

2023

MCFTB Program Class Descriptions





MCAS BEAUFORT

MCFTB Director	sc.bft.mcftb.director@usmc-mccs.org	228-6504
MCFTB Administrative Specialist	sc.bft.mcftb@usmc-mccs.org	228-6141
MCCS Coordinator	sc.bft.coordinator@usmc-mccs.org	228-6141
Family Readiness Program Trainer	sc.bft.familyreadiness@usmc-mccs.org	228-6504
L.I.N.K.S. Program Trainer	sc.bft.links@usmc-mccs.org	228-6793
LifeSkills Program Trainer	sc.bft.lifeskills@usmc-mccs.org	228-7495
Readiness & Deployment Support Trainer	sc.bft.mcftb.rds@usmc-mccs.org	228-7397
Volunteer Coordinator	sc.volunteercoordinator@usmc-mccs.org	228-6793

READINESS & DEPLOYMENT SUPPORT

Pre-Deployment Briefs

Pre-Deployment Briefs - Single/Married (UNIT REQUEST) ----- 1-2 Hours
Pre-Deployment Brief Kids (UNIT REQUEST) ----- 1-2 Hours

Mid-Deployment Self Care Workshops (UNIT REQUEST)

Mid-Deployment Success Workshops

Deployment/Life Binder Making (UNIT REQUEST) ----- 2 Hours
Craft Night ----- 2 Hours
Game Night ----- 3 Hours

Mid-Deployment Kids Workshop

Project Military Kids ----- 2 Hours

Return & Reunion Workshops

Return & Reunion: Kids (UNIT REQUEST) ----- 1 ½ Hours
Return & Reunion for Parents and Extended Family (UNIT REQUEST) ----- 1 Hour
Return & Reunion for Spouses & Significant Others (UNIT REQUEST) ----- 1 Hour
Reintegration Success (UNIT REQUEST) ----- 2 hours

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

L.I.N.K.S. Classes

L.I.N.K.S. for Couples ----- 7 ½ Hours
L.I.N.K.S. for Kids ----- 2-4 Hours
L.I.N.K.S. for Marines ----- 7 ½ Hours
L.I.N.K.S. for Parents & Extended Family Brief ----- 1 Hour
L.I.N.K.S. for Spouses ----- 7 ½ Hours
L.I.N.K.S. for Teens ----- 2-4 Hours

L.I.N.K.S. Volunteer Training

Mentor Training ----- 3+ Hours

FAMILY READINESS PROGRAM

UPFRP Trainings

Command Team Advisor/Family Readiness Assistant Training ----- 1 ½ Hours
Family Readiness Command Team Training ----- 1 Hour
Deployment/Unit Readiness Coordinator Training ----- 2 Hours

LIFESKILLS TRAINING & EDUCATION

5 Choices to Extraordinary Productivity© ----- 1 day
7 Habits of Highly Effective People © ----- 2- days
Presentation Advantage© ----- 1-2 day(s)
4 Essential Roles of Leadership© (REQUEST ONLY) ----- 1-2 days(s)
Four Lenses ----- 2 Hours
Dominating Stress and Anger ----- 2 Hours
Things I Wish I Knew Before Marriage ----- 1-2 Hours
Unit Teambuilding (UNIT REQUEST ONLY) ----- 4 Hours

5 Love Languages -----	2 Hours
Character Counts (<i>A Series of six (6) sessions</i>) -----	1 Hour each
Ready, Set, Prepare! -----	1-2 Hours
PREP 8.0 -----	8 Hours
Family Care Plan -----	1 Hour
Say What? -----	1-3 Hours
Conflict Management -----	1-2 Hours
Real Relationships -----	1-2 Hours
Living My Best Life: Attitudes and Actions -----	1-2 Hours
Living My Best Life: Bridging the Generation Gap -----	1-2 Hours

MCAS BEAUFORT VOLUNTEER COORDINATOR

Workshops

Let's Volunteer -----	3 Hours
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Readiness & Deployment Support Program

Pre-Deployment Briefs:

Pre-Deployment Briefs - Single/Married (UNIT REQUEST ONLY)

The purpose of the pre-deployment brief is to prepare the individual Marine and their family members for the upcoming deployment. This brief provides information and resources for the service member and/or family member to use before, during, and after the deployment.

