

NAVY SUPPORT

mccsiwakuni.com

VOLUNTARY EDUCATION

253-3855 | 0827-79-3855

- Education Counseling
- Military/Civilian Testing
- Joint Service Transcript
- Commissioning Programs
- Accessing Higher Education Brief
- Tuition Assistance
 - » GI Bill
 - » Spouse Education
 - » FAFSA/Financial Aid Scholarships
- Navy College
- 243-5058 | 01181-6160-43-5058
- Navycollege_yokosuka@fe.navy.mil

LIBRARY

253-3078 | 0827-79-3078

- » Internet Access, Scanning, Printing
- » Sewing Club, Writing Club, Book Club, Travel Club
- » Summer Reading Program
- » 3-D Printing
- » Children's Story Time
- » Mango Language Software

SEMPER FIT

253-5880 | 0827-79-5880

- » Health Promotion & Fitness
- » Athletics
- » Aquatics
- » Outdoor Recreation
- » Youth Sports

SINGLE MARINE PROGRAM (SMP)

Open to all single or unaccompanied personnel

Marine Lounge

253-5368 | 0827-79-5368

Hornet's Nest

253-3585 | 0827-79-3585

FAMILY CARE

Educational & Development Intervention Services (EDIS)

253-4562 | 0827-79-4562

- » Early Childhood Special Education
- » Speech & Language Pathology
- » Occupational Therapy
- » Physical Therapy
- » Behavioral Management
- » Developmental Screenings

Exceptional Family Member Program (EFMP)

253-5601 | 0827-79-5601

- » Playgroups, Events & Activities
- » Special Needs Forum
- » Support at IEP School Meetings
- » Targeted Research
- » Family Transition Assistance
- » Lending Library
- » Family Support Groups

CHILD & YOUTH PROGRAMS

Child Development Center (CDC)

253-5584 | 0827-79-5584

School Age Care (SAC)

253-4769 | 0827-79-4769

Youth & Teen Center

253-5549 | 0827-79-5549

School Liaison

253-3691 | 0827-79-3691

You know

NAVY
FLEET & FAMILY
SUPPORT SERVICES

meet

MCCS
MARINE & FAMILY
PROGRAMS

LIFESKILLS TRAINING & EDUCATION

253-3542 | 0827-79-3542

Relationship Series

- » Four Lenses Workshops
- » Developing Healthy Blended Families
- » Building Lasting Relationships
- » Monthly Pre-Martial Information Seminars

Communication Series

- » Interpersonal Communication
- » Conflict Management
- » Social Networking Safety
- » Wellness Series
- » Basic Stress Management
- » Basic Anger Management
- » Family Care Plan
- » Aging Parents & Elder Care
- » Emergency Preparedness

Impact Series

- » Safe and Sound at Home
- » Casualty Notification Process – Scared of “The Call?”

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

253-3542 | 0827-79-3542

L.I.N.K.S. for Spouses

L.I.N.K.S. for Kids

L.I.N.K.S. for Marines & Sailors

L.I.N.K.S. for Teens

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

READINESS & DEPLOYMENT SUPPORT PROGRAM

253-3542 | 0827-79-3542

Military Life Cycle, Family & Kids Briefs

Deployment Success Workshop

Stress Management Workshops

VOLUNTEER PROGRAM

253-6182 | 0827-79-6182

Volunteer Management Training

Passport to Volunteering Workshops

Presidential Volunteer Service Award (PVSA)

OMBUDSMAN COORDINATOR

253-6182 | 0827-79-6182

Family Readiness Group (FRG) Training & Support

Ombudsman Support & Advanced Training Resources

» ombudsmanregistry.org

INFORMATION, REFERRAL & RELOCATION SERVICES

253-6161 | 0827-79-6161

Welcome Aboard Indoctrination

Sponsorship Training

Smooth Move Workshop

Loan Locker

CULTURAL ADAPTATION PROGRAM

253-6165 | 0827-79-6165

Basic Japanese & Survival Language Courses

Cultural Awareness Classes

TRANSITION READINESS PROGRAM

253-6439 | 0827-79-6439

Initial Counseling

Transition Support

Pre-Separation Counseling

Transition Readiness Seminar (TRS)

Pre-Retirement Seminar

Personal Readiness Seminar (PRS)

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

253-6439 | 0827-79-6439

Interviewing Skills

Resume Assistance

Federal Government Employment

Career Assessment

Job Search Strategies

PERSONAL FINANCIAL MANAGEMENT

253-6439 | 0827-79-6439

Money Management

Saving & Investing

Credit Report & Credit Score Analysis

Thrift Savings Plan (TSP) & Retirement Planning

Personal Financial Counseling

BEHAVIORAL HEALTH PROGRAM

253-4526 | 0827-79-4526

Community Counseling

253-6553 | 0827-79-6553

» Individual, Couples & Family Counseling

Family Advocacy Program

253-4526 | 0827-79-4526

24 Hour Line: 090-9978-1033

» Assessments

» Counseling Services

» Support Groups

» Referral Services

» Victim Advocacy

» Anger Management

» Stress Management

» Parenting Classes

» Couples & Relationship Classes

New Parent Support Program

253-5043 | 0827-79-5043

» Home Visits

» Infant Massage

» Toddlers & Tunes

» Period of Purple Crying

» Learn & Play Group

» Baby Boot Camp

Substance Abuse Counseling Center

253-5260 | 0827-79-5260

» Screenings & Assessments

» PRIME for Life 16.0

» Individual Therapy

» Outpatient Group

» Intensive Outpatient Group

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

253-6556 | 0827-79-6556

24 Hour Line: 080-5865-3566

sapr.mil

DSTRESS LINE: 1-877-476-7734

253-7734 | 0827-79-7734

Dstressline.com