

# Marine Corps Family Team Building 2017 Spring Calendar

## READINESS AND DEPLOYMENT SUPPORT

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|--|----------------|------------------------|
| <b>Ready for Anything?<br/>Emergency Binder Workshop</b> | May 9<br>Jun 1 | 1300-1530<br>0900-1130 |
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Learn about how preparedness is the key to being mission ready, not just for Marines but for Families too! Gain tips and insights to get and stay organized with your family & medical records, legal documents, finances, housing, and more!

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| <b>Mentor Training</b> | May 11 | 0900-1400 |
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A workshop that provides future Mentors the information to present certain sections of the L.I.N.K.S. class. L.I.N.K.S. is a volunteer based program that offers Spouses to share their experiences with other participants living within the military lifestyle.

## LIFESTYLE, INSIGHT, NETWORKING, KNOWLEDGE & SKILLS

|                   |           |           |
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| <b>L.I.N.K.S.</b> | Apr 12-13 | 0900-1230 |
|                   | May 18    | 0900-1600 |
|                   | Jun 22    | 0900-1600 |

This workshop is a great way to welcome new Service Members, spouses, family members, and significant-others to the Marine Corps Family and to MCAS Cherry Point. It is a day of fun, learning, networking, insights, tips, vital information and ideas designed to successfully meet the challenges encountered by military service members and their loved ones! Take a tour of the base, learn about the military lifestyle and find out more about resources to help you thrive here at MCAS Cherry Point!

## FAMILY READINESS

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| <b>On-Point Resources</b> | May 4 | 1300-1500 |
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"On Point" provides an in depth view into some of the resources available to you here at Cherry Point. Each session consists of four speakers from different programs on base who will share about changes to their department or exciting events. *This class is located in the T&E Building.*

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|--------------------------|--------|-----------|
| <b>CTA/FRA/PII/OPSEC</b> | Apr 5  | 0830-1130 |
|                          | May 16 | 1230-1530 |
|                          | Jun 8  | 1230-1530 |

The Command Team Advisor and Family Readiness Assistant course is designed to orient and guide new Command Team Advisors and Family Readiness Assistants.

|                              |        |           |
|------------------------------|--------|-----------|
| <b>Command Team Training</b> | Apr 10 | 1300-1600 |
|                              | May 3  | 0830-1130 |
|                              | Jun 6  | 1230-1530 |

This training is designed to inform and guide members of a unit's Command Team on their roles and responsibilities within the Unit, Personal and Family Readiness Program.

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| <b>FRO Training</b> | Apr 25 | 0830-1130 |
|                     | May 25 | 1230-1530 |
|                     | Jun 21 | 1230-1530 |

The Command Team Advisor and Family Readiness Assistant course is designed to orient and guide new Command Team Advisors and Family Readiness Assistants.

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|---|--------|-----------|
| <b>Improving<br/>Communication Skills</b> | Jun 14 | 1300-1430 |
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In this workshop you will learn how to interact with others properly and professionally. Interpersonal skills are life skills we use daily to communicate and interact with others both individually and in groups. Those who develop strong interpersonal skills are known to become more successful in both their professional and personal lives.

## LIFE SKILLS

|                         |                 |           |
|-------------------------|-----------------|-----------|
| <b>5 Love Languages</b> | Apr 27<br>Jun 8 | 1730-2030 |
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This workshop is based on the #1 New York Times bestseller written by Dr. Gary Chapman. Find out how to use the different love languages to enhance your marriage and build a stronger connection. *This class is located at Miller's Landing.*

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|-------------------------|--------|-----------|
| <b>Family Care Plan</b> | May 10 | 0900-1100 |
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Having a Family Care Plan in place helps Marines focus on their job and mission during deployment, mobilization, training, or other times when duty calls.

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| <b>Communication for Deployment</b> | Apr 11 | 1400-1600 |
|                                     | Jun 13 |           |

A workshop designed for couples or individuals who want to learn ways to communicate effectively and maintain an intimate connection with their partner during a deployment.

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| <b>4 Lenses for Couples</b> | May 11 | 1730-2030 |
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An interactive workshop on personality, values, communication, conflict styles, and strategies for building terrific relationships. Learn how to communicate more effectively and approach conflict more productively based on the preferences of others. *This class is located at Miller's Landing.*

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| <b>Stress Management</b> | May 2 | 1400-1600 |
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A workshop geared specifically toward spouses of deployed service members. This workshop will cover specific stressors faced during a deployment, typical stress reactions of spouses, and mechanisms for coping effectively with stress.

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| <b>Basic Auto Skills</b> | Apr 20 | 1800-2000 |
|                          | Jun 22 |           |

Join us for a fun, hands-on workshop geared towards helping you understand your vehicle's basic maintenance needs. *This class is located at the Auto Skills Center.*

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| <b>4 Lenses for Kids</b> | Mar 29-30 | 0900-1200 |
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An interactive workshop on personality, values, communication, conflict styles, and strategies for building terrific relationships. Learn how to communicate more effectively and approach conflict more productively based on the preferences of others.

**Call 466-4637**  
to register or for more information