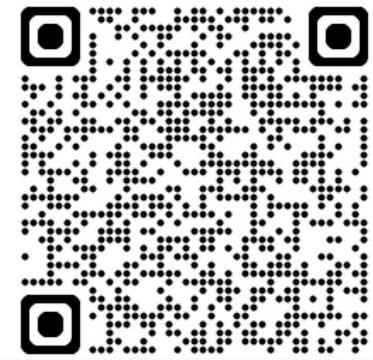


FAMILY RESOURCES

PARENTING SUPPORT

A team of licensed social workers, marriage and family therapists, and registered nurses that provide aid, education, and support to the families of active-duty personnel through a variety of programs and in-home visits. They help families adjust to life with a new baby, cope with stress, pre- and post-deployment, reunification, and everyday demands.

Building 216
(808) 496-8803



Baby Bootcamp

This course offers expectant parents the basic information and tools needed to provide loving care for their newborn. Join us for hands-on practice as we learn and discuss: Basic Infant Care, Birth Plans, Self-Care, Bathing, Feeding, Diapering, Pre- and Postpartum Emotions, Labor and Delivery, Infant Growth and Development, Infant Safety, Attachment, Bonding, Soothing a Crying Baby, and More!

(808) 496-8803



Positive Parenting Class

A 3-class seminar for children, ages 0-17, that aims to increase parents' confidence in managing behaviors and reducing parenting stress. The seminars cover the power of positive parenting and raising confident, competent, and resilient children.

(808) 496-7780



Operation Dads

A casual gathering where Dads can bond with their children and connect with other fathers.

(808) 496-8803



Infant Massage

A six-week course that provides a nurturing and positive environment where parents can connect with their babies, learn how to understand their cues, promote relaxation and healthy development, and reduce stress. Recommended for babies 4 weeks to pre-crawling. Registration is required.

(808) 496-8803



Postpartum Support Group

The postpartum period can be difficult, but you do not have to do it alone. In the Postpartum Support Group, you can connect with other new parents, talk about your experience, and learn helpful tools and resources to assist in navigating this season and help you feel like yourself again.

(808) 496-8803



Home Visitation

NPSP home visitors are licensed clinical social workers or registered nurses who provide personalized, one-on-one guidance to parents. These visits provide an opportunity to discuss parenting techniques, infant care, and family dynamics in the comfort of the family's home. Available for families with children 0-5 years of age.

(808) 494-8803



Play Mornings

Facilitated by an RN to answer all feeding, infant care, and development questions. Casual setting to support parent and child social interactions.

(808) 496-8803

NAVIGATING

FAMILY RESOURCES

CHILD CARE



School Liason Program

Provide military families with children in grades preK-12 school transition and academic support information, education services, and resources.

Building 216, Room 28
(808) 496-2019



Child Development Centers

Our mission is to ensure peace of mind knowing your children are not only well cared for but also learning and enjoying themselves. Our Child Development Centers (CDC) are open to children ages 6 weeks to 5 years. Our classrooms provide fun, inclusive, and engaging environments, individualized learning experiences that meet the needs of each child, and great opportunities for socialization!

MilitaryChildCare.com
Kupulau CDC
(808) 496-1388

Laulima CDC
(808) 496-2038



ASYMCA

The Armed Services YMCA is an Association of the YMCA, specifically dedicated to serving active-duty military and their families.

Early Childhood & Youth Development Programs

Parent Participation Preschool, Learning & Playgroups, Summer Camps, School-age Resiliency Programs

Military & Family Resiliency Programs

Food Assistance, Holiday & Travel Assistance

455 Bingham Way
M-F | 7:30am to 3:30pm

(808) 254-4719



Militarychildcare.com

Provide military families and students school transition and academic support information and resources.

<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/about>



Youth & Teen Programs

School Age Care (SAC) offers vital support to military families by providing a safe and structured environment, academic support, social development, resilience building, recreational activities, and support for military readiness.

SAC offers affordable and flexible care options designed to strengthen military families and help children thrive, fostering a sense of community and stability within the Marine Corps lifestyle.

(808) 496-2030



FAMILY RESOURCES

FAMILY FINANCIAL SUPPORT



Thrift Stores

Charity organization providing low cost and affordable items for purchase.

NMCRS JBPHH Thrift Shop

1492 Battleship Dr.
(808) 422-4691

Hickam Thrift Shop

540 Kuntz Ave, B1723
(808) 449-6603

Schofield Barracks Thrift Shop

238 Ulrich Way, B2107
(808) 624-3254

Ft Shafter Thrift Shop

342 Pierce St, B342
(808) 842-1074



Marriage & Money

This Essential Planning Information for couples and individuals preparing for marriage. This one-hour class covers key financial topics to discuss expectations and ensure your financial security as a couple. This class is offered by PFMP and satisfies the MOL message regarding mandated financial training for marriage.

