



Marine and Family Programs Personal & Professional Development offers a variety of **resources and opportunities** which support and enhance the quality of life for all Active Duty service members, Retirees, and Family Members.

Striving to improve **quality of life is our mission**, and customer service is our top priority. We want to ensure that your needs and the needs of your family are met every day to promote both personal and family stability and give you peace of mind about what is important in your life.



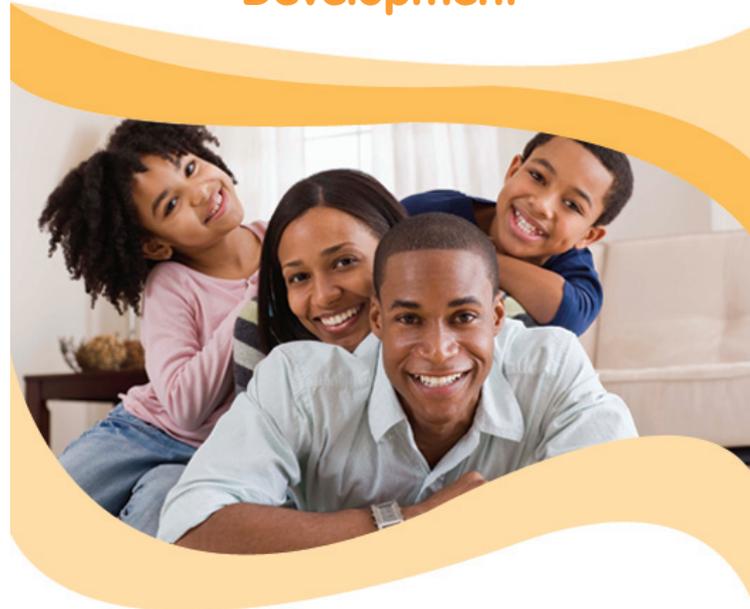
Religious and Family Services Annex
3019 Embry Loop
Quantico, VA 22134

703-784-2659

www.quantico.usmc-mccs.org



Marine and Family Programs Personal & Professional Development



**Taking care of Marines, Sailors,
 and their Families through:**





**PERSONAL FINANCIAL
MANAGEMENT PROGRAM (PFMP)**
703-784-2650
www.quantico.usmc-mccs.org/PFMP

Let us help you get started on your road to financial independence today!

Join us for one of our workshops:

Financial Planning

Goal Setting/Income Tax

Money Management

Credit/Debt Management

Investment Planning

TSP/Savings Bonds

Retirement & Estate Planning

Benefits/REDUX




**TRANSITION ASSISTANCE
MANAGEMENT PROGRAM (TAMP)**
703-784-2511/4963
www.quantico.usmc-mccs.org/TAP

We provide resources and assistance to enable all separating service members and their families to make a successful transition from military to civilian life.

Services we offer:

Pre-Separation Counseling

Employment & Relocation Assistance/Reserve Affiliation

Transition Assistance Program Workshop

Making Career Decisions/Winning an Interview

Individual Transition Plan (ITP)

Career Goals/Plan of Action

Employment Assistance

Job Fairs/Preparing Resumes/Coaching

Verification of Military Experience & Training (VMET)- DD Form 2586

*VMET List Military Job Experience & Training
Obtain yours at www.dmdc.osd.mil/vmet*




**RELOCATION ASSISTANCE
PROGRAM (RAP)**
703-784-4961
www.quantico.usmc-mccs.org/RAP

Our mission is to help make your Permanent Change of Station (PCS) move stress free!

Call us about:

Welcome Aboard Packages/Orientations

Get the Knowledge About Where you Will be Going

Lending/Loan Lockers

Furniture/Kitchen Ware/and Much More

Installation Specific Information

Phone Numbers/Activities




**FAMILY MEMBER EMPLOYMENT
ASSISTANCE PROGRAM (FMEAP)**
703-784-3232
www.quantico.usmc-mccs.org/FMEAP

Achieve your goals through employment education or volunteerism.

Attend one of our service programs:

Career Counseling/Assessments

What Work is Best Suited for You

Education Workshops

Resume Writing/Job Interview/Federal Employment

Volunteer Opportunities

Entrepreneur Business Opportunities




RETIRED ACTIVITIES OFFICE (RAO)
703-784-3351
www.quantico.usmc-mccs.org/RAO

We are here to provide information and assistance to Retirees of all services, spouses, widow/widowers.

We can assist with:

PMO/ID Card Information

Survivor Benefits

TRICARE Information




INFORMATION & REFERRAL (I & R)
703-784-2659
www.quantico.usmc-mccs.org/InformationReferral

One stop shop for information, designed to meet the challenges of the mobile military lifestyle.

Information available:

MCB Quantico Installation

MCCS/Events/Activities/Resources

Community

Local Community Resources

