

**MARINE CORPS COMMUNITY SERVICES
MARINE & FAMILY PROGRAMS DIRECTORY**

MARINE CORPS RECRUIT DEPOT/WRR

SAN DIEGO, CA 92140-5290

COMM: (619) 524-5732

DSN: 524-5732 FAX: (619) 524-0675

TOLL FREE: 1-888-718-3027

www.mccsmcrd.com

- This booklet describes the MCCA programs available at MCRD and provides contact information.
- MCCA Programs Newsletter is also published quarterly with information on events and stories of interest.
- Please contact the number below if you are interested in receiving the MCCA Programs Newsletter.

If you would like additional copies of this booklet, or have any questions, please contact **Perlita Rodriguez**.

Personal & Professional Development

MCRD, San Diego

(619) 524-5732

Toll free: (888) 718-3027

E-mail: perlita.rodriguez@usmc.mil



**MARINE & FAMILY
PROGRAMS
DIRECTORY**

**MARINE CORPS RECRUIT DEPOT/
WESTERN RECRUITING REGION
SAN DIEGO, CA**

JANUARY - JUNE 2011



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Military Outreach Ministry, San Diego	(619) 461-4164
Museum, Gift Shop/Education	(619) 524-8388/6038
Museum, Historical Society	(619) 524-4426
Naval Medical Center Information	(619) 532-6400
- Appointments	(619) 532-8225
- Emergency	(619) 532-8274
Navy Lodge	(800) 628-9466
Navy-Marine Corps Relief Society	(619) 524-5734
Navy Federal Credit Union	(800) 842-6328
NTC Overseas Screening	(619) 524-0562
Operator, MCRD	(619) 524-1011
Operation Homefront	(866) 424-5210
Optical Appointment (Balboa Naval Hospital)	(619) 532-9830/5357
Pacific Marine Credit Union	(800) 736-4500
Poison Information Center	(800) 876-4766
Post Office	(619) 524-4399
Provost Marshall Office	(619) 524-4202
PMO, Vehicle Registration	(619) 524-4200
PMO, Fingerprint Section	(619) 524-4128
Recreation Center	(619) 524-4446
Recruit Training Regiment (RTR)	(619) 524-1775/ 1772
Recruit Photos	(619) 296-3840
Recruit Graduation Videos (Recruit PX)	(619) 725-6296
Recruit Sales	(619) 725-6279/6325
Substance Abuse Counseling Center	(619) 524-1832
SATO	(619) 524-5254
Tailor Shop	(619) 296-2071
Taxi Cab, Green Ride	(619) 200-2060
Tickets and Tours	(619) 725-6343/6304
TMO Passenger Section	(619) 524-5362
TMO Household Goods Section	(619) 524-5369
TRICARE Customer Service	
West Region, TriWest	(888) 874-9378
North Region, Health Net	(877) 874-2273
South Region, Humana	(800) 444-5445
Thrift Store, Navy-Marine Corps Relief Society	(619) 556-8624
Thrift Store, AMVETS	(619) 297-4200
Uniform Shop—Cash Sales (MCRD)	(619) 725-6355
United Concordia	(800) 866-8499
USO Downtown	(619) 235-6503
USO Airport	(619) 296-3192
Veterans Village of San Diego (VVSD)	(619) 497-0142
Women, Infants, Children (WIC)	(800) 500-6411



I&R Resources

Exchange, MCRD (Main Switchboard)	(619) 725-6200
Education, Lifelong Learning	(619) 524-6865
Family Advocacy Program, MCRD	(619) 524-0465
Fire Department Dispatcher	(619) 524-6999
Fisher House	(619) 532-9055
Fitness Center, MCRD	(619) 524-4428
Family Readiness Officers/LINKS Trainers (MCRD/WRR)	
H&S BN, Becky Roman	(619) 524-0160
RTR, Michelle Pritchard	(619) 524-8087
1STBN, Celeste Howard	(619) 524-8907
2NDBN, Yesenia Rodriguez	(619) 524-8347
3RDBN, Michelle Hamilton	(619) 524-8089
SPTBN, Margie Arvayo	(619) 524-0601
WFTBN, Lori Abrego	(760) 763-7351
WRR, Mellissa Trevino	(619) 524-8241
12thMCD, Dan Dean	(619) 542-5568
LINKS Coordinator, TBD	
9thMCD, Dave Gutierrez	(816) 843-3900
LINKS Coordinator, Jennifer Jacobson	(816) 843-3985
8thMCD, FRO TBD	(817) 868-8029
LINKS Coordinator, Patricia Grubb	(817) 782-6707
MCRD San Diego,	
LINKS Coordinator, Patty Kalaye	(619) 524-8104
Family Readiness, MCFTB	(619) 524-0916
Food Stamp Program	(866) 262-9881
Food Bank, San Diego	(866) 350-3663
Help Desk, G-6	(619) 524-1390
Home Store, MCRD	(619) 725-6266
Housing Office, Naval Station, San Diego	(619) 556-8443
Human Resources (NAF), MCCS MCRD	(619) 725-6226
Human Resources (GS), MCRD	(619) 524-6918
ID Card Facilities	
Marine Corps Recruit Depot	(619) 524-8741
MCAS Miramar	(858) 577-1421
Camp Pendleton	(760) 725-2768
Naval Station San Diego	(619) 556-9249
Naval Base Coronado	(619) 427-2199
Naval Hospital Balboa	(619) 532-6232
Naval Air Station North Island	(619) 545-9501
Legal Assistance Office	(619) 524-4110/4111
Library	(619) 524-1849
Lincoln Military Housing	(619) 556-9610
Marine Corps Exchange, MCRD	(619) 297-2500
Marketplace	(619) 725-6546
Marketing Department, MCCS	(619) 524-6400
Mental Health Unit (MCRD)	(619) 524-4051/4914
Medical Clinic, MCRD	(619) 524-4045
Medical Clinic Optical, MCRD	(619) 524-4053
Military Family Life Consultant (MFLC)	(619) 623-4354
Military One Source	(800) 342-9647

PERSONAL & PROFESSIONAL DEVELOPMENT

(FORMERLY MARINE & FAMILY SERVICES)