(808) 496-2158



ASYMCA 455 Bingham Way

The Armed Services YMCA is an Association of the YMCA, specifically dedicated to serving active-duty military and their families.

Monthly Ohana Open Market

A monthly community food distribution event at the MCB Hawaii Chapel.

Marketplace Pantry

The Pantry ensures military families have everything they need to make ends meet and have homes running smoothly.

M-F, 8:00AM-2300PM

Operation Ride Home

Operation Ride Home provides financial assistance to active duty junior-enlisted military and their families to travel home for the holidays.

(808) 254-4719



Personal Financial Management Program

The PFMP assists Marines and their families in achieving and sustaining personal financial readiness by providing financial education, training, counseling, and referrals. Topics include, but are not limited to, renting or buying a home or vehicle, Thrift Savings Plan, Survivor Benefit Plan, Credit Report and score education, developing a budget, and understanding military retirement benefits.

Bldg 220 (Education Center)

(808) 496-7783



Budget for Baby

Expecting a baby is an exciting time. Planning for the financial impact of a baby is an important part of your preparations. Start your planning with NMCRS' free Budget for Baby workshop. You will receive important financial education and a \$50 gift card and hand-crafted blanket.

Bldg. 4016
(808) 496-1972





FAMILY RESOURCES

LEARN TO THRIVE AS A MILITARY SPOUSE & BUILD COMMUNITY
(L.I.N.K.S. PROGRAM)

Reed Road, Bldg 579
(808) 496-8848



Marine Corps History & Traditions

Outlines USMC structure and mission to include Navy personnel attached to USMC units. Provides historical insights and discusses traditions.



Benefits & Services

An overview of benefits, privileges, and resources available to military families; including the location of these services and how to access their wealth of information.



Pay

Explains the differences between a civilian and military paycheck, while introducing the Leave and Earning Statement (LES), including a general discussion on basic pay and allowances.



Separations & Deployments

Discusses the inevitable separations military families will experience, and provides suggestions from seasoned spouses on how to successfully balance the additional responsibilities when your Marine is away.



Moving in the Military

Insights on the moving process; everything from the first packer's inspection to clearing quarters.



Communication

Focuses on healthy interaction with others in the family and community; insights into the role of the Navy Chaplain and family support.



Career Opportunities

Provides participants with information on the benefits and opportunities for those who choose to "Stay Marine".



Volunteering

Explore the benefits of becoming involved in your community; discuss local opportunities for volunteering and how to include on a resume.



Celebration

Cake cutting and celebration – summation of the L.I.N.K.S. journey and encouragement to participants to continue developing their knowledge and skills, and mentoring incoming families.

NAVIGATING

FAMILY RESOURCES

FAMILY SUPPORT & DEVELOPMENT



Exceptional Family Member Program (EFMP)

A mandatory program designed to coordinate PCS assignments for active-duty sponsors who have family members with qualifying medical or educational needs. Ensuring continuity of care for the exceptional family members enhances the quality of life for enrolled families to support the mission of the Marine Corps.

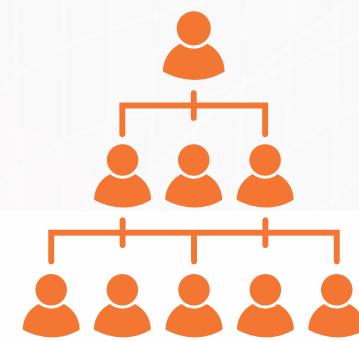
Bldg 219
(808) 496-0290



Family Care Plan & Readiness Binders

Stay prepared for any situation with MCFTB's Family Care Plan & Readiness Binder workshop. Learn how to organize essential documents, contacts, and instructions so your family is supported and informed, even during unexpected events. These hands-on sessions ensure peace of mind by helping you create a personalized, ready-to-use binder.

(808) 496-2657



Readiness Deployment Support

Readiness & Deployment Support educates and prepares military members and their families to cope with the challenges of all types of deployments and family separations, including the Command team members and Deployment Readiness Coordinator who will guide families and Marines through deployments.

Bldg 579
(808) 496-2650



Family Member Employment Assistance Program (FMEAP)

FMEAP provides support, resources, and services to military spouses and dependent family members of service members to help them find and sustain meaningful employment despite the challenges of the military lifestyle. The program offers career counseling, job search assistance, skill enhancement workshops, and networking opportunities to empower family members in their career development.



USO

USO programs focus on connection, strengthening, wellness, and resiliency of our service members and their families.



Conflict Management

Learn practical tools to handle disagreements with confidence in MCFTB's Conflict Management workshop.

Whether at home, work, or in your community, you'll gain strategies to navigate tough conversations, reduce stress, and strengthen relationships.

(808) 496-2657



5 Love Languages

Discover your love language and gain insights to strengthen personal relationships while enhancing communication and connection. This fun and interactive workshop will help you better understand yourself and others.

