Lejeune Happenings February 1, 2022

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Bowling Party Saturday, March 12, 2022 Bonnyman Bowling Center 1200 - 1400





2d Marines & 3/2 will be having a Bowling Party at the Bonnyman Bowling Center on March 12 from 12:00 p.m. - 2:00 p.m. This promises to be another great event being put on by the Family Readiness Program. The best thing about this party is that it is free to all! You will get 2 Free Games of Bowling, Bowling Shoes, Food and Drinks! Please <u>RSVP here</u> no later than by 7 March to let me know if you will be attending this event! We are looking forward to seeing you!



Save The Dates!

Here are some great events coming up as part of the Family Readiness Program! Be on the lookout for these and other events! All events are free so come on out and make some friends, you will be sure to have a great time!

March 12, 2022 Bowling Party April 2, 2022 Easter Egg Hunt

May 7, 2022 Mother's Day Crafts

June 3, 2022

Kids Movie Party

Looking for Family Readiness



Volunteers!



Volunteer Appreciation 2020

Volunteer Appreciation 2019

Have you ever wanted to feel like you are part of your Marine or Sailor's unit? A great way to do that is to become part of the Unit and Family Readiness Program as a Family Readiness Assistant or Volunteer. As a Family Readiness Assistant, you will play a vital role in helping maintain the readiness of 2nd Marines "Marine Family." By becoming a volunteer, you will assist the Deployment Readiness Coordinator (DRC) in planning, coordinating, and execution of unit events. It is also an opportunity to meet other family members in 2nd Marines and make some friends and you become part of the support group that assists one another and other members of the unit. We welcome you to provide new ideas and to assist with planning unit Family Readiness activities. So, whether you have plenty of time or only a few hours a month, we would love for you to become part of the Family Readiness program! If you would like more information on volunteering, contact the DRC at 910-381-6778. We look forward to hearing from you!

"To support my husband in ministering to all the active duty members and their families and to set an example of service for my girls." Lexie T.

"To help me understand the ins and outs of this ever-changing military family life. I also love the sense of community that is felt from going through various experiences with other military spouses." **Chances J.**



Christmas Gift Assistants (Santa's Elves)

"I volunteer so that I can be involved in positive things that are going on in my community, and to make a difference." Megan L.

I volunteer to help other wives navigate this lifestyle. There is so much knowledge and information to be shared and I love being able to share that with others to better our families and the battalion." Joy P. 3



Key Family Readiness Points of Contact

2nd Marines Official Facebook Page!

Welcome, this is the official U.S. Marine Corps Facebook page for the 2d Marines. It is our goal to provide the public with information and news and allow for an open forum of discussion. Please feel free to express your opinion about the Marine Corps in an objective and respectful way that allows for a continued information relationship. While this is an open forum, it's also intended to maintain respect for those who participate (i.e. family-friendly). Please visit and like our page by clicking here.

2nd Marines Marines.mil Site

This is the official site where you can see the command group, find out about unit history. You will also find information on Contact Us/Check-In, Resources and news. Please visit our site by clicking here.

2nd Marines Family Resource Page!

20 Marine Regiment TARAWA Family Resource Page

TARAWA

2d MARINES

TEEP MOVING







This is the group where the people who are special to 2d Marines come to connect with the Command, with other families, their Marines, and resources that make our Marines and families stronger- because the people who are special to our Marines are special to us. If you would like to become a member of this group, please click here. In order to be part of this group you must be on your Marine/Sailor's authorized contact list. When you request to be part of the group, please let us know your Marine/Sailor's name.

2d Marines Deployment Readiness Coordinator

Dale Kerns Office: 910-451-0223 Blackberry: 910-381-6778

2d Marines Chaplain (Confidential):

LCDR Doyl E. McMurry Office: 910-451-5370 Blackberry: 910-372-2725 Duty Chaplain (24 HRS): 910-376-5810

Single Marine Program (SMP) Base Administrative Center Office: 910-451-4642 2d Marines SMP NCO - Cpl Dallas Curtis Office: 910-451-2404

Military & Family Life Counselors (MFLC) 2d Marines HO MFLC





MCI East Information and Updates

COVID Vaccine Update for Civilians/TRICARE Beneficiaries

Effective Jan. 29, 2022, in accordance with the current DHA Pfizer COVID-19 vaccine guidance, vaccination for civilians and TRICARE beneficiaries 12 years and older will be paused until further notice.