EDUCATION & CAREER SERVICES

- EDUCATION
- CAREER
- FINANCIAL MANAGEMENT

RESOURCES

- LIBRARY
- INFORMATION & REFERRAL
- RELOCATION ASSISTANCE
- RETIRED AFFAIRS

**PLEASE JOIN US FOR THE
COMMANDING GENERAL'S
WELCOME ABOARD!**



- Find out how to make the most of your new duty station and the San Diego area
- Receive valuable information about services and programs
- Take a bus tour of the depot
- Browse the Info Expo and meet the MCCS staff

18 JAN	15 FEB	15 MAR	19 APR
17 MAY	21 JUN	19 JUL	16 AUG
20 SEP	18 OCT	22 NOV	_____

When: Welcome Aboard Schedule 2011
Where: Personal & Professional Development, Bldg 14
Time: 0830 - All Dates

Open to all Active Duty, Family Members,
Retirees, NAF and DoD Civilians

Family members are very welcome
and encouraged to attend

*Free Child Care available by calling Marine Corps Family Team
Building at (619) 524-0916

The Welcome Aboard is mandatory for all inbound military personnel.

Call Jim Yost
Relocation Assistance Office (619) 524-5298

Toll Free: 1-888-718-3027

WELCOME to MCRD San Diego!



I&R Resources

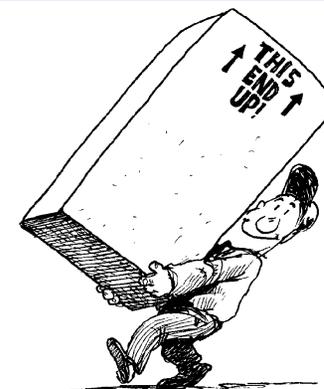
24/7 DStress Line	(877) 476-7734
24/7 Suicide Hotline	(800) 479-3339
24/7 Victim Advocate	(619) 279-6113
American Red Cross	(619) 542-7400
	(800) 951-5600
Armed Services YMCA	(858) 751-5755
Athletics Department	(619) 524-6058
Auto Hobby	(619) 524-5240
Auto Service Center, Mini Mart	(619) 725-6375
Auto Service Center, Parts	(619) 725-6360
Auto Service Center, Service	(619) 725-6464
Auto Service Center Office, Retail	(619) 725-6363
Barber Shop	(619) 524-4432
Bay View Restaurant	(619) 725-6344/6356
Bay View Catering	(619) 725-6265
Better Business Bureau	(858) 496-2131
Billeting, MCRD	(619) 524-4401
Billeting, Miramar MCAS	(858) 271-7111/4233
Billeting, Navy	(877) 628-9233
Billeting, Camp Pendleton	(760) 430-4702
Boathouse Marina	(619) 524-5269
Branch Dental Clinic (MCRD)	(619) 524-4005
Branch Medical Clinic (MCRD)	(619) 524-4036
Branch Optical (MCRD)	(619) 524-4053
Branch Mental Health Unit	(619) 524-4051
Camping Connection	(619) 524-6180
Cash Office, MCRD	(619) 725-6424
Cash Sales	(619) 725-6477
Cellar Sales Floor	(619) 725-6353
Chaplain's Office	(619) 524-8820
Child Development Center, MCRD	(619) 524-4430
Child Care Referral Line (Military)	(877) 235-6002
Child Care, YMCA Childcare Resource Service	(800) 481-2151
CREDO	(760) 725-4954
Dental, MCRD Clinic	(619) 524-4005/4009
Dental, United Concordia CONUS	(800) 866-8499
Dental, United Concordia OCONUS	(888) 418-0466
Dental, United Concordia Enrollment/Billing	(888) 622-2256
Delta Dental (Retirees)	(888) 838-8737
DEERS	(800) 538-9552
Dry Cleaners	(619) 542-1949

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RELOCATION ASSISTANCE PROGRAM (RAP)

Your Relocation Assistance Program (RAP) provides service members and family members with inbound/outbound relocation assistance. Relocation services include welcome aboard packages, videos, lending locker, access to the internet, and various other relocation tools to help alleviate the stress involved in the relocation process.



Hours of Operation: Monday - Friday 0730-1600
Tel: (619) 524-5298

PCS PREP WORKSHOP 2011

“Know Before You Go”

13 JAN	14 APR	14 JUL	13 OCT
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Time: 1300

Place: Personal & Professional Development, Bldg 14, MCRD San Diego

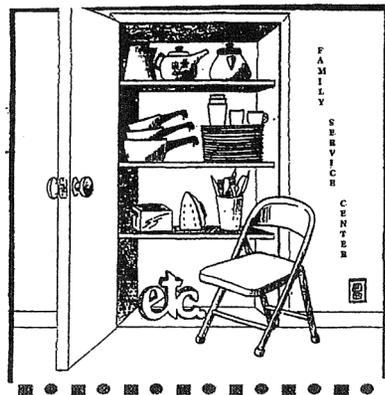
This program is recommended for those who will be making a PCS move within the next six months. Helpful information on the following topics: • pay • benefits and entitlements (MilPers/IPAC) • household goods and personal property shipments, and more will be provided.

FOR RESERVATIONS OR INFORMATION CALL JIM YOST
RELOCATION ASSISTANCE OFFICE AT (619) 524-5298

RELOCATION ASSISTANCE PROGRAM

LENDING LOCKER

You should see what we've got in our Lending Locker!
*Dishes & Silverware * Pots & Pans * Playpens * Car Seats*
*High Chairs * Irons * Toasters*



RELOCATION SERVICES

Arrival Services

Welcome Aboard Packages (WAP)
Child Care Referral Information
Housing Information
Depot Welcome Aboard

Pre-departure Services

Individual Needs
Assessment/Referral
Smooth Move Brief
View Installation Videos
Tripmaker Maps (CONUS)
Internet access for relocation needs
WAP (Welcome Aboard Package) Requests



FITNESS CENTER - The fitness center offers the latest in state-of-the-art fitness/wellness programming. It provides the opportunity to enjoy individualized and/or group activities. Individual assessment and instruction at all levels is readily available from a highly competent, professional staff. Programs include: personal fitness training, weight management, comprehensive group exercise classes, endurance challenges, strength training, and more. **(619)524-4427**

