



HELPFUL LINKS

American Red Cross Okinawa
americanredcrossokinawa.org

CNIC Individual Augmentees
cnic.navy.mil

Credo Okinawa – Growth Retreats
 [credooki](https://www.facebook.com/credooki)

DoDEA
dodea.edu

Expatriate Exchange (Moving)
expatexchange.com

Families Overcoming Under Stress (FOCUS)
focusproject.org

Family Emergency Response
navyfamily.navy.mil

Military OneSource – Deployment
militaryonesource.mil/deployment

Navy – Marine Corps Relief Society
nmcrs.org

Navy MWR Digital Library
navymwrdigitallibrary.org

Navy MWR Okinawa
navymwrokinawa.com

Ombudsman Program
ombudsmanregistry.org

Ready Navy
ready.navy.mil

Relocation
move.mil
militaryinstallations.dod.mil

CONTACT INFORMATION

Navy Support
Bldg. 445, Camp Foster
645-5707 | 098-970-5707
navysupport@okinawa.usmc-mccs.org

DoD INST 1342.22 Military Family Readiness

MCCS MARINE & FAMILY PROGRAMS

is your

NAVY FLEET & FAMILY SUPPORT CENTER

MARINE & Family | Marine Corps Family Team Building

MCCS
MARINE CORPS COMMUNITY SERVICES™

NAVY SUPPORT

mccsokinawa.com

NAVY LIAISON

645-5707 | 098-970-5707

Individual Deployment Support Program

MCCS Deployed Spouses Benefit Cards for Navy Individual Augmentee (IA) Spouses

Individual Augmentee Family Deployment Cycle Briefs & Resources

- ia.navy.mil

Navy Family Accountability & Assessment System (NFAAS)

- navyfamily.navy.mil
- Navy IA Communication
- NFAAS App
 - Emergency Case Management

Family Readiness Group (FRG) Training & Support

Ombudsman Support & Advanced Training Resources

- ombudsmanregistry.org

EDUCATION & CAREER SERVICES

645-3486 | 098-970-3486

Education Counseling
Military/Civilian Testing
Joint Service Transcript
Commissioning Programs

Navy College

243-8131 | 046-816-8131

navycollege_yokosuka@fe.navy.mil

LIBRARIES

645-7178 | 098-970-7178

SINGLE MARINE PROGRAM (SMP)

645-3681 | 098-970-3681

LIFESKILLS TRAINING & EDUCATION

645-3698 | 098-970-3698

Relationship Series

- Four Lenses Workshops
- Say What? Interpersonal communication
- Monthly Pre-Martial Information Seminars

Communication Series

- Interpersonal Communication
- Conflict Management

Wellness Series

- Basic Stress Management
- Basic Anger Management
- Family Care Plan
- Emergency Preparedness

LIFESTYLE, INSIGHTS, NETWORKING, KNOWLEDGE & SKILLS (L.I.N.K.S.)

645-3698 | 098-970-3698

COMPASS for Navy Spouses

Volunteer as a L.I.N.K.S.

Mentor

READINESS & DEPLOYMENT SUPPORT PROGRAM

645-3696 | 098-970-3696

Cycle, Family & Kids Briefs

Hearts Apart

- Military Spouse Deployment Group

Deployment Success Workshop
Stress Management Workshops

Heading Home

- For Service Members Preparing to Return CONUS

Strong Military Couples

- The 5 Love Languages

VOLUNTEER PROGRAM

645-3749 | 098-970-3749

Volunteer Management Training

Passport to Volunteering Workshops

Teen Volunteer Workshops

Presidential Volunteer Service Award (PVSA)

INFORMATION, REFERRAL & RELOCATION SERVICES

645-2104 | 098-970-2104

Newcomers' Orientation Welcome Aboard (NOWA)

Sponsorship Training

Smooth Move Workshop

Lending Locker

CULTURAL AWARENESS & ADAPTATION PROGRAM

645-2104 | 098-970-2104

Basic Japanese & Survival Language Courses

Japanese Spouse Orientation (JSO)

Arts & Crafts

Cultural Awareness Classes

TRANSITION READINESS PROGRAM

645-3151 | 098-970-3151

Transition Support

Pre-Separation Counseling

Transition Readiness Seminar (TRS)

Pre-Retirement Seminar

Personal Readiness Seminar (PRS)

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

645-5074 | 098-970-5074

Ace the Interview

Resume Writing

Federal Government Employment

STARS

PERSONAL FINANCIAL MANAGEMENT

645-2104 | 098-970-2104

Money Management

Saving & Investing

Credit Report & Credit Score Analysis

Thrift Savings Plan (TSP) & Retirement Planning

Personal Financial Counseling

BEHAVIORAL HEALTH PROGRAM

645-2915 | 098-970-2915

Community Counseling

- Individual, Couples & Family Counseling
- Sailor Assistance & Intercept for Life (SAIL)
- Cognitive Behavioral Therapy for Insomnia (CBTI)
- Women's Healing & Empowerment
- Healthy Thinking Group
- Grief & Loss Group
- Keeping Your Cool
- Alpha-Stem AID

Family Advocacy Program

- STOP Group for Men/Women
- Anger Management
- Married & Loving It!
- Incident Determination Committee (IDC) Training

New Parent Support Program

- Home Visits
- Parents in Uniform
- Journey Through Pregnancy
- Nurturing Parenting
- Baby Boot Camp
- Infant Massage
- Play Morning

Substance Assessment Counseling Center

(SACC) Greenside

645-3009 | 098-970-3009

Substance Abuse Rehabilitation Department (SARD)

Blueside

646-9520 | 098-971-9520

FAMILY CARE

Educational & Development Intervention Services (EDIS)

634-2740 | 098-961-2740

- Early Intervention (Children 0-3)
- Related Services (Ages 3-21)

Exceptional Family Member Program (EFMP)

645-9237 | 098-970-9237

- Playgroups, Events & Activities
- SSI & Medicaid Workshop
- EFMP 101
- Special Needs Forum
- Support at IEP School Meetings
- Targeted Research
- Family Transition Assistance
- Lending Library
- Family Support Groups

NOTE: For paperwork, respite reimbursement or coordinating PCS moves, please contact the USNHO EFMP office at 646-7408.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

645-4355 | 098-970-4355

sapr.mil