NMCCL will focus on delivering vaccinations to our active duty service members. We appreciate your understanding as we flex to support our military readiness mission.

II MEF MACE Boxing Team Try-Outs, Feb. 9-10

The II MEF MACE Boxing Team is holding tryouts Feb. 9-10 at Goettge Memorial Field House Track. This event is open to all Marines and Sailors of all weight classes as they look to rebuild their high performance team.

Who:

- All Marines and Sailors
- Male or Female
- All weight classes

What: II MEF MACE Boxing Team Try-Outs Timeline of Events:

• Feb 9: Goettge Field House Track

8:30 a.m. - Orientation

9 a.m. - Physical Fitness Assessment (2 mile run, pull-ups, push-ups, sit-ups)

• Feb 10: Area 5 MCCS Fitness Center

12 p.m. - Boxing Skill Assessment and Sparring

*** Please bring a hydration source with you.

Installation Tax Centers Now Open

Tax Centers on Camp Lejeune and MCAS New River are now open to process tax returns for the 2021 tax year. The tax center is open to all service members, their families and retirees.

MCB Camp Lejeune Tax Center - https://go.usa.gov/xt5h4 Bldg. 50 on Lucy Brewer Ave. Monday, Tuesday, Thursday and Friday: 9 a.m. to 6 p.m. Wednesday: 9 a.m. to 6 p.m. for Unit and Individual Appointments Saturday: 9 a.m. to noon for E-5 and below 910-451-3030 or 5351

MCAS New River Tax Center - https://go.usa.gov/xt5h2 Bldg. AS-216 on Bancroft St. (1st Floor) Monday, Wednesday, and Friday: 9 a.m. to 5 p.m. 910-451-6169

Both tax centers are offering a drop-off and pick-up program for Tax Year 2021 basic tax returns (federal and state returns). Drop-off services are available anytime during normal hours of operation. For more information, please contact the tax center or visit the website using the links above.

MCAS New River Legal Assistance Office

The legal assistance office on MCAS New River, located on Bancroft St., Bldg. AS-216, is now open.

MONDAY THROUGH FRIDAY

7:30 to 11:30 a.m. and 1 to 4 p.m.

The Legal Assistance office will conduct New Client walk-ins on Mondays and Fridays from 7:30 to 9:30 a.m. as well as Will/POA briefs on Mondays and Fridays at 10 a.m.; check-in time is 9:45 a.m.

REMINDERS AND UPDATES:

COVID-19 Updates

Across the nation and here in our Camp Lejeune and New River communities we are experiencing an increase in COVID cases. A key factor driving the surge in our new COVID cases comes from personnel arriving to work sick and spreading the virus to their coworkers and teammates.

- We must protect ourselves and those we work with.
- Stay home if you have cold, flu, or COVID-like symptoms.
- Seek COVID testing to identify the potential cause of your illness.
- Adhere to the health instructions provided by your medical provider.
- Execute restriction of movement protocols if required.

Military and civilian leadership should work with their personnel to ensure we maintain a healthy workforce, working environment, and community to ensure we sustain operations and services.

Vaccine Sites

Active Duty Personnel

• Walk-ins starting Monday, Jan. 10

o Mondays, 8:30 to 10 a.m. at Bldg. 15 on Holcomb Blvd., MCB Camp Lejeune

o Wednesdays, 8:30 to 10 a.m. at Camp Geiger Clinic

Testing Sites

Active Duty Personnel

• Active duty personnel should be seen at the Active Duty Testing Site after calling their unit sick call.

Visit: <u>https://camp-lejeune.tricare.mil/Getting-Care/Visitor-</u> Guidelines/COVID-19.

Exceptions will be made for Active Duty with pre-op/pre-procedure COVID testing at the tent.

Testing Tent

The COVID-19 Testing Tent at NMCCL will prioritize appointments for testing due to the increased demand for testing and to help with testing efficiency.

• Appointments are required for TRICARE beneficiaries (dependents & retirees).

o Call the Appointment Line to schedule a test: 910-450-HELP (4357).

The Testing Tent is open for appointments Monday to Friday from 8 a.m. to 4 p.m.

Drive-up testing will be reserved for GS employees.

