureous	Bldg. 5206	622-9051
			Kinser	Bldg. 1091	637-3760
<i>Y=Youth / T=Teen</i>					
<i>Y/T=Youth & Teen</i>					

Events In Okinawa

Naha Dragonboat Festival

- ◆ Date: May 3 – May 5
- ◆ Time: 10:00-21:00
- ◆ Location: Naha Shinko Wharf
- ◆ Address: 1-14 Minatomachi, Naha city
- ◆ Admission: Free
- ◆ Please check the website for more information: Naha Hārī | Nahanavi (naha-navi.or.jp)

Kids Festival Adventure World

- ◆ Date: May 3 – May 6
- ◆ Time: 09:00-17:00
- ◆ Location: Chatan Dorm (Agre Dorm Chatan)
- ◆ Address: 1-2-3 Mihama, Chatan town
- ◆ Admission: Please check the website www.kodomo-festa.com

Haneji Dam Koinobori Festival

- ◆ Date: May 4-5
- ◆ Location: Haneji Dam
- ◆ Address: 905-1147 Taira, Okawa, Nago city
- ◆ Admission: Free

The Patio Flower Festival 2025

- ◆ Date: May 1 – May 31
- ◆ Location: Hotel Nikko Alivila, Patio
- ◆ Address: 600 gima, Yomitan village
- ◆ Admission: Free
- ◆ For more information: <https://www.alivila.co.jp/topics/9629/?hl=en>

Ie Island Lily Festival

- ◆ Date: May 1-5
- ◆ Location: Lily Field Park, Ie Island
- ◆ Address: 3087 Higashieue, Ie Kunigami District, Okinawa
- ◆ Admission: Free
- ◆ Contact info: 0980-49-2906