

ADDITIONAL PROGRAMS

ASYMCA

The Armed Services YMCA offers wonderful programs for you and your family. For more information, call the ASYMCA at 760.830.7481 or come by building 192.

CHAPLAIN OPEN PASTORAL COUNSELING

Religious Ministries ensures that a Chaplain is always available at the Protestant Chapel for walk-in counseling on Monday evenings, from 5-7 p.m. This program provides Marines and Sailors a completely confidential outlet to talk about various issues. For more information, call 760.830.6464.

CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION (CREDO)

Offers on-site and off-site training for individuals, married couples and entire Units Topics including growth, transition or turnover (personal, spiritual, marriage enrichment, unit team building, character, Warrior Transition and type preference). The CREDO Chaplain is also available for one-on-one counseling. For information, call 760.830.4989.

CPR & FIRST AID CLASSES

Both CPR and First Aid classes are offered by the MCAGCC American Red Cross office. For more information, call 760.830.6685.

DUTY CHAPLAIN

A duty chaplain is always available. This phone number rings at the Hospital Quarterdeck for further routing to the appropriate Chaplain: 760.830.2190.

PREVENTION & RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

Pre-marriage and marriage counseling. For more information, call 760.830.6464.

SPIRITUAL HEALTH PROGRAMS

Spiritual services are open to all. Naval Hospital programs include: Pastoral Care Library, Stephen Ministry and weekly Bible study. Contact the Naval Hospital Chaplain for information at 760.830.2429. MCAGCC programs include: CREDO program, Stephen Ministry, PREP pre-marriage and marriage counseling, Christian Women's Fellowship, Christian Men's Fellowship and AWANA for children. Contact the Religious Ministries Directorate for information at 760.830.6304.



Programs are available to the MCAGCC & Robert E. Bush Naval Hospital Twentynine Palms community.

Eligibility is specified for each program. "Open To All" means open to active duty, family members, retirees and civilian employees.

MCCS Health Promotion

760.830.5386

29Palms.HealthPromotions@usmc-mccs.org

MCAGCC, Box 788150

MCCS, Building 1518

Twentynine Palms, CA 92278

Robert E. Bush Naval Hospital

Twentynine Palms

Health Promotion Office

760.830.2814

www.med.navy.mil

Marine Corps Community Services

MCCS29palms.com



HEALTH & PROMOTION WELLNESS SERVICES

Fit TODAY For TOMORROW'S Challenges

MCCS PROGRAMS

Chronic Disease

Healthy Habits, Happy Life

FREE 1-hour brief presented quarterly on a rotating chronic disease topic. 760.830.5386/6451

Individual, Couple, Family, Quality of Life Counseling Services

This program assists with the mandatory and voluntary, group and individual counseling for active duty Marines and family members following incidents of domestic violence. Services include Victim Advocacy (VA), (760) 830-6345 | Marine Corps Victim Advocates, call 760.830.4314.

Exceptional Family Member Program (EFMP)

Offers services to families with special physical, mental or emotional needs by ensuring continuum of care for eligible Marine Corps family members. 760.830.7740

Marine Corps Family Team Building (MCFTB)

Focuses on improving quality of life for service members and their families by providing reliable, high quality programs and services that promote healthy lifestyles. 760.830.3110

New Parent Support Program (NPSP)

Learn effective parenting and goal setting skills, as well as effective parent/child communication skills. 760.830.7622

Open Door Counseling

On-site general counseling is available for personal, relationship, marital, anger management and substance abuse issues. Counseling provided on Mondays from 5-7pm. 760.830.6345

Injury Prevention & Management

Combat Ready

FREE 1-hour brief to educate units and individuals on causes, prevention and management of injuries related to exercise and nutrition. 760.830.5386/6451

Nutrition Education

Basic Nutrition

FREE 1-hour nutrition briefs for units and individuals to help with basic nutrition education. These are great classes if you need to lose weight, you're on BCP (Beta-Caryophyllene) or just want to learn how to eat healthy. 760.830.5386/6451

Physical Activity

Combat Fit

FREE 1-hour hands-on briefs for units and individuals to orientate Marines, Sailors and their families to installation fitness facilities, make exercise recommendations and educate patrons with skill-related components of fitness. 760.830.5386/6451

Tobacco Use & Prevention/Substance Abuse Drug Demand Reduction (DDR)

