





MARINE & Family

**Welcomes YOU to
Marine Corps Base Hawaii**



hawaii.usmc-mccs.org/family

 [@mcbhfamily](https://www.facebook.com/mcbhfamily)

 [/mcbhfamily](https://www.instagram.com/mcbhfamily)

Aloha **MARINE & FAMILY PROGRAMS**

We're here to support every aspect of the family lives of our valued Marines, Sailors and their families. From child care, counseling, new parent support to providing career and higher education opportunities. We want to see you and your family grow and meet your goals!

CHILD CARE

From newborns to tweens, MCCS has support and care options. *MCCS is here to help!*



REQUEST CHILD CARE! CHILD & YOUTH RESOURCE & REFERRAL

as soon as you receive your official orders, sign up on Military childcare.com to be placed on the waitlist. For enrollment questions, Resource & Referral is your FIRST and best resource.

*Contact: **(808) 257-7430***

Location: Lawrence Road, Bldg 5082

CHILD DEVELOPMENT CENTERS (CDC)

offers full-day and hourly child care for children (six weeks to five years old) and is available at Kūpula and Laulima Child Development Centers on MCBH. The program is offered at below cost for Marines and their families; there may be a waitlist because it is very popular.

IN-HOME CARE — FAMILY CHILD CARE

(FCC) *provides child care in housing owned or leased by the government and under the control of the installation commander. FCC Providers are private contractors certified and monitored by the command.*

FCC Providers offer flexible child care hours and small, intimate environments for children's early development. The FCC Program holds DoD certification and participates in the USDA Child and Adult Care Food Program.

SCHOOL AGE CARE (SAC) *offers organized and supervised recreational, educational, and social activities for children ages five to 12 or those attending kindergarten through sixth grade. SAC also offers summer camps and full-day care, Monday to Friday on Mokapu Elementary's non-school days.*



PARENT & FAMILY SUPPORT PROGRAMS School transitions, exceptional family members and building strong family foundations and skills. *MCCS is here to support your family!*



INFORMATION, REFERRAL & RELOCATION SERVICES (IRRS) is the first stop when arriving aboard or departing Marine Corps Base Hawaii (MCBH). IRRS provides relocation assistance to families and information to keep your transition on- or off-base smooth. @mcbhinformationandreferral
Email: ombkbay.mcbhirrs@usmc-mccs.org
Contact: **(808) 257-7786** Location: Reed Road, Bldg 579

NEW PARENT SUPPORT PROGRAM (NPSP) has a team of social workers, counselors, and registered nurses ready to provide education and support to families expecting or raising children ages newborn to five years old. NPSP offers home visits, breastfeeding support groups, baby bootcamps and play-groups, infant massage classes, fatherhood mentoring and more.
Contact: **(808) 257-8803** Location: Bldg 216

SCHOOL LIAISON PROGRAM supports and facilitates school transitions for Marine Corps families with school-age children. In addition to information on educational services to help families make the best educational decisions for their children, the School Liaison can also help answer questions related to the Hawaii Department of Education (DOE), private schools and home schooling.
Contact: **(808) 257-2019** Location: Bldg 216, Room 28

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) is a confidential and mandatory program for dependents with special medical or educational needs. The program ensures the availability and accessibility of necessary medical and educational services. @efmhawaii
Contact: **(808) 257-0290** Location: E Street, Bldg 219

MARINE CORPS FAMILY TEAM BUILDING (MCFTB) prepares families to meet the challenges of the military lifestyle and enhance mission readiness:

- **Readiness & Deployment Support (RDS)** helps prepare families for what to expect and resources for before, during and after a deployment. @mcftbhawaii
Contact: **(808) 257-2087**
Location: Reed Road, Bldg 579



- **LifeSkills workshops** are available to everyone on base from stress and conflict management, Four Lenses temperament tests, to generation gaps, interpersonal communication, and love languages.
- **Lifestyle Insights, Networking, Knowledge & Skills** introduces spouses and family members on what to expect with Marine life, including etiquette, traditions, deployment cycles and other resources.

COUNSELING PROGRAMS

It's normal for families to have difficulties during stressful events or tough times. It can also be an opportunity to become even stronger. *MCCS is here for you!*



FAMILIES OVERCOMING UNDER STRESS

(FOCUS) encourages active duty service members and their families to sign up for family or couple level resilience training in readiness for whatever tomorrow may bring.

Contact: **(808) 257-7774** Location: Reed Road, Bldg 579

FAMILY ADVOCACY PROGRAM (FAP) DOMESTIC VIOLENCE PREVENTION

FAP has a highly-qualified, licensed clinical staff trained in family violence and child abuse available to provide counseling services.

