

Prevention Class List version 20220505

NOTE: The listed classes are organized under the Functional Areas of Leadership Development per the Marine Corps Leadership Program (MCO1500.61). Due to their content, some classes are listed in multiple functional areas.

Digital copies of the Event-Based Resource Matrix; the MCCS Resource Guide; Prevention Class List; and Collateral Duties, Trainings, and Meetings document are available by scanning the QR code and at this link:

<http://www.mccsmiramar.com/marine-family-programs/>



Functional Areas of Leadership Development

1. Fidelity. Addresses Marine Corps and unit heritage, core values, ethics and Marine Corps leadership traits and principles.

Positive Parenting Class 0-12 Years Old	POC: Family Advocacy, x. 8867
Positive Parenting Class TEENS	POC: Family Advocacy, x. 8867
Putting Kids First - Cooperative Parenting	POC: Family Advocacy, x. 8867
Century Anger Management	POC: Family Advocacy, x. 8867
Within My Reach	POC: Family Advocacy, x. 8867
Warrior Maintenance Stress Management	POC: Family Advocacy, x. 8867
Relationship Reset Workshop	POC: Family Advocacy, x. 8867
Process of Addiction Brief	POC: Substance Abuse CC, x. 1129
Prime for Life 4.5	POC: Substance Abuse CC, x. 1129
Prime for Life 16.0	POC: Substance Abuse CC, x. 1129
Drinking & Driving Brief	POC: Substance Abuse CC, x. 1129
L.I.N.K.S. for Spouses	POC: MCFTB, x. 4918
L.I.N.K.S. for Marines	POC: MCFTB, x. 4918
L.I.N.K.S. for Kids	POC: MCFTB, x. 4918
L.I.N.K.S. for Teens	POC: MCFTB, x. 4918
Passport to Volunteering	POC: MCFTB, x. 4918
Deployment & Separation Preparation	POC: MCFTB, x. 4918
4 Lenses	POC: MCFTB, x. 4918
5 Choices of Extraordinary Productivity	POC: MCFTB, x. 4918
7 Habits of Highly Effective People	POC: MCFTB, x. 4918
The Happiness Advantage	POC: MCFTB, x. 4918
Suicide Prevention Brief	POC: MIP x. 6235/x. 7671

2. *Fighter*. Addresses professional and career development, including Professional Military Education (PME), Military Occupational Specialty (MOS)/Navy Enlisted Code (NEC)/Navy Officer Billet Classification (NOBC) skills, Marine Corps Common Skills, interpersonal communication skills and on-and off-duty education.

Anger Management	POC: Family Advocacy, x. 8867
Warrior Maintenance Stress Management	POC: Family Advocacy, x. 8867
Married & Loving It	POC: Family Advocacy, x. 8867
Within My Reach	POC: Family Advocacy, x. 8867
Relationship Reset Workshop	POC: Family Advocacy, x. 8867
Putting Kids First - Cooperative Parenting	POC: Family Advocacy, x. 8867
Process of Addiction Brief	POC: Substance Abuse CC, x. 1129
Basic Anger Management	POC: MCFTB, x. 4918
Basic Stress Management	POC: MCFTB, x. 4918
Conquering Stress with Strength	POC: MCFTB, x. 4918
Emergency Preparedness	POC: MCFTB, x. 4918
Family Care Plans	POC: MCFTB, x. 4918
Always Ready-Battle Binder Prep	POC: MCFTB, x. 4918
Stronger Couple Reintegration	POC: MCFTB, x. 4918
Return & Reunion Workshop	POC: MCFTB, x. 4918
Safe and Sound at Home	POC: MCFTB, x. 4918
Scared of "The Call"? The CACO Process De-Mystified	POC: MCFTB, x. 4918
Social Networking Safety	POC: MCFTB, x. 4918
5 Languages of Appreciation @ Work	POC: MCFTB, x. 4918
Building Lasting Relationships	POC: MCFTB, x. 4918
Conflict Management	POC: MCFTB, x. 4918
How Not to Marry a Jerk or Jerkette	POC: MCFTB, x. 4918
Married 4 Life	POC: MCFTB, x. 4918
Interpersonal Communications	POC: MCFTB, x. 4918
L.I.N.K.S. for Spouses	POC: MCFTB, x. 4918
L.I.N.K.S. for Marines	POC: MCFTB, x. 4918
L.I.N.K.S. for Kids	POC: MCFTB, x. 4918
L.I.N.K.S. for Teens	POC: MCFTB, x. 4918
Welcome Aboard Week	POC: MCFTB, x.4918
Passport to Volunteering	POC: MCFTB, x. 4918