HEALTH PROMOTION - Your healthy lifestyle resource! Look for monthly health programs & events, sign up for email newsletter, contact us for nutrition counseling, etc. Friend us on Facebook: MCCS MCRD Semper Fit Health Promotions. Follow us on Twitter: MCRDHealthPromo. Call **(619) 524-8913. Choose well, live well.**



RECREATION CENTER - This facility is the social center for the Depot. "The Locker Room Sports Bar & Grill," twelve lanes of bowling, computer room, fifty person theater, arcade room, and a billiards room are all housed here. **(619)524-4446**

TICKET OFFICE - The Ticket Office offers tickets for San Diego and other Southern California attractions/events to the military community at competitive rates to the civilian market. **(619)725-6343**



SINGLE MARINE PROGRAM (SMP) - This program supports the overall quality of life for Marines and Sailors stationed aboard MCRD. SMP encourages single Marines to plan recreational and social activities, and offers them the opportunity to participate in and contribute to their respective communities. **(619)524-8240**



AUTO HOBBY SHOP - This facility assists authorized patrons with their automotive projects. On staff are qualified mechanics who provide training and advice to customers to help guide them to the successful completion of the project. **(619)524-5240**

ATHLETICS - The Athletic Department offers an intramural program, varsity program, and plays host to competitions sponsored by HQMC. The Boot Camp Challenge is just one of the many annual events coordinated by the Athletic Department. It is part of Fleet Week and plays a key role in providing good community relations with the City of San Diego. **(619)524-6058**



BOATHOUSE AND MARINA - Located on the water and adjacent to a beautiful recreation area, the Boathouse plays host to many unit functions. It offers the MCRD Community water related options for their "leisure time." Motorboats, sailing, fishing equipment, surfboards, soft boards, boogie boards, canoes, paddle boats, and wet suits are just some of what is offered at the MCRD Boathouse. They also provide basic sailing lesson at a minimal cost. The picnic areas are available at no charge to all active duty from any Command in this region, retirees, and Department of Defense employees. **(619)524-5269**

CAMPING CONNECTION - Not only does Camping check out tables, chairs, canopies, etc. to base personnel, they also specialize in helping people with outdoor activities including gear check-out. The Camping Connection serves its customers in meeting their outdoor recreational needs. **(619) 524-6180**



CAREER RESOURCE MANAGEMENT CENTER

PERSONAL & PROFESSIONAL DEVELOPMENT
BLDG 14, MCRD, SAN DIEGO

MONDAY - FRIDAY 0730-1600



TAP/VAAP TRANSITION PROGRAMS

TRANSITION ASSISTANCE PROGRAM (TAP) is available at MCRD to all transitioning and/or retiring service members and their spouses. These classes provide information and assistance to help service members make an effective transition from military to civilian life.

ALL MARINES ARE REQUIRED TO ATTEND TAP WITHIN THE LAST 180 DAYS PRIOR TO SEPARATION. WE ENCOURAGE YOU TO ATTEND AT LEAST ONE YEAR PRIOR TO EAOS AND 2 YEARS PRIOR TO RETIREMENT.

- The TAP class begins on Monday and ends at midday

- on Friday.
- The workshop curriculum is geared toward enabling service members to identify career paths and provide them instruction on how to present their skills to match that career.
- Workshop participants also learn about VA benefits, including disability insurance, education and training, home loans, health care benefits, and other programs.

VETERANS ASSISTANCE ADMINISTRATION PROGRAM (VAAP) is offered twice a month. This comprehensive four day work shop covers topics such VA compensation and preparing yourself for work after the military.

It is offered to assist those veterans who are separating for medical reasons.



All classes are held in the Personal & Professional Development Classroom, Bldg 14. For more information, call Mina Threat CRMC (619) 524-1283/8440

**2011
TAP/VAAP CLASSES
FOR MCRD SAN DIEGO**

TAP SCHEDULE		VAAP SCHEDULE			
3-7 JAN	31 JAN - 4 FEB	10-13 JAN	24-27 JAN	7-10 FEB	22-25 FEB
28 FEB - 4 MAR	4-8 APR	7-10 MAR	21-24 MAR	11-14 APR	25-28 APR
2-6 MAY	6-10 JUN	9-12 MAY	23-26 MAY	13-16 JUN	27-30 JUN
5-8 JUL	1-5 AUG	11-14 JUL	25-28 JUL	8-11 AUG	22-25 AUG
6-9 SEP	3-7 OCT	12-15 SEP	26-29 SEP	11-14 OCT	24-27 OCT
7-10 NOV	5-9 DEC	28 NOV - 1 DEC		12-15 DEC	

Please inform anyone scheduled to attend TAP class
with the following:

- Bring original or a copy of medical record on the third day of class for screening
- Bring signed copy of DD Form 2648 (Pre-Separation Counseling Checklist) from your Unit Transition Counselor
- Classes begins at 0730
- Dress is appropriate civilian attire
- No appointments or duty scheduled during TAP week
- Spouses are highly encouraged to attend

To schedule classes or for additional information, call (619) 524-8440/1283 or email the TAMP Manager, Mina Threat @ mina.threat@usmc.mil.

Personal & Professional Development is located at Bldg 14
behind the Fitness Center.

SEMPER FIT
SPORTS, RECREATION, &
FITNESS PROGRAMS

- ATHLETICS DEPARTMENT
- AUTO HOBBY SHOP
- BOATHOUSE AND MARINA
- CAMPING CONNECTION
- FITNESS CENTER
- HEALTH PROMOTION
- INFORMATION, TICKETS, & TOURS
- RECREATION CENTER
- SINGLE MARINE PROGRAM

BEHAVIORAL HEALTH SERVICES- SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)



SEXUAL ASSAULT PREVENTION AND RESPONSE

The Sexual Assault Prevention and Response (SAPR) Office serves as the single point of contact to facilitate victim support services, promote sexual assault training and awareness, and provide policy and program assistance to commands located aboard Marine Corps Recruit Depot, San Diego, and within the Western Recruiting Region.

The objectives of Installation's SAPR program are to specifically enhance and improve:

- Prevention through training and education
- Treatment and support of victims
- System accountability

Every unit has at least one Uniformed Victim Advocate (UVA) assigned to help lessen the stress of a sexual assault. Unit UVAs have been trained and can offer assistance and support to military victims of sexual assault.

