



# July 2024

## Marine & Family Programs

### Exceptional Family Member Program (703) 693-5353

**9** KNOWLEDGE NUGGET: EARLY INTERVENTION OVERVIEW 11:30 AM - Noon  
MSTeams

**23** KNOWLEDGE NUGGET: SERVICE ANIMALS 11:30 AM - Noon  
MSTeams

Contact EFMP for more information.  
Register by sending an email request to:  
[ombefmp.eventregistration@usmc-mccs.org](mailto:ombefmp.eventregistration@usmc-mccs.org)

### New Parent Support Program 703-614-7208

**3, 17** PLAY MORNING 10:30 AM - Noon  
DFMWR Library

**5, 12, 19, 26** INFANT MASSAGE 9 - 10 AM  
Bldg. 12, Conf. Rm.

**25** BABY BOOT CAMP 9 AM - 3:30 PM  
Bldg. 12, Conf. Rm.

**School Liaison Program**  
**703-693-8378 / 703-696-7620**  
[ombhhschoolliaison@usmc-mccs.org](mailto:ombhhschoolliaison@usmc-mccs.org)

The School Liaison is available to provide information and resources for K-12 school aged children.

**SAPR**  
**SEXUAL ASSAULT PREVENTION AND RESPONSE**  
**24/7 SUPPORT LINE**  
**703-217-9940**

### Behavioral Health Programs 703-614-7204

PRE-REGISTRATION REQUIRED  
FOR CLASSES & SEMINARS  
CALL: 703-614-7204

**COMMUNITY COUNSELING**  
**703-614-7204**

**MILITARY FAMILY LIFE COUNSELOR**  
**703-414-9885**

**SUBSTANCE ABUSE COMBAT CENTER**  
**703-614-8961/ 8962**

**NATIONAL SUICIDE PREVENTION & VETERAN CRISIS LIFELINE 24/7: DIAL 988 THEN PRESS 1 OR TEXT 838255**  
If you or someone you know needs support now, call or text 988 or chat [988Lifeline.org](http://988Lifeline.org). 988 connects you with a trained crisis counselor who can help.  
[WWW.VETERANSCRISISLINE.NET](http://WWW.VETERANSCRISISLINE.NET)

### FAMILY ADVOCACY 703-614-7204

**CALL** MEN'S DOMESTIC VIOLENCE INTERVENTION GROUP (STOP) 26 WEEK PROGRAM **Call for referral options**

**CALL** DEVIL DOG DE-ESCALATION: CENTURY ANGER MANAGEMENT **Call for referral options**

**CALL** R.I.S.E SUPPORT GROUP **Call for referral options**

**24 HOUR DOMESTIC VIOLENCE HOTLINE: 202-439-6038**

At Henderson Hall unless otherwise noted. Please pre-register. For more information call 703-614-7200 or visit [HendersonHall.usmc-mccs.org](http://HendersonHall.usmc-mccs.org). There is no federal or Marine Corps endorsement of commercial sponsors.

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### Personal & Professional Development 703-614-9104

- Daily** H&SBN - WELCOME ABOARD 8 - 10:30 AM  
Contact Your Info. Referral, & Bldg. 12  
Relocation (IR&R) Program Manager 703-614-7200
- 3, 17** TUITION ASSISTANCE 10 - 11 AM, To get started  
ORIENTATION BRIEF with TA process, email:  
[hnhl\\_edu@usmc.mil](mailto:hnhl_edu@usmc.mil)
- 9, 23, 30** DLPT (DEFENSE LANGUAGE PROFICIENCY TEST) To schedule please email  
[hnhl\\_edutest@usmc.mil](mailto:hnhl_edutest@usmc.mil)
- 10** PRE-SEPARATION COUNSELING BRIEF 9 - 11 AM Bldg 21  
703-614-6828
- 11, 25** DLAB (defense language aptitude test) AFCT (Armed Forces Classification Test) To schedule please email  
[hnhl\\_edutest@usmc.mil](mailto:hnhl_edutest@usmc.mil)
- 15-19** RETIREMENT TRS Call for times, Bldg 21  
703-614-6828
- 23** SPONSORSHIP TRAINING 10 AM - Noon  
Bldg. 12 Main Conf. Rm.  
Register email:  
[HH\\_IRR@usmc-mccs.org](mailto:HH_IRR@usmc-mccs.org)  
703-614-7200
- 23** STARS Transition Sememar 9 AM - 4 PM  
Bldg. 12  
703-693-9144
- 24** PRE-SEPARATION COUNSELING BRIEF 9 - 11 AM  
Bldg. 12  
703-614-6828
- 25** SMOOTH MOVE PCS CLASS 1 - 3 PM  
Bldg. 12 Main Conf. Rm.  
Register email:  
[HH\\_IRR@usmc-mccs.org](mailto:HH_IRR@usmc-mccs.org)  
703-614-7200

### The Personal Financial Management Program 703-614-6950 [pfmhh@usmc-mccs.org](mailto:pfmhh@usmc-mccs.org)

- 3** CAR BUYING 9 - 10 AM  
Preparation and Research Bldg. 12 Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 9** BUILDING WEALTH OVER TIME 10 AM - Noon  
U. S. Securities and Exchange Commission Bldg. 12 Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 10** VESTING IN TSP 9 - 10 AM  
Bldg. 12 Main Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 30** PERSONAL READINESS SEMINAR - Required personal financial training for all marines at their first duty station 8 AM - Noon  
Bldg. 12 Main Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 31** SURVIVORS BENEFIT PLAN 9 - 10 AM  
Bldg. 12 Main Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)

### Marine Corps Family Team Building 703-693-8906

- 9** BUILDING COMMUNICATION WORKSHOP 11 AM - 1 PM  
Bldg. 12 Conf. Rm.
- 23** VIRTUAL LINKS MENTOR AND UNIT ADVISOR TRAINING 10 - 11 AM  
Bldg. 12 Conf. Rm.
- 30** DEPLOYMENT SUCCES 10 - 11:30 AM  
Hybrid

Register today at: [mcftbhh@usmc-mccs.org](mailto:mcftbhh@usmc-mccs.org)  
We'll see you soon!