



October 2025

Marine & Family Programs

Exceptional Family Member Program 703-693-5353

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|-----------|---|--|
| 14 | Knowledg Nuggets: Building Networks of Support | 11:30 AM - Noon
MS Teams |
| 27 | Knowledg Nuggets: Inclusive Recreation | 11:30 AM - Noon
MS Teams |
| 23 | Brushes and Bites: Instructor Lead Paint Night | 5:30 PM - 8 PM
Ft Myer Chapel |

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

New Parent Support Program 703-614-7204

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|--------------------------|-------------------------------|---|
| Call | Home Visiting Services | Call to Sched. a Home Visit |
| 1, 15 | Playgroup | 10:30 AM - Noon
DFMWR Library |
| 8, 22 | CBIRF Playgroup | 9:30 - 11 AM
Indian Head Library |
| 23 | Baby Boot Camp | 9 AM - 3:30 PM
HH Bldg. 12 |
| 3, 10, 17, 24, 31 | Infant Massage | 9 AM - 10 PM
HH Bldg. 12 |

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
MARINE INTERCEPT PROGRAM SERVICES
CALL TO SCHEDULE AN APPOINTMENT

MILITARY FAMILY LIFE COUNSELOR
CALL TO SCHEDULE AN APPOINTMENT
HENDERSON HALL: 703-414-9885
MARINE BARRACKS WASHINGTON: 202-494-2168

Substance Abuse Combat Center

CALL TO SCHEDULE AN APPOINTMENT OR BRIEF
SCREENING & NON-MEDICAL COUNSELING
703-693-4731

PRIME FOR LIFE 4.5 UNIT TRAINING

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

Family Advocacy 703-614-7204

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|-------------|--|---|
| Call | IDC Training & Command Briefs | Upon request
email: courtney.h.ross.civ@usmc.mil |
| Call | Century Anger Management | email: courtney.h.ross.civ@usmc.mil |
| Call | Stress Management | email: courtney.h.ross.civ@usmc.mil |

24 HOUR DOMESTIC VIOLENCE
HOTLINE: 202-439-6038

October 2025

Marine & Family Programs



Education Center 703-614-9104

Transition Readiness Program 703-614-6828

Marine Corps Family Team Building 703-693-8906

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|---------------|---|------------------------------------|
| 7 | Virtual LINKS Foundations | 9 AM - 3 PM
MS Teams |
| 10 | URC, DRC, and Appointed
Volunteer Roundtable | 1 - 2 PM
MS Teams |
| 28 | Deployment Success | 10 - 11:30 AM
MS Teams |
| 29, 30 | URC Training | 9 AM - 3 PM
MS Teams |
| 31 | Slimy Stress Management | Noon - 1:30 PM
Bldg. 12 |

**Register today at: mcftbhh@usmc-mccs.org
We'll see you soon!**

School Liaison Program 703-693-8378 / 703-696-7620 ombhhschoolliaison@usmc-mccs.org

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|-----------|----------------------------|---|
| 15 | Read....If You Dare | 10:30 AM - Noon
JB-MHH Library, 239 Sheridan
Ave. Bldg. 417 Fort Myer, VA |
| 22 | Read....If You Dare | 10:30 AM - Noon
CBIRF Library, 4163 North
Jackson Rd. Indian Head, MD |
| 30 | Read....If You Dare | 11:30 AM - 1:30 PM
JB-MHH Cody CDC, 102 Custer Rd.
Bldg. 203 Fort Myer, VA |

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



MARINE & Family

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