4 Lenses	POC: MCFTB, x. 4918
5 Choices of Extraordinary Productivity	POC: MCFTB, x. 4918
7 Habits of Highly Effective People	POC: MCFTB, x. 4918
The Happiness Advantage	POC: MCFTB, x. 4918
Personal Readiness Seminar	POC: Personal Financial Mgt., x. 9802
Tuition Assistance Brief	POC: Education Center, x. 1801
VA Benefits Brief	POC: VA Benefits Advisor Frankie Peace (571) 461-8542
Financial Aid Workshop	POC: Education Center, x. 1801
Suicide Prevention Brief	POC: MIP x. 6235/x. 7671
Operation Tobacco Free Marine (OTFM) – Tobacco Cessation Class;	POC: Human Performance x. 7963

3. Fitness. Addresses the areas of mind, body, spirit, and social.

FOCUS Training	POC: FOCUS, x. 1607
Putting Kids First - Cooperative Parenting	POC: Family Advocacy, x. 8867
Century Anger Management	POC: Family Advocacy, x. 8867
Within My Reach	POC: Family Advocacy, x. 8867
Warrior Maintenance Stress Management	POC: Family Advocacy, x. 8867
SACO Training	POC: Substance Abuse CC, x. 1129
Process of Addiction Brief	POC: Substance Abuse CC, x. 1129
Prime for Life 4.5	POC: Substance Abuse CC, x. 1129
Prime for Life 16.0	POC: Substance Abuse CC, x. 1129
Drinking & Driving Brief	POC: Substance Abuse CC, x. 1129
Family Education Group	POC: Substance Abuse CC, x. 1129
Alcoholics Anonymous Meeting (AA)	POC: Substance Abuse CC, x. 1129
Suicide Prevention Brief	POC: MIP, x. 6235/x. 7671
Basic Anger Management	POC: MCFTB, x. 4918
Basic Stress Management	POC: MCFTB, x. 4918
Conquering Stress with Strength	POC: MCFTB, x. 4918
5 Love Languages	POC: MCFTB, x. 4918
Building Lasting Relationships	POC: MCFTB, x. 4918
Conflict Management	POC: MCFTB, x. 4918
Developing Healthy Blended Families	POC: MCFTB, x. 4918

How Not to Marry a Jerk or Jerkette	POC: MCFTB, x. 4918
Interpersonal Communications	POC: MCFTB, x. 4918
L.I.N.K.S. for Spouses	POC: MCFTB, x. 4918
L.I.N.K.S. for Marines	POC: MCFTB, x. 4918
L.I.N.K.S. for Kids	POC: MCFTB, x. 4918
L.I.N.K.S. for Teens	POC: MCFTB, x. 4918
Passport to Volunteering	POC: MCFTB, x. 4918
Mid-Deployment/Separation Success	POC: MCFTB, x. 4918
Return & Reunion Workshop	POC: MCFTB, x. 4918
Stronger Couple Reintegration	POC: MCFTB, x. 4918
Always Ready-Battle Binder Prep	POC: MCFTB, x. 4918
Deployment & Separation Preparation	POC: MCFTB, x. 4918
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The Happiness Advantage	POC: MCFTB, x. 4918
Tuition Assistance Brief	POC: Education Center, x. 1801
VA Benefits Brief	POC: VA Benefits Advisor Frankie Peace (571) 461-8542
Financial Aid Workshop	POC: Education Center, x. 1801
Nutrition for Peak Performance Class	POC: Human Performance, x. 7963
Semper Fit Microwave Cooking Class	POC: Human Performance, x. 7963
Semper Fit Cooking Class	POC: Human Performance, x. 7963
Commissary Tour	POC: Human Performance, x. 7963
Weight Management Class	POC: Human Performance, x. 7963
Sports Nutrition and Supplements Class	POC: Human Performance, x. 7963
HITT Classes	POC: Fitness, x. 4670/6147
Group Fitness Classes	POC: Fitness, x. 4669
Operation Tobacco Free Marine (OTFM) – Tobacco Cessation Class;	POC: Human Performance x. 7963
General Counseling	POC: Community Counseling Program, x. 1129
<i>4. Family. Addresses relationships, marriage, parenting and family readiness.</i>	
FOCUS Training	POC: FOCUS, x. 1607

