2025

MCFTB Program Course Catalog



MCCS SC MCFTB Updated Feb 2025

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Note: Most trainings and programs listed throughout this catalog can be adapted to personal or unit needs. Simply contact the corresponding program manager to discuss options!

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MCCS COORDINATORS

MCCS Coordinators assist Tri-Command/ERR Marines, Sailors, and families in gaining knowledge and direct access to the full spectrum of services offered by MCCS.

Unit Support

Unit Event Gear/Facility/Funding Requests

By Unit Request

MCCS Coordinators plan, develop, and coordinate MCCS support of active-duty military personnel and family needs. Services include, but are not limited to, tailoring MCCS programs to support specific unit needs, quality of life issues and requests, coordination of unit functions and morale events, Marine Corps Birthday Ball support, guidance regarding the use of Unit & Family Readiness Funds, procurement support (contracting and purchases), accounting support for U&FRF, and obtaining MCCS facilities and equipment for unit PMEs and/or information booths at unit events.

 To view addition MCCS Coordinator information or download necessary forms, visit https://southcarolina.usmc-mccs.org/marine-familysupport/military-family-life/marine-corps-family-team-building/mccs-coordinator.



FAMILY READINESS PROGRAM

The Unit, Personal and Family Readiness Program (UPFRP) is a unit-centric program, guided by the Family Readiness Command Team, that reinforces the relationship between the unit and the services relevant to the unit, its members, and families. The UPFRP's primary goal is to empower Marines and family members, providing them the opportunities to thrive while taking on the challenges of the military lifestyle. The program is supported by Uniformed Readiness Coordinators (URC) who implement Commanders' (CO) family readiness visions, manage the tenets of the UPFRP, and who assist unit troops and families in maintaining a constant state of readiness.

UPFRP Trainings

Command Team Advisor/Family Readiness Assistant Training Twice Monthly: 4 Hrs. The Family Readiness Workshop 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 can perform at optimal levels in their UPFRP. This training is a requirement for *all* Command Team Advisors and Family Readiness Assistants per MCO 1754.9B.

Advisors and Assistants also receive L.I.N.K.S. for Spouses and PII/OPSEC training during this course to fully equip them with all the trainings they need to be effective within their respective UPFRPs. This training gives a better understanding of what Operational Security (OPSEC) is and how it relates to military family members or unit volunteers. The Personally Identifiable Information (PII) portion deals with protecting not only personal information, but any information volunteers might have access to as they support their unit's UPFRP.

MCRD PI | 3rd Tuesday of the Month | 1230-1630

• https://events.timely.fun/v2z8unuy/event/family-readiness-workshop



MCAS BFT | 2nd Friday of the Month | 0830-1230

• https://events.timely.fun/0guo7845/event/family-readiness-workshop



Family Readiness Command Team Training

By Unit Request: 2 Hrs.

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 their Unit, Personal and 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.

Uniformed Readiness Coordinator Training

By Unit Request: 8 Hrs.

This training is a requirement for *all* Uniformed Readiness Coordinators. 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 MCO 1754.9B. URCs will have the opportunity to meet with the MCCS Coordinator to understand local Unit and Family Readiness Funds procedures.

UPFRP Programs

DRC/URC Roundtables

See Installation Bullets Below

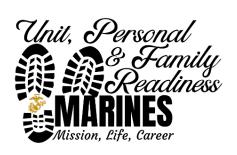
This program is formatted as a DRC/URC Roundtable in that it gives POCs a productive environment for discussing events, trends, and issues related to operating their Unit, Personal and Family Readiness programs. D/URCs meet with other unit D/URCs to ask questions and receive additional D/URC technical training. Important points of contact from installation resources are invited to share information about their programs and to assist D/URCs in making connections toward facilitating successful Resource and Readiness Support.

- URC Coffee (MCRD PI Four Winds) | Every Other Tuesday 0900-1000: 1 Hr.
- Team Talk (MCAS BFT MCFTB Office) | Last Thursday of the Month 1300-1400: 1 Hr.

Installation Resource Tours

By Unit Request: 2-2.5 Hrs.

Tours are offered to all personnel *appointed* as representatives of their unit's UPFRP. The purpose of the tour is to provide orientation to Command Teams, URCs, and Volunteers by offering tangible opportunities to explore, identify, and learn about the many resources available to support overall troop welfare and command readiness. Offered to individuals or groups. Depending on the size of the group, a tram may be requested!



VOLUNTEER MANAGEMENT PROGRAM

Across the globe Marines, Sailors and their families are giving back to their communities. The volunteer program connects active-duty personnel and their dependents, retirees, and DoD civilians with opportunities to make a difference. In addition to improving the lives of others, the personal benefits of volunteering include growing networks, discovering passions, developing professional portfolios, learning new skills, individual growth/self-confidence, and senses of fulfillment.

