

Marine Corps Family Team Building Program Schedule

Call 466-4637 today to register!

Unless noted, all our events qualify for free childcare at the CDC!
Call 466-3491 to reserve your spaces.

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Habits of Highly Effective Military Families - Based on Stephen Covey's 7 Habits of Highly Effective People, 7 Habits of Highly Effective Military Families provides families with the skills and techniques to communicate more effectively about their problems and resolve them successfully. In this workshop, families will learn how to apply 7 proven principles in order to become a more effective family unit while enhancing their military experience.				1 Volunteer Tracking Tool for Volunteers 0900 to 1100	2 FRO Bag Lunch 1130 to 1230	3
4	5	6	7 Getting the Monkey Off Your Back 1300 to 1500	8 New Command Team Member Training 0830 to 1230	9	10 LINKS for Spouses 0900 to 1700
11	12 LINKS Team Meeting 1030 to 1230 or 1730 to 1930	13 Family Readiness Asst/Advisor Training 1730 to 2030 Deployment Support Group 1000 to 1100	14 Family Readiness Asst/Advisor Training 1730 to 2030	15 Beyond the Brief: Self Defense 0930 to 1130	16	17
18	19	20 7 Habits of Effective Military Families I 0830 to 1230	21 7 Habits of Effective Military Families II 0830 to 1230	22 LINKS for Marines 0830 to 1600 BTB: Handy Spouse 1700 to 1900 Going Green 1300 to 1500	23	24
25	26	27 Summer Meltdown 1300 to 1500	28 Family Care Plans 0900 to 1100	29 Beyond the Brief: Financial Mgmt 0930 to 1130	30	

Family Readiness	L.I.N.K.S.	Lifeskills
<p>Family Readiness Assistant/Advisor Training - Learn about ways you can assist in your Unit Family Readiness Program!</p> <p>New Command Team Member Training - A required training for new members of a unit Command Team.</p> <p>Volunteer Tracking Tool Training for Volunteers - Attend this training to find out how to properly utilize the Marine Corps' tool for tracking volunteer hours.</p> <p>Readiness & Deployment Support</p> <p>Deployment Support Group - Come together with other spouses who are experiencing the hardships of separation and deployment. Gather skills and tools to survive and thrive!</p> <p>Beyond the Brief Series - Join us this month for classes on self defense, being handy around the house, and/or financial management! Self defense will be held at the Community Center on Stanley Road. Call to sign up!</p>	<p>LINKS for Spouses - New to the Marine Corps? Have some valuable experience to share? Call today to sign up for food and fun!</p> <p>LINKS for Marines - Yes, even you can learn more about the Marine Corps! Call to sign up today!</p>	<p>Family Care Plans - Learn how to develop a comprehensive Family Care Plan. Couples encouraged to attend!</p> <p>Summer Meltdown - A class that will go over proper nutrition and healthy eating habits. This presentation will be followed by an introduction to Zumba, a Latin-infused aerobic dance class. You've been hearing about this fun and exciting workout – now's your chance to come try it out! Located at the Fitness Connection</p> <p>Getting the Monkey Off Your Back - A class designed to help you recognize stressors and teach ways to relax. Semper Fit will guide you through a yoga class and highlight the benefits of this exercise as a relaxation technique. Located at Fitness Connection.</p> <p>Going Green - Join us on Earth Day to learn about the environmental impact of your habits, and how to make better ones!</p>

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