**FOR MORE INFORMATION ON THE SAPR PROGRAM
PLEASE CALL (619) 921-6346**

**24/7 VICTIM ADVOCATE SUPPORT LINE
(619) 279-6113**



FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM (FMEAP)



FMEAP services are available to family members seeking employment. Come in and speak with our counselors about job opportunities, resumes, interview techniques and what it takes to get a job in San Diego. Individual counseling scheduled on request.

For more information call the Career Resource Management Center.

Career And Education Fair

Personal & Professional Development hosts a Career & Education Fair twice a year. The event is open to military active duty and reserve, family members, military retirees, DoD civilians, and other personnel with access to military installations. Come meet over 100 employers/educators. Employment areas being represented: High Tech/Electronic/IT/Law Enforcement/Fortune 500 Companies/Accounting/Administrative/Retail/Sales/Industry/City/County/State/Federal/Aerospace/Engineering.

- **CAREER AND EDUCATION FAIR**
9 FEB 2011, 10 AM - 1 PM
SEMPER FIT FIELDHOUSE, BLDG 650
CALL (619) 524-1283 OR (619) 524-1275 FOR MORE INFORMATION

NEW PARTNERSHIP WITH DEPARTMENT OF VETERANS AFFAIRS - Adjusted VA office hours

As of 4 January, a representative from the Department of Veteran Affairs Office will be on-site at Personal & Professional Development, Bldg 14, for 2.5 days per week until further notice: Tuesday/Wednesday 0730-1600 and Thursday 0730-1200. Ask questions about your VA benefits:

- Medical and Education
- VA Home Loan and etc.

To schedule an appointment, call (619)524-8233/1283/8440

FAX SERVICE

The Career Resource Management Center has a fax machine available to you to fax your resumes or application to potential employers. The service is available to you at no charge.

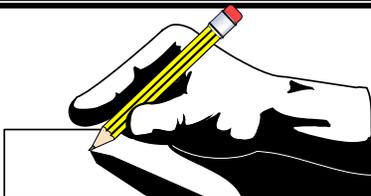
COMPUTER LAB

Use our computers to help you in your job search. Work on your resume and cover letter right where our staff is available to assist you.

FREE INTERNET ACCESS

Take advantage of this service and provide yourself with even more employment opportunities!

RESUME WRITING ASSISTANCE



**TAKE THE FEAR OUT
OF RESUME WRITING -
CALL CRMC.**

- RESUME CONTENT
- RESUME FORMAT
- TIPS AND TECHNIQUES

Learn the skills for writing an effective resume. This step-by-step approach to resume writing will make this challenging task easier. You will learn resume types, formats, basic references, and even start your own resume. Individual assistance is provided in writing resumes and cover letters.

JOB SEARCH

Come in and browse through job listings and announcements from local and out of town employers. We have a wealth of resource material available and staff members are on hand to assist you.

FEDERAL EMPLOYMENT

Learn how to navigate through the federal employment system. Staff will help you familiarize yourself with CHART/Resumix and Resume Writer, a user friendly program for resume preparation.

INTERVIEW SKILLS

Reduce the stress of job interviews by being prepared. Learn those winning interview techniques that will give you the edge over the competition, including how to market yourself and your skills, how to dress for success, and how the interview process works. We provide mock interviews upon request.

For more information about services the Career Resource Management Center offers or to schedule an appointment, call (619) 524-1283/8440.

BEHAVIORAL HEALTH SERVICES SUBSTANCE ABUSE COUNSELING CENTER

**WE'RE HERE
TO HELP!**



**HOW WE CAN
HELP YOU!**

The Substance Abuse Counseling Center provides education, outreach services and counseling for personnel at MCRD. SACC services are dedicated toward awareness, prevention, and providing direct care for those in need. Eligible personnel include active duty and/or their families, retirees and their families, and civilian government employees. Our services are provided in a confidential setting and referrals can be made upon request. Our goal is to provide the best quality care in the most efficient manner. All treatment plans are individually set.

**If you need help or know someone who does, please contact us at:
(619) 524-1835/1837/1832/1912**

Each client is provided with assessment, diagnosis if warranted, and a treatment plan. This is completed through the initial screening and interview. All clients are referred to services accordingly and individual treatment will vary. Out-patient treatment may include education/skill training, therapy groups and 12 step support meetings. Referral to residential treatment may be necessary depending on the severity of the illness. Following a successful course of treatment, aftercare group participation may be recommended. This component provides the client with a more stable foundation for continued abstinence, should that be the need.

SUBSTANCE ABUSE AWARENESS CLASS (SAAC)

SAAC has been designed as a 16 hour prevention education program for substance abuse and first-time offenders. SAAC is open to all Marines and Sailors aboard MCRD.

SUBSTANCE ABUSE CONTROL OFFICER'S TRAINING (SACO)

SACO is a thirty-six hours course conducted by certified Drug and Alcohol Counselors. The course intent is to train unit SACOs with full knowledge of Marine Corps policy on substance abuse and specific knowledge needed to conduct the unit substance abuse program. For further information and schedule of classes, (619) 524-1835/1832/1836.

BEHAVIORAL HEALTH SERVICES PARENT SUPPORT PROGRAM

Baby Boot Camp

A fun and dynamic class for expectant parents addressing numerous topics about your new baby such as diapering, bathing, and soothing your infant as well as what to expect developmentally from your infant and how you can support their growth and development. One or both parents are welcome to attend.

BABY BOOT CAMP CLASS SCHEDULE

25 & 26 JANUARY	22 & 23 FEBRUARY	22 & 23 MARCH	26 & 27 APRIL	24 & 25 MAY	28 & 29 JUNE
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Developmental Testing

In home developmental testing for children 1 month - 5 years of age. Home visitors assess your child's communication, motor skills, problem solving, and social-emotional development. Learn how to enhance your child's development through fun and easy activities.

Activity Mornings For Parents & Tots

Parent Support teams up with L.I.N.K.S. to bring you monthly activity mornings including story time, arts and crafts, movement activities, snack making, and much more. Join us once a month for this fun day. Please register with Heather Chamberlain at (619) 524-0805 or Patty Kalaye at (619) 524-8104.