National Domestic Violence Hotline **(800) 799-7233**

or FAP 24/7 Victim Advocate Hotline **(808) 216-7175**

Contact: **(808) 257-7780** or **(808) 257-8803** Location: Bldg 216

COMMUNITY COUNSELING PROGRAM (CCP)

provides licensed and experienced counselors to assist families with challenges, including relationship and marital issues, stress management, parenting, separation, divorce, family conflicts, grief and loss, life changes and transitions.

Contact: **(808) 257-7780** or **(808) 257-8803** Location: Bldg 216

SUBSTANCE ABUSE COUNSELING CENTER

(SACC) is a confidential program with licensed counselors that serves active duty Marines, Sailors and their families (18 years and older).

Contact: **(808) 257-2456** Location: Bldg 279

SUICIDE PREVENTION – SUPPORT IS WITHIN REACH

DIAL 988 and Press 1 or TEXT 838255 If someone you know exhibits signs to harm themselves, call **988** or **1 (800) 273-TALK (8255)** and press 1. Signs include (but are not limited to) sleep deprivation, isolation, extreme mood swings, talk of harm, hopelessness, being a burden, substance abuse, rage and recklessness.

SEXUAL ASSAULT PREVENTION &

RESPONSE (SAPR) provides adult sexual assault victims options to confidentially report a crime of sexual assault to the Sexual Assault Response Coordinator (SARC) or Victim Advocate as well as receive referral and resource, advocacy and support.

24/7 MCBH Sexual Assault Support Line: **(808) 216-0126**

DoD Safe Support Line: **(877) 995-5247**

DoD SAPR website: www.sapr.mil

Text: **55-247** DoD Safe Support Website: www.safehelpline.org



EMPLOYMENT, FINANCE & EDUCATION

MCCS Hawaii offers FREE resources to master your finances, get credentials and tuition assistance, employment assistance, testing services and more.

MCCS is here to help you grow!



BASE LIBRARY *is a community library providing a fun space with diverse resources and recreational activities for everyone of all ages and interests. Services include public internet computers, WiFi, printers, copiers, FAX, books, board games, video games and Maker Space.*
@mcbhlibrary
Email: mcbhawaii.baselibrary@usmc-mccs.org
Contact: **(808) 254-7624**
Location: E Street, Bldg 219

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM (FMEAP) *provides employment related referral services, career and skill assessments, career coaching, job search guidance, portable career opportunities, and education center referrals and guidance.*
Email: OMBKBayFMEAPHI@usmc-mccs.org
Contact: **(808) 257-2653**
Location: Bldg 244

EDUCATION CENTER *can help you learn how take to advantage of Active Duty Tuition Assistance, available financial aid, how to use your GI Bill and get the lowdown on the multitude of education benefits available for your family.*
Contact: **(808) 257-2158**
Location: Bldg 220

TUITION ASSISTANCE *is available for all Active Duty Marines. In your career as a Marine, TA will pay for one associate's, one bachelor's, one master's and one certificate. Annual allotment of TA is \$4,500.*

MILITARY ACADEMIC SKILLS PROGRAM (MASP) *is a four-week classroom-based academic skills bootcamp offering 120 hours of both English and mathematics instruction.*

PERSONAL FINANCE MANAGEMENT PROGRAM (PFMP) *promotes personal and family financial responsibility, supports mission readiness for our command and educates our Marines, Sailors and dependents on achieving financial success.*
Contact: **(808) 257-7783**
Location: Bldg 220, Rooms 103, 202, 204

TRANSITIONING TO CIVILIAN LIFE

TRANSITION READINESS PROGRAM (TRP)

a MANDATORY week-long program required for all active duty and reserve Marines who have served a minimum of 180 consecutive days on active duty. Marines are encouraged to begin TRS within 12 to 18 months of their End of Active Service (EAS) or within 24 months of their retirement.

Email: MCBH.TRP.INQUIRY.SMB@usmc.mil
Contact: **(808) 257-7790**
Location: 5th St, Bldg 244



TESTING SERVICES *help Marines turn experience into college credits, military classification testing, career testing, or other adult education tests to help you advance your career and education.*

CREDENTIALING OPPORTUNITIES ONLINE (COOL) *helps service members find information on MOS-related certifications and licenses, offers professional resources to fill gaps between military training and civilian credentialing requirements and, most importantly, provides funding vouchers for otherwise expensive certification exams.*



MCCS HAWAII COMMUNITY

A world of opportunities to have fun, give back, save money and stay healthy.

