



Family Readiness Program Newsletter

**Marine Corps Family
Team Building**

Volume 4, Issue 1
April 1, 2010

April is Month of the Military Child

The Secretary of Defense has designated April to be the Month of the Military Child. This event is celebrated by all branches and at every base. We take great pride in setting aside a time to recognize our youngest warriors.

The Marine Corps welcomes the opportunity to say "Thank you" to all the children of our Marines and sailors. These young heroes quietly serve their country as their parents go off to fight our countries battles.

Throughout the month of April events will be held to recognize and celebrate our children.



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Miramar's Month of the Military Child Events

FREE!!!!

Live, on stage entertainment, followed by a movie on selected Thursdays at The Bob Hope Theater,

MCCS Presents:

Thursday, April 1, 2010
SeaWorld Animal Show

Saturday, April 10, 2010
Family Night at the Movies

Thursday, April 15, 2010
San Diego Civic Dance Arts

Saturday, April 24, 2010
Family Night at the Movies

Thursday, April 29, 2010
Ronald McDonald Show

Thursday Shows begin at 1:30
Saturday Shows begin at 6:30
Doors open 30 minutes prior to show beginning.
www.mccsmiramar.com

American Crown Circus

Thursday, April 15, 2010
5:00 & 7:00 pm
Friday, April 16, 2010
5:00 & 7:00 pm

Tickets are available for pre-sale at the ticket office.

Adults: \$10.00
Ages 3-12: Free with paid adult*
Under 2: Free
*Two free children's tickets with purchase of adult ticket

Special points of interest:

- MCAS Miramar celebrate our Youngest Heroes
- Operation Purple camps provide lifetime memories for FREE
- MCFTB offers programs to support Marine & Family Readiness.

Marine Corps Family Team Building Workshops / Trainings April 2010

Family Readiness Program

The Corps' most valuable resource is the individual Marine and their family. The MCAS Miramar Family Readiness Program supports the Unit Family Readiness Program by providing training to Volunteers, Command Team Leadership and Family Readiness Officers To register for Family Readiness Trainings contact Trainer at 858 -577-1322 or visit www.mccsmiramar.com/family_readiness_program.html

Readiness & Deployment Support

The Readiness & Deployment Support (RDS) Program enhances unit readiness by delivering mobile family education programs to all ages. Designed specifically for Marines, sailors, and their family members, these programs increase their awareness of relevant readiness issues.

For additional information on RDS groups, workshops or briefs visit:

www.mccsmiramar.com/readiness_and_deployment_support.html

L.I.N.K.S.

L.I.N.K.S. is a program within MCFTB that enhances the readiness of Marines, both single and married, and their families by offering an orientation to the Marine Corps lifestyle. This orientation includes mentorship by experienced and knowledgeable volunteers.

To register for a L.I.N.K.S. Session visit www.mccsmiramar.com/links.html

April	Program Name/Session Type	Time
Mondays	Readiness & Deployment Support / Pre-School Group	3:15-4:00
Mondays	Readiness & Deployment Support / Kindergarten-2nd Grade	4:15-5:00
Tuesdays	Readiness & Deployment Support / Pre-School Group	3:15-4:00
Tuesdays	Readiness & Deployment Support / Kindergarten -2nd Grade	4:15-5:00
Wednesdays	Readiness & Deployment Support / Pre-School Group	3:15-4:00
Wednesdays	Readiness & Deployment Support / 3rd—5th Grade	4:315-5:00
Thursdays	Readiness & Deployment Support / Bonding Times	9:30-10:30
Saturdays	Children, Youth & Teen Programs / Open Rec	1:00-6:00
Tuesday, April 6, 2010	LifeSkills / Consumer Awareness	11:30-12:30
Wednesday, April 7, 2010	L.I.N.K.S. / L.I.N.K.S. for Spouse (Part 1 of 2)	9:00-1:00
Thursday, April 8, 2010	L.I.N.K.S. / L.I.N.K.S. for Spouse (Part 2 of 2)	9:00-1:00
Wednesday, April 7, 2010	EFMP / ADHD Training Series (Part 1 of 3)	1800-2000
Tuesday, April 13, 2010	LifeSkills / Car Buying	11:30-12:30
Tuesday, April 13, 2010	LifeSkills / Couple's Communication	6:30-8:00pm
Wednesday, April 14, 2010	L.I.N.K.S. / L.I.N.K.S. for Marines	1200-1630
Thursday, April 15 th , 2010	EFMP / Autism Support Group	10:00-11:30
Saturday, April 17 th , 2010	EFMP / Family Fun Day/Ribbon Cutting	10:00-2:00
Saturday, April 17, 2010	Family Readiness Program / Family Readiness Volunteer	9:00-2:00
Monday, April 19, 2010	LifeSkills / Four Lenses	11:30-2:30
Tuesday, April 20, 2010	LifeSkills / Consumer Awareness	11:30-12:30
Wednesday, April 22, 2010	EFMP / Coffee Break	11:30-12:30
Thursday, April 22, 2010	LifeSkills / Develop a Spending Plan	11:30-12:30
Friday, April 23, 2010	LifeSkills / Family Care Plan	11:30-12:30
Saturday, April 24, 2010	L.I.N.K.S. / L.I.N.K.S. for Spouses	9:00-4:00
Tuesday, April 27, 2010	LifeSkills / Money and the Move	11:30-12:30
Wednesday, April 28, 2010	Family Readiness Program / Command Team Training	1200-2:00
Wednesday, April 28, 2010	LifeSkills / Raise your Renting IQ	11:30-12:30
Thursday, April 29, 2010	LifeSkills / Financial Planning	6:30-8:30pm

Please contact programs to register for any workshops that interest you.