Pre-Deployment Brief Kids (UNIT REQUEST ONLY)

The purpose of the kids' pre-deployment brief is to prepare family members ages 5-12 for the upcoming deployment. This brief provides information and resources for children to use before, during, and after the deployment.

Mid-Deployment Self-Care Workshops (UNIT REQUEST ONLY):

Mid-Deployment: Self-Care

This workshop promotes success through self-care for the spouse or significant other at home during mid-deployment. It includes information about stress management, staying connected, dealing with emotional ups and downs, and resources. This is a great opportunity for you to look at your level of self-care, to get new ideas, and/or gain the motivation to better care for yourself. Also, take this opportunity to network with other Marine Corps spouses and significant others.

Mid-Deployment Success Workshops:

Mid-Deployment Success

This workshop is designed to promote deployment success for participants during deployment and includes fun things to do, goal setting and available resources. Join us as you receive tips on making this deployment work for you.

Deployment/Life Binder Making (UNIT REQUEST ONLY)

This workshop provides important information to prepare Marines, Sailors and their families for the unique challenges that come with being a military family. The focus is on developing a binder, building your social network and emergency preparedness.

Craft Night

Come and enjoy a night of camaraderie and discover a new craft or improve your skills on one you've already learned. This class is designed for spouses or units that are looking for a night to relax and de-stress.

Game Night

Spouses in the midst of a deployment or living the unique military lifestyle are invited to learn and partake in camaraderie with other spouses. This is a night of food and fun with other spouses who are going through the same thing.

Mid-Deployment Kids Workshop:

Mid-Deployment: Kids and Deployment

This workshop is designed to promote deployment success for kids, including reactions to deployment and sources of help. This is a great opportunity for children to identify, learn and improve various ways of communication. They will also discover the core components of positive character. This is a kid's only workshop for ages 5-12.

Project Military Kids

This program addresses the challenges of being a military child as well as childhood in general. Participants engage in different discussions and then do an age-appropriate project afterwards. This group meets once every other month for two hours.

Return & Reunion Workshops:

Return & Reunion

This workshop is designed to prepare for the ups and downs of Marines and Sailors return from deployment.

Return & Reunion: Kids

This workshop includes age-appropriate activities for children age 5 and older to prepare for the upcoming return, reunion, and reintegration with their Marine parent.

Return & Reunion: Parents and Extended Family

Parents and extended family members (including close friends) consistently play a significant support role in the lives of most Marines, whether they are single or married. This program answers questions about what to expect at homecoming, provides suggestions on celebrating homecoming with their Marine, and addresses concerns about the effects that serving in a combat zone might have on their Marine.

Return & Reunion: Spouses and Significant Others

This workshop focuses on discussing the anticipation of homecoming, expectations, and concerns of spouses and significant others. The ideal time to discuss homecoming is approximately 4-6 weeks before a unit returns from deployment. This allows enough time for communication to occur and plans to be made before the Marine returns.

Reintegration Success

This class will educate spouses and Service Members about communication and relationship challenges which may be encountered during the post deployment period. It will support strengthening of their relationship through a better understanding of emotions, improved communication skills, and an awareness of supporting resources.

L.I.N.K.S. Lifestyle Insights, Networking, Knowledge and Skills

L.I.N.K.S. Workshops:

L.I.N.K.S.

This workshop is a crash course in Marine Corps 101 for multiple audiences. Each course is designed to reach a specific audience and is delivered to meet their information needs. Each L.I.N.K.S. course provides valuable insight and information into the Marine Corps and the military lifestyle. In the past all L.I.N.K.S. courses were delivered over the course of a whole day or broken into 2 half day sessions. We have updated the program and now offer L.I.N.K.S. Foundations which is simply a breakdown of any of the below programs but offered in smaller timeslots. Rather than attending a full day course, any of the below courses can now be broken down into one-to-two-hour blocks over several days or weeks to better accommodate you the participant and your busy schedule. (Sections include Our Corps, Our Culture, Resource Decoder, Knowing the Benefits, Your Marine Corps Self, Separation Preparation, Safe & Sound All Around, The Places You'll Go, Building Connections, Community Engagement)

L.I.N.K.S. for Couples

Come in and enjoy a L.I.N.K.S. session with your significant other! This is a great opportunity to be on the same page with your spouse about your shared Marine Corps lifestyle. Marines will be certified in LINKS for Marines, while spouses will be certified in LINKS for Spouses. This is a great way to come together as a couple and learn to best navigate your time in uniform.

