

Marine Corps Family Team Building June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 LIFESKILLS Family Care Plan Workshop 1800-2000	2	3 LIFESKILLS Looking at the World Through Different Lenses (4 Lenses) 0900 - 1200	4	5 Operation Homefront Sealife Park 1100-1400 Bus departs Kbay 1000	6
7 Manana Monday	8 Beyond the Brief 1000-1130	9	10	11	12 7 Habits of Highly Effective Tweens and Teens 0900-1600	13
14	15 L.I.N.K.S. for Spouses 0900-1300	16 L.I.N.K.S. for Spouses 0900-1300	17 LIFESKILLS 7 Habits of Highly Effective Military Families 0800-1600	18	19	20
21	22	23	24	25	26 LIFESKILLS Communicating with Sense(s) 0900 - 1200 ABCs of Body	27
28	29 Family Readiness Volunteer Training 0900-1200	30 Family Readiness Volunteer Training 0900-1200	<p><i>All classes in MCFTB Classroom in Building 244 unless otherwise noted. CREDO and PREP locations TBD Call MCFTB 257-2410 to RSVP for a class. Visit the MCFTB web page http://www.mccshawaii.com/mcftb.htm</i></p>			

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<p>5 JULY 4th HOLIDAY</p>	<p>6 LIFESKILLS Family Care Plan Workshop 0900-1100 Beyond the Brief 1000-1130</p>	7	8	9	10	11
<p>12 Manana Monday</p>	13	14	<p>15 LIFESKILLS Communicating with Sense(s) 0900 - 1300</p>	16	17	18
19	<p>20 L.I.N.K.S. for Spouses 5:00 – 9:00 PM</p>	<p>21 L.I.N.K.S. for Spouses 5:00 – 9:00 PM</p>	22	23	<p>24 Spouses “In the Midst” Celebrate You! 0900-1200</p>	25
26	<p>27 Family Readiness Advisor /Assistant Training 5:30 – 8:30 PM 7 Habits Teens pt 1 9:00 – 12:00</p>	<p>28 Family Readiness Advisor /Assistant Training 5:30 – 8:30 PM 7 Habits Teens pt 2 9:00 – 12:00</p>	<p>29 7 Habits Teens-pt 3 9:00 – 12:00</p>	30	<p>31 7 Habits of Highly Effective Military Families 0800-1600</p>	

Marine Corps Family Team Building August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>All classes in MCFTB Classroom in Building 244 unless otherwise noted. CREDO and PREP locations TBD Call MCFTB 257-2410 to RSVP for a class. Visit the MCFTB web page http://www.mccshawaii.com/mcftb.htm</i></p>						1
2	3 LIFESKILLS Family Care Plan Workshop 1800-2000 Beyond the Brief 1000-1130	4	5 LIFESKILLS Attitude – Change Your Mind/Change Your Life 1800 - 2100	6	7	8
9	10	11 LIFESKILLS ABCs of Body Lang 0900 – 1300	12	13	14 LIFESKILLS Looking at the World Through Different Lenses (4 Lenses) 0900 - 1300	15
16	17 L.I.N.K.S. for Spouses 0900-1300 Beyond the Brief 1800-1930	18 L.I.N.K.S. for Spouses 0900-1300	19 LIFESKILLS Building Family Esteem 1800 - 2100	20	21	22
23	24 Family Readiness Volunteer Training 0900-1200	25 Family Readiness Volunteer Training 0900-1200	26	27	28	29
30	31					

MCFTB Classes

L.I.N.K.S.

Let Lifestyle Insights, Networking, Knowledge, & Skills

(L.I.N.K.S.) be one way to welcome you to the unique, sometimes challenging, and very rewarding Military Lifestyle. As with any new lifestyle, many aspects in your everyday world will be very different from what you are used to. **Join the many spouses who have "been down this road" and are excited to pass along their valuable experiences during the next session of L.I.N.K.S.** Meet new friends and make the most of your family's military tour. One two-day session will explain a little bit about military history and tradition, how to cope with a "PCS" (permanent change of station) move, and how to find and make use of the resources the base offers to families.

Keiki L.I.N.K.S.

Coping Skills for Marine Corps Kids

Growing up in a military family presents unique challenges for youth.

