

# Quantico, MCB



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### **L.I.N.K.S. for Teens — Let's Get Plugged In!**

The Download to L.I.N.K.S. – Marine Corps Teens look to one another to understand the Marine Corps mission and how it affects them. Access (ACE) the knowledge and develop skills to successfully meet the challenges ahead. Make new friends and reach new levels! Learn about The Marine Corps, base services and benefits, become more financially aware, understand separations and deployments, moving, getting along with others, and connecting within your community. Appropriate for teens in grades 6th-12th. Session duration is 7 hours.

### **L.I.N.K.S. 4 Kids — Let's Get Connected!**

The Kids LINK to the Corps – Marine Corps kids look to one another to understand the Marine Corps and make new friends. Reach new levels! Learn about the Marine Corps, deployments, Internet safety, moving, being a good friend and becoming involved in your neighborhood. Appropriate for school age children in grades K-5th. Session duration is 5 hours.

### **L.I.N.K.S. for Marines — Your LINK to the Corps!**

The Marines LINK to the Corps – L.I.N.K.S. for Marines will provide the participants with the essentials that every Marine needs to make the most of this journey. The session focuses on talking about the military lifestyle as well as benefits and services the Marine Corps has to offer Marines and families. Resources and information received at this session will aid in the Marines success of achieving personal and family readiness. Session duration is 6 hours.

## **LINKS for Spouses – Let’s Get LINKed!**

The Spouses LINK to the Corps – L.I.N.K.S. for spouses is an orientation for those spouses new to the Marine Corps. Experienced spouses address all aspects of the military lifestyle. Learn about Marine Corps tradition, how to survive deployment and frequent moves, understand the military pay system and a variety of other topics that will make your journey through Marine Corps living much smoother. Session duration is 10 hours.

## **L.I.N.K.S. for Parents – Your LINK to the Corps!**

The Parents and Extended Family Members LINK to the Marine Corps - L.I.N.K.S. For Marine parents and extended family members recognizes that for many of our Marines, parents and extended family members play a major role in their lives, providing both support and advice. The content focuses on parents and extended family members new to the Marine Corps Community. Learn about Marine Corps lifestyle, increase your knowledge of benefits and services, understand the differences between a civilian paycheck and a military paycheck, gain insights on the moving process, discuss the inevitable separations and learn some of the more notable reasons to stay Marine. Offered currently only on-line.

**Please contact Barbara Hawkins, L.I.N.K.S. Program Trainer at [hawkinsbj@usmc-mccs.org](mailto:hawkinsbj@usmc-mccs.org) to sign up for sessions.**



## **Readiness and Deployment Support Program**

Readiness for Wartime deployment is a challenging time. To help families stay strong during the deployment cycle Marine Corps Family Team offers numerous workshops and briefs.

*Married Marine Pre-Deployment Brief and Pre-Deployment for Single Marines Brief.* Each pre-deployment brief will cover the following to include subject matter experts to facilitate each section.

### **FINANCIAL PLANNING**

- LEGAL PLANNING
- FAMILY CARE PLAN
- PERSONAL AFFAIRS
- COMMUNICATIONS
- NOTIFICATION

### **SURVIVING AND THRIVING DURING DEPLOYMENT**

- CHILDREN AND DEPLOYMENTS

### **TIPS FOR A SUCCESSFUL RETURN & REINTEGRATION**

- OVERSEAS TRAVEL
- RESOURCES
- HELPFUL WEB LINKS
- FAMILY READINESS CHECKLIST
- DEPLOYMENT CHECKLIST
- EMERGENCY CONTACT CARD

### **Married Marines pre-deployment Brief will include:**

Family Readiness Plan for newly married couples.  
Families and deployment stress, Emotional Cycle of deployment to include coping skills.

### **Deployment Support Group For Spouses**

Hearts Apart Deployment Support Group meets once a week, informal setting at the Marine Corps Family Team Building House. This group is for spouses of deployed members and designed to bring spouses together that are experiencing the hardship of separation and deployment.

## **Kids and Deployment Workshop**

*Kids and Deployment* is designed to give a structured workshop that delivers the tools needed for children and parents to positively and successfully cope during deployment. This workshop targets age groups: 4-5 years old, 6-8 years old, 9-12 years old, and 13-18 years old. Length of time for *Kids and Deployment* is approximately 3 hours.

