Marine Corps Family Team Building

Building strong warriors and healthy families

Volume 2, Issue 3

Family Readiness Program Weekly Newsletter

Readiness & Deployment Support Presents "Wii Unite" Deployment Stress & Coping

Who are you taking care of?...Kids, Bills, Pets

Treat yourself to a night of :

Games, Free Massages, Friends & Fun

Thursday, February 25, 2010 from 6:00-8:00pm at the L.I.N.K.S. House

R.S.V.P to Readiness & Deployment Support

858-577-6306 or 858-577-6203

Who's taking care of you???

Women Infant & Children (WIC)

Good news from WIC!

WIC has reviewed the allowances that are counted to determine eligibility. In the past allowances like Family Separation, Combat Pay and Flight Pays have been included causing many families to be deemed as ineligible. WIC is no longer including these (and many other) pays making many more families eligible! To determine if you are eligible schedule an appointment at 1-800-500-6411 or visit www.sandiegowic.org

Morning B.O.P.S Playgroup

Building on Parenting Skills Playgroup will meet on the 1st and 3rd Fridays of every month from 9:30am-11:00am in the Children's Library.

For the kids:

*Circle Time *Free Play

For the Parents:

*Age-appropriate discipline *Setting limits/boundaries

*Potty Training *Parent self-care

Contact 858-577-9812 or 858-997-8312 with questions

Financial Freedom can be YOURS - BUILD WEALTH NOT DEBT

It's never too early (or too late) to start planning for your financial future. If you're thinking about committing to a savings plan, building credit to buy your first home or just getting out from under debt, Military Saves can help.

During the first week in March plan to attend a "Military Saves" Financial Seminar and learn how to build wealth, not debt, develop a personal financial plan, establish good credit and take charge of your financial future.

When: Tuesday, March 3, 2010 from 1300-1600 (1:00-4:00pm)

Where: The Bob Hope Theater, MCAS Miramar

Navy Marine Corps Relief Society

The NMCRS located on MCAS Miramar offers Budget for Baby classes. This class offers couples an opportunity to learn about the impact a new baby can have on their finances. Through a program of preventative education participants will learn about variations in pay, increased expenses and common consumer pressures targeted to new parents, as well as entitlements available through both government and private sectors.

Budget for Baby on select Weekdays and Saturdays

The NMCRS Thrift Shop aboard MCAS Miramar provides servicemembers an opportunity to purchase uniforms and household items at a nominal cost. All income earned by the Thrift Shop is returned to the Navy-Marine Corps community in the form of relief services.

Hours of Operation: Tuesday & Thursday from 1000-1300 located behind the Veterinary Clinic on Bauer Rd.