Getting Connected

Volunteer Distribution List

By Request

Personnel can sign up to receive weekly emails and/or newsletters detailing relevant volunteer information, content, and opportunities. Opportunities include Tri-Command installation and out-in-town opportunities.

• To join the list, email <u>SC.VolunteerCoordinator@usmc-mccs.org</u>.



To view additional volunteer information, visit https://southcarolina.usmc-mccs.org/marine-family-support/volunteer-opportunities.

Workshops

Volunteer Ready Training

By Request: 1 Hr.

Organizations understand processes and regulations associated with accepting Marine Corps volunteers. This class is designed to assist organizations (on and off the installation) in developing the necessary tools associated with engaging Marine Corps volunteers in a way that is ethical, aligned with guidance, and is mutually beneficial. Topics include requesting, accepting, and appreciating volunteers, and data reporting requirements. This course is required for all new Accepting Officials.

Passport to Volunteering

By Request: 1.5-2 Hrs.

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 the benefits of volunteering, Marine Corps requirements, how to track hours, and how to properly maintain records. Participants learn about how to qualify for either, or both, the Presidential Volunteer Service and Marine Corps Volunteer Award.



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

L.I.N.K.S. is an interactive acculturation program to Marine Corps life and the local installation. Participants learn about Corps history and rank, local installation resources, services and benefits, military pay, separation and deployment, communication styles, investing in the community and Marine Corps traditions. Partnerships are made with several services and personnel to include career planners, Chaplains, and L.I.N.K.S. mentors.

L.I.N.K.S. Workshops

L.I.N.K.S. Foundations

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, providing valuable insight and information into the Marine Corps and the military lifestyle. L.I.N.K.S. Foundations 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

7.5 Hrs.

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 L.I.N.K.S. for Marines, while spouses will be certified in L.I.N.K.S. for Spouses.

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

7.5 Hrs.

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.

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

2-7.5 Hrs.

This class provides great information to Marines about all the great information and 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 Teens 2-4 Hrs.

For kids in grades 6-12, this is an amazing workshop to refresh those seasoned Marine Corps tweens and teens. There are reminders about the Corps, friendship, the truth about money, moving, and separation and deployment.

L.I.N.K.S. for Kids 2-4 Hrs.

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

Marine Corps 101 1 Hr.

Born Into, Sworn Into, and Married Into- that is the definition of *family* in the Marine Corps. This L.I.N.K.S. for Parents and Extended Family Members brief is given to parents and extended family members with a focus on resources and benefits for their Marine. Families are educated about Marine Corps basics.

L.I.N.K.S. Programs

Devil Pups/Mini Marines

2-3 Hrs.

Children (5-12) compete in a mini CFT, qualify on a mini-NERF range, participate in a unit competition, and explore other activities just like their favorite Marine.

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

Mentor Training

3+ Hrs.

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!



LIFESKILLS PROGRAM

LifeSkills Training and Education is a comprehensive collection of personal and professional skill building classes that promotes positive adjustment and improved individual and family functioning. It provides troops and family members practical skills for successful interactions and positive outcomes at work, home, and in life. Participants finish LifeSkills better equipped to tackle challenges with increased self-awareness and confidence. Through this, participants are more likely to lend a hand to others in need, creating a mentorship atmosphere and stronger relationships, promoting community.

Success Series

7 Habits of Highly Effective People©

2 Days

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.

Character Counts! 2 Hrs.

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.

Four Lenses/Four Lenses for Couples/Leadership Through the Lenses

2 Hrs.

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.

The 5 Choices to Extraordinary Productivity©

1 day.

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.

Leading at the Speed of Trust©

6 Hrs.

Franklin Covey's *Leading at the Speed of Trust*® helps you strengthen your trust signals to convert trust taxes into trust dividends and propel your team further, faster.

Presentation Advantage©

6 Hrs.

This 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.

Wellness Series

Dominating Stress and Anger

2 Hrs.

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.

Resilient Living 2 Hrs.

Resilience enables personnel to steer through everyday challenges and to bounce back from major setbacks and loss. Achieving personal resilience improves the capacity to withstand adversity and thrive in any situation. This interactive class assists with building friendships and building personal resiliency necessary for reaching one's full potential.

Relationship Series

The Five Love Languages

2 Hrs.

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

Developing Healthy Blended Families

2 Hrs.

This workshop helps Marine Corps parents gain a better understanding of the common emotional and practical issues facing blended families and provides them with information on what they can do to help promote family unity. Topics discussed include the roles of a stepparent, stages of blended family development, and tips for nurturing and enriching the family relationship.