Barracks/BOQ Residents Survey Now Open

The Marine Corps is asking residents of unaccompanied/bachelor housing for feedback on housing conditions, property management and customer services provided to you by the installation Unaccompanied/Bachelor Housing Office. Residents are encouraged to take a short, ten-minute survey at the following link: https://tss.rdniehaus.com/unaccompanied or visit https://tss.rdniehaus.com/unaccompanied</

Annual Weingarten Notice

Pursuant to Section 7114(a)(2)(b) of the Civil Service Reform Act of 1978 (the Statute), the following information is provided to all bargaining unit employees regarding the right to request union representation.

The Civil Service Reform Act of 1978 gives employees in units represented by an exclusive labor organization the right to request union representation at an examination by a representative of the agency in connection with an investigation, if the employee believes the examination may result in disciplinary action.

Section 7114(a) of the Civil Service Reform Act of 1978 states that:

(2) An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at--

(B) Any examination of an employee in the unit by a representative of the agency in connection with an investigation if--

(i) The employee reasonably believes that the examination may result in disciplinary action against the employee; and

(ii) The employee request representation.

As required by Section 7114(a)(3) of the Statute, you are hereby given annual notice of your rights.

MCCS Announcements

Black Light Bingo Jan. 28 6PM | MCCS Community Center, TT44, Tarawa Blvd Cost: \$10 per person Register at www.mccslejeune-newriver.com/community

Onslow Beach – You, Me & the Sea Valentine's Special

Bring your valentine to the beach this February! Enjoy sweet surprises and a complimentary gift. Stay in a Tiny Home Lodge, Osprey or one of our Rank Homes. (3-4 minimum nights required). View rates at <u>www.mccslejeune-newriver.com/beach</u> or call to make reservations, (91 440-7502.

USAA GrandPrix Series

The USAA GrandPrix Series returns in 2022 with five events throughout the year!

X-Treme Endurance 12K Challenge | Feb. 12, 2022

St. Paddy's Engineer 5 Mile Challenge | March 19, 2022

Mud, Sweat & Tears 4+ Mile Mud Run | April 23, 2022– Early Registration ends Jan. 31, 2022.

http://www.mccslejeune-newriver.com/grandprix/index1202.html.

Sponsored by USAA and Jacksonville Tourism Development Authority. MCCS Sponsor. No federal or DoD Endorsement implied.

Ready to start earning a degree? Book an appointment with an Education Specialist. <u>www.mccslejeune-newriver.com/edu</u>





Personal Financial Management Program Bldg 825, Rm 128 John A. Lejeune Education Center Stone St. Camp Lejeune Service hours are 0730-1630, and we can occasionally support after-hours events.

The Personal Financial Management Program (PFMP) is the #1 trusted source for unbiased financial information on Marine Corps installations globally. We provide FREE financial counseling, education and information to Marines and eligible dependents on Camp Lejeune and MCAS New River. We assist Marines and commands with financial readiness via one-on-one consultations, group classes, phone and email. All assistance is provided with confidentiality. The benefits of using PFMP services include financial well-being, resiliency, financial readiness and mission readiness.

Financial Consults Primary POC: <u>lejpfm@usmc-mccs.org</u>

Personal Financial Counselors Call or text to schedule an appointment or ask questions:

CampLejeune-PFC1@zeiders.com 603.303.2657 CampLejeune-PFC2@zeiders.com 802.730.5163 CampLejeune-PFC3@zeiders.com 910.322.9518

Unit Classes/PMEs: Primary POC: <u>lejpfm@usmc-mccs.org</u> Secondary POC: 910.451.3219

Units and individuals can schedule group classes or private appointments.

- 2/3 9AM Personal Readiness Seminar Virtual
- 2/4 9AM Command Financial Specialist (CFS) Refresher Course Virtual
- 2/9 9AM Home Buying Virtual
- 2/10 9AM Personal Readiness Seminar Virtual
- 2/17 9AM Personal Readiness Seminar Virtual
- 2/24 9AM Personal Readiness Seminar Virtual
- 2/25 9AM Car BuyingRegister Virtual

To regieter for these classes please Click or Tap Here



Scam/Fraud Alert & Awareness!

There's been a significant increase on how individuals are being targeted and scammed of their personal information. However, not all preventive or security measures are effective. Scammers are becoming more cunning on being very believable, such as the technological means of spoofing a phone number to mask the scammer with a bank caller ID. Talk to your bank and/or credit card companies to learn more about preventing scams and protecting your personal information.