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

This class is for kids attending Kindergarten through fifth grade. This workshop will help kids understand why being a member of the Marine Corps family is so AWESOME! They will learn about The Corps, being a good friend, and knowing how to cope when their hero is away.

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

This class provides great information to Marines about all the great resources they have available to them that will help their family and themselves better navigate the military lifestyle and challenges. Units can request this as a one time or recurring class.

L.I.N.K.S. for Parents & Extended Family Members Brief

Born Into, Sworn Into, and Married Into: that is the definition of family in the Marine Corps. This brief is given to parents and extended family members with a focus on resources and benefits for their Marine. Family members will be given the same information and book as spouses. The brief is often given the night before a unit returns or in the afternoon before the night return. FROs can schedule directly with the LINKS trainer. DRCs can schedule directly with the LINKS trainer.

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

This is the flagship course in our L.I.N.K.S. curriculum. Designed and delivered to provide both new and seasoned Marine Corps spouses with a wealth of information, we recommend all spouses attend this course, and retake it at each new duty station. In this course spouses can expect to learn about Marine Corps history and tradition, pay and benefits, resources, and tools available here on base and out in town, dealing with deployment and what to expect and how to thrive while your Marine is away. Additionally, get information on military moves, career progression, and volunteer opportunities. Most of all, this course is an opportunity for our Marine Corps spouses to meet new friends and build a support network. We at MCFTB want you to have all the tools and knowledge necessary to grow and thrive in your military career.

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

This class is for kids in grades 6-12. This is an amazing workshop to refresh those seasoned Marine Corps tweens and teens. There will be reminders about the Corps, friendship, the truth about money, moving, and separation and deployment.

L.I.N.K.S. Volunteer Training:

Mentor Training

Becoming part of the L.I.N.K.S. Mentor Team is a great way to use your Marine Corps spouse “On the job training”. Whether you are an Active Marine or a Spouse, why not give back to your fellow Marines, Sailors, and Families. Mentors must have attended any L.I.N.K.S. course prior to attending a Mentor Training, call for any questions. Volunteering looks great on a resume and helps aid the Marine Corps in family readiness!

Family Readiness Program

UPFRP Trainings:

Command Team Advisor/ Family Readiness Assistant Training

This training is designed to orient and guide Command Team Advisors and Family Readiness Assistants in their roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program. This training provides volunteers with the foundational tools to ensure they are able to perform at optimal levels in their Unit Personal and Family Readiness Program. This training is a requirement for all Command Team Advisors and Family Readiness Assistants per MCO 1754.9B. Advisors and Assistants will also receive PII and OPSEC training during this course to fully equip them with all the trainings they need to be effective within their respective Unit Personal and Family Readiness Programs.

Family Readiness Command Team Training

The Family Readiness Command Team provides primary support for Marines and family members regarding family readiness. Command Team Training ensures that the entire Command Team understands the Commanding Officer’s intent for the Unit Personal Family

Readiness Program. By going through this training, each member of the Command Team will know their responsibilities in the program. This training is a requirement for all Command Team members per MCO 1754.9B.

Deployment/Unit Readiness Coordinator Training

This training is a requirement for all Deployment/Unit Readiness Coordinators. DRCs & URCs will discover their roles and responsibilities within the Unit Personal and Family Readiness Program. They will receive the tools to perform their duties effectively, while remaining in compliance with Marine Corps Order.

LifeSkills Program

The 5 Choices of Extraordinary Productivity©

The 5 Choices to Extraordinary Productivity process measurably increases productivity of individuals, teams, and organizations. Participants make more selective, high-impact choices about where to invest their valuable time, attention, and energy.

7 Habits of Highly Effective People©

The 7 Habits of Highly Effective People teaches participants the timeless principles of human effectiveness that propel them toward greater maturity and performance. They learn true success comes from the inside out.

