

NOVEMBER

THURSDAY 4 DONUT MISS OUT ON FAMILY READINESS

10 - 11am | Bldg. 1526, CRO Classroom | In-person
6 - 7pm | Virtual

Please join us for a family readiness monthly chat. Choose sessions over Zoom or in-person at our morning meeting with coffee and donuts to discuss topics of interest or concern as it pertains to family readiness.

In-person registration: bit.ly/mccs-donut-miss-out
Zoom registration: bit.ly/mccs-donut-miss-out-zoom

MONDAY 15 INNER BALANCE: ZUMBA NIGHT!

5:30 - 7:30pm | Victory Field

Join MCFTB Lifeskills for a fun night of dancing, while learning how to manage stress! This workshop will help you learn helpful strategies and tools to become more emotionally resilient in both personal and professional relationships and how to be stress free.

Register at: bit.ly/inner-balance-zumba

WEDNESDAY 17 FAMILY READINESS COMMAND TEAM ADVISOR FAMILY READINESS ASSISTANT TRAINING

1 - 4pm | Bldg. 1522, Rm. 29

If you are becoming an appointed volunteer within your unit, you will need to attend a FRCTA/FRA training. This is often required for Command Team spouses or other newly appointed volunteers. This training may be requested by emailing meghan.tarby@usmc.mil. Training may be completed in person or virtually.

FRIDAY 19 PII/OPSEC TRAINING

9 - 11am | Bldg. 1522, Rm. 29

If you are part of a Command Team or need security training, you will need to complete the PII/OPSEC training. This training is designed to help you understand how to maintain security and keep our Marines and their families safe. This training must be completed annually, and can be done in person or virtually.

OPEN OFFICE HOURS

Every Tuesday 9 - 11am | Bldg. 1522, Rm. 29

Join the Unit, Personal and Family Readiness Program trainer in her office to discuss the family readiness program or volunteering. Office hours are open to everyone and anyone who would like to talk or who needs future training. Feel free to walk in anytime. Virtual office hours may be requested.

FRIDAY 12 REAL RELATIONSHIPS

10am - 12pm | Virtual

Lasting relationships take work. Add the military lifestyle to that and now you are up against another set of challenges altogether. No matter where you are at in your current relationship, there is no better time to make it stronger than ever. The challenges of a military lifestyle can place many demands on Marines and their families. This workshop provides practical information and tools to enhance healthy relationships.

Register at: bit.ly/real-relationships-nov2021

WEDNESDAY 17 COMMAND TEAM OVERVIEW TRAINING

9am - 12pm | Bldg. 1522, Rm. 29

If you have recently joined a new unit and have not yet completed the Command Team Training along with your Command Team, you will need to complete the overview training. This training may be requested by emailing meghan.tarby@usmc.mil. Training may be completed in person or virtually.

WEDNESDAY 17 VENTURE INTO VOLUNTEERING SERIES

5 - 7pm | Bldg. 1526, CRO Classroom

Please join our volunteer series and learn all you need to know about volunteering and giving back aboard our installation. Everyone and anyone is invited to learn the steps to becoming a successful volunteer and where to find great volunteering opportunities. Enjoy volunteering giveaways throughout the series.

Register at: bit.ly/volunteer-series

TUESDAY 30 GENERAL VOLUNTEER TRAINING

11am - 1pm | Bldg. 1522, Rm. 29

For anyone interested in becoming a non-appointed volunteer aboard the installation, you are welcome and encouraged to attend our general volunteer training. Within this training, you will learn the importance of volunteering, the steps to take to become a volunteer, and the current opportunities to become involved with. This training may be completed virtually upon request.

Register at: bit.ly/mcftb-volunteer-training

Workshops are open to all authorized patrons.

ERIKA DORRE Lifeskills Trainer: 760.830.3115 | erika.dorre@usmc.mil

MEGHAN TARBY Family Readiness Program Trainer: 760.830.4163 | meghan.tarby@usmc.mil

IVETTE WALKER Team Building Administrator: 760.830.3110 | ivette.walker@usmc.mil

NICOLE HITCH L.I.N.K.S. Trainer: 760.830.1696 | nicole.horta@usmc.mil

JESSICA RATHBUN Readiness & Deployment Support Trainer: 760.830.3674 | jessica.rathbun@usmc.mil

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