If an unexpected text, email or phone call is received that appears to be from yuor financial instatution, it is recommended you do the following:

- Do not click on provided text or email links in fraud alerts;
- Do not respond to requests for personal or financial information like credit card numbers, Social Security numbers or other banking details as financial instatutions will never ask for personal or banking credentials by phone, text or email.
- If you did not initiate a call, and are contacted by an individual claiming to be from PNC, disconnect the call and then call PNC directly using a phone number from a known source;
- Forward suspicious emails to your financial institution and forward screen shots of fraudulent text messages that appear to be from them back to them.
- If you believe you may have responded to a fraudulent text or e-mail and disclosed personal or account-related information, should immediately change your online and mobile banking ID and password, then contact your financial institution.
- Visit your financial institution's Security and Privacy Center for more information on the prevention, detection and remediation of these types of scams.

Listed below are some websites to help inform you on what methods of scams are out there, how to quickly identify a scam, and ways to counter a potential scam or recover from one.

Federal Trade Commission on Consumer Information for Identity Theft: <u>https://www.consumer.ftc.gov/features/feature-0014-identity-theft</u>

Consumer Financial Protection Bureau on assisting Servicemembers, Veterans, and Military Families on financial challenges: https://www.consumerfinance.gov/consumer-tools/educator-tools/educator-tools/servicemembers/



Family Nutrition Information

Does your family have food insecurities? Food insecurities is defined as the state of being without reliable access to a sufficient quantity of affordable, nutritious food. According to an article from the Center for Strategic & International Studies titled "Food Insecurity among U.S. Veterans and Military Families", "a study published in May 2021, nearly 33 percent of respondents at a major U.S. Army installation were classified as marginally food insecure in 2019. Among nearly 7,800 military family respondents, 12.5 percent were food insecure in 2019, according to the Military Family Advisory Network (MFAN) Military Family Support Programming Survey. (https://www.csis.org/analysis/food-insecurity-among-us-veterans-andmilitary-families). If you fall into one of these categories, there are resources available for military families. Families with children under the age of 5 may be eligible for Women, Infants, and Children (WIC). If you have children over the age of five you mau be eligible for Supplemental Nutrition Assistance Program (SNAP). There is more information below on these programs.



Supplemental Nutrition Assistance Program (SNAP) 612 College St. Jacksonville, NC 28540 Phone: 910-455-4145 Monday and Friday - 8:00 a.m. - 5:00 p.m. Tuesday and Thursday - 7:00 a.m. - 5:00 p.m. Wednesday - 7:00 a.m. - 2:00 p.m. https://www.onslowcountync.gov/1726/Food-Nutrition-Services

Nutrition Assistance - SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. To be eligible for this benefit program, applicants must live in the state in which they apply and meet certain bank balance limits. A household with an elderly (over 60) or disabled household member may have a higher bank balance limit. Visit SNAP's eligibility page to find out more about eligibility requirements and how benefits are computed.



Marine Corps Base Camp Lejeune 2455 Iwo Jima Blvd. Tarawa Terrace Jacksonville, NC, 28543 (910) 353-0022 Mon-Fri 8AM-5PM http://www.onslowcountync.gov/216/WIC

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. The WIC program aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

WIC Serves Pregnant women Breastfeeding women Non-breastfeeding postpartum women Infants Toddlers and children up to age 5





MCCS Events & Announcements

Wednesday Family Fun Night Wed, Feb 2, 5 – 7pm Location: Bonnyman Bowling Center

Have some glow-in-the-dark fun without breaking your family's budget! Only \$25 per lane for 2 hours of Glow Bowling. Valid for up to 5 bowlers; shoe rental included. Must be on lane by 7PM. Open to all authorized patrons and their guests. League Bowl excluded from Wednesday Family Fun Night. More Info: <u>http://www.mccslejeune-newriver.com/bowling/</u>

> Smooth Move PCS Workshop Thu, Feb 3, 1 – 3pm <u>Register</u> Location: Virtual Class Link: https://meeting.marinenet.usmc.mil/lejnr-pcs/

Got orders to move to a new duty station? This free Smooth Move PCS workshop provides information for personnel making a Permanent Change of Station (PCS) transfer to another base within the United States (CONUS) or to an overseas location (OCONUS). Topics covered include: travel and pay entitlements, shipping personal property, housing information, moving tips, POV entitlements, cultural aspects, COLA, passport requirements, Military OneSource, Military Home Front and accessing services at the new duty station. Please register online or call (910) 451-1056/7796. FREE for military families serving aboard Marine Corps Base Camp Lejeune, New River Air Station, and all outlying camps. As per MCO1754.10A, attendance is mandatory for all departing military personnel. Spouses are encouraged to attend.

