



**Personal & Professional Readiness**

Career Services  
Education and Library Services  
Family Readiness Services

**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

# September 2025



DISCOVER JAPAN



FREE OF CHARGE!



# JAPAN CULTURE AWARENESS

## *and Adaptation*

AT OUR PROGRAM, WE FACILITATE A COMPREHENSIVE INITIATIVE DESIGNED TO FOSTER A DEEPER UNDERSTANDING OF JAPANESE CULTURE. WE ARE DEDICATED TO:

- DEVELOPING AND DELIVERING ENGAGING CULTURAL EDUCATION, INCLUDING JAPANESE LANGUAGE CLASSES, HANDS-ON CRAFT EXPERIENCES, YUKATA TRY-ONS, AND AUTHENTIC GREEN TEA CEREMONIES.
- ORGANIZING AND COORDINATING UNIT TRAININGS AND SITE VISITS TO PROVIDE IMMERSIVE CULTURAL EXPERIENCES.
- PROVIDING ACCESSIBLE RESOURCES TO ALL PARTICIPANTS, ENSURING EVERY ACTIVITY AND CLASS IS OFFERED FREE OF CHARGE.



VISIT OUR WEBSITE FOR MORE



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:

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

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

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. The Virtual NOWA Brief email will be sent 30 days prior to your arrival date. A completed Virtual NOWA Briefing roster is submitted daily at 1000 to the MCIPAC-MCBB Installation Safety Office POV Licensing Section for individuals who completed the briefing the previous day. **To request the virtual NOWA Brief, please email [mcbb\\_newcomers@usmc.mil](mailto: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 West Pac 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](mailto: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](mailto: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:

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

\*\*\*\*\* **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

***For more information, please contact us online at:  
Email: [mcbb\\_reloassist@usmc.mil](mailto:mcbb_reloassist@usmc.mil)***





FAMILY PROGRAMS & RESOURCES

## Personal Financial Management Program

*Take control of your finances, take control of your future.*

### WORKSHOPS OFFERED

Credit Report & Score Analysis

Money Management

Home Buying

Command Financial Specialist

Savings & Investing

Thrift Savings Plan / Blending

Retirement System

And More!



For more information or to register for workshops, scan the QR Code or visit  
<https://www.okinawa.usmc-mccs.org/marine-family-support/personal-financial-management>.

## LOCATIONS

### Camp Kinser

Building 1220

Phone: (098) 970-2815

### Camp Foster

Building 445

Phone: (098) 970-2104

### Camp Hansen

Building 2339

Phone: (098) 969-4522

### Camp Courtney

Building 4425

Phone: (098) 954-7332



### Camp Schwab

Building 3000

Phone: (098) 970-2622



### **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.

MCCS is seeking volunteers for the Retired Activities Office. This position offers retired Service Members an opportunity to support fellow retirees and their families living on Okinawa. Your experience and knowledge can be incredibly valuable in making a difference for people seeking assistance. You can make a direct impact by volunteering your knowledge and time to assist with Survivors benefits, Social Security benefits, medical related assistance, retirement pay, and more!

If you are interested in volunteering or have any questions please contact [MCBB\\_TRP@usmc.mil](mailto:MCBB_TRP@usmc.mil).



# Attention:

The U.S Department of Veterans Affairs (VA), Overseas Military Service Coordinator (OMSC) Program in Okinawa transitioned to a virtual support model effective:

**June 16, 2025.**

## What does that mean going forward?

In-person VA appointments with the OMSC are paused, and all support requests outside of the VA Benefits Advisors will be conducted remotely through official online channels.

Veterans and transitioning Service Members are encouraged to:

Direct questions or concerns to the OMSC Okinawa email inbox

***[omscjapanok.vbavaco@va.gov](mailto:omscjapanok.vbavaco@va.gov)***

To access virtual appointments, visit:

[https://www.my.va.gov/VAVERA/s/flow/VERA\\_Start?office=OMSC\\_Japan\\_Okinawa](https://www.my.va.gov/VAVERA/s/flow/VERA_Start?office=OMSC_Japan_Okinawa)

Or scan this QR code:



# 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.

### Looking to advance your career?

Consider attending one of our multiple Employment workshops. Topics include:

- Resume Writing
- Federal Government Employment Process
- Interview Skills
- Spouse Transition and Readiness
- Unit Classes
- And Much More!