Provides drug and alcohol prevention education. 760.830.7501/7461

Operation Tobacco Free Marine (OTFM)

Tobacco Cessation Program (TCP)

Developed with the intent to provide Marines, Sailors and their families with evidence-based tools and resources to help tobacco users quit successfully. The MCCS Health Promotion Team offers a FREE Tobacco Cessation course for units and individuals. 760.830.5386/6451

Substance Abuse Program (SAP)

Substance Abuse Counseling Center (SACC)

SAP offers educational courses on making good choices. Screenings and assessments are conducted in order to provide service members with the appropriate level of care and/or treatment. 760.830.6376

Sexual Health and Responsibility

Reproductive and Sexual Health

FREE 1-hour brief including health information, education for the prevention of sexually transmitted infections (including HIV), unplanned pregnancies, to support healthy sexual behavior and relationships. 760.830.5386/6451

Sexual Assault Prevention & Response (SAPR)

Dedicated to eliminating sexual assault within the Marine Corps and providing continuity of care for victims of sexual assault through effective education, policy and program support. In order to make a fully informed choice (restricted reporting versus unrestricted reporting) be sure to speak to a SARC, your UVA, a VA or a Chaplain. VAs can be reached 24 hours a day, seven days a week at 760.799.0273

NAVAL HOSPITAL PROGRAMS

Asthma, Diabetes and Coumadin Education

People with Asthma, Diabetes or who use Coumadin can live healthy, comfortable lives when they learn to control and promptly treat symptoms. This program offers individual counseling based on primary care referral. This program is for active duty, family members, retirees and civilian employees on a space-available basis. Contact the MedHome Clinical Pharmacist at 760.830.2752.

Breast Education Center

Available services include education and information on mammograms and procedures involving the breast and breast cancer education. There are educational models to practice self-exams. Open to any TRICARE beneficiary. 760.830.2652

Chaplain / Pastoral Care Services

Pastoral Care, spiritual and religious support services are open to all. For additional information on Worship schedules, CREDO Retreat and PREP information, contact the Naval Hospital Chaplain at 760.830.2429.

Child Birth Class

A one day 4-hour course that covers comfort measures, pain management, delivery, newborns and much more. To sign up for the class, call 760.830.2854/2227.

Civilian Health and Wellness Program

Federal employees may access all wellness services available to active duty members, dependents and retirees including tobacco cessation services, health fairs, nutrition counseling, stress management and physical fitness programs. 760.830.2173

Lactation Consultant

Breast feeding classes are available 2-4 pm every 3rd Wednesday at Naval Hospital Twentynine Palms (NHTP). Sign up at OBGYN, 760.830.2227. For individual appointments, breast pump info and consultation, call 760.830.2752.

Mental Health Self-Referral

For urgent mental health self-referral, TRICARE members may call Military One Source crisis line at 1.800.342.9647. For emergency services, call 911 (landline) or 760.830.3333 (cell) or go directly to the NHTP Emergency Department.

Navy-Marine Corps Relief Society

The Navy-Marine Corps relief society provides interest free loans and grants for emergency services such as medical bills, rent, funeral expenses and more. It also provides services such as financial counseling, layettes for newborns, infant and child car seat loans, education scholarships and visiting nurses. 760.830.6323 or 760.830.6343

Nicotine Anonymous

Twelve step meetings in both Twentynine Palms and Yucca Valley for those trying to quit tobacco. Call 760.401.6503 for dates/times or the toll free national number 800.642.0666.

Physical/Occupational Therapy Programs

For active duty personnel with muscular-skeletal issues. Other beneficiaries may attend on a space-available basis. A referral from a primary care provider is required. Call the Physical Therapy department for information at 760.830.2140.

Sleep Hygiene

Health Promotion and Wellness offers basic help on getting better sleep. Individuals who don't sleep well have higher rates of heart disease, memory problems, diabetes and more. 760.830.2814

Sports Nutrition, Diet For A Healthy Lifestyle, Weight Loss, Cholesterol Control & Diabetes Education

Counseling with a registered dietitian is available for active duty, family members and retirees. Cholesterol and diabetes education is available by referral from a primary care provider. For information on classes and additional services, call 760.830.2774.

Stress Management

Health Promotion and Wellness offers basic stress management and sleep hygiene services. 760.830.2814

Tobacco Cessation Program

Teaches smokers and smokeless tobacco users how to kick the habit. All counseling is done one on one. 760.830.2814