Warrior Maintenance Stress Management	POC: Family Advocacy, x. 8867
Married & Loving It	POC: Family Advocacy, x. 8867
Within My Reach	POC: Family Advocacy, x. 8867
Relationship Reset Workshop	POC: Family Advocacy, x. 8867
Putting Kids First - Cooperative Parenting	POC: Family Advocacy, x. 8867
Baby Boot Camp	POC: Family Advocacy, x. 9812
Positive Parenting Class 0-12 Years Old	POC: Family Advocacy, x. 8867
Positive Parenting Class TEENS	POC: Family Advocacy, x. 8867
Fair Fighting	POC: Family Advocacy, x. 8867
Century Anger Management	POC: Family Advocacy, x. 8867
Family Education Group	POC: Substance Abuse CC, x. 1129
Alcoholics Anonymous Meeting (AA)	POC: Substance Abuse CC, x. 1129
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Always Ready-Battle Binder Prep	POC: MCFTB, x. 4918

Mid-Deployment/Separation Success	POC: MCFTB, x. 4918
Family Readiness Assistant/Command Team Advisor Training	POC: MCFTB, x. 4918
4 Lenses	POC: MCFTB, x. 4918
5 Choices of Extraordinary Productivity	POC: MCFTB, x. 4918
7 Habits of Highly Effective People	POC: MCFTB, x. 4918
The Happiness Advantage	POC: MCFTB, x. 4918
Married 4 Life	POC: MCFTB, x.4918
PCS – CONUS/OCONUS	POC: INFO & REFERRAL, x. 1428
Sponsorship Training	POC: INFO & REFERRAL, x. 1428
Welcome Aboard Orientation	POC: INFO & REFERRAL, x. 1428
Suicide Prevention Brief	POC: MIP x. 6235/x. 7671

5. Finances. Addresses fundamentals of personal finance to include budgeting, saving, debt management and investing.

Married & Loving It	POC: Family Advocacy, x. 8867
Tuition Assistance Brief	POC: Education Center, x. 1801
VA Benefits Brief	POC: VA Benefits Advisor Frankie Peace (571) 461-8542
Financial Aid Workshop	POC: Education Center, x. 1801
Semper Fit Cooking Class	POC: Human Performance, x. 7963
Commissary Tour	POC: Human Performance, x. 7963
Personal Readiness Seminar	POC: Personal Financial Mgt., x. 9802
How to Read an LES	POC: Personal Financial Mgt., x. 9802
Credit Reports and Scores	POC: Personal Financial Mgt., x. 9802
Basic Budgeting	POC: Personal Financial Mgt., x. 9802
Car Buying	POC: Personal Financial Mgt., x. 9802
BRS and TSP	POC: Personal Financial Mgt., x. 9802
Debt Management	POC: Personal Financial Mgt., x. 9802
Money Habitudes	POC: Personal Financial Mgt., x. 9802
Personal Finance Basics	POC: Personal Financial Mgt., x. 9802

6. Future. Addresses goal-setting, time management and transitioning back to society.

FOCUS Training	POC: FOCUS, x. 1607
Putting Kids First - Cooperative Parenting	POC: Family Advocacy, x. 8867

Within My Reach	POC: Family Advocacy, x. 8867
Warrior Maintenance Stress Management	POC: Family Advocacy, x. 8867
Community Counseling Program	POC: Community Counseling Program, x. 1129
Alcoholics Anonymous Meeting (AA)	POC: Substance Abuse CC, x. 1129
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The Happiness Advantage	POC: MCFTB, x. 4918
Tuition Assistance Brief	POC: Education Center, x. 1801
VA Benefits Brief	POC: VA Benefits Advisor Frankie Peace (571) 461-8542
Education Financial Aid Workshop	POC: Education Center, x. 1801
Pre-separation counseling	POC: TRP, x. 6021/4933
TRS - Transition Readiness Seminar	POC: TRP, x. 6021/4933
Accessing Higher Education	POC: TRP, x. 6021/4933
Boots to Business	POC: TRP, x. 6021/4933
C2E Career & Credential Exploration Track	POC: TRP, x. 6021/4933
LinkedIn	POC: TRP, x. 6021/4933
STARS - Spouse Transition Readiness Seminar	POC: FMEAP, x. 6491
10 Steps to a federal job	POC: Career Resource Center, x. 6710

