



# October 2024

## Marine & Family Programs

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

- 8 KNOWLEDGE NUGGET: Building Networks for Support and Managing Deployments** 11:30 AM - Noon  
Bldg. 12, Conf. Rm. or MSTeams
- 12 BRUSH BUDDIES (child/caregiver guided paint class)** Noon - 3 PM  
Naval Spt. Indian Head Cmty. Ctr.
- 18 BRUSHES & BITES (adult guided paint/self-care class)** 5:30 PM - 7:30 PM  
MCB Quantico Chapel Anx.
- 22 KNOWLEDGE NUGGET: Successful PCS Transitions** 11:30 AM - Noon  
Bldg. 12, Conf. Rm. or 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

- 2 PLAYGROUP** 10:30 AM - Noon  
DFMWR Library
- 16 PLAYGROUP** 10:30 AM - Noon  
DFMWR Library
- 24 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

**HEALTH PROMOTION SPECIALIST  
WARRIOR NETWORK GROUP**  
Every Wednesday from October 16 - November 13  
Virtual, 1 - 2 PM  
703-693-2776

**COMMUNITY COUNSELING**  
703-614-7204

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

**SUBSTANCE ASSESSMENT & COUNSELING  
PROGRAM**  
703-693-4731

**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. 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)** Call for referral options  
26 WEEK PROGRAM

**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.

## Marine & Family Programs



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

- Daily** H&SBN - WELCOME ABOARD 8 AM - 4 PM  
VIDEO Contact Your Info. Bldg. 12, email:  
Referral, & Relocation (IR&R) [HH\\_IRR@usmc-mccs.org](mailto:HH_IRR@usmc-mccs.org)  
Program Manager 703-614-7200
- 2** PRE-SEPARATION 9 - 11 AM, Bldg. 21, CR.  
COUNSELING BRIEF 703-614-6828  
SEPARATION TRS
- 2, 16** TUITION ASSISTANCE 10 - 11 AM  
ORIENTATION BRIEF To get started with TA  
process, please email:  
[hnhl\\_edu@usmc.mil](mailto:hnhl_edu@usmc.mil)
- 3, 10, 17, 24** DLAB (defense language 10 - 11 AM  
apptitude test) AFCT (Armed To schedule please email  
Forces Classification Test) [hnhl\\_edutest@usmc.mil](mailto:hnhl_edutest@usmc.mil)
- 7, 11** Retirement TRS 7:30 AM - 3:30 PM  
Bldg. 21, CR.  
703-614-68288
- 8-15, 22, 29** DLPT (DEFENSE LANGUAGE 7:30 AM - 3:30 PM  
PROFICIENCY TEST) To schedule please email  
[hnhl\\_edutest@usmc.mil](mailto:hnhl_edutest@usmc.mil)
- 10** CRACKING THE CODE Virtual  
703-614-68288
- 16** PRE-SEPARATION 9 - 11 AM  
COUNSELING BRIEF Bldg. 12 Main Conf. Rm.  
703-614-68288
- 21-25** ECTS TRS 7:30 AM - 3:30 PM  
Bldg. 21, CR.  
703-614-68288
- 22** 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
- 31** SMOOTH MOVE PCS CLASS 10 AM - 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)

- 2** VESTING IN TSP - 11 AM - Noon  
Preparing Now for Later Bldg. 12 Main Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 9** CREDIT WHAT DO YOU KNOW? 11 AM - Noon  
Bldg. 12 Main Conf. Rm.  
Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 16** DEVELOPING A SPENDING 11 AM - Noon  
PLAN. Where is your money Bldg. 12 Main Conf. Rm.  
going? Register email:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 24** PERSONAL READINESS 8:30 AM - Noon  
SEMINAR Required personal Bldg. 12 Main Conf. Rm.  
financial training for all Marines. Register email:  
at their first duty station [PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 28 - Nov. 1** COMMAND FINANCIAL 8 AM - 4 PM  
SPECIALIST TRAINING Bldg. 12 Main Conf. Rm.  
MCO 1700.37 requires units to have qualified Register email:  
Command Financial Specialists (CFSs) readily [PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)  
available to provide financial training, education 703-614-6951  
and information and referrals. The Personal  
Financial Managers (PFMs) train selected Marines/  
Sailors and conduct all unit inspections. Upon  
completion of the course the CFS is expected  
to serve as the command's principal advisor on  
policies and matters related to personal finance.

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

- 8** VIRTUAL LINKS MENTOR & 9 AM - 3 PM  
UNIT ADVISOR Virtual, ZOOM for Gov.
- 15** FALL INTO LOVE: 5 LOVE 11 AM - 1 PM  
LANGUAGES AND FALL Conf. Rm., Bldg. 12  
GARLAND CRAFT WORKSHOP
- 29** DEPLOYMENT SUCCESS 10 - 11:30 AM  
Virtual, ZOOM for Gov.
- 31** SLIMEY STRESS 1 - 2:30 PM  
MANAGEMENT Conf. Rm., Bldg. 12
- Register today at: [mcftbhh@usmc-mccs.org](mailto:mcftbhh@usmc-mccs.org)  
We'll see you soon!**