

# ADDITIONAL PROGRAMS

## ASYMCA

The Armed Services YMCA offers wonderful programs for you and your family. For more information, call the ASYMCA at 830-7481 or come by bldg. 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 830-6464.

## CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION (CREDO)

Offers on-site and off-site training for individuals, married couples and entire Units. Topics include growth, transition or turnover (personal, spiritual, marriage enrichment, unit team building, character, Warrior Transition and type preference). The CREDO chaplain is available for one-on-one counseling as well. For information, call 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 830-6685.

## DUTY CHAPLAIN

A duty chaplain is always available. The following number rings at the Hospital Quarterdeck for further routing to the appropriate Chaplain: 830-2190.

## PREVENTION & RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

Pre-marriage and marriage counseling. For more information, call 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 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 830-6304.



**MCAGCC**  
MARINE CORPS  
Community Services  
of Palms



# HEALTH & PROMOTION & WELLNESS SERVICES

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.

Robert E. Bush Naval Hospital  
Twentynine Palms  
Health Promotion Office  
760.830.2814  
[www.med.navy.mil](http://www.med.navy.mil)

Marine Corps Community Services  
[www.mccs29palms.com](http://www.mccs29palms.com)



Fit **TODAY** For **TOMORROW'S** Challenges

# NAVAL HOSPITAL PROGRAMS

## AA MEETINGS

AA offers meetings aboard MCAGCC on Wednesday evenings, at the Village Center, room 72 at 6 p.m.

## AL-ANON

For locations and times, call 361-4838 or 367-9904.

## ASTHMA & DIABETES EDUCATION

This program offers individual counseling based on primary care referral and is open to TRICARE Prime enrollees and their families. Contact Outpatient Services at 830-2752.

## BREAST FEEDING SUPPORT GROUP "THE MOM CONNECTION"

Meet with other breast-feeding moms every Wednesday in classroom 3 in the Family Practice clinic from 10 a.m. to noon (excluding military holidays). Breast pumps may be checked out to qualifying mothers for home use. Contact the Lactation Specialist at 830-2501.

## BREAST EDUCATION CENTER

Available services include breast cancer risk screening, interactive CD-ROM for patient education, a resource library and breast models to practice self-exams. This program is open to any TRICARE beneficiary. Contact the nurse facilitator for information at 830-2501.

## CHILD BIRTH CLASS

A three-hour class that meets every Wednesday from 5:30 - 8 p.m. The class covers breathing techniques, comfort measures, pain management, delivery, the fabulous newborn and much more. Call 830-2227 to sign up for the class.

## MILITARY ONE SOURCE

For counseling referrals, call (800) 342-9647  
Online [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

## MENTAL HEALTH SELF-REFERRAL

For urgent mental health self-referral, TRICARE members may call 1-888-874-9378.

## 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, etc. It also provides services such as financial counseling, layettes for newborns, education scholarships and visiting nurses. For information, call 830-6323 or 830-7443.

## PERINATAL CASE MANAGEMENT PROGRAM

Provides special attention to the needs of pregnant women by organizing care, offering support, and providing resources. For more information, call 830-2822.

## PHYSICAL THERAPY PROGRAMS

A referral from a Primary Care Manager is required. For more information, call 830-2140.

## SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) PROGRAM

Offers advocate and referral services for victims of sexual assault. Marine Corps Victim Advocates 830-4314.

## SPORTS NUTRITION, DIET FOR A HEALTHY LIFESTYLE, WEIGHT LOSS, CHOLESTEROL EDUCATION, DIABETES EDUCATION, etc.

All appointments require a referral from your Primary Care Manager, except for appointments for the weight management class, which can be made directly by calling Central Appointment at 830-2752.

## STRESS MANAGEMENT

The Behavioral Health Clinic offers classes on a walk-in basis for stress, problem solving and anger management. For more information, call 830-2935.

## TOBACCO CESSATION PROGRAM

The Tobacco Cessation Program offers one on one counseling to help tobacco users kick the habit. There is no longer a four-week class. For more information, call Health Promotions at 830-2814.

## WEB INFORMATION

NHTP offers access to health and wellness information online in the form of Facebook and Twitter. For Internet access to health care information, please visit the Robert E. Bush Naval Hospital website at [www.med.navy.mil](http://www.med.navy.mil).

# MCCS PROGRAMS

## COUNSELING SERVICES

Includes individual, couple, and child counseling. This program assists with the mandatory and voluntary group and individual counseling for active duty Marines and family members following incidents of family violence. Services includes victim advocacy. For more information, call 830-6345. Marine Corps Victim Advocates, call 830-4314.

## DRUG DEMAND REDUCTION

Provides drug and alcohol prevention education. Contact the coordinator at 830-7501 or 7461 for more information.

## EXCEPTIONAL FAMILY MEMBER PROGRAM

This office offers services to families with special physical, mental or emotional needs. For information, call 830-7740.

## GROUP EXERCISE

Numerous classes offered Monday - Saturday at the East and West Gyms and the Community Center. For more information, call 830-8410.

## MARINE CORPS FAMILY TEAM BUILDING

Focuses on improving the quality of life for our service members and their families by providing reliable, high quality programs and services that promote healthy lifestyles. Contact 830-3127/3674 for more information.

## MCCS YOUTH SPORTS

Youth Sports programs are available for ages 3 to 18 (still in high school). For more information, call 830-8421.

## NEW PARENT SUPPORT PROGRAM

Learn effective parenting and goal setting skills, as well as effective parent/child communication skills in this program. For information, call 830-7622.

## OPEN DOOR COUNSELING

On-site general counseling is available for personal, relationship, marital, anger management, and substance abuse issues. Individuals or couples may be referred to Chaplains or health professionals, and will be given an opportunity to describe their issues in an anonymous and non-judgmental manner. Counseling provided on Mondays from 5-7 p.m. For more information, call 830-6345.

## PERSONAL FINANCIAL MANAGEMENT PROGRAM

Financial counseling is offered to military personnel, family members, retirees and civilians as space allows, to help relieve stress related money matters. For information, call 830-7342.

## PERSONAL TRAINING PROGRAM

Available to all at the East and West Gym Fitness Centers. Certified Personal Trainers are available to design and monitor an exercise program that fits your personal needs. They also offer body composition testing such as Micro-Fit, electrical impedance, etc. To make an appointment, call the West Gym Fitness Center at 830-6451 or the East Gym at 830-6440.

## PREVENTION & EDUCATION SERVICES

Provides training programs to commands aboard the base. Included are: Sexual Assault, Child Abuse, Stress Management, Suicide Prevention, Workplace Communication, Workplace Stress and Domestic Abuse. Other training programs are available at the request of commands. Handout information is available on a variety of issues pertinent to military families. Anger Management Program available for active duty Marines and adult family members. A short screening is required. For information, call 830-4950.

## SUBSTANCE ABUSE COUNSELING CENTER

Provides screening, classes and counseling for substance abuse problems. Contact 830-6376 for more information.