

MARINE WING HEADQUARTERS SQUADRON 1 RESOURCES

For assistance navigating resources contact the MWHS-1 Embedded Prevention Specialist (EPBHC) 645-1999

IN THE EVENT OF AN EMERGENCY CALL PMO:

911 OR 098-911-1911

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| **DEPLOYMENT READINESS COORDINATOR (DRC)****Ms. Satsuki Fraling****645-5359**satsuki.fraling@usmc.mil*Resource and referrals for Marines and their families* | **NEW PARENT SUPPORT PROGRAM** **645-0396**Camp Foster Bldg. 439mccsokinawa.com/npsp*Support services to expectant parents and military families with children under the age of 5. Parenting education, support, home visits, and play groups.* | **MILITARY ONESOURCE****1-800-342-9647**militaryonesource.mil*Comprehensive information on every aspect of military life: deployment, health, finances, resources, spouse employment/education etc.* *Non-medical counseling services online, via chat, telephone, or face to face. 24/7* | **MWHS-1 CHAPLAINS****645-7202****CAPT Weems: 080-1385-7091****CDR Cain: 080-8372-4154**Camp Foster Bldg. 5692 *Chaplains provide confidential, spiritual, humanistic supportive care, and assistance with humanitarian reassignments.* |
| **MARINE CORPS FAMILY TEAM BUILDING****645-3689**MCFTBOkinawa@okinawa.usmc-mccs.org*Resource information, support services, and training workshops: Communication, Leadership, Readiness and Resiliency, Relationship Enhancement.*  | **FOCUS (focusproject.org)****645-6077**Camp Foster Bldg. 5691*Resiliency training, skill building, and interactive briefs for units, couples and families. Skill development for couples, children and parents.* | **12 STEP OKINAWA**www.12stepokinawa.com*Alcohol Abuse Support: Central office of Okinawa’s online resource for Alcoholics Anonymous and other 12 step programs.**In person, online, and hybrid 12 Step meetings.*  | **MILITARY FAMILY LIFE COUNSELOR (MFLC) embedded****Janet Walsh** **080-4183-2428**janet.walsh@leidos.comCamp Foster Bldg. 5692*Confidential, non-medical counseling and skill building \*no notes or records\** |
| **MARINE CORPS LEGAL****645-7144**Camp Foster Legal Office Bldg. 437*Tax preparation, Wills and estates, Power of attorney, Family law, Landlord-tenant law, Affidavits, Immigration and naturalization, Consumer protection law.* | **FAMILY ADVOCACY PROGRAM (FAP)****645-2915/2916**Camp Foster Bldg. 493*Prevention briefs and education on stress, anger management, healthy relationships, and parenting.* **Victim Advocate/Family Advocacy 645-SAFE (7233)** | **SUBSTANCE ASSESMENT COUNSELING CENTER (SACC)****645-3009/3483**Camp Foster Bldg. 440*mccsokinawa.com/sac* *Awareness/prevention education, clinical treatment, for substance and/or gambling disorders. Tobacco cessation.* | **COMMUNITY COUNSELING PROGRAM (CCP)****645-2915/2916**Camp Foster Bldg. 439mccsokinawa.com/communitycounseling*Individual, couple, family, and group counseling services dealing with stress, communication, adjustment, relationships, and grief and loss.* |
| **SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)****Hotline: 645-2134After Hours: 645-HOPE (4673)***Immediate SAPR victim support for service members, dependents, and eligible civilians. Prevention awareness and education.* | **SMART CLINIC SOUTH****646-9355 option 4, option 1**US Naval Hospital Camp Foster1st floor PT/OT Dept.*Sports medicine, rehabilitation, and regenerative medicine for active duty personnel as well as dependents.**No appointment or referral needed.**Check-in/Walk-in: M-F 0700-0900* | **NEIGHBORHOOD FOOD PANTRY****Bldg. 455 Rm 103** | **US NAVAL HOSPITAL OKINAWA****646-9355***For emergent medical or mental health care services including* *suicidal risk or attempts 24/7/365.***Deployment Health Clinic 646-7485***For post-traumatic stress reaction or combat stress reaction to deployment. General medical MH care.* |

