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## **Other Resources for You available at Marine Corps Family Team Building:**

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

Lifestyle, Insight, Networking, Knowledge and Skills offers an orientation to the Marine Corps lifestyle to all spouse. Spouses gain tools to become more self-sufficient and engaged with the military community.

POC—Jennie Raasch—257-2657

### **Information and Referral** (Bldg. 579)

Information and referral will provide a wide range of facts about services and programs available at MCBH, the local community and national resources.

POC—Crystal Brookover—257-7786

### **Readiness and Deployment Support**

Readiness and Deployment Support provides command, family and individual resources which help our active duty Marines & Sailors and their families prepare for the task at hand. This support program provides assistance and support for pre-deployment, mid-deployment, post-deployment transition to home-life, reintegration and individual counselling.

POC—Aaron Giannetto—257-2650



*Please Visit our office located in Building 244, in the Base Theater Complex, or call one of the POC's listed above.*



# LIFESKILLS

Workshops can be tailored to your Unit's needs and we can be available after typical business hours and/or Saturday's upon request.

POC : Aaron Giannetto

Phone: 808-257-2650

Bldg. 244 Family Team Building Office

Email: Aaron.Giannetto@usmc-mccs.org

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### **Four Lenses (1.5 to 2.5 hrs)**

Interactive, short and fun. This workshop will provide you the opportunity to improve your interpersonal skills as well as help you communicate with others in a way that fosters mutual understanding and acceptance. The principles you will discover in this workshop will empower you to improve aspects of every personal and professional relationship in your life.

### **Basic Stress Management (2.5 hrs)**

This workshop will help Marines and their families minimize stress by providing them with skills needed to successfully navigate both the everyday and extraordinary stress of a Marine Corps lifestyle.

### **Basic Anger Management (2 hrs)**

A basic overview of anger management. This workshop provides education on the dynamics of anger and offers a variety of acceptable coping strategies to handle angry feelings and behaviors.

### **Conflict Management (2 hrs)**

Designed to help Marines and their families become more aware of conflict; empowering them to make healthy choices by managing their responses to conflict. It provides tools for addressing and managing conflict on an everyday basis.

### **Interpersonal Communication (2 hrs)**

Preventative in nature, this workshop is an educational experience to increase to competence in using more effective communication skills, and to promote healthy relationships.

### **Social Networking Safety (1 hr)**

Addresses the dangers and risks, as well as positive outcomes associated with using social networking. Provides Marines and families with information on how to protect themselves and ways to stay safe while on the internet.

### **Casualty Assistance (1.5 hrs)**

An overview on the casualty process and the role of Casualty Assistance Calls Officer (CACO) and information on benefits and support services and organizations.

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### **Family Care Plan (1 hr)**

One of the most important consideration of family readiness is to ensure that your family will be taken care of properly while on deployment and during unexpected circumstances. In this workshop we will discuss the purpose, terminology and the roles and responsibilities of those involved in family care planning. Finally, you will get the opportunity to prepare a scenario-based Family Care Plan for yourself.

### **Healthy Blended Families (2 hrs)**

Maintaining a harmonious environment can be especially difficult in the new family construct. This workshop will help Marine Corps parents gain a better understanding of the common emotional and practical issues facing blended families and will provide them with information on what they can do to help promote family unity.

### **Emergency Preparedness (1 hr)**

There are many different kinds of disasters; wild fires, earthquakes, floods, pipeline leaks and explosions. These events seldom give warning and can be devastating to their victims. This workshop focuses primarily on the events you are most likely to encounter while stationed aboard MCBH which are Tropical Hurricanes and Tsunamis. The planning you and your family do now will be of benefit for any type of disaster that can strike your community. At the end of the this workshop you will have a plan in case of an emergency.

### **Safe and Sound at Home (1 hr)**

This module provides important safety precautions for Marine Corps families and instills spouses and family member with the ability and confidence to be responsible for their personal safety and the safety of their families.

### **7 Habits of Highly Effective Military Families (8 hrs)**

Along with the normal challenges of family life military families must also deal with the added stress of relocation and deployment. The 7 Habits solution provides a much needed framework for applying universal, self-evident principles that enable family members to communicate more effectively about their unique problems and resolve them successfully.