L.I.N.K.S. now offers sessions to help kids (6-12) and teens (13-17)

learn skills to cope with and thrive in this lifestyle. Topics Include:

Marine Corps 101

Deployments Moving Friendships & Relationships

Community Involvement

L.I.N.K.S. 4 Marines

Making the Most Out of This Journey

Marine Corps living is a journey. This class will provide you with the essentials that every Marine needs to make the most of this journey

Topics Include:

Base Benefits & Services

Payday

Separation & Deployment

Moving in the Military

Staying Marine

Family Readiness Volunteer Training

Family Readiness Volunteer Training is open to all spouses of active duty Marines and those serving with Marines. Attending the training is a

LIFESKILLS

7 Habits of Highly Effective Families

Mission readiness is only as successful as family readiness. This program helps families build and maintain a close-knit unit while working with the little time they have together. The Steven Covey principles employ the combined energy, talent, desire, vision and dedication of each family member.

Looking at the World through Different Lenses

Successful personal and professional relationships all begin with knowing oneself. Identify personality, temperament, and strengths. This is the foundation session for LifeSkills personal and teambuilding training. Warriors and their families learn about various personality types and how to work in a team or family unit with each respective type. You will have plenty of interaction and fun while discovering more about you and others in your communication circles. (Four Lenses training)

Communicating With Sense(s)

If you work or live with other human beings and need to communicate successfully, this class is a must. Learn the secrets of communicating more successfully using the language of the senses. Increase your communication with anyone and everyone by learning these simple techniques! Are you Visual, Auditory, or Kinesthetic? And what are your family, co-workers, and friends? Learn their Language for truly successful communicating with sense! A favorite of both professionals and families.

ABCs of Body Language

Your body and face speak louder than your words – what are yours saying? Are they working for you or against you? The correlation between attitude, body language, and the personal energy we extend. For anyone wanting to take the next step in improving communication and relationships personally and professionally.

Conflict Management

Conflict can be an opportunity! Explore models for approaching

good way to meet other spouses who share the Marine Corps bond while learning how the command team, MCCS team, and military family work together to manage mission, life, and career events.

Beyond the Brief

Beyond the Brief is a series of workshops designed to supplement pre-deployment brief. The series develops topics and concerns that affect families of deployed Marines and Sailors. The intent of the series is to provide hands-on workshops to better prepare Marines, Sailors, and their families for the deployment they are facing and its challenges. Workshop topics include coping with deployment, safety, financial planning for deployment, casualty notification process, effects of combat stress on Marines and their families, and effective communication skills. Please contact Readiness and Deployment Support 257-2650/2658 for current workshop dates and times.

“In The Midst” for Spouses

“In the Midst” workshops are designed to energize family members going through deployment. The workshop encourages spouses to take care of themselves, enhance communication skills, relaxation methods and have fun!

“In The Midst” for Kids (Ages 5-12 years)

“In the Midst” for kids is an interactive fun workshop with activities for children that emphasize communication, fitness, exercise and positive character traits. The children work as a team and enjoy a variety of activity stations.

Manana Mondays

Come join MCFTB the first Monday of every month at Manana. MCFTB will showcase a sample of classes. Contact MCFTB 257-2410 for more information about classes and times.

OPERATION HOMEFRONT

Marine Corps Base Hawaii and Marine Corps Community Services are proud to present Operation Homefront, a program designed for the families of deployed Marines and Sailors. **This program includes a series of free monthly events for family members to attend.**

conflict, the positive side of conflict, dealing with difficult behavior, and successful strategies.

Distress or De-Stress

Stress Happens! Discover strategies to deal with it! Learn constructive methods for handling the stress which is a part of our 21st century life and military lifestyle. Identify personal changes enabling you to alleviate some of the stresses. Plan your own personal De-stress Plan of Action with ideas gained from this interactive class. You choose – Distress or De-stress!

Elder Care

This “Elder Care” brief is available to educate warriors who are caring for elderly adults. This brief aids in the understanding of common medical and social issues. Educate yourself before you are put into this role to prepare for what might arise unexpectedly or know what lies ahead.

Leadership Skills Workshop: “It Begins With Me!”

In this workshop, you will learn how to enhance personal and leadership skills and identify personal and leadership strengths as in the Discover Your Personal I.D. workshop. We will focus on attitude above all, the communication equation, and dealing effectively with challenging personalities.