

Program	Workshop	Description
Kids & Teens	The Babysitting Business (Middle/High)	<i>This workshop provides teens with hands on business planning and skill development for future babysitting! Teens will gain an understanding of child development, age appropriate behaviors and activities, positive guidance / redirection, safety guidelines, health and nutrition, and become CPR and First Aid Certified.</i>
Kids & Teens	Teen Summit (Middle/High)	The purpose of Teen Summit is to provide teens an opportunity to connect with their community and gain leadership skills. Workshops will vary summer to summer. <i>The Babysitting Business; L.I.N.K.S. 4 Teens; L.I.N.K.S. 4 Teen Mentors; Happiness Advantage; 4 Lenses 4 Teens; 5 Love Languages; 7 Habits 4 Teens; Stress/Anger/Conflict; Vision Boards and Goal Setting</i>
Kids & Teens	L.I.N.K.S. Mini Marine Challenge	Your Mini Marine will stand on the yellow footprints, complete a mini CFP and obstacle course, qualify on the NERF range, earn their belt during MCMAP, and finish the day with a motivational run. Each participant will receive the title of Mini Marine.
Kids & Teens	L.I.N.K.S. 4 Kids MC Birthday Celebration	Details to come.
Kids & Teens	Deployment Support Groups	By Unit Request: <i>interactive support group where kids and teens will connect with others from their unit. While engaging in various hands on activities and learning about the deployment cycle, daily stressors, health and fitness goals and communication.</i>
RDS	Mid-Deployment Care Package	Mid-Deployment Success – a fun and interactive workshop designed to promote deployment success through self-care. The workshop will include information about stress management, staying connected, dealing with emotional ups and downs, and resources, and participants will create fun care packages to send to their deployed service member. (Offered Quarterly)
RDS	R&R Poster Making	This workshop provides family members an opportunity to talk about homecoming anticipation, expectations, and concerns in a fun and interactive workshop. At the end of this workshop, participants will be provided with materials to create their Welcome Home poster and share in conversation and excitement with others. (Offered Quarterly)
RDS	Family Care Plan (Fur Baby)	Basic Family Care Plan workshop with an emphasis on Pets.
RDS	Family Care Plan (Childcare)	Basic Family Care Plan workshop with an emphasis on children and childcare. Potential guest speakers could include School Liaisons and CYP.
RDS	Family Care Plan (EFMP)	Basic Family Care Plan workshop with an emphasis on family members enrolled in EFMP. Potential guest speaker may include EFMP Training, Education and Outreach Specialist.
L.I.N.K.S.	Ballapalooza	Get ready for the ball with Marine Corps Family Team Building! Find out what happens, what to expect, gather together to learn best hair-do and make-up tips along with dos and don'ts for the Marine Corps Ball. <i>(topics will vary pending on vendors – September/October time frame)</i>

L.I.N.K.S.	L.I.N.K.S. 4 Retirees	Get prepared for life after the Marine Corps. Hear from experts on employment and education opportunities, college, retirement pay, health care/Tricare, veteran services, and what resources are still available to you on the installation and in the community as you transition out of the Marine Corps! <i>(offered twice a year)</i>
ALL	Spouse Leadership Seminar	Four day interactive workshop that will enhance your skills, knowledge, and performance as a key volunteer in your community. Our mission is to provide spouses with the training and resources they need in order to enhance their resilience, their personal family readiness, and give spouses the opportunity to develop professionally. After attending the Leadership Seminar, spouses will be prepared for leadership positions in the military community, as a L.I.N.K.S. Mentors and Unit Volunteers, along with acquiring skills in communication, public speaking and networking. Workshops and speakers will vary per SLS. Offered in April and October
UPFRP	CTTO for Chaps	Command Team Training Overview, specific for Chaplains. During this workshop Chaplains will discuss how they are involved with their FRCTs, and share best practices with fellow Chaplains.
UPFRP	CTTO for SMR	Command Team Training Overview, specific for Single Marine Reps. During this workshop the SMRs will discuss how they are involved with their FRCTs, and share best practices with fellow SMRs. (Coordinated with SMP)
UPFRP	Family Readiness Resource Brief	By Unit Request: Review of the various resources available to families both on and off the installation. Intended for members of the command team, service members, appointed FRCTA/FRA.