

# THE RESOURCES



## FOR EASTERN RECRUITING REGION FAMILIES



*ERR Marine Corps Family Team Building*

*ERR MCCS: [err.usmc-mccs.org](http://err.usmc-mccs.org)*

*MCCS South Carolina [southcarolina.usmc-mccs.org](http://southcarolina.usmc-mccs.org)*

**ERR MCFTB | January 2025**

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# MARINE CORPS FAMILY TEAM BUILDING (MCFTB)

Eastern Recruiting Region MCFTB

843-228-1021

MCRD Parris Island

843-228-1505



<https://err.usmc-mccs.org/>

*Marine Corps Family Team Building (MCFTB) provides Marines and their families with training curriculum and resources needed to successfully meet the challenges of the military lifestyle. MCFTB programs include Family Readiness, LifeSkills, L.I.N.K.S. and Readiness Support.*

### **Family Readiness Program**

Unit, Personal and Family Readiness Program information, training and support.

### **LifeSkills**

Communication and relationship courses, Four Lenses, 5 Love Languages, 7 Habits of Highly Effective people, time management, stress management and more.

### **L.I.N.K.S.**

(Lifestyle Insights, Networking, Knowledge, and Skills)

Navigate the Marine Corps lifestyle with the knowledge and understanding of the programs, services, benefits, and best practices.

### **Readiness Support**

Courses to support Marines and families for the challenges of recruiting life to create healthier families.

## **FOLLOW US:**



Eastern Recruiting Region MCFTB Facebook Page:  
<https://www.facebook.com/ERRMCFTB>



MCFTB ERR & WRR @mcftb\_err\_wrr

## **CONTACT:**

843-228-1021

[sc.err.mcftb@usmc-mccs.org](mailto:sc.err.mcftb@usmc-mccs.org)

## **GET THE APP:**



**MCCS ERR  
SUPPORT**



# EASTERN RECRUITING REGION FAMILY READINESS PROGRAMS:



## PARRIS ISLAND/EASTERN RECRUITING REGION

UPFRP Specialist

843-228-2777

SC.FamilyReadiness@usmc-mccs.org

MCFTB Director MCRD PI/ERR

843-228-1505/6141

SC.PI.MCFTB@usmc-mccs.org

## DISTRICT READINESS COORDINATORS:

### **1st Marine Corps District**

Hortencia Burris

516-228-3699

Hortencia.Burris@marines.usmc.mil



### **4th Marine Corps District**

Nori Jackson

614- 441-2250

Nori.Jackson@marines.usmc.mil



### **6th Marine Corps District**

Christy Brown

843-228-3679

toll free: 877-824-2914

Christina.Brown@marines.usmc.mil



Marine Corps Recruiting Command

Unit Webpages

*mcrc.marines.mil/units/*



## VOLUNTEERS WANTED:

Become a Family Readiness Assistant within your District Headquarters (DHQ), Recruiting Station (RS), or Recruiting Sub Station (RSS) location.

Assist with:

- Welcoming new families
- Authorized communication
- Event planning
- and more.

Contact your District Readiness Coordinator (DRC) or Uniformed Readiness Coordinator (URC) for your opportunity to volunteer!

## **Exceptional Family Member Program (EFMP)**

[www.facebook.com/mcasbeaufort/](http://www.facebook.com/mcasbeaufort/)

843-228-EFMP (3367)  
[Bft\\_efmp@usmc.mil](mailto:Bft_efmp@usmc.mil)

### **Case Workers:**

#### **1st District**

843-228-3849 M/W/F  
843-228-7649 Tues/Thurs

#### **4th District**

843-228-3843

#### **6th District**

843-228-3843

### **Program Manager**

843-228-1065

*Provides resources and support to Marines & families who have family members with special needs. Special needs can be medical and educational in nature, and range from mild to severe.*

### **School Liaison Program**

843-228-6128  
[Kimberly.Wiley@usmc.mil](mailto:Kimberly.Wiley@usmc.mil)  
[www.facebook.com/slpmccssc/](http://www.facebook.com/slpmccssc/)

*The School Liaison Program (SLP) builds bridges for the academic success of military dependent children by obtaining educational information and assistance from local school districts.*

## **Family Member Employment Assistance Program (FMEAP)**

[www.facebook.com/mccssouthcarolinafmeap/](http://www.facebook.com/mccssouthcarolinafmeap/)