(808) 496-2657

FAMILY RESOURCES

RELATIONSHIP WORKSHOPS, FAMILY SUPPORT, & DEVELOPMENT CONTINUED



Within My Reach

This workshop explores the dynamics of healthy relationships. Participants will learn to recognize how those techniques can result in favorable behaviors and proper boundaries. It covers healthy ways to enhance communication, manage stress, and resolve conflict.

(808) 496-7780



Married and Loving It

This evidence-based program is perfect for couples who want to strengthen the bond within their current relationship, or for individuals who strive to be successful in their future relationship. Topics discussed include: love languages, communication, finances, conflict resolution, and how to work together to enjoy married life.

(808) 496-7780



Family or Marriage Enrichment Retreat (MER)

CREDO MERs focus on deepening a married couple's commitment to one another by creating space for couples to reconnect. MERs provide a free 3-day, 2-night stay at a 4-star hotel and above. Meals, lodging, and parking are also free.

The Family Retreat focuses on reconnection through team building.

(808) 496-2749



Reintegration Workshop

Addressing the effects of reintegration on a relationship, looking into what creates true relationship satisfaction, and sharing deployment or separation experiences in a fun way.

- Common post-deployment reactions of Marines and their significant others
- 5-step problem solving
- Communication barriers and how to work through them
- Life balancing skills

(808) 496-2657



FOCUS

Families Overcoming Under Stress (FOCUS) provides a wide range of effective prevention services customized to the needs of military service members and their loved ones. Since the program's inception in 2008, FOCUS has established that a family-centered program is both feasible and effective for military families, couples, and recovering warriors.

Currently available through telehealth so couples and families can engage from their own homes or while geographically separated.



7 Principles of Making Marriage Work

7 Principles of Making a Marriage Work is a research-based program to build a strong, lasting relationship.

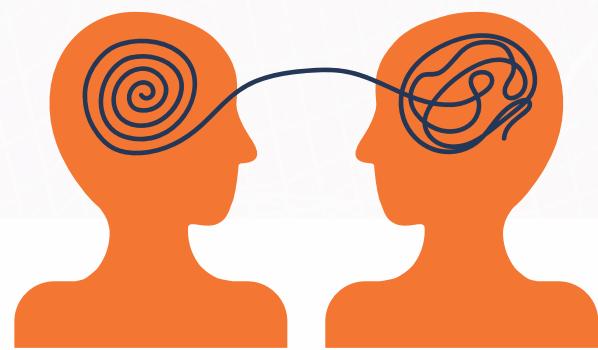
Spend an evening discovering the different ways that each of you views family, relationships, intimacy, and finances. Gain new insights and relationship skills to improve intimacy and friendship in your relationship and help you resolve conflict in a productive way.

(808) 496-7780



FAMILY RESOURCES

FAMILY & RELATIONSHIP COUNSELING



Military & Family Life Counseling (MFLC)

Free, confidential, non-medical counseling and support services to service members and their families to address challenges related to:

- Relationships at home and at work
- Adjusting to military culture
- Building parenting skills
- Managing stress
- Handling grief and loss
- Staying resilient through deployment and other changes
- Couples counseling
- Family counseling

MAG-24 MFLCs
Bldg 301 (Chaplains' Office)

Mrs Sheryl (808) 437-1552
Mrs Cheyenne (808) 688-7221



Community Counseling Program (CCP)

For: Individuals, Spouses, Families, & Children

- Walk-in Screenings
- Individual & Couples Counseling
- Family Counseling
- Child and Teen Counseling
- Care Management
- Parent-Child Relationships
- Partner and Sibling Issues
- Occupational Problems
- Anger and Anxiety Issues
- Stress and Adjustment Issues
- Grief and Loss

Bldg 216
(808) 496-7780



Chaplain

Chaplains provide a trusted resource for counsel, advice, and advocacy, whether individuals are religious or not. Their conversations are **100% confidential**.

Services include pastoral care, moral guidance, emotional support, and community building. Chaplains can direct individuals to further resources or longer-term care when needed.

MAG-24 Chaplains
Bldg 301
(808) 496-2749

MCBH Duty Chaplain
(808)-927-6583

MCBH Chapel
(808) 496-5138



Family Advocacy Program

Offering counseling, case management, and advocacy services for individuals impacted by child abuse, domestic abuse, and problematic sexual behaviors in children and youth.

Bldg 216
(808) 496-7780
24/7 Helpline: (808) 216-7175



TAMC Child & Family Behavioral Health

Child and Family Behavioral Health is a place of innovative, comprehensive care, health promotion, and education focused on wellness for the individual child, the family, and the community as a whole. No referral is required to request services.

TAMC, 2B Oceanside
(808) 433-6418



Semper Support

Marines and their families face stress in life, at work, in training, and on deployments. Semper Support provides access to counseling for Marines, as well as their families, who are geographically dispersed and/or those who may experience barriers to in-person counseling services. You can access free counseling sessions from anywhere, on your schedule.