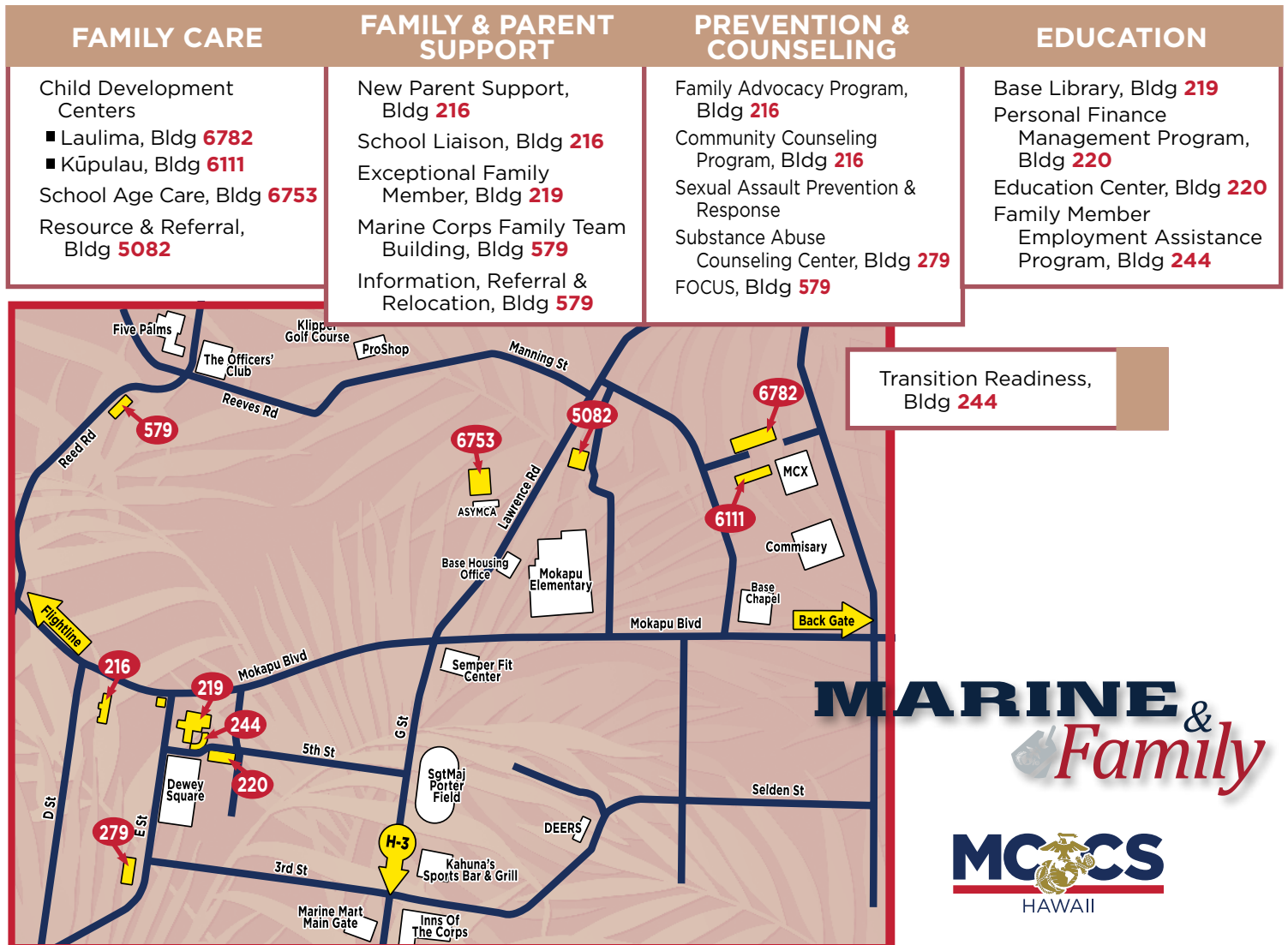
WORK where you live! Great federal benefits, flexible hours and exclusive perks offered for certain positions. @mccshawaiijobs

SHOP at the MCX (exchange) and Marine Marts for everything you need. No tax, conveniently located with MCX price match on big box retailers including Amazon. @mcxhawaii

VOLUNTEER and meet new people, build working relationships, acquire new skills and learn about local culture. @mcbhawaii volunteers

RECREATION options include water sports at the Marina, beautiful beaches, Klipper Golf Course, bowling alley, swimming pools, recreation centers, auto skills classes, cabanas, cabins and campgrounds, and more! @mcbhmarina @klippergolfcourse @fiveomotorsmcbh

SEMPER FIT offers a variety of programs to help Marines, Sailors and families to stay healthy from intramural sports, 5K and 10K family-friendly race series, fitness centers, swim lessons, HITT classes, health education and youth sports. @semperfithawaii @mcbhsemperfitaquatics @mccshawaiiwatersafety



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