Contact us today!  
MCBB\_FMEAP@USMC.mil  
645-5074 // 098-970-5074



**MARINE & Family** | Family Member Employment Assistance Program

# MCFTB

## Marine Corps Family Team Building

### **LifeSkills Program**

LifeSkills Training & Education is a collection of personal and professional skill-building classes that promote positive adjustments and improved individual and family functioning. It provides Marines, Sailors, and family members with practical skills for successful interactions and positive outcomes at work, home, and in life. Premarital Seminar is also provided, offering a brief overview of marriage procedures, benefits, & communication basics for couples.

### **Readiness & Deployment Support (RDS)**

Readiness & Development Support helps military families prepare for deployment and separation, promoting healthier, more resilient families. Support is offered throughout the entire deployment cycle—including pre-deployment, mid-deployment, Return and Reunion and post-deployment. Briefs cover legal planning, personal readiness, communication tools, and available resources, with input from local organizations.

### **Navy Support**

The Navy Liaison actively connects all U.S. Navy personnel stationed in Okinawa—including those assigned to CFAO, CTF-76 at White Beach, and the U.S. Naval Hospital Okinawa—with Marine & Family Support programs offered by MCCA. For questions, contact [mcbb\\_navysupport@usmc.mil](mailto:mcbb_navysupport@usmc.mil).

### **L.I.N.K.S. Program**

L.I.N.K.S. is a military acculturation and spouse-led mentoring program designed to support all military personnel, families, and DoD ID card holders. It helps Marine families understand military life, build connections, and access key resources. L.I.N.K.S. offers sessions for Marine, Navy, and Japanese spouses on all Marine Corps bases, along with coffee meetups and a mentoring program for ongoing support.

### **Family Readiness Program Training Program**

Family Readiness Program Training workshops provide resource information and guidance to enhance the effectiveness of Family Readiness Command Teams in support of the Unit, Personal and Family Readiness Program (UPFRP). This includes Command Team Training, which equips members to lead successful programs that help Marines and their families thrive, and Readiness Coordinator Training, which prepares Deployment and Uniformed Readiness Coordinators to effectively manage and sustain

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





# 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

#### MCAS FUTENMA

Bldg. 407 | 636-3036

#### CAMP FOSTER

Bldg. 5679 | 645-7160

#### CAMP COURTNEY

Bldg. 4425 | 622-9694

#### CAMP HANSEN

Bldg. 2339 | 623-4376

#### CAMP SCHWAB

Bldg. 3000 | 625-2046

[okinawa.usmc-mccs.org/education](http://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](mailto:education@okinawa.usmc-mccs.edu) if accommodations are required.

**MARINE & Family** | Voluntary Education Program

**MCCS**  
MARINE CORPS

# 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](http://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](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)  
[okinawa.usmc-mccs.org/healthpromotion](http://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](mailto:fitnesscenters@okinawa.usmc-mccs.org)  
[okinawa.usmc-mccs.org/semperfit](http://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](mailto:adultsports@okinawa.usmc-mccs.org)  
[okinawa.usmc-mccs.org/adultsports](http://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](mailto:youthsports@okinawa.usmc-mccs.org)  
[okinawa.usmc-mccs.org/youthsports](http://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](mailto:aquatics@okinawa.usmc-mccs.org)  
[okinawa.usmc-mccs.org/aquatics](http://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](mailto:singlemarineprogram@okinawa.usmc-mccs.org)  
[okinawa.usmc-mccs.org/smp](http://okinawa.usmc-mccs.org/smp)

***For more information, visit the Adult Sports Program webpage at:  
[okinawa.usmc-mccs.org/adultsports](http://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

Dribble, shoot, and score big with Semper Fit Youth Sports this basketball season! Whether your child is just learning the basics or ready to level up their skills, our program offers a fun, team-focused environment for players ages 5 to 18. Have a future baller who's 4? As long as they turn 5 before the season ends, they can join too!

