

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. 439  mccsokinawa.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.com](mailto:janet.walsh@leidos.com)  Camp 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. 439  mccsokinawa.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: 645-2134 After 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 Foster  1st 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. 5717  Okinawa@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 Gym  Bldg. 5902  mccsokinawa.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. 5710  campfoster@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. 445  Mccsokinawa.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**  645-8395  Reloassist@okinawa.usmc-mccs.org  **MARINE THRIFT SHOP**  645-6025  Camp Foster Bldg. 5691  shopmts@yahoo.com | **CHILD DEVELOPMENT CENTERS**  Foster Bldg. 499 645-3846/2549  Ashibana (Foster) Bldg. 1680 645-5072/5073  Kinser Bldg. 864 637-2296/2291  Courtney 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 645-7301  McTureous Bldg. 5206 622-9051  Kinser Bldg. 1091 637-3760  **EXCEPTIONAL FAMILY MEMBER**  Foster Bldg. 495 645-9237  Kinser Bldg. 1316 637-3516  Courtney 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](mailto: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. | | | |
| **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 DSN  Call Foster Switchboard 098-970-5555; after dial tone enter DSN | | | |