Xtreme Family Fun Night Thu, Feb 3, 6 – 8pm Location: New River Bowling Center

Cosmic Fun! Music! Black Light Bowling! Only \$25 per lane for 2 hours (up to 5 bowlers; shoes included). Open to all authorized patrons and their guests. More Info: <u>http://www.mccslejeune-newriver.com/bowling/</u>

Command Financial Specialist (CFS) Refresher Course Fri, Feb 4, 9am – 3pm <u>Register</u> Location: Virtual

The Command Financial Specialist (CFS) Course Refresher course is the renewal process for all currently active CFS that are approaching their 3-year certificate expiration. Registrants must submit an active CFS graduation certificate (within the past 3-years) and a CFS data card (current command related demographics) prior to receiving the CFS Refresher certificate. Join the class at <u>https://meeting.marinenet.usmc.mil/LejeuneCfsRefresher</u>.

Friday Family Meal Deals - Fried Chicken Fri, Feb 4, 4 – 6pm <u>Register</u> Location: Pick up at Paradise Point Officers' Club Feb. 4 Menu (order by 4PM Feb. 1) \$32/Meal Deal, \$52/Double Deal, \$16/Half Deal

The Feb. 4 Meal Deal includes the following (Half Deals will be halved; Double Deals have twice as much food):

*Fried chicken (8 pieces)

*Macaroni & cheese (1 lb.)

*Steamed broccoli (1 lb.)

*Biscuits (4 large)

*Garden salad with ranch dressing

*Chocolate chip cookies (4 large)

*Choice of lemonade or sweet tea

Meal Deals are available to all ranks/all authorized patrons and ordering is convenient!

1. Reserve online by 4PM on Tue. for Fri. pick-up.

We'll call you to confirm quantity and process payment. If we're not able to reach you, please call 910-451-2465 ext. 3 to make payment by 4PM on Thu.
On Fri., you'll pick up your Meal Deal at Paradise Point Officers' Club between 4-6PM. There will be no contact and no need to go inside. Just drive up to the awning and we'll be waiting for you!

Please note you must order your Meal Deal online ahead of time. We will not have any extras available on-site.

More Info: http://www.mccslejeune-newriver.com/oclub

Outdoor Couples Yoga Sat, Feb 5, 9 – 10:30am Location: Wallace Creek Fitness Center Turf

Take Your Valentine Out(doors)! Slow down, have fun, and connect with your partner as you master yoga poses together! No experience needed! Class will be held outside (weather permitting), so be sure to dress accordingly. \$10 per couple. Register and pay at Wallace Creek Fitness Center from Jan. 25-Feb. 4; retain receipt for class admittance. This is a special event. Pre-paid Group Exercise monthly passes and/or punch cards cannot be accepted as payment. Free admittance with Active Duty ID Card not valid for this special event. Open to all authorized group ex patrons 18 years and older. Personal yoga mat recommended, but not required.

More Info: http://www.mccslejeune-newriver.com/groupexercise

Archery Coaching Clinic (Ages 7 +) Tue, Feb 8, 1:30 – 3:30pm <u>Register</u> Location: Outdoor Adventures, Camp Lejeune

Build on the fundamentals of archery! This clinic is designed for intermediate archers who want to sharpen and refine their archery skills. Learn additional techniques from other experienced archers and our certified USA Archery instructors. All archers must complete the Intro to Archery training in order to attend this clinic. Archers must wear athletic/outdoor clothing with closed-toe shoes. All participants must sign waiver to participate.

\$10 per person per clinic. Open to all authorized patrons age 7 and older. Register by 3:30 PM on the Thursday before the clinic.

More Info: http://www.mccslejeune-newriver.com/outdoor/

Nutrition Fundamentals Wed, Feb 9, 9:30 – 11am Location: Wallace Creek Fitness Center

Learn how to fuel your body for peak performance! Topics include: *Healthy food choices *Lifestyle and behavioral modifications *Macronutrients *Nutrition traps, trends & fast food *Nutrition for exercise & health *Supplement use & abuse

Class is FREE and open to all authorized patrons. Space is very limited; first come, first served. No pre-registration required.