APPENDIX

Please see below for full descriptions of class offerings

Behavioral Health

POC: Rodrick Anderson or Abby Kienle

Phone: (858) 307-8867

E-mail: mccsmiramarcounselingctr@gmail.com

Eventbrite: <https://www.MiramarFamilyAdvocacy.eventbrite.com>

Family Advocacy Program

Baby Boot Camp

This is a fun and dynamic 7 hour class for expecting parents addressing numerous topics about your new baby, such as:

- Diapering • Supporting infant growth & development • Soothing • Developmental expectations • Bathing

Positive Parenting Class 0-12 Years Old

This class, taught in three 90 minute sessions, will provide an understanding of the five key principles of positive parenting:

- Using assertive discipline • Ensuring a safe engaging environment • Having reasonable expectations • Looking after yourself as a parent • Creating a positive learning environment

Positive Parenting Class TEENS

In this class, taught in three 90 minutes sessions, you will receive an understanding of the six key ingredients to raising responsible teenagers:

- Being respectful and considerate • Taking part in family decision making
- Being assertive • Being involved in family activities • Developing a healthy lifestyle • Being reliable

Putting Kids First - Cooperative Parenting: Stopping the Tug-Of-War with your Ex

Separated? Divorced? Never Married? Doesn't matter, you know how hard it is to co-parent with your ex. This 8-step class, will help you gain practical skills needed to create successful and happy households for you children. Develop a partnership focused on safe and happier childhood for your kids by:

- Managing Anger • Taking control of conflict • Negotiating child focused agreements even if the other parent isn't on board. Relationships with a former partner can be difficult and full of conflict, let us help you improve your current situation.

Fair Fighting

This 3 hour workshop is for couples or individuals who want to learn effective communication skills, and skills to resolve conflicts and disagreements in a relationship. Topics include:

- Communication styles • Healthy communication • Stages of conflict • Conflict resolution

Century Anger Management

This series consists of eight one hour sessions; providing the necessary skills to aid in preventing, reducing and managing anger. The eight tools include:

- Recognizing stress • Developing empathy • Responding instead of reacting • Changing that conversation with yourself • Communicating assertively • Adjusting expectations • Forgiving but not forgetting • Retreating and thinking things over

Warrior Maintenance - Stress Management

This series consists of eight one hour sessions; providing the necessary skills to aid in preventing, reducing and managing stress. The eight tools include:

- Got Stress • Adjusting Your Thinking • External Factors Impacting Stress • The Mind • Connection and Communication • Resilience • Healthy Habits • Staying on Track

Married & Loving It

In this 7 hour interactive class, participants will learn new skills to increase their commitment to each other while learning how to sustain a vibrant and happy marriage. The five topics include:

- Communication • Anger management • Managing daily affairs • Finances • Conflict resolution

Within My Reach

Within My Reach offers tools that help participants control their own relationship in a way that will lead to more enriching, more satisfying interactions with the people that matter in their lives. Great for single, dating, engaged, married, divorced.

This series focuses on relationship skills and decision making to help participants achieve their goals in relationships, family, and marriage. The six classes include topics related to:

- Knowing yourself first Identifying healthy relationships and smart love
- Communication strategies
- Warning signs of dangerous patterns in relationships
- Making tough relationship decisions
- Overcoming relationship challenges

Relationship Reset Workshop

This is an all-day workshop that explores power dynamics in relationships, enhances communication, and educates you on how to strengthen your interpersonal relationships through various evidence-based methods. Topics include:

- Recognizing the signs and dynamics of abuse • Attachment styles • Childhood adversity and its affect • Healthy interpersonal communication strategies

Briefs

Prevention & Education Specialists are able to provide shorter briefs on a variety of topics related to our classes, including but not limited to: effective communication, stress management including techniques, anger management, stress management, domestic violence awareness, decision making skills, effective

time-outs, relationship red flags, and alcohol and/or substance abuse awareness. These briefs can be done in the work center, at safety stand-downs, BITS briefs, formations, or PMEs.