### **Learning Objectives For Children**

- Learn using a puppet show, song, or poem, see how the deployment may affect a child and the things that they may worry about.
- To learn ways to express their emotions that they experience during a deployment.
- Learn what a journal is and how it can be used as a tool for a deployment.
- Learn through facilitated discussions, while working on arts and crafts projects, ways to stay connected to the deployed parent.

### **Learning Objectives For Parents**

- Have parents recognize what they are feeling as well as what their children are feeling.
- Identify behaviors that children may be exhibiting and what is normal during deployment.
- Discover solutions to working through emotions that their children may be experiencing.
- Discuss how children communicate and ways to get children to talk.
- Give parents suggested ways on how to deal with the media and still keep their children informed about the deployment.
- Provide parents with the resources available to provide additional information and ideas.

**Please contact Ivette Bennett, LifeSkills Education Trainer at [bennettir@usmc-mccs.org](mailto:bennettir@usmc-mccs.org) to sign up for sessions.**

## **Kids in the Midst - Workshop for the children**

Is open to all military children between the ages of 4 and 18. This is a child only event; meaning there is no parent involvement. The workshop is designed to be a Fun, Educational, and Exciting tool that help children with their military life and self esteem. Estimated time for all four venues is 2 hours.

### **Four venues**

- Venue One: Feeling Like a Star: stress management and relaxation through play
- Venue Two: Acting Like a Star: emotional awareness and communication
- Venue Three: Chillin' Like a Star: by understanding nutrition as well as exercise and fitness
- Venue Four: Livin' Like a Star: understanding positive character traits and making connections with other people.

### **Return & Reunion for Spouses**

As spouses come close to the end of the deployment stress and anxiety can sometimes take over. The target audiences are spouses of returning service members. Subject matter experts are utilized for this workshop, as to ensure that all questions are answered fully.

#### *Workshop Focuses:*

- Where you've been during deployment
- Expectations and realizations
- Sharing the Love
- PTSD and COS, the difference
- Tools and Resources
- Let Breathe

### **Post Deployment Support Group:**

Post Deployment support group offers a place where spouses can meet once a week in an informal setting and discuss any concerns they may have and/or may be experiencing.

There is no pressure or obligation to come to the group or participate in any discussion. This support lets spouses know that they are not alone and that there are resources that can help the family as a whole through the process of post deployment.

### **In the Mist**

In the Mist, the theme is "Survival of the Finest". The goal is to develop and enhance tools needed for inner strength and endurance during separation and deployment. Objectives are addressed in a separate venue, lasting no more than 30 minutes each.

*Objectives covered will be:*

- Gain tools through education
- Enhance communication skills
- Teach or enhance techniques of relieving stress
- Encourage spouses to network and trust their secondary family (friends and neighbors with the military community)
- Relaxation tools

**Please contact Ivette Bennett, Readiness and Deployments Support Trainer at [bennettir@usmc-mccs.org](mailto:bennettir@usmc-mccs.org) to sign up for sessions.**



## **Return & Reunion for Children**

Is structured to give children and parents the tools to positively and successfully adjust to the return of the deployed parent. It will take one hour and thirty minutes to complete all objectives. Children will express their feelings through facilitated discussions about how they feel about the homecoming of the deployed parent.

### **Learning Objectives:**

Through the use of a puppet show, song, or poem, how the reunion may affect a child and the things that they may worry about. For the older children, they will learn that a journal can be a tool for expressing and identifying thoughts and feelings.

Age Groups:

4-5 years old

6-8 years old

9-12 years old

13-18 years old

## **Beyond the Brief**

Beyond the Brief is a series of workshops aimed at addressing topics identified as needing more discussion. The topics covered are fluid, meaning they respond to the needs of the population. There are 6 workshops that can be offered to an open audience or at the request of individual commands. Each workshop should last no more than 2 hours, and will be facilitated by a subject matter expert in that particular subject.

*At this time the 6 workshops topics offered are:*

- Coping with Deployment
- Safe and Sound at Home
- Financial Planning
- Casualty Assistance Process
- Effects of Combat Operational Stress on the Marines and Families
- Emotional Cycle of Reunion for couples (Honeymoon, Disturbance, Adjustment, Acceptance)

## Life Skills Program

MCFTB Life Skills Program offers 5 workshops for Marines and family members. LifeSkills is here to support the Command and family too. The Life Skills trainer will coordinate the resource education and training needed to meet the changing challenges of the military lifestyle. This program addresses life competencies such as stress management, parenting teens and tweens, financial management, and elder care.