Real Relationships 2 Hrs.

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.

The 8 Habits of a Successful Marriage

2 Days

Based on Covey's #1 bestsellers, *The 7 Habits of Highly Effective People* and *The 8th Habit*, this marriage workshop offers a framework for applying a universal, self-discovery approach that enables couples to communicate about their problems and resolve them successfully. Participants define their vision as a family unit; build a common sense of purpose, values, and goals; learn processes to accomplish family goals; and discover how to achieve better communication as spouses.

His Needs, Her Needs

3 Hrs.

Participants gain tools to build an affair-proof marriage by attending this series based on Dr. Harvey's bestselling book, *His Needs, Her Needs*. Using both video segments and interactive discussion, participants cover the ten most vital needs of men and women and how to satisfy those needs in one's spouse. This course helps to remember *why* one fell in love in the first place, to awaken one's passion, and to renew one's commitment to marriage.

Prevention & Relationship Enhancement Program (PREP)

2 Days

A curriculum from PREP, Inc. that is designed to help couples achieve their goals in relationships and family, it builds on the existing strengths of the couple and adds critical life and relationship skills that help participants to create safer, more stable couple relationships, and by extension, better environments for their children. An emphasis is placed on what the individual thinks, does, and reacts to since couples are only as healthy as the individuals that comprise them.

Communication Series

Say What?

2 Hrs.

The purpose of this workshop is to enhance servicemembers' 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

2 Hrs.

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.

Impact Series

If You Can Dream It, You Can Do It!

2 Hrs.

This fun, hands-on class to allows participants to create their own vision board and design the life they've always wanted! Vision boards are comprised of photographs, collages, mementos, drawings, and quotes, which create an inspiring visual layout of one's career and personal aspirations.

Marine Corps & Social Networking Etiquette

2 Hrs.

This class touches on Marine Corps-specific etiquette regarding events and traditions. A larger emphasis is tailored toward giving participants the necessary tools to create an active and positive social experience for themselves. Types of etiquette discussed include military (i.e., Marine Corps Birthday Ball), dinner, digital, professional, cultural, and social.

Safe & Sound at Home

2 Hrs.

Marine Corps families are often in a vulnerable position with one head of the household gone frequently on deployments or separations. While Marines are away, spouses/family members take on the role of single parent and security officer. This module provides important safety precautions for Marine Corps families and instills spouses/family members with the ability and confidence to be responsible for their personal safety and the safety of their families while their Marines are deployed.

Living My Best Life: Bridging the Generation Gap

1 Hr.

This class 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. It helps individuals improve their relationships on a professional and personal level by showing *why* generations may respond to each other in different ways.

Living My Best Life: Attitudes & Actions

2 Hrs.

This workshop encourages servicemembers and their families to maintain a positive focus and be engaged in their homes, at work, and in their communities. This class stresses self-advocacy, power of choice, resiliency, and encourages participants to think differently about the impact they have on any situation.

Read, Set, Prepare!

2 Hrs.

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



READINESS & DEPLOYMENT SUPPORT

Readiness and Deployment Support prepares military personnel and their families for the challenges of deployment and separation to help create healthier, more resilient individuals and families.

Family Care Plan

Family Care Plan

By Unit Request: 1 Hr.

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

Pre-Deployment Briefs

For Single/Married Personnel

By Unit Request: 1-2 Hrs.

The purpose for this brief is to prepare the individual Marine and their family members for an upcoming deployment. Information and resources are provided for the servicemember and/or family member to use before, during, and after deployment.

For Kids (Ages 5-12)

By Unit Request: 1-2 Hrs.

The purpose for the kids' brief is to prepare children for an upcoming deployment. Information and resources are provided for children to use before, during, and after deployment.

Mid-Deployment Workshops

Self-Care Workshop

By Unit Request: 2 Hrs.

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 also a chance to network with others going through the same experience.

Success Workshop

By Unit Request

This workshop is designed to promote deployment success for participants during deployment and includes fun things to do, goal setting, and available resources. The following activities are available as part of this workshop:

Deployment/Life Binder Making

1-2 Hrs.

This activity 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 1-2 Hrs

Available to enjoy a night of camaraderie and discover a new craft or improve skills. This class is designed for spouses or units that are looking for a night to relax and destress. (*Craft/activities are tied to related educational content)

Game Night 1-2 Hrs.

Spouses amid a deployment or living the unique military lifestyle are invited to learn and partake in camaraderie with other spouses. This is a night of light refreshments and fun with others going through the same thing!