Community Counseling Program

- Marine Intercept Program - Suicide Prevention and Suicide Postvention

Individual, Couple, Family and Group Treatment for:

- Relationship and job stress
- Family/Child stressors
- Grief and loss
- Coping skills
- Communication skills
- Group counseling for trauma and Cognitive Behavioral Therapy

Substance Abuse Counseling Center

SACO Training

This is a week-long class that teaches Substance Abuse Control Officers (SACO) and Assistant Substance Abuse Control Officers (ASACOs) the Core Competencies of becoming a SACO/ASACO. Training consists of classes that:

- Advise the Commanding Officer on Substance Abuse matters.
- Oversee the command's substance abuse prevention program.
- Managing the command's drug testing program to meet all Marine Corps guidelines.
- Working with other members of the installation's substance abuse prevention team to reduce substance abuse issue on base and in the unit.
- Maintaining confidential records on Marines with drug or alcohol problems.
- Monitor progress of Marines in substance abuse treatment and aftercare.
- Monitor substance abuse prevention education ensuring that it is conducted regularly (at least annually).

Process of Addiction Brief

A short 15-30 min brief on the four stages of substance abuse and the issues involved in each stage. As well as New Drug Trends and the misuse of Prescription Medication. The brief also includes all the resources available to our service members who may need help in this area. This brief can be adjusted to meet the needs of the unit (i.e. FOD Talk, BITS, Unit Information Brief).

Prime for Life 4.5

Prime for Life (P4L) is a risk reduction program. The first goal is to help each person served in reducing the risk for any type of alcohol or illicit substance issue. The second goal focuses on self-assessment; to help persons served understand and accept the need to make changes and protect according to identified values in their lives. *Note – Individuals who have recently experienced a substance usage incident are not appropriate for this service. ***This class requires a minimum of 6 students due to student participation; please contact the POC for details.***

Prime for Life 16.0

Prime for Life 16.0 (Early Intervention) - A 16 hour early intervention educational course. Didactic sessions coupled with interactive group settings are utilized to assist persons served, in developing effective coping skills. The course is ideal for persons served who have experienced unhealthy decision making.

Process of Addiction Brief

A short 15-30 min brief on the four stages of substance abuse and the issues involved in each stage. The brief also includes all the resources available to our service members who may need help in this area. The brief also includes the 0-1-2-3 drinking guidance outlined in Prime for Life and UMAPIT.

Drinking & Driving Brief

A short 15-30 min brief on the dangers of drinking and driving, which include stats from the National Highway Traffic Safety Administration website. The brief also includes the 0-1-2-3 drinking guidance outlined in Prime for Life and UMAPIT.

Program Overview

A short 15-30 min brief over all services provided by Behavioral Health to include:

- Prevention – Addresses all aspects of the abuse of Drugs and Alcohol
- Sexual Assault – Reporting options, Role of the coordinator, Role of the Advocate
- Substance Abuse Counseling Center – Screenings, Assessments, Classes and Treatment
- Community Counseling Center - Individual, Couples, Family, Child and Teen counseling
- Family Advocacy Program – Reporting options, Victim Advocacy, New Parent Support, Prevention Education
- Suicide Prevention – identify warning signs, risk factors, and ways to assist

Family Education Group

The Family Education group provides an opportunity for family members to talk about their concerns both to help them support the person who is struggling with substance use issues and to help them alleviate their own concerns. The Family Education group meets once per week for 12 weeks and group sessions last for 90 minutes. Family members may enter the group at any time.

Goals of Family Education Group

- 1) Present accurate information about addiction, recovery, treatment, and the resulting interpersonal dynamics.
- 2) Help family members understand how the recovery process may affect current and future family relationships.
- 3) Provide a forum for families to discuss issues of recovery.
- 4) Present accurate information about the effects of drugs.

- 5) Teach, promote, and encourage family members to care for themselves while supporting clients in their recovery.
- 6) Encourage participants to get to know other recovering people and their families in a comfortable and nonthreatening environment.

Group Topics:

Triggers and Cravings

Alcohol and Recovery

Recovery

Methamphetamine and Cocaine

Roadmap for Recovery

Coping with the Possibility of Relapse

Opioids and Club Drugs

Families in Recovery

Rebuilding Trust

Marijuana

Living with Addiction

Communication Traps

Alcoholics Anonymous Meeting (AA)

Behavioral Health Branch

Bldg. 2274

Mondays: 18:30-20:30

Marine Corps Family Team Building

POC: MCFTB Administrative Assistant

Phone: 858-307-4918

E-mail: smbmiramarmcas.mcstf@usmc.mil

Eventbrite: <https://www.eventbrite.com/o/mcftb-miramar-8342883223>

Please note: Any night/weekend classes offered by MCFTB will require a minimum of 5 students; please contact the POC for details.