### 5 Workshops offered By the Life Skills Program

- 1. Aging Parents & Elder Care** is a two and half-hour workshop targeted to Baby Boomers, active duty, civilians, retirees and any one who may be faced with caring for an aging parent/parents.
  - This workshop is designed to give you tools to help you make informed choices regarding care options.
  - Get the help you need to recognize the stages of care giving, define what home care is, learn what resources are available to avoid "caregiver's burnout," and learn about the 40-70 Rule.
- 2. Family Care Plan** A family care plan ensures personal readiness of service members and reduces family related stress. (MCO 1740.13A) The purpose of this is not to wait until unexpected deployments, accidents or deaths. A Family Care Plan is targeted to all active duty married and single parents with custody of dependent child/children and family members. This workshop will take approximately 3 hours, this will allow for questions and additional resource information.

#### *Information covered:*

- Understanding a power of attorney
- Guardian's agreements
- Financial matters
- Logistical matters
- Medical matters
- Resources

**3. Four Lenses Workshop** offered to all Active Duty Marines, family members, civilians and retirees, approximate time is 2-3 hours. Four Lenses will teach participants how to understand their own personality traits. They will learn how their personality traits mesh with the other personalities at work, home and school.

**4. Leadership Skills Workshop** Will help participants to understand the importance of fostering positive attitudes, building strong communication, build self-esteem and independence. Offered to all Active Duty Spouses, and is best to be taken after spouses have taken a Four Lenses workshop.

*Workshop will include:*

- It all starts with me
- Communicating effectively to ensure success
- Dealing with challenging personalities

**5. Conflict Management Workshop** A two hour work shop that focuses on:

- What is conflict
- The difference between destructive and constructive outcomes of conflicts
- Win/Win Approach



## **PREP**

### *Prevention and Relationship Enhancement Program*

PREP is designed to teach couples communication skills and ground rules for handling conflict and promoting intimacy, with the aim of preventing future marital problems and divorce. Marriage PREP is a one-day workshop for engaged and married couples. Duration of workshop is 7 hours.

#### **PREP IS FOR YOU IF:**

- You're involved in a close relationship such as seriously dating, an engagement, or a marriage;
- You want romance and passion in your marriage;
- You'd like to be able to talk together as friends;
- You'd sometimes like to shut out all of life's hassles and just be together;
- You're determined to knock down those communication walls that creep up with time and stress.

**Please contact MCFTB Office, at [mcftbquantico@usmc-mccs.org](mailto:mcftbquantico@usmc-mccs.org) to sign up for sessions.**

## **FAMILY READINESS PROGRAM**

### **Family Readiness Command Team**

Led by the Commanding Officer, is responsible for providing guidance and support to Marines and their families. The team includes: CO, the XO, the SgtMaj., the FRO, the Chaplain, senior spouses, and a Family Readiness Advisor.

#### *Training Outline:*

- Family Readiness Command Team Member Roles, Responsibilities, and Requirements
- Funding Administration
- Volunteer Management Program
- Family Readiness Communications
- Readiness and Deployment Support
- Supporting Agencies and Resources

Training: 2.5 hours

### **Family Readiness Officer**

Is a member of the unit who provides oversight and coordination of all aspects of family readiness for the Family Readiness Command Team, to include official communication to all members of a Marine's family.

#### *Training Outline:*

- Family Readiness Officer Roles and Responsibilities
- Official Communication
- Information and Referral Services
- Readiness and Deployment Support
- Volunteer Management Program
- Funding Administration

Training: 6 hours



## **Family Readiness Volunteers**

Are spouses and/or designated parents/extended family members of Marines that support and assist the unit commander and Family Readiness Officer in the execution of the Unit Family Readiness Program.

### **Training Outline:**

*(Family Readiness Assistants)*

- Family Readiness Assistant Roles and Responsibilities
- Effective Communication
- Gathering Resource Information
- Supporting Families
- Knowledge, Skills, and Abilities

Training: 7 hours

*(Family Readiness Advisors)*

- Family Readiness Advisor Roles and Responsibilities
- Communication
- Family Outreach
- Administrative/Logistical
- Knowledge, Skills, and Abilities

Training: 7 hours

**Please contact Gail Clements, Family Readiness Program Trainer at [clementsmt@usmc-mccs.org](mailto:clementsmt@usmc-mccs.org) to sign up for sessions.**