Kids and Deployment Workshop (Ages 5-12)

By Unit Request

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 also discover the core components of positive character.

Project Military Kids

Once Every Other Month: 2 Hrs.

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 afterward.

Return & Reunion Workshops

Return & Reunion By Unit Request

These workshops are designed to prepare for the ups and downs of Marines' and Sailors' return from deployment.

For Kids (Ages 5+) 1-2 Hrs.

This workshop includes age-appropriate activities for children to prepare for an upcoming return, reunion, and reintegration with their Marine/Sailor parent.

For Parents/Extended Family and Close Friends

1-2 Hrs.

These individuals 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, for instance, might have on their Marine.

For Spouses and Significant Others

1-2 Hrs.

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

Reintegration Success

1-2 Hrs.

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

EASTERN RECRUITING REGION MCFTB

The ERR MCFTB program provides traveling MCFTB training and support for most of the above listed classes and activities. Additionally, virtual support is available to all Marines and families located throughout ERR including those assigned to 1st, 4th, and 6th Marine Corps Districts. This section lists some of the classes, workshops, and programs that are available in addition to others listed throughout this catalog.

ERR Classes

Recruiting Duty 101

1-2 Hrs.

This session is for families that are new to recruiting. Participants learn about the recruiting command structure, receive a glimpse into the average day of a recruiter, and they learn about building strong relationships and connecting with their new communities.

Marine Corps Life for Parents/Poolee Families

2 Hrs.

This class welcomes families and introduces them to the history, traditions, culture, and mission of the Marine Corps. Families learn about military lifestyle benefits and what to expect while the poolee transitions to a recruit at MCRD Parris Island, and beyond.

ERR Workshops

Journey to Recruiting Duty

6.5 Hrs.

This workshop shares with prospective recruiters the expectations, resources, and the *how-to* in preparing for challenging and rewarding duty that is recruiting. Topics include *Day in the Life of a Marine Corps Recruiter*, *Best Practices for Success with a Career Recruiter*, *Preparing to Move*, *The Resources*, *Connecting to Your New Community*, and *Family Life*. This is open to Marines and spouses. It is highly recommended to attend as a couple. Spouses are welcome to attend individually.

ERR Programs

Virtual Coffee Social

2 Hrs.

Recruiters and families are invited to grab their cup of copy and join ERR MCFTB virtually (via ZOOM) for coffee and conversation with other members of ERR. Participants can network with others experiencing the recruiting way of life from the comfort of their own space.

ERR Virtual Coffee schedule coming for 2025!





MCRD GRADUATION WEEK

MCFTB Parris Island provides several events and activities for the newest Marine Corps family members. A three-day program is held every graduation week and gives a peek into the life of a recruit going through training, covers programs that provide support for Marines and their families, and discusses what happens after Graduation.

Information & Referral

Douglas Visitors' Center

Wednesday - Friday

The Family Day Coordinator provides an information station near the entrance of the DVC. Visiting families will be able to check in to ask questions regarding MCRD PI, graduation activities, and to receive handouts such as Depot maps and recommendations about services offered on base.

Briefs

Marine Corps 101

Wednesday Mornings: 1 Hr.

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. Families are educated about Marine Corps basics.

Family Orientation Brief

Wednesday Afternoons: 1 Hr.

This brief shares with new Marine families the highlights of Recruit Training, an introduction to personal and professional support (Marine Corps Community Services) available throughout the Marines' career and gives a roadmap of their Marines' journey to their first duty station. Graduating Marines are busy preparing for graduation and are unable to attend this event.

Family Day Activities

Behind the Scenes Tram Tour

Wednesdays: 1 Hr.

Passengers explore the Depot on a tram, with a guided tour providing highlights of recruit training and Parris Island history. Graduating Marines are busy preparing for graduation and are unable to attend this event.

Command Reception

Thursday Evenings: 1-3 Hrs.

Visiting families get to know other families, Drill Instructors, and the Depot Command while enjoying a seasonal menu made with fresh ingredients. Dinner is relaxed and informal with casual attire. Graduating Marines are busy preparing for graduation and are unable to attend this event.

MCCS SC SPECIAL EVENTS

MCFTB hosts many installation-specific and Tri-Command special events throughout the year. Listed are several of the recurring and annual events, though it is not all-inclusive, so stay tuned to see what else may be in store for our Marines, Sailors, and families!

Sprina Eggstravaganza Volunteer Appreciation Back-to-School Bingo

Summer Freedom Fest Grill Fest Operation Ball Gown

Fall Pink Bowling October Fest Fall Festival

Winter Festival of Trees Polar Express Holiday Village

