

## OUR MISSION = HEALTHY FAMILIES

The Marine Corps supports healthy Marine families and has established programs and procedures to promote healthy family development. The Family Advocacy Program specializes in preventing child abuse and domestic violence but also offers a wide scope of treatment and education services that can benefit many service members and their family members.

Our program supports families who are vulnerable to stress by providing information and education; treatment through counseling; and other services in order to strengthen the family or individual. *(See MCO 1754.11. for more information about FAP's policies and procedures)*

## CLINICAL COUNSELING

Our clinical team offers both case management and short-term, non-medical, solution focused counseling. Issues we can assist with include family conflicts; work conflicts; grief and loss; parenting; marital issues; and many other topics. Clinical counseling includes assessment; intervention; and treatment.

Counseling services encompass a wide scope of therapeutic services to address the stressors facing today's service members and their families. We also work closely with our MCCS partner Community Counseling Program to meet our patron's needs. Call us today to learn more about our services.

*"In order to get to a healthier and more productive place, we need to give up our fear of conflict, turmoil, and resistance."*

Dr. John Gottman



## FAMILY ADVOCACY PROGRAM CONTACT INFORMATION

### Main Side Office:

2034 Barnett Ave, Quantico, VA 22134  
703-784-2570

### Camp Barrett/TBS Office:

24009 Montezuma Ave, Quantico, VA 22134  
703-432-6442

**VA Helpline Number: 703-350-1688**

"Like" us on Facebook at QuanticoFAP



## ADDITIONAL MCCS BEHAVIORAL HEALTH SERVICES:

- **New Parent Support Program (NPSP)**  
703-784-4248
- **Community Counseling Program (CCP)**  
703-784-3523
- **Consolidated Substance Abuse Counseling Center (CSACC)**  
703-784-3502



We honor the diverse needs of our LGBT community and hope you will feel welcome in our programs and services. Please let us know how we can best serve you.

## MCCS Behavioral Health Programs

# Family Advocacy Program



*Building Healthy Relationships  
and  
Improving the Quality of Life*

# PREVENTION & EDUCATION

Our prevention and education program helps clients learn practical skills for problem solving; maintain and develop successful relationships; enhance parenting skills; and how to better manage stress and anger. We also offer a wide scope of prevention services to include community education and awareness; professional education; and assistance with unit and command training. Call 703-784-2570 for more information or to register.

## EVIDENCE BASED CURRICULA:

- Century Anger Management:** This class meets once a week for 8 weeks to discuss topics such as empathy; stress; assertive communication; self-talk; respond versus react; adjusting expectations; forgiveness and time-out.
- Coping With Work and Family Stress:** This class meets once a week for 6 weeks and focuses on building active coping strategies such as increasing your positive social support system; increased problem-solving; and developing personal stress management plans.
- Triple P (Positive Parenting Program):** We offer seminars for parents with children ages 0-12 and also parents of teens. In addition to the 3 part seminar series, we offer over 50 tips that address a wide-range of parenting concerns.
- Within My Reach:** This class meets once a week for 5 weeks and helps individuals make better decisions in intimate relationships. Topics include examining the safety of your relationship; looking at your history; and communication skills to enhance current and future relationships.
- Married and Loving It:** This one-day workshop offers education on communication; finances; anger and conflict; and making everyday decisions in marriages.

## ADDITIONAL SERVICES AND CLASSES:

- Warriors Stress Management:** Stress Education, Diet, and Yoga, offered bi-monthly at Barber Physical Activity Center.
- Co-Parenting:** A child-focused class for individuals that are divorcing or separating.
- SAFE (Stop Abuse With Family Education):** A half-day class for couples reuniting following a protective order.
- Becoming a Love and Logic Parent:** Class offered by request only.
- 24/7 Dad:** A class for dads led by male facilitators.
- Victim Advocacy Led Groups:** WAKE, Through a Child's Eyes, and Safe Dates
- STOP Group (Skills Options Techniques and Plans):** A 16-week domestic violence education group led by clinical staff. Separate groups for men and women.
- D2L (Darkness to Light):** Two hour workshop focused on preventing child sexual abuse.
- COSFA (Combat Operational Stress First Aid):** Unit Training
- Cozy By The Fire:** Special retreat style workshop offered off-site at PW Forest Park.
- Trauma Resiliency:** Training for professionals or units to learn about how early childhood trauma impacts our adult resiliency.

# VICTIM ADVOCACY

Our victim advocates provide information, guidance, and support to victims of domestic violence and sexual assault 24 hours a day, 7 days a week. They are specially trained first responders that provide emotional support to victims; advise them of their rights, explore options and resources such as shelters and protective orders, establish safety plans, link survivors to civilian and military resources, and can accompany and support victims through medical and legal proceedings.

There are two ways to report abuse - Unrestricted and Restricted.

- Unrestricted Reporting:** Adult victims of domestic abuse who wish to pursue an official investigation of the incident should use unrestricted reporting. This reporting procedure will notify chain-of-command and law enforcement. All reports of child abuse are unrestricted.
- Restricted Reporting:** Restricted reporting is only available to adult victims. It allows the victim of domestic abuse access to medical and victim advocacy services without command or law enforcement involvement. Restricted reporting may encourage victims to feel more comfortable and safe about reporting domestic abuse. If children are present, report must be unrestricted.

To speak with a victim advocate, call 703-784-2570 or 703-350-1688 for the 24/7 Helpline.