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## Other Resources available at Building 579

### Information and Referral

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

Phone—257-7786

### 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.

Phone—257-2657

### 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 and post deployment training, mid-deployment support and reunion & reintegration counselling.

Phone—257-2657



*Please visit our office inside Building 579, located on REED Road, down the hill from The Officers' Club parking lot at KT Hill or, call one of the POC's listed above.*



# LIFESKILLS

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

Phone: 808-257-2650

Bldg. 579 - near The O'Club overflow parking & KT Hill

Email: [Aaron.Giannetto@usmc-mccs.org](mailto: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.

### **Say What? (2 hrs)**

Educate Service Members and their family members on how to more effectively communicate in their personal and professional lives. It addresses the power and benefits of listening, active listening techniques, how to have more effective conversations, etiquette for communicating via email and telephone, and communicating across generations.

### **Real Relationships (2 hrs)**

This class will encourage and promote healthy relationships for anyone looking to improve interpersonal skills. It will emphasize relationship enhancement, communication, conflict resolution and setting appropriate boundaries.

### **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.

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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.

### **Bridging the Generation Gap (2 hrs)**

This class will foster an understanding of generational characteristics for anyone looking for effective ways to communicate across generations through skills to identify each generation and knowledge of the unique characteristics of each generation.

### **Ready, Set, Prepare (1-2 hrs)**

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.