Register now on Eventbrite or at your local MCCS Fitness Center during official registration dates. Let's hit the court and make this season unforgettable!



## 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](http://okinawa.usmc-mccs.org/recreation-fitness/sports/youth-sports) or find us on Facebook at [MCCS Okinawa - Semper Fit!](https://www.facebook.com/MCCS-Okinawa-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, triathlon training plans, the S3T swim survival program, special aquatic events, and more.



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

# Excellence Gymnastics Academy (EGA)

## DAYTIME PLAYTIME



For ages  
10 months - 4 years old

**Mondays**

10AM - 11AM

**Fridays**

11:30AM - 12:30PM

Registration required through  
iClassPro

Parent supervision and guidance  
will be required

**\$5**



**EGA**  
EXCELLENCE  
GYMNASTICS  
ACADEMY



# Excellence Gymnastics Academy (EGA)

Excellence Gymnastics Academy  
ega@okinawa.usmc-mccs.org

## ADULT FITNASTICS OPEN GYM

Come work on skills, stay active, and have fun in a relaxed, open gym environment! Whether you're a former gymnast, a beginner, or just looking for a new way to move, this is the perfect opportunity to train at your own pace.

- ✓ Select Monday's
- ✓ 7:00PM - 8:00PM
- ✓ Registration required **24 hours** in advance

**Register Now!**

- ✓ Registration must be completed through iClassPro

[portal.iclasspro.com/mccsokinawa](https://portal.iclasspro.com/mccsokinawa)



**\$10**  
Per Class



# Single Marine Program

The Single Marine Program (SMP) fosters personal and professional growth in single and unaccompanied service members through Quality of Life (QOL) advocacy, engaging in community opportunities through volunteerism, and through recreation 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 Thursdays	1500-1600
Hansen SMP	Biweekly Wednesdays	1300-1400
Schwab SMP	Biweekly Wednesdays	1500-1600

*For more information, visit [okinawa.usmc-mccs.org/smp](http://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.*



# 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, 2<sup>nd</sup> 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.**

<b>Mondays</b>	<b>0930-1130</b>	<b>Camp Hansen Behavioral Health</b>	<b>Bldg. 2631</b>
<b>Wednesdays</b>	<b>1130-1330</b>	<b>Camp Foster Behavioral Health</b>	<b>Bldg. 439</b>

### **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](mailto:fapprevention@usmc.mil) to schedule.**

***For more information on counseling and psycho-educational groups,  
Please call 645-2915 or [FAPprevention@usmc.mil](mailto:FAPprevention@usmc.mil).***

# New Parent Support Program

## Home or Office Visits

Support from professionals

## Parents in Uniform

Family readiness

## Parenting Support Group

Building connections



## Infant Massage

Build trust and love

## Play Morning

Learning through play

## Baby Boot Camp

The ins and outs of infant care



All NPSP group classes are FREE and available to all branches, affiliated DoD Civilians and their families.  
Pre-registration is required to attend. 645-0396 NPSPokinawa@usmc.mil

# New Parent Support Program

## Home or Office Visits

Home visitors work with families in a one-on-one setting to enhance parenting skills and provide support. The home visitor team consists of registered nurses, social workers and professional counselors with extensive knowledge of the issues encountered by today's parents. Visits may be conducted in your home, at our office or another convenient location.

## Parents in Uniform

There are many challenges associated with being a military parent. This brief is offered to parents at any stage of pregnancy. Home visitors will educate parents-to-be on Marine Corps policies including housing information, legal requirements, on-island child care options and other family readiness issues.