Presentation Advantage©

This one-to-two-day work session will help participants consistently deliver highly successful presentations. They will learn the mindsets, skillsets, and toolsets combined with the latest neuroscience to better inform, influence, and persuade others in today's knowledge-based world.

4 Essentials Roles of Leadership©

The 4 Essential Roles develop leaders who can think BIG and adapt quickly, translate strategy into meaningful work and coach people to higher performance. Franklin Covey's roles include Inspiring trust, creating vision, executing strategy, and coaching potential.

Four Lenses

A fun, interactive workshop, Four Lenses will help assess and evaluate your personality preference while learning to value and understand the personality preferences of those around you. You will learn how to open the lines of communication, reduce misunderstandings, and strengthen your personal and professional relationships.

Dominating Stress and Anger

This workshop provides a basic overview of stress and anger management. Topics include a general overview of stress, the importance of recognizing individual responses to stress, the

dynamics of anger, and various strategies you can use to manage these feelings/behaviors to improve personal well-being and relationships with others.

Things I Wish I Knew Before Marriage

This class is for anyone who is either in or looking to be in a serious relationship. The participants will gain insightful knowledge on several topics that will help them understand that being in love is sometimes not enough for a successful marriage.

Unit Teambuilding (UNIT REQUEST ONLY)

Activity-based class. Learn the characteristics of effective team members and the process of team development. Using skills in the section will enable you to be part of a team and lead a team in a more effective manner.

5 Love Languages

This workshop is designed to be preventative in nature by teaching and demonstrating positive, proactive ways to build a healthy, lasting relationship. This workshop is based on the #1 New York Times Best-sellers written by Dr. Gary Chapman: The 5 Love Languages

Character Counts *A series of six (6) sessions.*

Character Counts is a framework approach to character education centered on basic values, called the Six Pillars of Character. The Six Pillars include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. This initiative is geared towards educating our military kids on the importance of being a good person and a good citizen of the nation.

Ready, Set, Prepare!

The purpose of this class is to teach all service members and their families how to be informed and prepared in the event of a natural or man-made disaster, with particular emphasis on hurricane preparedness.

PREP 8.0

PREP 8.0 is a relationship intelligence workshop is based on 30 years of evidence-based research and its sole purpose is to improve and protect your relationship. The curriculum is designed to build on the existing strengths of the couple and add critical life and relationship skills that will help participants to create safer, more stable couple relationships, and better environments for their children.

Family Care Plan

This training provides information on what Family Care Plans are, who needs to have one, resources to use while putting the plan together, and where the plan should be located when completed. Family Care Plans ensure that the dependent(s) of service members receive proper care in their absence, whether short-term or long-term.

Say What?

The purpose of this workshop is to enhance service members and their family members' ability to communicate more effectively in their personal and professional lives. It addresses the power and benefits of active listening techniques, how to have more effective conversations, etiquette for communicating via email and telephone, and communicating across generations.

Conflict Management

This workshop provides tools for addressing and managing conflict on an everyday basis. The skills required for conflict management are simple but rarely acquired while growing up. If we can become skilled at managing conflict, we must first understand conflict.

Real Relationships

This workshop will encourage and promote healthy relationships for anyone looking to improve interpersonal skills. It will emphasize relationship enhancement, communication, conflict resolution, and setting appropriate boundaries.

Living My Best Life: Attitudes and Actions

This workshop will encourage service members and their families maintain a positive focus and be engaged in their homes, at work, and in their communities. Attitudes and Actions will stress self-advocacy, power of choice, resiliency, and encourage participants to think differently about the impact they have on any situation.

Living My Best Life: Bridging the Generation Gap

Bridging the Generation Gap shows participants the unique characteristics of the many generations that exist today providing a foundation to enable improved communication across generations through increased knowledge of generational characteristics, influences, and priorities. Bridging the Generation Gap helps individuals improve their relationships on a professional and personal level by showing why generations may respond to each other in different ways.

MCAS Volunteer Coordinator

Let's Volunteer

This workshop allows those interested in volunteering to learn the ins and outs of volunteering and how to get connected to the community. This workshop informs volunteers about their roles and responsibilities as well as the Presidential Volunteer Service Award and Marine Corps Volunteer Medal.

NOTES