[bfrt\\_crmc\\_trs@usmc.mil](mailto:bfrt_crmc_trs@usmc.mil)  
843-228-6463

*One-on-one resume building, resume review, and career coaching.*

### **Information, Referral & Relocation**

843-228-2371  
[bfrt\\_mccs\\_sc\\_irr@usmc.mil](mailto:bfrt_mccs_sc_irr@usmc.mil)

*Remotely assisting military members and their families with installation and off-base resources. Assists with making relocation as smooth and stress-free as possible.*

### **Transition Readiness Program**

[parr\\_smb\\_mcrdpi\\_crmcpi@usmc.mil](mailto:parr_smb_mcrdpi_crmcpi@usmc.mil)  
843-228-2761

*Transition Readiness conducts the Transition Readiness Seminar (TRS), Capstone, professional development counseling, and assistance for separating and retiring Marines and their spouses. Pre-work assistance is available virtually.*



**Community Counseling Program (CCP)**

843-228-2044

The CCP assists Marines and families in accomplishing their personal goals through short-term solution focused counseling, skill enhancement, education and referrals to other helping resources.

The MCCA South Carolina Community Counseling Program offers virtual counseling services for eligible patrons of MCRD Parris Island/Eastern Recruiting Region. Users must be willing to download the free MS TEAMS app to their personal device for participation



**MILITARY  
ONE  
SOURCE**

**800-342-9647**

**MilitaryOneSource.mil**



**National Alliance on Mental Illness**

NAMI provides education, resources, free helpline, and public awareness about Mental Health concerns.

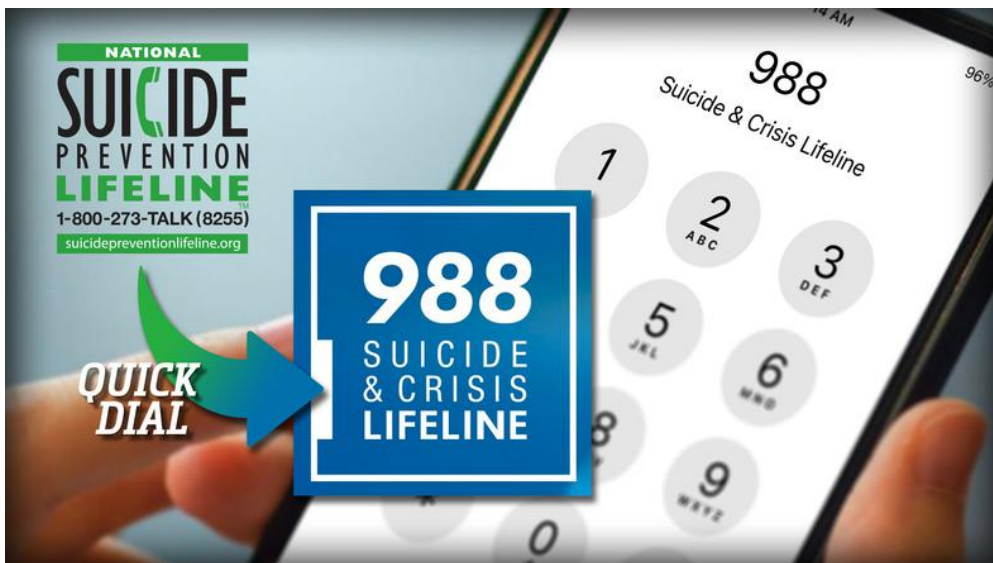
[www.NAMI.org](http://www.NAMI.org)

**NAMI HELPLINE:**

**800-950-NAMI**

**Find help in a crisis:**

**TEXT "NAMI" to 741741**



## MFLC

### **Military & Family Life Counselors (MFLC)**

*Military & Family Life Counselors (MFLCs) are experienced behavioral health professionals assigned to installations, embedded in units, schools, and Child Development and Youth Centers, MFLCs augment and work in collaboration with other Marine Corps Behavioral Health programs. MFLCs act as touchpoints for Marines and families who may need assistance.*

### **State Military and Family Life Counselors (MFLC)**

Need to talk? Reach out to your state MFLC for virtual or telephonic solution-focused confidential support.

