

How Marine Corps Family Team Building Supports Our Families

L.I.N.K.S.: Lifestyle Insights, Networking, Knowledge, and Skills.

L.I.N.K.S. provides information to all Marines and family members on the resources available and methods for meeting challenges of the military lifestyle. Sessions are available for Marines, spouses, children/teens, and parents/extended family members of Marines.

Readiness and Deployment Support: Camp Pendleton Readiness and Deployment Support Training offers assistance to units by connecting unit Family Readiness Officers (FROs) and commands, assisting with family readiness issues, and delivering pre-, during, and post-deployment presentations.

Family Readiness Program Training: Offers services to assist commands in developing effective readiness programs while helping unit families become self-sufficient. Family Readiness Program Trainers offer training for Command Teams, Family Readiness Officers, Family Readiness Advisors and Family Readiness Assistants on their roles and responsibilities in the Unit Family Readiness Program.

LifeSkills Education and Training: LifeSkills Training provides connection to, or facilitation of, various workshops in areas such as parenting, financial management, stress and anger management, and understanding personality differences. LifeSkills will also be coordinating and facilitating the Spouses' Learning Series, a three-tiered program providing Marine Corps spouses the opportunity to further their personal and professional growth through workshops and online educational courseware.

P.R.E.P.: Prevention Relationship Enhancement Program. This one day workshop helps couples communicate and connect more effectively. Participants learn and practice proven techniques. Key topics include: Relationship Risk Factors, Communication Danger Signs, Safety and Structure in Communication, and When Forgiveness Isn't Easy.

CREDO: CREDO's name comes from a Latin word meaning I believe! In fact, the unit is actually a training team with a goal of building the belief of Marines and Sailors in five key areas: Self, Relationships, Team, Unit, & God. While CREDO is staffed by specially trained Navy Chaplains, its programs, retreats, and seminars are not necessarily religious in nature.

Registration is required at least three days prior to training. Childcare may be available.

**Marine Corps Family Team Building Training Schedule
January – March 2010
Building 1795
(760) 725-9052**

Family Readiness Program Training

Family Readiness Volunteer Training

January 9	Saturday	0900-1500
January 28	Thursday	0900-1500
February 9 & 10	Tuesday, Wednesday	1800-2100
February 25	Thursday	0900-1500
March 13	Saturday	0900-1500
March 31	Wednesday	0900-1500

Family Readiness Officer Training

January 6	Wednesday	0830-1500
February 10	Wednesday	0830-1500
March 3	Wednesday	0830-1500

Family Readiness Officer Continuing Education Sessions

January 20	Wednesday	1000-1200
March 16	Tuesday	1000-1200

Family Readiness Officer Mass Communication Tool Training

January 12,13,14	Tuesday-Thursday	0830-1430
March 9,10,11	Tuesday-Thursday	0830-1430

Family Readiness Officer Volunteer Tracking Tool Training

February 8 & 9	Monday, Tuesday	0830-1430
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Family Readiness Command Team Training

Trainings will be scheduled per unit request

L.I.N.K.S.

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

January 13 & 14	Wednesday, Thursday	0800-1300
February 3 & 4	Wednesday, Thursday	0800-1300
February 20	Saturday	0800-1630
March 10 & 11	Wednesday, Thursday	0800-1300

L.I.N.K.S. for Parents

March 20	Saturday	0800-1630
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L.I.N.K.S. Mentor Training – Prerequisites required

February 9 & 11	Tuesday & Thursday	1800-2100
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L.I.N.K.S. for Marines

Trainings will be scheduled per unit request

LifeSkills/ Spouses' Learning Series

4 Lenses Personality Workshop: Understanding Yourself and Others

January 26	Tuesday	0830-1230
March 23	Tuesday	0830-1230

7 Habits of Highly Effective Military Families

February 9	Tuesday	0830-1530
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Conflict Management

February 23	Tuesday	0830-1230
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Who Moved My Cheese?: Moving Beyond the Fear of Change

January 12	Tuesday	0830-1230
March 2	Tuesday	0830-1230

Readiness and Deployment Support

Pre-Deployment Brief

January 21	Thursday	0930-1130
February 18	Thursday	1800-2000
March 18	Thursday	0930-1130

In the Midst for Spouses

January 8	Friday	1600-2000
March 17	Wednesday	0900-1300