Build Life Skills:

Basic Anger Management - Learn to cope with anger as it arises.

Basic Stress Management - Minimize stress with skills needed to successfully navigate the everyday and the extraordinary stress of the Marine Corps life.

Conquering Stress with Strength - Family members learn to take appropriate action in high-stress situations.

Emergency Preparedness - Learn about preparations necessary for emergencies, particularly those specific to the Southern California area.

Family Care Plans - Educate Marines on how to make a Family Care Plan that best suits the needs of their family.

Safe and Sound at Home - Prepare for personal safety and your family's safety during deployment.

Scared of "The Call"? The CACO Process De-Mystified - Minimize the stress and confusion of the CACO process.

Social Networking Safety - Protect yourself and your family on the internet and social media.

Improve Relationships:

5 Love Languages - Strengthen your relationship by learning how your partner wants to be shown love.

This class requires a minimum of 5 students due to student participation; please contact the POC for details.

Building Lasting Relationships - Learn to enhance and maintain healthy relationships.

Conflict Management - Learn to recognize and cope with conflict.

Developing Healthy Blended Families - Promote family unity.

How Not to Marry a Jerk or Jerkette - Know how to choose the right person for you.

Interpersonal Communications - Sharpen communication skills.

Married 4 Life – Learn how to improve relationship communication, better resolve conflict, express the kind of love your partner understands and keep the fun alive by utilizing the Prevention and Relationship Enhancement Program (PREP).

Make Connections:

Family Readiness Assistant/Command Team Advisor Training - Connect with and support your unit family.

L.I.N.K.S. for Spouses - Connect with other spouses and learn to thrive in the Marine Corps lifestyle. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

L.I.N.K.S. for Marines - Strengthen and share your knowledge of the Corps with your peers. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

L.I.N.K.S. for Kids - Provide kids the opportunity to connect with other military kids and learn more about the Marine Corps lifestyle. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

L.I.N.K.S. for Teens - Provide teens the opportunity to connect with other military kids and learn more about the Marine Corps lifestyle. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

Volunteering 101 - Learn how to volunteer and discover different volunteer opportunities.

Grow Personally and Professionally:

4 Lenses - Create a harmonious work atmosphere and learn to manage the many personalities in the shop.

This class requires a minimum of 5 students due to student participation; please contact the POC for details.

5 Choices of Extraordinary Productivity - A Franklin-Covey workshop designed to learn how to prioritize and be more productive. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

7 Habits of Highly Effective People - Franklin-Covey's signature course to help master your productivity in your professional and personal life. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

The Happiness Advantage - Increase productivity through positivity. ***This class requires a minimum of 5 students due to student participation; please contact the POC for details.***

Pre-Deployment & Separation Brief - Gain valuable tools and resources to help service members and their families prepare.

Mid-Deployment Success - Celebrate the mid-way point during the deployments and get new ideas for deployments success.

Return & Reunion - Connect with other spouses and family members during this interactive workshop to prepare for the service member's return from deployment.

Couples Reintegration (Stronger Couples) - Learn techniques to reconnect after a deployment.

Battle Binder – The tangible items needed for families to prepare for separations are provided by building a “binder” of required and helpful forms, worksheets, and checklists.

Personal and Professional Development

Education Services

POC: Rubie Blue

Phone: 858-307-1801/1896

E-mail: sbmiramarmccs.edu@usmc.mil

Tuition Assistance Brief - The Tuition Assistance brief is held every Wednesday at 1330. All Marines must attend this brief to be eligible for up to \$4500 a fiscal year in tuition assistance. This brief reviews important TA policies as well as provides information on various educational opportunities available to active duty Marines. This course will provide all active duty Marines the necessary information regarding how to prepare for starting a college degree program as well as tips for success and other educational benefits information.

Financial Aid Workshop - Do you Need Money for College? If so, find out how to apply for Federal Student Aid. The "FAFSA" Workshop is held the first and third Tuesdays of the month, beginning promptly at 1130 at the Education Center. Active duty military, military spouses and veterans are welcome to attend.

VA Benefits

POC: Jennifer “Frankie” Peace

Phone: (571) 461-8542

Email: Jennifer.Peace@vatap.calibresys.com

VA Benefits Brief – The VA Benefits Brief is held on the third Thursday of the month at The Hub. Topics covered include the GI Bill, the VA Home Loan Guarantee, and Disability Benefits. Active duty military, military spouses and veterans are welcome to attend.

