



# January 2025

## Marine & Family Programs

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

- 14 KNOWLEDGE NUGGET:** Introduction to EFMP and Respite Care **11:30 AM - Noon** Virtual MS Teams
- 28 KNOWLEDGE NUGGET:** Inclusive Recreation **11:30 AM - Noon** Virtual MS Teams

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

- 15 PLAYGROUP** **10:30 AM - Noon** DFMWR Library  
Hosted by Army Community Services (ACR)

**CALL 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.

If you are ACTIVE DUTY MARINE, please use the QR Code to provide feedback on the School Liaison Program.  
Your Voice Matters!



**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 ASSESSMENT & COUNSELING PROGRAM  
703-693-4731

- 8, 15, 22 SPECIALIST WARRIOR** 703-693-2776
- 22 NETWORK GROUP** [joshua.k.robinson.civ@usmc.mil](mailto:joshua.k.robinson.civ@usmc.mil)

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

**CALL ANGER MANAGEMENT** 1 - 3 PM  
HH Bldg. 12

**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.



### 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
- 8, 22** Pre-Separation Counseling 9 - 11 AM, Bldg. 21, CR.  
Brief 703-614-6828
- CALL** Cracking the Code Virtual
- 27-31** Retirement TRS 7:30 AM - 3:30 PM, Bldg.  
12, CR. 703-614-6828
- 13-17** Separation TRS 7:30 AM - 3:30 PM, Bldg.  
12, CR. 703-614-6828
- 8, 22** Tuition Assistance 10 - 11 AM 30 PM, Bldg. 12,  
Orientation Brief CR. 703-614-6828
- 21** Sponsorship Training 10 AM - Noon. Bldg. 12,  
Rm 105. 703-614-7200
- 30** Smooth Move PCS Class 1 - 3 PM, Bldg. 12, Rm 105.  
[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)

- 7** INTRO TO TAXES 10 AM - 11 AM, MWB Annex  
Register:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 11** INTRO TO TAXES 10 AM - 11 AM, Bldg. 12  
Conf. Rm. Register:  
[PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)
- 18** TSP (THRIFTY SAVINGS PLAN) 8:30 AM - 3:30 PM, Bldg.  
AND BRS (BLENDED RETIREMENT 12 Conf. Rm. Register:  
SYSTEM) [PFMHH@usmc-mccs.org](mailto:PFMHH@usmc-mccs.org)

**PERSONAL READINESS SEMINAR**  
Required personal financial training  
for all Marines at their first duty

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

- 14** LINKS MENTOR & UNIT 9:00 AM - 3:00 PM  
ADVISOR TRAINING Virtual, ZOOM
- 21** VOLUNTEER READY 8:00-9:30 AM  
Hibrid (ZOOM & In-Person)
- 22** NEW YEAR, NEW 9:00 AM - 3:00 PM  
RELATIONSHIP REFRESH Bldg. 12
- 28** DEPLOYMENT SUCCESS 10:00 - 11:30 AM  
Virtual, ZOOM
- 30** NEW YEAR, NEW GOALS: 10:00 - 11:00 AM  
HANDS-ON GOAL MBW Annex  
SETTING WITH LEGO'S

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