More Info: http://www.mccslejeune-newriver.com/health/

Wednesday Family Fun Night Wed, Feb 9, 5 – 7pm Location: Bonnyman Bowling Center

Have some glow-in-the-dark fun without breaking your family's budget! Only \$25 per lane for 2 hours of Glow Bowling. Valid for up to 5 bowlers; shoe rental included. Must be on lane by 7PM. Open to all authorized patrons and their guests. League Bowl excluded from Wednesday Family Fun Night. More Info: http://www.mccslejeune-newriver.com/bowling/

Nutrition Fundamentals Thu, Feb 10, 9:30 – 11am Location: New River Fitness Center

Learn how to fuel your body for peak performance! Topics include: *Healthy food choices *Lifestyle and behavioral modifications *Macronutrients *Nutrition traps, trends & fast food *Nutrition for exercise & health *Supplement use & abuse

CClass is FREE and open to all authorized patrons. Space is very limited; first come, first served. No pre-registration required. More Info: <u>http://www.mccslejeune-newriver.com/health/</u>

Xtreme Family Fun Night Thu, Feb 10, 6 – 8pm Location: New River Bowling Center

Cosmic Fun! Music! Black Light Bowling! Only \$25 per lane for 2 hours (up to 5 bowlers; shoes included). Open to all authorized patrons and their guests. More Info: <u>http://www.mccslejeune-newriver.com/bowling/</u>

7 Principles for Making Marriage Work Fri, Feb 11, 8:30am – 3pm <u>Register</u> Location: Bldg. AS-90, MCAS New River

This class is based on the best-selling book The Seven Principles for Making Marriage Work. Researcher Dr. John Gottman studied couples for over 40

years to be able to identify what makes marriages succeed or fail. Couples will work on strengthening their relationships through interactive step-by-step exercises that promote increased love, trust and admiration. Couples will also learn how to avoid using the negative interaction styles that are lethal to relationships. This class is for couples contemplating engagement; pre-marital couples; married and couples in a committed relationship. Couples must attend together.

More Info: http://www.mccslejeune-newriver.com/prevention

Couples Archery Fri, Feb 11, 5:30 – 7pm <u>Register</u> Location: Outdoor Adventures, Camp Lejeune

What better way to bring couples together than to start a new hobby together? You'll learn the skills to shoot a bow and arrow while enjoying the evening together with friendly games and competitions! \$20 per person includes archery equipment and instruction. Register by 3:30PM on Tue., Feb. 8. Space is limited; first come, first served. Open to all authorized patrons. All participants must sign waiver to participate.

More Info: http://www.mccslejeune-newriver.com/outdoor

Valentine's Bowl Sat, Feb 12 – Sun, Feb 13 Location: Bonnyman and New River Bowling Centers

Feb. 12 | 4-10PM | Both Bowling Centers Feb. 13 | 12-5PM | New River Bowling Center Feb. 13 | 1-5PM | Bonnyman Bowling Center

Two games, shoe rental, and a small cheesecake for \$8.50 per person. Open to all authorized patrons and their guests. More Info: <u>http://www.mccslejeune-newriver.com/bowling/</u>

Wag Walk Sat, Feb 12, 9:30 – 11am <u>Register</u> Location: New River Youth Sports Complex

Looking for a way to get active and connect with other dog owners? Come to the Wag Walk! Only \$5 per dog and dogs get a goody bag! Register by 3:30PM on Wed., Feb. 9. All owners must sign waiver to participate in the Wag Walk. Dogs must be on a leash. You must clean up after your pet(s). Dogs in violation of the Base Aggressive Breeds List are not permitted.

Couples Scramble Sat, Feb 12, 1pm Location: Paradise Point Golf Course, Camp Lejeune

Share the love of golf with your sweetheart! Enjoy a 9 hole, 2 person scramble plus a goody bag filled with sweet treats for \$30 per couple, plus cart and greens fee. Open to the public. Register at the Pro Shop by 5PM on Feb. 5. More Info: <u>http://www.mccslejeune-newriver.com/golf/</u>

Big Game LVI Sun, Feb 13, 9am Location: Paradise Point Golf Course

A challenge for all skill levels! This Par 3 event will test just how good your short game is!

Par 3 Challenge (Front Nine) Best Ball (Back Nine) Format: 2-person teams 9 Hole (Par 3) - Combined Score9 Hole (Best Ball) - Gross/Net

\$10 per golfer, plus cart and greens fee. Register individually and the professional staff will find you a partner. Open to the public. Register at the Pro Shop by 5PM on Feb. 3.