Personal Financial Management

POC: Jo Rhee

Phone: 858-307-9802

E-mail: jo.rhee@usmc.mil

Miramar PFMP website: <https://PPR-Miramar.LibGuides.com>

Please reach out to PFM to request any additional topics and changes to content and length.

How to read an LES - (30 min.)

Credit Reports and Scores - (1 hour) Gives information on what does and does not establish a credit report and score, best practices, and common pitfalls to avoid.

Basic Budgeting - (1 hour) Establishes the guidelines for setting SMART goals, how to track spending and how to have discussions about budgeting within the family. Provides each Marine with a budget to take home and begin working on.

Car Buying - (1.5 hours) Teaches Marines how to do research before they buy, establish new budget, negotiate the purchase, find financing, and the trade-in process.

BRS and TSP - (1 hour) Explains the Blended Retirement System (BRS) and the Thrift Savings Plan (TSP).

Debt Management - (1 hour) This class will teach Marines how to structure their debt repayments to save time and money.

Money Habitudes - (45 minutes) This is an interactive Behavioral Finance class in which the Marines will discover how they think, feel, and interact with money.

Personal Finance Basic - (1.5 hours) Covers wave tops of budgeting, credit reports and scores, and the BRS and TSP.

Information and Referral Program

POC: Edmond Garrett

Phone: 858-307-1428

Email: Edmond.Garrett@usmc.mil

Miramar I&R website: <https://ppr-miramar.libguides.com/landR>

Classes:

CONUS/OCONUS RELOCATION – (PCS) – (2.5 hours) whether your PCS orders are coast to coast or overseas, this class is mandatory for anyone transferring to another military installation. All aspects of a

PCS move will be discussed including: financial entitlements, Distribution Management Office (DMO), Tricare, sponsorship requests, school liaison office and much more.

Sponsorship Training – (1 hour) Sponsorship Training will help you to become a sponsor for an inbound service member in order to support them and their family during a PCS. This training will provide you with the knowledge and the resources you will need to effectively execute all of your responsibilities as a Sponsor. Sponsorship Training fulfills the training requirement “US” for Service Members.

Welcome Aboard Orientation (WAO) – (5 hours) WAO is mandated by MCO 1754.10 and is mandatory for all newly arrived personnel in the grades of E-1 through E-6, WO-1, and O-1 through O-2 within 90 days of arrival at a new duty station. All other ranks are encouraged to attend. During WAO, Service Members will receive a brief introduction to the following programs: Semper Fit, American Red Cross, MFLC, Navy and Marine Corps Relief Society, Tricare, SAPR, Legal Assistance, PMO, Safety, CID, VA Benefits, Installation Protection, Environmental Protection, Equal Opportunity, Behavioral Health, Marine Corps Family Team Building, School Liaison Program, Exceptional Family Member Program, Child and Youth Programs, The Great Escape, and the Single Marine Program.

Transition Readiness Program

POC: Deanne Zander or Erin Williams

Phone: 858-307-9628; 858-307-4933

Email: Deanne.Zander@usmc.mil; Erin.Williams@usmc.mil

Eventbrite: <https://www.eventbrite.com/o/miramar-trs-9796476646>

Classes:

PRS: Personal Readiness Seminar - (4 hours) This course is mandatory for services members assigned to their 1st permanent duty stations. The course offers 3 hours of financial planning strategies and an introduction to Personal and Professional Development services to assist with career guidance whether making active duty service a career to retire from or a stepping stone to a brighter future. Participants required to attend will be notified and registered through their Career Planners.

Pre-separation Counseling - (2 hours) This mandatory class will prepare you for Transition Readiness Seminar (TRS). Find out what benefits and opportunities are available to you after you leave active duty. Spouses are encouraged to attend.

Pre-separation Counseling - (2 hours) This mandatory class will prepare you for Transition Readiness Seminar (TRS). Find out what benefits and opportunities are available to you after you leave active duty. Spouses are encouraged to attend.

TRS - Transition Readiness Seminar - (5 days) This signature 5-day course is mandatory for active duty members separating or retiring from military service. Topics include VA Benefits, Military Skills Translation, Department of Labor led employment curriculum and Financial Planning.

STARS: Spouse Transition and Readiness Seminar - (4 hours) Spouse centered workshop. Topics include post separation, insurance, VA and Tricare benefits, financial considerations, relocation, education and career information. All eligible patrons are encouraged to attend

10 Steps to a federal job - (3 hours) This workshop will help you navigate through USAJOBS's website and provide you with tips on creating effective federal resumes. Active duty, veterans and dependents are welcome.

