



# April 2024

## Marine & Family Programs

### Exceptional Family Member Program (703) 693-5353

**9** ESTABLISHING PERMANENT DEPENDENCY 11:30 AM - Noon  
MSTeams

**23** SUCCESSFUL PCS TRANSITIONS 11:30 AM - Noon  
MSTeams

Contact EFMP for more information.  
Register by sending an email request to:  
[ombefmp.eventregistration@usmc-mccs.org](mailto:ombefmp.eventregistration@usmc-mccs.org)

### New Parent Support Program 703-614-7204

#### April is Child Abuse Prevention Month

**25** BABY BOOT CAMP 9 AM - 3:30 PM  
Bldg. 12, Conf. Rm.

**3, 17** PLAY MORNING 10:30 AM - Noon  
DFMWR Library

**5, 12, 19, 26** INFANT MASSAGE 9 - 10:30 AM, HH Chapel

### School Liaison Program 703-693-8378 / 703-696-7620 [ombhhschoolliaison@usmc-mccs.org](mailto:ombhhschoolliaison@usmc-mccs.org)

**1-30** PURPLE UP T-SHIRT DESIGN COMPETITION 8 AM - 3:30 PM  
[facebook.com/mccsHH/](https://facebook.com/mccsHH/)

**2** KINDERGARTEN HERE WE COME! 5:30 - 6:30 PM  
[JBMHH\\_SchoolLiaison@army.mil](mailto:JBMHH_SchoolLiaison@army.mil)

The School Liaison is available to provide information and resources for K-12 school aged children.

## SAPR

SEXUAL ASSAULT PREVENTION AND RESPONSE  
24/7 SUPPORT LINE  
**703-217-9940**

## Behavioral Health Programs 703-614-7204

PRE-REGISTRATION REQUIRED  
FOR CLASSES & SEMINARS  
CALL: 703-614-7204

COMMUNITY COUNSELING  
703-614-7204

MILITARY FAMILY LIFE COUNSELOR  
703-414-9885

SUBSTANCE ABUSE COMBAT CENTER  
703-614-8961/ 8962

NATIONAL SUICIDE PREVENTION & VETERAN CRISIS  
LIFELINE 24/7: DIAL 988 THEN PRESS 1 OR TEXT 838255  
If you or someone you know needs support now, call or  
text 988 or chat [988Lifeline.org](https://988Lifeline.org). 988 connects you with a  
trained crisis counselor who can help.  
[WWW.VETERANSCRISISLINE.NET](http://WWW.VETERANSCRISISLINE.NET)

## FAMILY ADVOCACY 703-614-7204

**CALL** MEN'S DOMESTIC VIOLENCE INTERVENTION GROUP (STOP)  
26 WEEK PROGRAM 1 - 3 PM  
Bldg. 12 Conf. Rm.  
Call 703-693-1153  
to Register

**2, 9, 16, 23, 30** DEVIL DOG DE-ESCALATION:  
CENTURY ANGER MANAGEMENT 1 - 3 PM  
Bldg. 12 Conf. Rm.  
Call 703-693-3845  
to Register

**CALL** R.I.S.E SUPPORT GROUP Call for referral  
options

24 HOUR DOMESTIC VIOLENCE  
HOTLINE: 202-439-6038

At Henderson Hall unless otherwise noted. Please pre-register.  
For more information call 703-614-7200  
or visit [HendersonHall.usmc-mccs.org](https://HendersonHall.usmc-mccs.org).  
There is no federal or Marine Corps endorsement of commercial sponsors.

# April 2024

## Marine & Family Programs



### Personal & Professional Development 703-614-9104

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|--|--|
| <b>1-5</b> SEPARATION TRS  | 7:30 AM - 4 PM<br>Contact Your UTC to Register   |
| <b>2, 9, 16, 23, 30</b> DLPT (DEFENSE LANGUAGE PROFICIENCY TEST)                               | To schedule email: <a href="mailto:hnhl_edutest@usmc.mil">hnhl_edutest@usmc.mil</a>  |
| <b>3, 17</b> TUITION ASSISTANCE ORIENTATION BRIEF  | 10 - 11 AM<br>To get started with TA process email: <a href="mailto:hnhl_edu@usmc.mil">hnhl_edu@usmc.mil</a>                 |
| <b>4, 11, 25</b> DLAB (DEFENSE LANGUAGE APTITUDE TEST) AFCT (ARMED FORCES CLASSIFICATION TEST) | To schedule email: <a href="mailto:hnhl_edutest@usmc.mil">hnhl_edutest@usmc.mil</a>  |
| <b>15-19</b> RETIREMENT TRANSITION READINESS SEMINAR   | 7:30 AM - 4 PM<br>Contact Your UTC to Register   |
| <b>18</b> BASIC BUDGETING CLASS  | 9 - 10:30 AM<br>Bldg. 12, Conf. Rm.<br>to Register email: <a href="mailto:PFMHH@usmc-mccs.org">PFMHH@usmc-mccs.org</a>       |
| <b>23</b> SPONSORSHIP TRAINING   | 10 AM - Noon<br>Bldg. 12 Main Conf. Rm.<br>to Register email: <a href="mailto:HH_IRR@usmc-mccs.org">HH_IRR@usmc-mccs.org</a> |
| <b>23</b> STARS SPOUSE TRANSITION AND READINESS SEMINAR  | 9 AM - 4 PM<br>Call to register  |
| <b>25</b> SMOOTH MOVE PCS CLASS  | 1 AM - 3 PM<br>Bldg. 12 Main Conf. Rm.<br>to Register email: <a href="mailto:HH_IRR@usmc-mccs.org">HH_IRR@usmc-mccs.org</a>  |
| <b>29</b> H&SBN - WELCOME ABOARD   | 9 - 10:30 AM<br>Information, Referral, & Relocation - Email: <a href="mailto:HH_IRR@usmc-mccs.org">HH_IRR@usmc-mccs.org</a>  |

### Personal & Professional Development 703-614-9104

April is National Financial Capability Month

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|-------------|---|--|
| <b>Open</b> | <b>PERSONAL FINANCIAL MANAGEMENT PROGRAM</b>  | Bldg. 12 Rm. 115   |
| <b>9</b>    | <b>GETTING MARRIED</b>  | 9 - 10:30 AM<br>Bldg. 12 Conf. Rm. To Register email: <a href="mailto:pfmhh@usmc-mccs.org">pfmhh@usmc-mccs.org</a>       |
| <b>11</b>   | <b>THRIFT SAVINGS PLAN/ BLENDED RETIREMENT SYSTEM</b>                                     | 9 - 10:30 AM<br>Bldg. 21. To Register email: <a href="mailto:pfmhh@usmc-mccs.org">pfmhh@usmc-mccs.org</a>                |
| <b>25</b>   | <b>PERSONAL FINANCIAL SEMINAR</b><br>Required for all Marines at their first duty station | 8:30 - 11:30 AM Bldg. 12 Small Conf. Rm. To Register email: <a href="mailto:pfmhh@usmc-mccs.org">pfmhh@usmc-mccs.org</a> |

### Marine Corps Family Team Building 703-693-8906

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|-----------|---|---|
| <b>2</b>  | <b>CLIFTON STRENGTHS DISCOVERY TRAINING</b> | 7:30 AM - 4 PM<br>Email to Register<br>22 seats remaining |
| <b>19</b> | <b>DEPLOYMENT SUCCESS</b>                   | 11 AM - Noon<br>via Zoom                                  |

**Register today at:**  
[mcftbhh@usmc-mccs.org!](mailto:mcftbhh@usmc-mccs.org)  
**We'll see you soon!**