Alabama	334-796-9946
Delaware	781-315-7992
Florida	850-461-5989
Georgia	229-288-6207
Louisiana	228-313-7205
Maryland	703-414-9883
Massachusetts	302-379-0081
Mississippi	601-520-6457
New Jersey	732-215-8369
New York	716-327-8513
North Carolina	252-269-1953
Pennsylvania	412-260-6447
Puerto Rico	787-463-1819
South Carolina	843-929-2251



### **Substance Abuse Program**

843-228-7972

*The Substance Abuse Program utilizes evidence-based programming and practices, including prevention education, early intervention initiatives, counseling, and drug and alcohol deterrent activities in order to promote overall health and mission readiness.*

**QUITTING TOBACCO: YOU ARE NOT ALONE**

**VISIT [YCQ2.ORG](http://YCQ2.ORG) FOR SUPPORT AND RESOURCES TO HELP YOU QUIT TOBACCO**

- TOBACCO CESSATION RESOURCES GUIDE
- 24/7 QUIT TOBACCO LIVE CHAT
- SUPPORT LOCATOR
- SAVINGS CALCULATOR
- MAKING A QUIT PLAN

**YOU CAN QUIT<sup>2</sup>**  
MAKE YOUR FUTURE BRIGHTER

[www.ycq2.org](http://www.ycq2.org)

U.S. Department of Defense



## **Family Advocacy Program (FAP)**

843-228-7093 office

24/7 Support: 843-592-0646

*The Family Advocacy Program (FAP) is a multi-faceted, multi-disciplinary resource that is designed to address child abuse and domestic abuse within the Marine Corps community through prevention, intervention, and treatment. For immediate assistance, the National Domestic Violence Hotline (1-800-799-7233) provides lifesaving tools and support to enable victims to find safety and live lives free of abuse.*



## **Victim Advocacy**

843-228-7093 office

24/7 Support: 843-592-0646

*The Family Advocacy Program (FAP) is a multi-faceted, multi-disciplinary resource that is designed to address child abuse and domestic abuse within the Marine Corps community through prevention, intervention, and treatment. For immediate assistance, the National Domestic Violence Hotline (1-800-799-7233) provides lifesaving tools and support to enable victims to find safety and live lives free of abuse.*

**SAPR RESOURCES  
HOW CAN WE HELP YOU?  
877-995-5247**



**SEXUAL ASSAULT PREVENTION IS THE  
RESPONSIBILITY OF EVERY MARINE**



**Childcare Support  
Child & Youth Programs**

*Child Development Centers may not be available near all recruiting area.*

[www.MilitaryChildcare.com](http://www.MilitaryChildcare.com)

**Resource & Referral**

843-228-7279

[sc.familyservices@usmc-mccs.org](mailto:sc.familyservices@usmc-mccs.org)



**CHILDCARE AWARE**

Child Care Aware of America works with more than 400 state and local Child Care Resource and Referral agencies nationwide. To achieve our mission, our organization leads projects that increase the quality and availability of childcare, undertakes research, and advocates childcare policies that positively impact the lives of children and families.

[www.naccrra.org/military-families](http://www.naccrra.org/military-families)

[www.childcareaware.org/fee-assistancerespite/](http://www.childcareaware.org/fee-assistancerespite/)

**To participate in off base fee assistance child care program:**

- MUST live outside 30 miles of a military installation.
- Marine must not be assigned to a Marine Corps Installation.
- Marine must be Active Duty/or deployed status.
- Spouse must be in school or employed FULL TIME.



# PERSONAL & PROFESSIONAL DEVELOPMENT



## **Voluntary Education Program**

843-228-2132

[parr\\_vol\\_ed@usmc.mil](mailto:parr_vol_ed@usmc.mil)

*Individual college counseling available for active-duty and family members. Assists with Tuition Assistance (TA), GI Bills, how to pay for college (scholarships, Pell Grants, etc.) military classification testing (AFCT, DLPT, etc.) college placement exams (ACT, SAT, CLEP, DSST). Marine Corps COOL (Credentialing Opportunities On Line) program, and Department of Labor USMAP. In-person unit education briefs available upon request and funding.*

## **MCCS Libraries**

[www.facebook.com/mccssclibraries](https://www.facebook.com/mccssclibraries)

843-228-1672

843-228-7682

[sc.pi.library@usmc-mccs.org](mailto:sc.pi.library@usmc-mccs.org)

*DoD funded online resources to provide Marines and families with remote access to library services such as eBooks, e-audiobooks, magazines, newspapers, foreign language learning, subject specific tutoring, test prep, career guidance, music lessons, and much more.*

[www.dodmwrlibraries.org](http://www.dodmwrlibraries.org)

Check out more educational resources at:

**MILITARY  
ONE  
SOURCE**

800-342-9647  
[MilitaryOneSource.mil](http://MilitaryOneSource.mil)

**Contact your MCCS Library for help accessing these (and many more) FREE Services.**



# VIRTUAL OPPORTUNITIES

**Marine Corps Family Team Building offers in-person and VIRTUAL trainings, workshops and socials monthly.**

Join MCFTB on a variety of virtual opportunities each month.

