

## Our Programs

### L.I.N.K.S.

Becoming part of the Marine Corps family can be difficult when there is no one to show you the ropes! Volunteers in the Lifestyle, Insight, Networking, Knowledge, and Skills (L.I.N.K.S.) program are dedicated to welcoming other family members into the community and helping them cope with life challenges in "The Corps."

### Family Readiness Program

Provides training for the Command Team, FRO, Family Readiness Advisor, and Family Readiness Program Assistants on their roles and responsibilities in the Unit Family Readiness Program.

### Readiness & Deployment Support

Preparing for a Deployment or Separation doesn't have to be stressful. Gather information on pre-deployment, during deployment support, and return and reunion resources.

### LifeSkills Training & Education

LifeSkills workshops are interactive workshops that emphasize the enhancement and/or development of skills and values; such as teamwork, conflict management, communication skills, self-esteem for adults and teens, and understanding personality differences.

### Prevention & Relationship Enhancement Program

A fresh approach, based on 20 years of research, to teach couples (premarital and marital) how to communicate effectively, work as a team, manage conflicts without damaging closeness, and preserve and enhance commitment and friendship. Trained and certified personnel teach couples the skills associated with good relationships through specific steps and enlightening exercises.



### Quantico Marine Corps Family Team Building (MCFTB)

Quarters 126  
Quantico, Virginia

**703-634-2678**

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**Family Readiness  
Program Manager**  
703-784-2687

**Administrative Specialist**  
703-634-2678

**LifeSkills Trainer/  
Readiness & Deployment  
Support Trainer**  
703-634-2672

**L.I.N.K.S. Trainer**  
703-634-2663

**Family Readiness Trainer**  
703-634-2765

**PREP POC**  
703-784-2518



## Marine Corps Family Team Building



## Quarterly Calendar of Events

**January-March  
2013**





## Lifestyle, Insight, Networking, Knowledge, & Skills (L.I.N.K.S.)

### January

9 Team Meeting 1800-1900 RFSC Rm 125  
15 LINKS for Spouses 0830-1630 RFSC Rm 133

### February

5-7 LINKS for Spouses 1800-2130 RFSC Rm 125  
12 Team Meeting 1800-1900 RFSC Rm 125

### March

6 Team Meeting 1800-1900 RFSC Rm 125  
19 LINKS for Spouses 0830-1630 RFSC Rm 133  
22 LINKS for Marines 1130-1600 RFSC Rm 125

## Prevention & Relationship Enhancement Program (PREP)

### January

4 PREP Session 0800-1600 RFSC

### February

1 PREP Session 0800-1600 RFSC

### March

1 PREP Session 0800-1600 RFSC

## Family Readiness Program

### January

14 CO/E9 Training 0900-1200 RFSC  
18 Command Team 0900-1100 RFSC  
23 FRO Training 0800-1600 GRC  
24 adv/Asst Training 1200-1500 RFSC  
30-31 e-Marine Training 0800-1500 RFSC  
31 e-Marine Lab 1330-1430 RFSC  
(New Google Reports)

### February

6 FRO Training 0800-1600 GRC  
13 adv/Asst Training 1700-2000 RFSC  
22 Command Team 0900-1100 GRC  
27 e-Marine Lab 0900-1030 GRC  
(Engaging Your Audience)

### March

6 FRO Training 0800-1600 RFSC  
8 Command Team 0900-1600 GRC  
18 adv/Asst Training 0900-1230 RFSC  
22 e-Marine Lab 0900-1030 GRC  
(Calendars)  
27-28 e-Marine Training 0800-1500 GRC

## Marine Corps Family Team Building

### February

5 Coupon Exchange 1000-1300 RFSC Rm 133

### March

14 Emptying the Nest 1700-2000 RFSC



## LifeSkills Training & Education

### January

15 Healthy Blended Families 1730-1900 RFSC Rm 137  
25 Who Moved My Cheese? 1130-1300 RFSC Rm 133

### February

20 5 Love Languages 1800-1930 RFSC

### March

7 Caring for Your Loved Ones Part I 1130-1230 GRC Rm 146  
14 Caring for Your Loved Ones Part II 1130-1230 GRC Rm 227  
21 Who Moved My Cheese? 1700-2000 RFSC

## Readiness & Deployment Support

### January

23 Support Group for Spouses 1130-1230 LINKS Lounge

The mission of Marine Corps Family Team Building (MCFTB) is to foster personal growth and enhance the readiness of Marine Corps families, which will enable them to understand and successfully meet the challenge of the Marine Corps lifestyle.

The intent is to build a strong bond between the service member, their family, and the Marine Corps.

All MCFTB programs are FREE\*.