## Parenting Support Group

Parenting support group assists parents in increasing social connections, developing new friendships and support networks, and discovering ideas to address the day-to-day challenges of parenting. This group is for parents that have a child under the age of 6 years. Babies under 6 months are welcome to attend with parents if needed.



## Infant Massage

The bond between a parent and child may be one of the strongest and most important of human attachments. Nurturing a secure bond between you and your infant is essential to the healthy development of your baby's sense of self and security in the world. Infant massage involves the most important elements of bonding and teaches the ideal interactions to build trust and love.

## Play Morning

These interactive, educational playgroups assist parents in learning developmentally-appropriate play techniques and help children improve their social, cognitive, language and motor skills. Parents have the opportunity to meet other parents and have a great time with the kids. Children must be younger than six to attend.

## Baby Boot Camp

Baby Boot Camp assists in preparing expectant parents to be confident and competent parents. In this class, parents will learn the basics of infant development, self-care as a parent, infant safety, newborn care, community resources and more. Whether it is your first or third baby, this class is fun for all. Baby Boot Camp is recommended for new parents, or parents with older children, and is generally taken during the third trimester.



# CCP Community Counseling Program

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

## BEHAVIORAL HEALTH

COMMUNITY COUNSELING PROGRAM

CONFIDENTIAL WALK-IN  
SCREENING SERVICES

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

CAMP FOSTER | BLDG. 430  
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 CORPS  
INTEGRATED CARE SERVICES

# SACP

## Substance Assessment and Counseling Program

### ENJOY SUMMER

*Alcohol Free*

- ☐ **HAVE A MOCKTAIL PARTY**
- ☐ **PARTAKE IN ALCOHOL-FREE BEVERAGES**
- ☐ **PLAN A THEME PARTY**
- ☐ **EXPERIENCE AN OUTDOOR ADVENTURE**
- ☐ **CHILL OUT WITH A MOVIE OR GAME NIGHT**



**SUBSTANCE ASSESSMENT &  
COUNSELING PROGRAM**

645-3009 OR 098-970-3009

[WWW.OKINAWA.USMC-MCCS.ORG/SACC](http://WWW.OKINAWA.USMC-MCCS.ORG/SACC)



# 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.



HANG OUT  
WITH FRIENDS  
IN REAL LIFE.

Check out your local Youth & Teen Center!

[mccsokinawa.com/youth\\_centers](http://mccsokinawa.com/youth_centers) • [mccsokinawa.com/teenscenters](http://mccsokinawa.com/teenscenters)

**MARINE & Family**  
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/](http://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](mailto:efmp@okinawa.usmc-mccs.org)  
[mccsokinawa.com/efmp](http://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](mailto:efmp@okinawa.usmc-mccs.org)***

***Webpage: [www.facebook.com/mccsokinawa.marineandfamily](https://www.facebook.com/mccsokinawa.marineandfamily)***

## EFMP

# Exceptional Family Member Program

# JOURNAL & JAVA

SUPPLIES WILL  
BE PROVIDED.

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

## Marine & Family Programs Telephone Directories

Deputy Director, Marine & Family Programs	Jerry W. Bosken	645-3082
Chief, Personal & Professional Readiness	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, Career Services	Terry Burmester	645-2903
Director, Family Programs & Resources	Jack Finkenbinder	645-3150
Director, Education Program	Evan Carpenter	645-5797
Director, Library Program	Lynn Castaneda	645-6056
Director, Marine Corps Family Team Building	Bebe Husanini	645-3724
P&PR Administrative Specialist	Tabitha Williams	645-2889

### PERSONAL AND PROFESSIONAL READINESS

<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

<i>Camp Foster, Building 445</i>			<i>Camp Courtney, Building 4425</i>		
Front Desk/Reception	645-2104/2106		Front Desk / I & R	622-7332/7739	
Relocation Services	645-7494		Personal Finance	622-7416	
Resources	645-3600		TRP/FMEAP Program	622-7878	
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	

<i>Marine Corps Family Team Building, Bldg. 445</i>					
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 &amp; 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 &amp; 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 &amp; Teen</i>					