Virtual workshops can also be scheduled directly.

843-228-1021

Stress Management



Bridging the Generational Gap



7 Habits of Highly Effective People



Time Management



5 Love Languages



Coffee Socials

Four Lenses

Evening Social

and more...



# FINANCES



## **Personal Financial Management Program (PFMP)**

843-228-2218

[pfmp\\_mcrd\\_err\\_parris\\_island@usmc-mil](mailto:pfmp_mcrd_err_parris_island@usmc-mil)

Personal Financial Counselor

843-429-0761

[pfc.mcrdpi.usmc@zeiders.com](mailto:pfc.mcrdpi.usmc@zeiders.com)

*The PFMP offers a wide range of trainings and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, home buying, retirement and estate planning, taxes and more.*

*Financial counseling and services provided to fulfill the requirements of MARADMIN 398/18 Lifecycle Training Certificate requirements.*



[www.tsp.gov](http://www.tsp.gov)

*As a TSP participant, you're part of one of the finest retirement plans in the world. Taking advantage of this opportunity is simple—investing in your future doesn't have to be hard.*



NAVY-MARINE CORPS RELIEF SOCIETY

[www.nmcrs.org](http://www.nmcrs.org)

843-228-3512

[parrisland@nmcrs.org](mailto:parrisland@nmcrs.org)

Services:

- Financial assistance and counseling
- Quick Assist Loans (QAL)
- Education assistance
- Budget for Baby
- Emergency Travel
- Disaster Relief



<https://finred.usalearning.gov/>

*The Department of Defense Office of Financial Readiness supports service members and their families throughout each phase of their military journeys. On this page, you'll find answers to frequently asked questions, or FAQ, about everything from the importance of financial readiness to how to access no-cost counseling services to where to find additional information when you need it.*



## **Health Promotions**

843-228-7222

sc.semperfit@usmc-mccs.org

*The goal of Health Promotion is to improve the quality of life and enhance readiness of Marines and Sailors through mitigation and elimination of unhealthy lifestyles. The program is designed to educate personnel about health risks enabling them to make informed decisions about their own health. Health Promotion offers a variety of classes including:*

- Tobacco Cessation
- Sexual Health & Responsibility
- Performance Nutrition
- Injury Prevention
- Chronic Diseases
- Sleep Hygiene



## **High Intensity Tactical Training (HITT)**

843-228-7222

sc.semperfit@usmc-mccs.org

*The High Intensity Tactical Training (HITT) Program uses the latest cutting edge training methods and fundamental scientific principles to enhance the athleticism for today's warrior athlete - The United States Marine.*



## **Single Marine Program (SMP)**

[www.facebook.com/TriCommandSingleMarineAndSailorProgram](http://www.facebook.com/TriCommandSingleMarineAndSailorProgram)

*SMP Coordinator*

843-228-7431

sc.smp@usmc-mccs.org

*The Single Marine Program exists to improve Quality of Life for Single Marines and Sailors, single parents, and geographical bachelors. SMP Trips available!*

# STAYING FIT WITH THE ASYMCA



## Department of Defense Armed Services YMCA Military Outreach Initiative

### Data

- The initiative has provided more than 88,500 YMCA memberships and more than 44,200 private fitness memberships to military families.
- The initiative has benefited more than 162,800 military children.
- More than 1,700 YMCAs and more than 2,600 private fitness facilities support the DOD Military Outreach Initiative.

### Additional Information

Armed Services YMCA website:

<https://www.asymca.org/ymca-dod-military-outreach-initiative>

Military OneSource MWR:

<https://www.militaryonesource.mil/military-life-cycle/friends-extended-family/about-mwr-morale-welfare-and-recreation/>

Data as of Oct. 1, 2021

### Background

The Department of Defense, in contract with the Armed Services YMCA, established this initiative in 2008 to support active-duty service members and their families assigned to remote locations and during periods of deployment.

### Highlights

- The initiative offers no cost, installation-type fitness facility memberships to eligible members and their families who are stationed remote from an installation or service-provided facility. Generally, it includes families of DOD deployed National Guard and reserves, active-duty service members assigned to independent duty stations, wounded warriors at transition units and families of deployed/unaccompanied tour service members who reside in remote locations.
- The initiative also offers respite child care services to eligible families (up to 16 hours per month, per child) at participating YMCAs.
- Since 2008, this initiative has funded 132,820 memberships at fitness facilities nationwide.
- Visit the ASYMCA site for eligibility information and applications: <https://www.asymca.org/ymca-dod-militaryoutreach-initiative>.