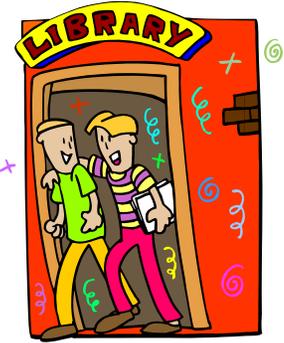
ACTIVITY MORNINGS SCHEDULE BUILDING 6E, 9:30 AM - 11:30 AM

11 JANUARY	8 FEBRUARY	8 MARCH	12 APRIL	10 MAY	14 JUNE
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MCRD LIBRARY YOUR #1 SOURCE FOR...

- ❖ BEST SELLING BOOKS
- ❖ CONFERENCE ROOM
- ❖ DVDs
- ❖ CDs
- ❖ INTERNET
- ❖ WI-FI
- ❖ COPIER
- ❖ CHILDREN'S ROOM
- ❖ TV ROOM
- ❖ 24/7 ONLINE HOMEWORK HELP (TUTOR.COM)
- ❖ MARINE READING LIST



Open 7 Days a Week

Monday-Friday 0830-1800

Saturday 0830-1700

Sunday 1300-1700

<http://www.mccsmcrd.com/>

Bldg 7 West, Parade Deck

(619) 524-1849

mángo[®]
languages

- We offer Mango Language - an online language course
- Register at the Library
- Then, learn languages on your home computer 24/7
- All military branches, DoD civilians, retirees, and family members are welcome.

LIFELONG LEARNING EDUCATION

EDUCATION OFFICE

BLDG 14

(619) 524-1275/6865 • Fax (619) 524-0538

MONDAY - FRIDAY - 0730-1630

Education Services Officer: James Brooks (619) 524-8158

AVAILABLE SERVICES

- **COLLEGE 101**

Students who want to learn about college are advised to attend a College 101 brief before signing a contract with a college or university. It is mandatory that prior to being approved for Tuition Assistance, all Marines must complete the College 101 training. Training is provided by appointment at the Education Center, or on-line at <http://www.mccsmcrd.com/>. If completing the training on-line, print your certificate, sign it, and take a copy to the base Education Center for entry into your student record.

- **TUITION ASSISTANCE (TA)**

Tuition Assistance is available to all active duty service members at 100% of the cost of tuition up to \$250.00 per semester hour for an annual cap of \$4,500 per fiscal year.

- **TEST OF ADULT BASIC EDUCATION (TABE)**

The TABE test measures language, reading, spelling, mathematic computation and applied mathematics for individuals desiring to start college, but have a GT score of 99 or below. Testing can take up to 3 hours. Call for an appointment between 0800-1300.

- **DEFENSE ACTIVITY FOR NON-TRADITIONAL EDUCATION SUPPORT (DANTES)**

DANTES offers no cost testing that include College Level Examination Program (CLEP), High School Equivalency (GED), and over 30 Certification Examinations for professional certification, such as Automotive Service Excellent (ASE) and Liaison Council on Certification for the Surgical Technologists (LCCST). Testing not offered at MCRD. For information on testing locations, contact the Lifelong Learning Education Center.

- **MILITARY ACADEMIC SKILLS PROGRAM (MASP)**

MASP improves skills in reading, writing and mathematics for active duty enlisted personnel. Offered at DANTES testing sites.

BEHAVIORAL HEALTH SERVICES PARENT SUPPORT PROGRAM



Parent Support Program provides individualized services tailored to your family's needs in the comfort of your own home.

Home Visits

Home visitors provide information on a variety of topics, including managing difficult behaviors, preparing for deployment, improving family communication, and providing information and referrals.

Happiest Baby on the Block™

This program teaches parents how to soothe their crying infant and help them sleep longer using Dr. Harvey Karp's proven method. In the comfort of your own home, learn how to turn on your baby's calming reflex from certified educators.

Please contact Terra Pack or Heather Chamberlain at (619) 524-0805 for more information.

BEHAVIORAL HEALTH SERVICES

PREVENTION PROGRAMS 2011

(619) 524-1200

MCRD SAN DIEGO



MONTH	THEME/EVENT	TIME	LOCATION
11 JANUARY	Stalking Awareness for Marines, Spouses, MCRD STAFF (Sign up required)	1400 - 1500	Bldg 6E
9 FEBRUARY	Toddler Training Camp for parents (Sign up required)	0900 - 1200	Bldg 6E
10 FEBRUARY	Underwater Romance for couples (Sign up required)	1700 - 2000	Bldg 6E
19 FEBRUARY	Self-defense for Women Class (Sign up required)	0900 - 1200	Bldg 5E
16 MARCH	Step-parenting Class for parents/stepparents (Sign up required)	1630 - 1730	Bldg 6E
20 APRIL	Happiest Baby on the Block for parents & infants (Sign up required)	1100 - 1230	Bldg 6E
23 APRIL	Self-defense for Women class (Sign up required)	0900 - 1200	Bldg 5E
18 MAY	Preschool Prep Camp for parents (sign up required)	0900-1200	Bldg 6E
21 MAY	Stress Management Event for parents & school age kids (sign up required)	1630 - 1730	Bldg 6E
23 JUNE	My Body Belongs To Me for children ages 5-7 Body Rights Class (Parental permission/sign-up required)	1600 - 1700	Bldg 6E

LIFELONG LEARNING EDUCATION

- **SAILOR/MARINE AMERICAN COUNCIL ON EDUCATION REGISTRY TRANSCRIPT (SMART)**

SMART documents recommended credit for military training in a format that is widely accepted by colleges and universities. Active duty member may request a copy of their SMART from the Lifelong Learning Education Center.

- **SERVICE MEMBERS OPPORTUNITY COLLEGE MARINES (SOCMAR)**

SOCMAR is a contract for degree agreement between the home college and student. The agreement is a degree plan that evaluates all prior learning, lists academic requirements, and guarantees award of the degree when the requirements are met. There are over 1800 SOCMAR colleges/universities.

- **UNITED STATES MILITARY APPRENTICESHIP PROGRAM (USMAP)**

This program provides professional recognition and training in technical occupations. USMAP has national standards registered with the U.S. Department of Labor, Bureau of Apprenticeship and Training. Register and enroll online <http://usmap.cnet.navy.mil>.

- **NON-TRADITIONAL DISTANCE LEARNING PROGRAMS**

Students who find it difficult to attend traditional classes can take advantage of numerous distance learning programs that offer courses in a variety of flexible formats, such as on-line, DVD, or video conferencing.

