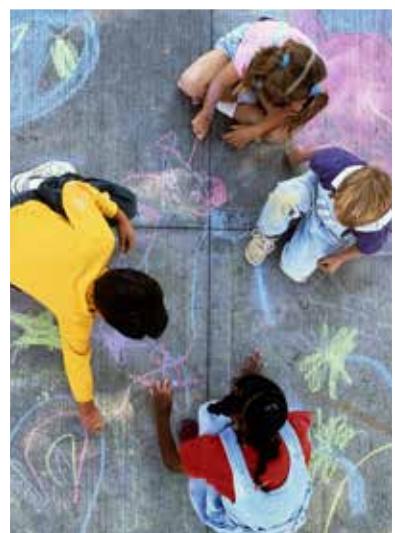




# MARINE & *Family*

**Welcomes YOU to  
Marine Corps Base Hawaii**



# 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 Kūpulau 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)

**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](mailto: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) 496-8803** 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. @efmphawaii

Contact: **(808) 496-0290** 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, Bidg 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) 496-7780** or **(808) 496-8803** 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) 496-7780** or **(808) 496-8803** 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) 496-2456** 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](http://www.sapr.mil)

Text: **55-247** DoD Safe Support Website: [www.safehelpline.org](http://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 to take 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) 496-2158**

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) 496-7783**

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

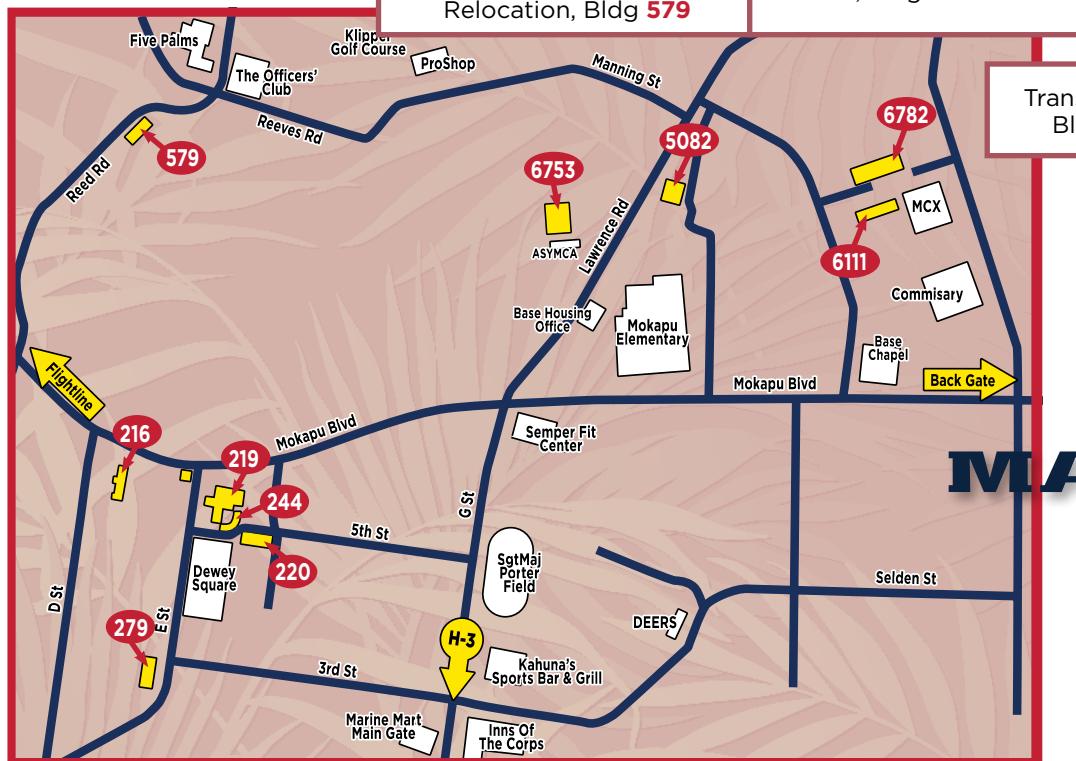
**SHOP** at the MCX (exchange) and Marine Marts for everything you need. No tax, conveniently located with MCX price match on big box retailers including Amazon.  
@mcxhawaii

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

**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

FAMILY CARE	FAMILY & PARENT SUPPORT	PREVENTION & COUNSELING	EDUCATION
Child Development Centers <b>■ Laulima, Bldg 6782</b> <b>■ Kūpulau, Bldg 6111</b> School Age Care, Bldg 6753 Resource & Referral, Bldg 5082	New Parent Support, Bldg 216 School Liaison, Bldg 216 Exceptional Family Member, Bldg 219 Marine Corps Family Team Building, Bldg 579 Information, Referral &	Family Advocacy Program, Bldg 216 Community Counseling Program, Bldg 216 Sexual Assault Prevention & Response Substance Abuse Counseling Center, Bldg 279 FOCUS, Bldg 579	Base Library, Bldg 219 Personal Finance Management Program, Bldg 220 Education Center, Bldg 220 Family Member Employment Assistance Program, Bldg 244



# MARINE & Family

**MC&CS**  
HAWAII