Marine Corps Family Team Building Workshops / Trainings May 2010

May	Program Name/Session Type	Time
Mondays	Readiness & Deployment Support / Pre-School Group	3:15-4:00
Mondays	Readiness & Deployment Support / 3rd—5th Grade	4:30-5:15
Tuesdays	Readiness & Deployment Support / Pre-School Group	3:15-4:00
Tuesdays	Readiness & Deployment Support / Kindergarten –2nd Grade	4:30-5:15
Wednesdays	Readiness & Deployment Support / Kindergarten –2nd Grade	3:15-4:00
Wednesdays	Readiness & Deployment Support / 3rd—5th Grade	4:30-5:15
Thursdays	Readiness & Deployment Support / Bonding Times	9:30-10:30
Saturdays	Children, Youth & Teen Programs / Open Rec	1:00-6:00*
Monday, May 3, 2010	LifeSkills / Four Lenses	11:30-2:30
Tuesday, May 4, 2010	L.I.N.K.S. / L.I.N.K.S. for Spouse (Part 1 of 2)	9:00-1:00
Wednesday, May 5, 2010	L.I.N.K.S. / L.I.N.K.S. for Spouse (Part 2 of 2)	9:00-1:00
Wednesday, May 5, 2010	Family Readiness Program / Family Readiness Volunteer	9:00-2:00
Thursday, May 6, 2010	LifeSkills / Family Care Plan	11:30-12:30
Saturday, May 8, 2010	LifeSkills / The 7 Habits of Highly Effective Military Families	9:00-4:00
Tuesday, May 11, 2010	L.I.N.K.S. / Mentor Training (Part 1 of 2)	5:30-9:30 pm
Wednesday, May 12, 2010	L.I.N.K.S. / Mentor Training (Part 2 of 2)	5:30-9:30 pm
Wednesday, May 12, 2010	EFMP / ADHD Training Series (Part 2 of 3)	6:00-8:00 pm
Thursday, May 13, 2010	LifeSkills / Credit Management	11:30-12:30
Monday, May 17, 2010	EFMP /Special Needs Forum	11:30-1:00
Tuesday, May 18, 2010	LifeSkills / Car Buying	11:30-12:30
Tuesday, May 18, 2010	Readiness & Deployment Support / Casualty Assistance Process	6:30-8:30 pm
Wednesday, May 19, 2010	EFMP / Coffee Break	11:30-12:30
Wednesday, May 19, 2010	L.I.N.K.S. / L.I.N.K.S. for Marines	12:00-4:30 pm
Thursday, May 20, 2010	LifeSkills / Family Care Plan	11:30-12:30
Saturday, May 22, 2010	L.I.N.K.S. / L.I.N.K.S. for Spouses	9:00-4:00
Saturday, May 22, 2010	L.I.N.K.S. / L.I.N.K.S. 4 Kids	9:00-4:00
Saturday, May 23, 2010	Drew Brees Celebrity Golf Classic	All Day
Tuesday, May 25, 2010	LifeSkills / Develop a Spending Plan	11:30-12:30
Thursday, May 27, 2010	LifeSkills / Consumer Awareness	11:30-12:30

Please contact programs to register for any workshops that interest you.

LifeSkills Program

The goal of the LifeSkills Program under the direction of Marine Corps Family Team Building is to provide personal development curricula that promotes the well being of Marines and their families. LifeSkills achieves this goal by targeting three main areas of the warrior: Family Life, Individual Enhancement, and Leadership Development.

For more information call 858-577-4473 or visit www.mccsmiramar.com/lifeskills_program.html

Exceptional Family Member Program

The Exceptional Family Member Program is a mandatory program. The aim of the program is to help monitors at Headquarters Marine Corps to ensure consideration of family members with long term medical needs and or any special education needs of the Exceptional Family Members in the assignment process.

For additional information call 858-577-4668 or visit www.mccsmiramar.com/exceptional_family_member.html

Children, Youth & Teen Programs

The Youth Center has something for everyone under 18: The Part Day Preschool Program for 3 to 5 year olds, the School Age Care Program for 5 to 12 year olds, the Teen Center for 12 to 17 year olds and the Youth Program that offers sports teams and other specialized programs for kids of all ages.

For additional information call 858-577-6959 or visit: www.mccsmiramar.com/youth_teen_programs.html

Marine Corps Family Team Building

MCAS Miramar
PO Box 452008
San Diego, CA 92145

Phone: 858-577-1322
Fax: 858-577-9955
E-mail: angel.deluz@usmc.mil

Building strong warriors and
healthy families.



www.mccsmiramar.com

Ten Ways to Say “I love you” to your Military Child

1. Write a note and put it in your child’s lunch box, binder or jacket
2. Have a special day (“a date”) with your child
3. Spend an afternoon playing with your child, letting them direct the play
4. Do one of your child’s chores
5. Make your child into a burrito by wrapping them in a blanket
6. Plan a family movie night
7. Play a dinner game—everyone has to think of something they like or admire about everyone at the table.
8. Cook with your child
9. Exercise together
10. Set a good example

FREE Summer Camp

The National Military Family Association (NMFA) with support from Sierra Club has been providing free camp opportunities to military children since 2004. By the end of the 2010 summer season Operation Purple will have provided close to 30,000 military children and teens FREE summer camp experiences.

These camps are designed for children ages 7 through 17, additional Leadership camps are offered to teens ages 15-17. Locations and activities for camps vary by age. This opportunity is available to children of services members of all ranks and services, active and reserve. Priority for placement is given to children whose parents are currently within a 15-

month deployment window.

The deadline is quickly approaching. Visit the NMFA website at www.militaryfamilies.org

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