- **FUNDING YOUR EDUCATION**

Military students have a variety of resources to fund their education. Primarily Tuition Assistance is used, and once exhausted, the student may choose to use the Montgomery GI Bill, Post 9/11 GI Bill, one of the reserve components education funds, as well as apply for federal grants. Military spouses may also apply for federal grants, as well as use the Military Spouse Career Advancement Account (MyCAA) to fund a portion of their education.

- **ATTENDING ON BASE CLASSES**

Class schedules change each semester, check with the education office for a current schedule. Currently, classes are offered Monday thru Saturday. For military spouses attending the day class (1130-1300), child care is provided for a 2 hour period via a reimbursement voucher.

Visit the MCRD Education Office for more information on these and other programs including classes offered by San Diego City College, National University, Columbia College and information about financial aid and the GI Bill. The Education Center is open to all active duty service members, their family members, military retirees and DoD civilian employees.

LIFELONG LEARNING EDUCATION COLLEGE 101 ORIENTATION BRIEF

PROGRAM SCHEDULE

- 0830 College 101
- 0845 Online Academic Skills Course (OASC)
- 0900 Workshop - establish OASC accounts
- 0930 Handout College 101 Certificates

CLASS DATES

19 Jan	16 Feb	16 Mar
20 Apr	18 May	22 Jun

OBJECTIVES

- Required for Tuition Assistance (TA) eligibility
- Informative information on how to enroll in college
- Understanding why a Degree Plan and the Service Members Opportunity College - Marines (SOCMAR) are important
- College 101 training certificate awarded at conclusion of workshop
- Increase GT scores through the OASC program

The training will be held in Bldg 14, Personal & Professional Development classroom. Sign-up for class by calling (619) 524-8158 or 524-1275.

BEHAVIORAL HEALTH SERVICES LIFE SKILLS EDUCATION

COURAGE UNDER STRESS: SURVIVAL TECHNIQUES

Today we often face many stressors such as adapting to constant, rapid change, handling a major life event or being overwhelmed by the juggling of responsibilities. This class will teach you to reverse the burn out phase by the use of techniques to evoke the relaxation response. Take action to handle your stress.

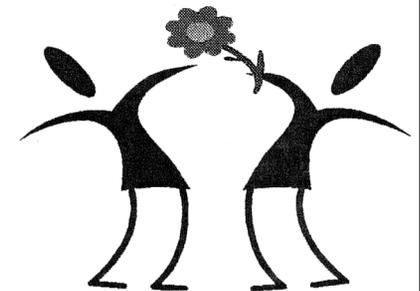
CONFLICT RESOLUTION

The class will provide information through lecture and class involvement, to include skills on communicating and resolving conflict effectively. The approach is to help maintain self respect and build stronger individuals both on the job and in personal relationships.

**BEHAVIORAL HEALTH
SERVICES
MCRD, BLDG 6E
3602 HOCHMUTH AVENUE
SAN DIEGO, CA 92140
(619) 524-0465**

HONORING ANGER: STRATEGIES FOR ACTION

Do you find yourself getting steamed more often than not? If so this class may help you. This class is designed to help you develop strategies to, convert your anger into a productive force. Learn how to honor your feelings while respecting the dignity of others, and how to identify the destructive cognitive processes that lead to negative actions.



REGISTRATION IS REQUIRED FOR ALL CLASSES

For further information, to register for classes or to schedule an intake appointment, (619) 524-1200.



BEHAVIORAL HEALTH SERVICES

TRAINING & EDUCATION

The Family Advocacy Program at MCRD is committed to assisting individuals, families and Marine Corps Commands in creating solutions to problems through training and education. Topics include:

- Domestic Abuse Prevention
- Sexual Assault Prevention
- Stress Management
- Suicide Prevention

PREVENTION

Several classes are offered to help **before** a problem arises.

- Stress Management Class
- Anger Management Class
- Conflict Resolution Class
- Healing the Hurt
- Power and Control

TREATMENT

A Group for Men H.E.A.R.T., "Help End Abusive Relationships Today", is designed to educate and help Marines understand abusive behavior and how to develop equality within a relationship. Eligible spouses are also welcome.

VICTIM ADVOCATE PROGRAM

The Victim Advocate Program ensures that each person who is a victim of domestic abuse, rape, or sexual assault is provided with crisis intervention, support and assistance. The Victim Advocate represent the interests of all victims and at-risk family members through the military and court systems and provide education and resources to assist in the victim's continued safety.

A new option for Restricted Reporting allows for an adult victim of domestic abuse or sexual assault to disclose the details of his or her abuse to specifically identified individuals and receive medical treatment and victim advocacy services without requiring that notice be provided to other victim or alleged offender's commander or law enforcement. There are restrictions to Restricted Reporting. For more information, call the Victim Advocate.

THE VICTIM ADVOCATE CAN BE REACHED 24 HOURS A DAY, 7 DAYS A WEEK (619) 279-6113

FINANCIAL FITNESS



The Personal Financial Management Program provides active duty military members and their families, military retirees and their families, and eligible civilian personnel financial and consumer education, training, counseling, information and referral. Services offered cover areas such as:

- Budgeting
- Goal setting
- Pay and allowances
- Financial Planning
- Use of credit and debt
- Major purchase planning (home/car, etc.)
- Tax preparation & planning
- Consumer services & rights
- Savings & Investing
- Risk coverage (Insurance)
- Entitlements and benefits
- Retirement planning
- Veteran's benefits



SaveAndInvest.org

Individual financial counseling sessions are available by appointment to help eligible personnel learn how to plan and work towards a secure financial future.

In addition, the Financial Management Specialist provides a link between local military personnel and the world-wide military community, as well as with other government and civilian agencies, which provide assistance to active duty members, retirees and their families.

For information or to set up an appointment, please call:

Michael McIsaac
(619) 524-1204/5728
Toll free: 1-888-718-3027
Monday -Friday
0730-1600
michael.mcisaac@usmc.mil



BROWN BAG LUNCH SEMINARS

Come and join us for our informative, educational and enjoyable monthly Brown Bag Lunch Seminars. Hear about home buying, climbing out of debt, Thrift Savings Plan, IRAs and college saving plans, saving and investing on a shoe string, financial considerations when retiring, and much more.