# MEDICAL & DENTAL

TRICARE PRIME TRICARE PRIME REMOTE TRICARE SELECT

*Healthcare on independent duty may operate differently from what you are familiar with on base, but the primary parts of TRICARE remain available to you.*

1-800-TRICARE  
1-800-874-2273  
[www.tricare.mil](http://www.tricare.mil)

**Best Practices:** *Consult the website, Check for approved providers, Check your referral, check what it pays or covers for treatment.*

## UNITED CONCORDIA®



*Dental on independent duty may operate differently from what you are familiar with on base, but the primary parts of United Concordia dental program remain available to you.*

*Active duty living more than 50 miles from a military Dental Treatment Facility (DTF) will access their dental care through the Active Duty Dental Program (ADDP).*

**Families:**

1-844-653-4061  
[www.uccitdp.com](http://www.uccitdp.com)

**Active Duty:**

1-866-984-2337  
[www.addp-ucci.com](http://www.addp-ucci.com)





## Have I prepared or updated:

- WILL
- POWER OF ATTORNEY
- GUARDIANSHIP
- TAX ASSISTANCE
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Regional Legal Assistance Office:  
800-826-7503

DEERS:  
800-538-9552

# LEGAL NEEDS

## WHEN DOES MY ID EXPIRE?

Need help updating your information. Visit milConnect.



<https://milconnect.dmdc.osd.mil/milconnect/>

**With a valid CAC:** Visit the RAPIDS ID Card Office Online. Select an option below to update your CAC, manage sponsor or family member ID card information, or find a RAPIDS ID Card Office.

<https://idco.dmdc.osd.mil/idco/>

# EXPLORE AMERICA THE BEAUTIFUL



## America the Beautiful Military Pass Program

### No-cost admission dates

- Martin Luther King Jr. Day (third Monday in January)
- National Park Week (mid-April)
- Anniversary of the Great American Outdoors Act (Aug. 4)
- National Park Service birthday (Aug. 25)
- National Public Lands Day (fourth Saturday in September)
- Veterans Day (Nov. 11)

### Additional information

**Military Pass program for annual access**  
<https://home.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm>

**Get your pass in person each year — no fee**  
Visit one of these sites (<https://store.usgs.gov/s3fs-public/PassIssuanceList.pdf>) with proof of eligibility.

**Get your pass online each year — fee**  
Provide proof of eligibility online plus a \$10 process fee at <https://store.usgs.gov/MilitaryPass>.

### Background

The Department of the Interior, in partnership with the Department of Defense, has made a commitment to support the military community and expand their opportunities to engage in outdoor experiences in national parks by establishing the America the Beautiful Military Pass program. This program provides access, at no cost, to more than 2,000 federal recreation sites — all national parks and national wildlife refuges, national forests and grasslands, and lands managed by the Bureau of Land Management, Bureau of Reclamation and the Army Corps of Engineers.

All active-duty, National Guard, reserve, Coast Guard, dependents of U.S. military members with DD Form 1173, U.S. military cadets, veterans and gold star family members are eligible each year to receive a no-cost annual America the Beautiful Military Pass.

### Highlights

The America the Beautiful Military Pass program and installation morale, welfare and recreation programs provide military families with outdoor opportunities to be active, learn and have fun together. They also promote the following key messages:

- Active living, positive self-esteem and the shared sense of pride and honor contribute to mission readiness.
- Feeling healthy and fit — physically and emotionally — helps build resilience and contributes to personal and professional success.
- National parks provide a variety of educational, recreational, cultural and conservation experiences in locations across the country.
- Park activities, such as hiking and camping, help families stay active and can strengthen family relationships.



U.S. Department of Defense



COMMITTED TO READINESS AND RESILIENCE

# MILITARY ONESOURCE

## A RANGE OF SUPPORT

To Help You **Live** Your Best **MilLife**



**800-342-9647**

**MilitaryOneSource.mil**

**"A" Billet**-Marines providing support to the recruiting effort

**"B" Billet**- Marines Serving as Recruiters

**CTA**- Command Team Advisor. Appointed unit volunteer serving on the Family Readiness Command Team

**DEERS**- Defense Eligibility Enrollment Reporting System, The automated system that lists everyone who is eligible for military benefits.