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| **PERSONAL FINANCE MANAGEMENT****645-2104****Personal Financial Counseling** **645-7806**mccsokinawa.com/finance*Money Management, Command Financial Specialist, Credit Report Analysis* | **GUNNER’S GYM****645-3985**Camp Foster Bldg.5900*Weight lifting equipment/ machines, cardio room, group fitness classes, racquetball/basketball/volleyball courts, martial arts room, adult sports, outdoor recreation facilities.* *Sauna, steam room, massage therapy.* | **SINGLE MARINE PROGRAM (SMP)****645-3681**Camp Foster Bldg. 5908*Identifying Quality of Life**Concerns and developing QoL initiatives. Activities to address/influence readiness, morale, living environment, personal growth and development.* | **EDUCATION CENTER****645-7160**Camp Foster Bldg. 5679*Apprenticeship & credentialing programs, commissioning programs, guidance counseling, tuition assistance, financial aid, G.I. Bill, testing, skillbridge.***Library****645-7178**Camp Foster Bldg. 5679 |
| **NAVY MARINE CORPS RELIEF SOCIETY****645-7808** Camp Foster Bldg. 5717Okinawa@nmcrs.org*Financial, educational and other assistance. Quick assist loans, visiting nurses, budget for baby, emergency travel, disaster relief, and thrift shops.* | **HEALTH PROMOTION****645-3910**Camp Foster Gunners GymBldg. 5902mccsokinawa.com/healthpromotion*Wellness educators for individuals, groups, and units. Nutrition education, Tobacco Cessation, Resting metabolic rate testing, return to readiness program, sexual health, injury prevention..* | **USO****645-2539**Camp Foster Bldg. 5710campfoster@uso.org*Food and Beverages, Billiards, movie theatre, ping pong, computers/laptops, work areas, WIFI, lounge, patio, outdoor space, special event space, Free food Fridays.*  | **TRANSITION READINESS PROGRAM****645-3151**Camp Foster Bldg. 445Mccsokinawa.com/transition*Workshops, individual counseling, personal readiness seminars, pre-retirement, financial planning, Career and Job Search Assistance, Occupational Guidance, Interview Skills.* |
| **OTHER FAMILY RESOURCES** |
| **RESOURCE AND REFERRAL**Foster Bldg. 495 645-1177**INFORMATION AND REFERRAL**645-8395Reloassist@okinawa.usmc-mccs.org**MARINE THRIFT SHOP**645-6025Camp Foster Bldg. 5691shopmts@yahoo.com | **CHILD DEVELOPMENT CENTERS**Foster Bldg. 499 645-3846/2549Ashibana (Foster) Bldg. 1680 645-5072/5073Kinser Bldg. 864 637-2296/2291Courtney Bldg. 4456 622-7751/7761**YOUTH AND TEEN CENTERS** Kishaba (Foster) (Y) Bldg. 24 645-8012 Foster (T) Bldg. 200 645-1004/1006 Kinser (Y/T) Bldg. 1316 637-1755 Courtney (Y/T) Bldg. 4466 622-9702/9711 | **FAMILY CHILD CARE**Foster Bldg. 495 645-2174**SCHOOL AGE CARE PROGRAM**Foster Bldg. 1620 645-7301McTureous Bldg. 5206 622-9051Kinser Bldg. 1091 637-3760**EXCEPTIONAL FAMILY MEMBER**Foster Bldg. 495 645-9237 Kinser Bldg. 1316 637-3516Courtney Bldg. 4448 622-9794 |
| **ADDITIONAL RESOURCES*** **Military OneSource: From DSN 145 / Text 838255** - Crisis line, Counseling, support, and resource information, 24/7.

[www.militaryonesource.mil](http://www.militaryonesource.mil) online chat 24/7.* **National Crisis Hotline: From DSN 988, 1-800-273-TALK** **(8255)** (suicide/crisis hotline) - For anyone needing to talk 24/7.
* **Veterans Affairs: 645-3508/3151**; varep@okinawa.usmc-mccs.org - Assists transitioning military members, retirees, and surviving spouses
* **Never Leave A Marine Behind**: <http://www.usmc-mccs.org/suicideprevent> - education and support to assist helpers and those at risk of suicide.
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| **How To Call a DSN from a Japanese Cell Phone:** Look at the first 3 digits of the DSN, if its starts with 623 (Camp Hansen), dial 098-969-Last 4 of DSN 645 (Camp Foster), dial 098-970-Last 4 of DSN  622 (Camp Courtney), dial 098-954-Last 4 of DSN 646 (Camp Foster), dial 098-971-Last 4 of DSNCall Foster Switchboard 098-970-5555; after dial tone enter DSN  |