Classes are held once a month from 1130-1300 in the Personal & Professional Development classroom, Bldg 14, and is open to active duty, family members, retirees and civilian employees. Seating is limited to 50 people. Food and drinks will be provided, but feel free to bring your own lunch. Please call (619) 524-5728 for information on the schedule and to register.



PERSONAL FINANCIAL BROWN BAG LUNCH SEMINARS FOR 2011 (START SMALL, THINK BIG!)



- ◆ 19 Jan Building a Successful Savings Program with Small \$\$ Amounts
- ◆ 16 Feb Understanding Your Credit Reports & Scores, plus the new CARD Act
- ◆ 16 Mar How to Establish a Budget & Take Charge Your Finances
- ◆ 20 Apr How to Get Out of Debt and Manage Your Credit
- ◆ 18 May Home Buying – (and when you Should Consider Renting)
- ◆ 22 Jun Home Financing – Types of Loans and Closing Costs
- ◆ 20 Jul Investment Basics – Stocks, Bonds and Mutual Funds
- ◆ 17 Aug Becoming a Successful Investor – Strategies & Techniques
- ◆ 21 Sep Preparing for Retirement using Tax Efficient Investments
- ◆ 19 Oct Raising a Money Smart Child - A Parent's Guide
- ◆ 23 Nov Rental Property Ownership as an Investment
- ◆ 21 Dec Tax Planning and the New Tax Laws

Brown Bag Lunch Seminars are held on Wednesday from 1130-1300 in the Personal & Professional Development Classroom, Bldg 14

Seminars are open to the first 50 individuals to call and register after each month's seminar which is announced in the Depot Daily News Bulletin. Each month's seminar will be announced 7-14 days before the scheduled date. Seminars are **Free** and open to active, reserve, retired, civil service, NAF, and contract personnel and their family members. A **Free** light lunch with water or juice will be served buffet style, but attendees are welcome to bring their own lunch.

To register, please call Personal & Professional Development's Front Desk at 619-524-5728

(Your registration allows us to prepare handouts and buy food for the appropriate number of attendees)

For additional information, or to schedule a separate Personal Financial Management PME presentation at your organization on any financial topic, or to request an individual appointment regarding your own personal financial situation, please call Michael McIsaac, Personal Financial Management Specialist for MCRD at 619-524-1204, or send an email to michael.mcisaac@usmc.mil

BEHAVIORAL HEALTH SERVICES

- FAMILY ADVOCACY
- LIFE SKILLS EDUCATION
- BEHAVIORAL HEALTH SERVICES PREVENTION PROGRAMS
- PARENT SUPPORT PROGRAM
- SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)
- SUBSTANCE ABUSE COUNSELING PROGRAM

SCHOOL LIAISON PROGRAM

Creating connectivity between military families, schools, and the Marine Corps.



Services Offered

- Information on local schools and programs offered
- School selection options available
- Home School regulations and curriculum assistance
- Home School Network support services
- School inbound/outbound transfer assistance
- Graduation requirements (including California Exit Exam)
- School and Community Outreach
- Guidance through the 504 and Special Education processes
- Kindergarten Readiness requirements information
- College Readiness and Scholarship information
- Agency referrals based on family requests
- Learn how to become your child's best advocate
- Workshops and training to promote parent involvement
- Tutoring resources available

School Liaison Officers

Elfredia Hines
hinese@usmc-mccs.org
(619) 524-8032/0916



Sherise N. Stark
starksn@usmc-mccs.org
(619) 524-8033/0916

RETIRED AFFAIRS OFFICE (RAO)



- This office serves military retirees and their families from all branches of military service in a number of functions and services as a central point to obtain information.
- Information available includes entitlements, TriCare, Survivor Benefits, military records, pay and allowances, Veterans benefits, and much more.
- The volunteers in this office are a valuable link helping retirees and family members obtain the benefits and privileges they are entitled to receive.

For information or if you would like to find out about becoming a volunteer, please call (619) 524-5301.

Monday to Friday between 9am and 12pm
or write to the RAO Office,
Personal & Professional Development MCRD
4025 Tripoli Avenue Bldg 14
San Diego, CA 92140-5290
retiredmcrdsd@gmail.com

SAVE THE DATE!!!

**MARINE CORPS RECRUIT DEPOT'S
RETIRED MILITARY SEMINAR
& RESOURCE FAIR**

**Saturday
August 6, 2011**

More information to follow at www.mccsmcrd.com



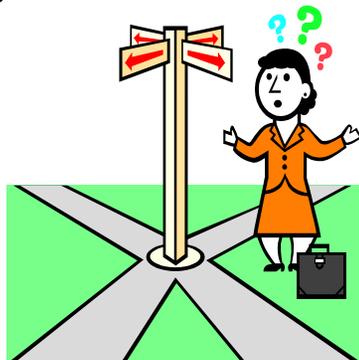
INFORMATION & REFERRAL

Perlita Rodriguez
Personal & Professional Development
Bldg 14 MCRD
(619) 524-5732
1-888-718-3027
Email: perlita.rodriguez@usmc.mil
Monday - Friday 0730-1600

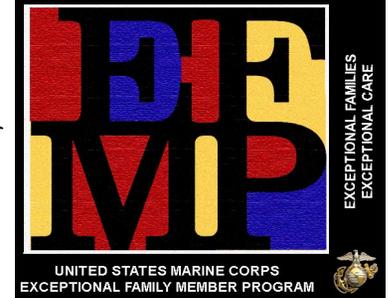
The Information and Referral (I&R) program is an efficient way to find information or services that are right for you. In addition to answering questions about military and civilian activities, organizations, and services available on or off base, your I&R Specialist will also research information and other resources for you.

Come by Personal & Professional Development, Bldg 14, behind the Fitness Center and pick up fact sheets, flyers and other printed materials. Telephone calls and walk in visitors are welcome!! Your I&R Specialist can provide information on:

- Events, classes, programs on base and in the community
- Human Services Resources
- American Red Cross, USO, ASYMCA
- Food Resources (WIC, SHARE, MOM)
- Navy/Marine Corps Relief Society
- TriCare Medical and Dental
- Military Housing
- Child Care
- Family and Life Issues
- Education and Employment
- Military One Source
- And much more!!



