



# MARINE & FAMILY SERVICES

## MCCS HENDERSON HALL

### FEBRUARY 2010

**Career Resource Management Center ..... 703-614-6828**  
[www.mccsHH.com/MFS/CRMC.html](http://www.mccsHH.com/MFS/CRMC.html)

- 1-4 TAP Workshop for Separates ..... 8:30 AM – 4 PM
- 22-26 eTAP Workshop for Senior Leaders ..... 8 AM – 4 PM
- 16 Evaluating & Negotiating Employee Benefits ..... 9 – 11 AM
- 17 DTAP ..... 1 – 3 PM
- 18 Adecco Military Spouse Career Connections .. 10 AM – 2 PM
- 19 10 Steps to a Federal Job™ ..... 9 AM – Noon
- 25 How to Start a Business ..... 9 AM – Noon

**Children, Youth, and Teen Program ..... 703-614-7332**  
[www.mccsHH.com/MFS/CYTP.html](http://www.mccsHH.com/MFS/CYTP.html)

Subsidized Off-base Family Child Care Available as of 1/15/2010  
 Lorton 2, Springfield 2, Fairfax 1, Kensington 1 Toddler Space Falls Church  
 4, Kensington 6, Waldorf 2, Woodbridge 2, Fairfax 3, Alexandria 10,  
 Springfield 10, Seat Pleasant 2

**Counseling Services Program**  
**Family Advocacy Program ..... 703-614-7204/05**  
[www.mccsHH.com/MFS/Counseling\\_Services.html](http://www.mccsHH.com/MFS/Counseling_Services.html)

Anger Management Four Session Workshop  
 February 3, 10, 17, and 24, 9 – 11 AM  
[www.mccshh.com/PDF\\_files/Anger\\_Management\\_Workshop\\_2010.pdf](http://www.mccshh.com/PDF_files/Anger_Management_Workshop_2010.pdf)

**Exceptional Family Member ..... 703-693-6368**  
[www.mccshh.com/MFS/EFMP.html](http://www.mccshh.com/MFS/EFMP.html)

- 24 Special Needs Tricare Forum ..... 10 AM – 1 PM
- 40 Hours of Free Respite Care for Qualified EFMP Families

**Lifelong Learning Center ..... 703-614-9104**  
[www.mccsHH.com/MFS/Lifelong\\_Learning.html](http://www.mccsHH.com/MFS/Lifelong_Learning.html)

- Every Monday\*\* AFCT ..... 8:30 AM – 12:30 PM
- Every Tuesday\*\* DLPT ..... 8:30 AM – 2:30 PM
- Every Tuesday College 101/TA Brief ..... 9 – 10 AM
- Every Wednesday DSST\* and CLEP\* ..... 9 – 11 AM & 1 – 3 PM
- Every Wednesday DLPT ..... 8:30 AM – 2:30 PM
- Every Wednesday DLAB ..... 8:30 – 10:30 AM
- Every Thursday TABE ..... 8:30 – 10 AM
- Every Friday College 101/TA Brief ..... 9 – 10 AM
- 16 ACT ..... 8:30 AM – 12:30 PM

\*Register by calling 703-486-8666

\*\*No classes February 1, 2, 15, and 16

At Henderson Hall unless otherwise noted. <sup>1</sup>Navy Annex <sup>2</sup>Pentagon <sup>3</sup>Indian Head/CBIRF <sup>4</sup>MBW Eighth & I <sup>5</sup>Bellevue/Anacostia <sup>6</sup>Fort Myer. Please pre-register for all classes and briefs. Call 703-614-7200 or visit the web for more information.



**Marine Corps Family Team Building ..... 703-693-4840**  
[www.mccsHH.com/MCFTB/MCFTB.html](http://www.mccsHH.com/MCFTB/MCFTB.html)

- 4 LifeSkills: Who Moved My Cheese? ..... 11 AM – 1:30 PM
- 9 LINKS for Spouses ..... 5 – 9 PM
- 9 Joint Services Hearts Apart Support Group<sup>5</sup> ..... 6 – 8 PM
- 10 LINKS for Spouses ..... 5 – 9 PM
- 10 Joint Services Hearts Apart Support Group<sup>3</sup> .. 10 AM – Noon
- 11 Joint Services Hearts Apart Support Group<sup>6</sup> ..... 6 – 8 PM
- 11 LifeSkills: Family Care Plan Brief ..... 9 – 11 AM
- 18 LifeSkills: Elder Care Brief ..... 11 AM – 1 PM
- 20 LINKS for Teens ..... 1 – 6 PM
- 27 LINKS for Couples<sup>4</sup> ..... 8:30 AM – 4:30 PM

**New Parent Support Program ..... 703-614-7204**  
[www.mccsHH.com/MFS/NPSP.html](http://www.mccsHH.com/MFS/NPSP.html)

- 16 1-2-3 Magic ..... 1 – 3 PM
- 22 Cooperative Parenting & Divorce ..... Noon – 4 PM

**Personal Financial Management ..... 703-614-6950**  
[www.mccsHH.com/MFS/Personal\\_Financial.html](http://www.mccsHH.com/MFS/Personal_Financial.html)

- 2 Home Buying & Mortgages<sup>4</sup> ..... 1 – 3:30 PM
  - 3 Home Buying & Mortgages<sup>3</sup> ..... 1 – 3:30 PM
  - 4 Home Buying & Mortgages ..... 1 – 3:30 PM
  - 9 Getting Started on Retirement<sup>4</sup> ..... 1 – 3:30 PM
  - 10 Getting Started on Retirement<sup>3</sup> ..... 1 – 3:30 PM
  - 11 Getting Started on Retirement ..... 1 – 3:30 PM
  - 17 “45 Day Offer” HQMC Training<sup>3</sup> ..... 1 – 3:30 PM
  - 18 “45 Day Offer” HQMC Training ..... 1 – 3:30 PM
  - 23 “45 Day Offer” HQMC Training<sup>4</sup> ..... 1 – 3:30 PM
- Look for more information on the annual “Military Saves” campaign, coming soon to [www.mccsHH.com/MFS/Personal\\_Financial.html](http://www.mccsHH.com/MFS/Personal_Financial.html)

**Relocation Assistance Program**  
**Information & Referral Program ..... 703-614-7202**  
[www.mccsHH.com/MFS/Relocation.html](http://www.mccsHH.com/MFS/Relocation.html)

- 9 Welcome Aboard Orientation ..... 8 – 11 AM
- 25 Smooth Move ..... 9 – 11 AM

**Substance Abuse Combat Center ..... 703-614-8961**  
[www.mccsHH.com/MFS/Substance\\_Abuse.html](http://www.mccsHH.com/MFS/Substance_Abuse.html)

Please contact the SACC for information about available services.

**School Liaison ..... 703-693-8378**  
[www.mccsHH.com/MFS/SLO.html](http://www.mccsHH.com/MFS/SLO.html)

- Tuesdays Tutor Buddy at Barcroft ..... 11 AM – Noon