**DEP**- Delayed Entry Program. Individuals that have contracted with the Marine Corps and are awaiting a dates to ship to Recruit Training.

**DRC**- District Readiness Coordinator. Position held at District Headquarters that serves as the main point of contact for the Unit Personal and Family Readiness Program (UPFRP). Supports the permanent personnel and families. Supports the URCs at the RS.

**EFMP**- Exceptional Family Member Program. The mandatory program designed to address the special needs of families.

**FCP**- Family Care Plan. A mandatory written plan for the care of family members during crisis or separation.

**FRA**- Family Readiness Assistant. Appointed unit volunteer serving on the Family Readiness Command Team. Welcomes new families, communicates with the unit and provides information and referral services.

**L.I.N.K.S.**- Lifestyle Insights, Network, Knowledge, and Skills. A Marine Corps Family Team Building program which enhances family readiness by gaining understanding of the programs services and benefits, including moving, effective communication, financial awareness, and Marine Corps history and culture.

**MCRC**- Marine Corps Recruiting Command. Headquarters for MCRC are located in Quantico, VA.

**ERR**- Eastern Recruiting Region. Headquarters for ERR are located at MCRD Parris Island, SC.

**WRR**- Western Recruiting Region. Headquarters for WRR are located at MCRD San Diego, CA.

**MEPS**- Military Entrance Processing Station. Applicants are tested and inducted in the Armed Forces, if qualified.

**Mission**- The number of new recruiting contracts (enlistments) to be written monthly, and the number of Poolees to be shipped to recruit training each month.

**OPSO**-Operations Officer. Executes the CO's recruiting plan and day-to-day recruiting operations activities.

**OSO**- Officer Selection Officer. Responsible for Recruitment of college students for Marine Corps Officers Program

**PCS**- Permanent Contact Station. A geographically separated station that falls under the responsibility of an RSS and manned by 1-3 Marines.

**Poolee**- An enlistee in the Delayed Entry Program (DEP)

**RED**- Recrod of Emergency Data. A form kept with official records, which lists important personal data to be used in case of emergencies.

**RI**- Recruiter Instructor. Senior Career Recruiter (8412) at each RS and Responsible for training all the recruiters.

**RS**- Recruiting Station. Headquarters for a specific geographical area and its substations.

**RSS**- Recruiting Sub-Station. The Main office for all recruiting activities: calls, interviews, and paperwork.

**SDA Pay**- Special Duty Assignment Pay. Taxable incentive pay awarded to Marines serving in designated billets on recruiting duty.

**UPFRP**- Unit Personal and Family Readiness Program. Provides support through proactive outreach in the form of official communication information and referral, Marine and family readiness and volunteer support.

**URC**- Uniformed Readiness Coordinator. A military member of the unit who is appointed by the Commanding Officer to address family matters at the RS,

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## CURIOUS ABOUT OTHER RECRUITING TERMS?

CALL 843-228-1021  
TO SCHEDULE YOUR  
L.I.N.K.S. CLASS



# MARINE CORPS LIFE

**FOR POOLEE & RECRUIT PARENTS**

**Welcome to the Marine Corps Family!**

This program is an introduction to Marine Corps culture and the mission. We will inspire you and provide you with basics of being a part of the Marine Corps Family and what it means to be a part of the most elite organization in the world. Topics include:

- Marine Corps culture
- Boot Camp- what to expect
- The Benefits
- After Boot Camp

This is a VIRTUAL training that will be conducted in a secure Zoom meeting. For more information: [sc.err.mcf1b@usmc-mccs.org](mailto:sc.err.mcf1b@usmc-mccs.org) or 843-228-1021.

**2025**

06 JAN

03 FEB

03 MAR

07 APR

05 MAY

02 JUN

07 JUL

04 AUG

08 SEP

06 OCT

03 NOV

01 DEC

**1800-2100**

**VIRTUAL**

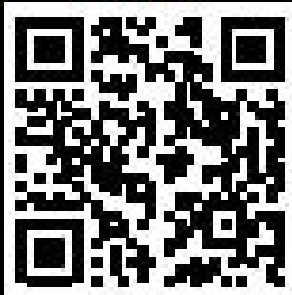
**MC&CS**  
MARINE CORPS  
FAMILY TEAM BUILDING

REGISTER HERE



# ERR WEBSITE & APP

SCAN TO INSTALL  
THE APP



**Access the  
resources  
available  
to you.**

SCAN TO VISIT  
THE WEBSITE





*ERR Marine Corps Family Team Building*  
843-228-1021 843-228-1505