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)



What is Exceptional Family Member Program?

EFMP assists Marine Families in managing the dual demands of a Marine Corps career and the special needs of a family member. The program ensures that the family will be assigned to a location where appropriate services exist to support the special needs of the EFM.

Who Qualifies for the EFMP?

An Exceptional Family Member (EFM) can be a spouse, child, stepchild, adopted child, foster child or dependent parent who meets the following criteria:

- Possesses a physical, intellectual or emotional disability and requires special medical and/or educational services
- Enrolled in DEERS
- Resides with the sponsor (exceptions include geographical bachelors and family members receiving inpatient care or living in an educational setting)

Benefits of Enrollment

- Family support/case management
- Informed assignment screening
- 40 hours of respite per month per family
- Special housing consideration (determined by HQMC)
- Continuation on location for Marines who qualify
- EFMP attorney assistance
- Assistance with TriCare ECHO (Extended Care Health Options) enrollment
- Relocation assistance
- Resources, referrals and linkages

For more information and for assistance in enrolling in the EFMP, please contact:
Anna Nguyen, Training/Education/Outreach Specialist, (619) 524-8031,

Email: nguyena@usmc-mccs.org

Elizabeth Wright, Family Case Worker, (619) 524-8031,

Email: wrightek@usmc-mccs.org

Jan King, Program Manager, (619) 524-6078, Email: kingj@usmc-mccs.org

Website: www.mccsmcrd.com/efmp.html

Facebook: facebook.com/mccsmcrdsd.efmp

CHILDREN, YOUTH, AND TEEN PROGRAM (CYT)



Focuses on the need of families in order to provide maximum access to useful, flexible, and affordable programs.

Children, Youth, and Teens, ages 6 weeks to 18 years, shall be served in integrated, balanced quality programs that support the continuum of the Marine family on and off base.

Presently, on the Depot, our newly formed CYT Program focuses on youth sports, fitness, and recreation.



The sports program provide quality year round activities for boys and girls, ages 5-18 years, which offer continuity and sport diversity to meet the needs and interest of youth and teens. Programs such as soccer, baseball, and basketball are offered appropriate to age levels. These programs help youth and teens achieve and maintain fitness, acquire a broad range of physical skills, develop a sense of teamwork, cooperation, and fairness that lead to healthy, active lifestyles.



For more information, contact Rafael Aceves at (619) 524-8382 or Marine Corps Family Team Building at (619) 524-0916

MARINE CORPS FAMILY TEAM BUILDING (MCFTB)

- FAMILY READINESS TRAINER
- FAMILY TEAM BUILDING
- LIFE SKILLS PROGRAM
- L.I.N.K.S.

FAMILY CARE

- CHILDREN, YOUTH, & TEEN (CYT)
- EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
- SCHOOL LIAISON PROGRAM

MARINE CORPS FAMILY TEAM BUILDING

MARINE CORPS FAMILY TEAM BUILDING (MCFTB) is about family readiness. Family readiness is defined as self-sufficient Marine Corps families, and self sufficient families are directly related to a Marine's ability to do the best job possible. The focus of MCFTB programs is on prevention and education.

LIFE SKILLS PROGRAM

- **PREVENTION AND RELATIONSHIP ENHANCEMENT PROGRAM (PREP):** This program is a research-based approach to teaching couples (premarital and marital) how to effectively communicate, work together as a team to solve problems, manage conflict without damaging closeness and preserve and enhance commitment and friendship.
- **FOUR LENSES:** A class geared towards personality and diversity.



CHAPLAIN'S RELIGIOUS ENRICHMENT OPERATIONS (CREDO):

These retreats are offered to enable Marines and their families to develop personal and spiritual resources, grow toward increased functional ability and accept responsibility. Retreats are available for personal growth, marriage enrichment, teens, and team building.

FAMILY READINESS TRAINER: A Marine's Family is defined as the one "Born Into", "Sworn Into", and "Married Into". We offer training for Family Readiness Command Teams, Family Readiness Officers, and Family Readiness Volunteers. Always providing the support needed for the units and their families to be empowered for the future.



LIFESTYLE, INSIGHTS, NETWORKING, KNOWLEDGE AND SKILLS (L.I.N.K.S.) L.I.N.K.S. offers lifestyle insights by providing an opportunity for networking with other spouses, parents, children, teens, and active duty Marines. Sharing knowledge is a great way to equip yourself with skills that can make a positive difference in your journey!

For more information contact MCFTB at (619) 524-0916

L.I.N.K.S.

Lifestyle, Insights, Networking, Knowledge and Skills



Marine Corps Family Team Building

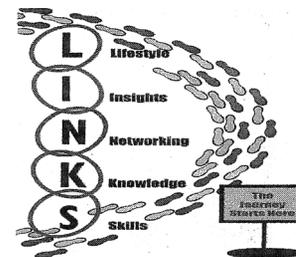
WHO: Experienced Marine Spouses developed a fun Mentoring Program, "L.I.N.K.S.", aimed at educating new spouses, parents, children, teens, and active duty Marines in the Marine Corps lifestyle. All Marine spouses, children, teens, active duty Marines, and civilian employees are eligible to participate in L.I.N.K.S.

WHAT: In an informal setting, spouses, children, teens, parents, and active duty Marines will learn about the Marine Corps mission, Marine Corps history and traditions, moving in the military, deployments and separations, financial issues, and the base services available to them.

WHEN: L.I.N.K.S. is offered at MCRD San Diego, Miramar, and Camp Pendleton. L.I.N.K.S. presentations are given in the Command Museum courtyard at MCRD on recruit graduation days.

WHY: L.I.N.K.S. encourages spouses, families, and active duty Marines to enjoy being a part of the Marine Corps Family. L.I.N.K.S. helps spouses, families, and active duty Marines how the Marine Corps mission affects them and helps them to meet challenges set before them.

WHERE: MCRD (619) 524-0916/8104; Miramar (619) 577-4810; Camp Pendleton (760) 725-2335.



To learn more about the program, to volunteer, or to be a presenter or mentor, please contact the MCRD L.I.N.K.S. Trainer Patty Kalaye at (619) 524-8104 or the Marine Corps Family Team Building office at (619) 524-0916, Bldg 6E, MCRD.