Accessing Higher Education - (2 days) This workshop helps you prepare for college. Topics include identifying career goals, choosing an appropriate school and program, college admissions processes, GI Bill benefits and more. Active duty, veterans and dependents are welcome.

Boots to Business - (2 days) This course introduces you to the world of small business ownership. Active duty, veterans and dependents are welcome.

C2E Career & Credential Exploration Track - (2 days) This course helps you establish clear goals, evaluating training options, and building an action plan through personalized career development assessments with tailored career recommendations. In addition to using certification finder web tools and other internet resources that identify licensed occupations and a military occupational code translator. Active duty, veterans and dependents are welcome.

LinkedIn: (3 hours) This course is geared to assisting job seekers in using LinkedIn for job search and networking opportunities. Participants will learn how to build their professional online profile, research companies/careers and expand their professional networks.

Semper Fit Classes

Human Performance Program

Nutrition Classes

Nutrition POC: Julie Burks

Phone: (858) 307-7963

Email: burksj@usmc-mccs.org

Nutrition for Peak Performance Class: Recommended for everyone.

Basic Nutrition class that covers nutrition, fitness, metabolism and meal planning.

Dates: 1st Wednesday of every month Time: 1130-1230

Location: Human Performance Center inside HITT Center

Can also be scheduled upon request.

Semper Fit Microwave Cooking Class: Designed for those who only have a microwave and a refrigerator. Learn how to make healthy, tasty meals using only a microwave and a refrigerator. May require a class fee. Scheduled upon request.

Semper Fit Cooking Class: Hands-on cooking experience. Learn to make healthy tasty foods while on a budget. Samples of featured dishes and recipes to take home. May require a class fee. Dates: TBD and Scheduled upon request.

Commissary Tour: Navigate the maze of the commissary while learning how to read labels and pick healthier options. Discover the psychology of grocery stores and how they are designed to make us buy more. Scheduled upon request.

Weight Management Class: Recommended for BCP, RCP, FEP and anyone who would like to lose weight. Scheduled upon request.

Sports Nutrition and Supplements Class: Learn how to maximize your work outs with food, meal timing and hydration. Become educated in supplement use and misuse. Scheduled upon request.

Tobacco Cessation Classes

Operation Tobacco Free Marine (OTFM) – Tobacco Cessation Class: This 3-week class series to quit tobacco use doubles your chances of quitting for good. Receive medications and behavioral modification techniques to help you quit.

Meets first three Tuesdays of the Month Time: 1130-1230

Location: Human Performance Center inside HITT Center

Scheduled upon request – Can come to unit

STD/STI Prevention Classes

STD/STI Awareness and Prevention Class – This class offers an overview of STDs/STIs including recognizing and preventing them. Play STD Roulette and learn, in more of a fun way, what can happen when unprotected and ways to decrease the spread.

Scheduled upon request – Can come to unit

Sleep Classes

Sleep and Recovery Class (Coming Soon) – Sleep Assessment, Education and Coaching for better sleep.

Fitness Program

HITT Classes: Enjoy an hour long HITT session led by our HITT Instructors. Classes are held Monday through Thursday from 0600-0700. Unit PTs can be scheduled. POC: Randy 858-307-4670 or Riana 858-307-6147.

Group Fitness Classes: Semper Fit offers a variety of Group Fitness Classes. (BASIC 101, Build Your Own Body, C.O.R.E., Restorative Yoga, Gentle Yoga, Hatha Yoga, HITT Spin, UJAM, Zumba, D.R.V., aerobics, boxing, dance format). See schedule of classes and fees for non-active duty at MCCSMiramar.com for days and times. Unit PT's for any of the above classes can be scheduled, 72 hour notice, minimum of 15 people. For more information, contact Elizabeth Williams at 858-307-4669 or williamsep@usmc-mccs.org.

FOCUS (Families Overcoming Under Stress) Training

POC:

Email:

NOTE: at this time MCAS Miramar offers only TeleFOCUS (online FOCUS services). Please contact 703-784-0189 or email TeleFOCUS@focusproject.org

FOCUS provides a range of resilience-enhancing services to service members and their families. FOCUS teaches practical skills to help families meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Family friendly hours available.

www.Focusproject.org