More Info: http://www.mccslejeune-newriver.com/golf

RETIRING – Spouse's Transition Readiness Seminar (S.T.A.R.S.) Wed, Feb 16, 9am – 12pm <u>Register</u> Location: LINKS Office, 2455E Iwo Jima Blvd

This workshop is only for those retiring from service.

Is retirement approaching soon? You may have more questions than your service member. The Spouse Transition and Readiness Seminar (S.T.A.R.S.) is an informational workshop designed to provide spouses of retiring Service Members the opportunity to gain valuable knowledge of resources and pressing information as it relates to the upcoming transition. A panel of subject matter experts regarding topics such as education and career programs, benefits and entitlements, and financial considerations, will be on hand to ensure that the transition from a military to a civilian lifestyle is as smooth as possible. If your service member is separating from service, please check our calendar for the separating classes.

More Info: http://www.mccslejeune-newriver.com/fmeap

Wednesday Family Fun Night Wed, Feb 16, 5 – 7pm Location: Bonnyman Bowling Center

Have some glow-in-the-dark fun without breaking your family's budget! Only \$25 per lane for 2 hours of Glow Bowling. Valid for up to 5 bowlers; shoe rental included. Must be on lane by 7PM. Open to all authorized patrons and their guests. League Bowl excluded from Wednesday Family Fun Night. More Info: <u>http://www.mccslejeune-newriver.com/bowling/</u>

For a more detailed and customizable listing, please visit <u>www.mccslejeune-newriver.com/events/listing</u>.



You're hired!



Constatulations on your awesome new job!

MCCS Hiring Event

NC Works Career Center Onslow County 461 Western Blvd., Suite 106, Jacksonville

MCCS Lejeune-New River Recruiters will be at the NCWorks Career Center-Onslow County (461 Western Blvd., Suite 106, Jacksonville) every Wednesday, 10AM to 1PM. New MCCS Lejeune-New River employees could qualify for a \$750-\$1,200 Sign-on Bonus! On-the-spot interviews! To learn more about the benefits of working for MCCS Lejeune-New River, visit http://www.mccslejeune-newriver.com/jobs/. Check back here for future hiring events!

Feb. 8 & 22 - Retail Positions qualify for \$1,200 Sign-On Bonus!*

Sales Associate \$10.30

Feb. 16 - Family Care Positions qualify for \$750 Sign-On Bonus!**

Child & Youth Program Assistant \$13.53-\$16.61 based on education and experience Custodial Worker \$9.83 Food Service Worker \$9.09

Feb. 26 - Vending Positions qualify for \$1,200 Sign-On Bonus!*

Vending Machine Attendant Commission base (Average \$700 per week)

Feb. 9 - Lodging Positions qualify for \$1,200 Sign-On Bonus!*

Guest Services Representative \$10.80 Housekeeper \$9.83

Feb. 23 - Food Service Food Service Worker \$9.09 - \$10.57

MCCS Insider Series Feb. 2 | 10AM - 1PM

Meet a Human Resources Technician with our Staffing Branch ready to give you the inside scoop on MCCS! They can answer your questions regarding MCCS employment opportunities to include:

- Assessment Questions (or KSAs)
- Resumes Reviews
- How to Apply & Gain a MCCS Position!

*\$1,200 Sign-on Bonus is taxable and is paid \$300 at 90 days and \$900 at one year and applies to only employees new to MCCS Lejeune-New River.

**\$750 Sign-on Bonus is taxable and paid \$750 after 90 days and only applies to employees new to MCCS Lejeune-New River.



Military Spouse Employment Expo Thu, Jan 27, 2022, 9:30 a.m. – 1 p.m. EST <u>Register</u> Marston Pavilion, Camp Lejeune 910.450.1676

Are you looking for a career locally or a career that you can take with you? Military spouses will be able to network and interact with local military friendly employers who are looking to hire military spouses. Positions available will include onsite employment opportunities and remote opportunities to work from home. We recommend professional dress attire as making that first impression is important. Bring extra resume copies and prepare a brief introduction statement, so employers will remember who you are to help jump start your career. Contact the Family Member Employment Assistance program in advance if you need resume assistance. Call 910.450.1676 for an appointment.

More Info: <u>http://www.mccslejeune-newriver.com/fmeap</u>



Join our MCCS Lejeune-New River Team! \$1,200* sign-on bonus for the following qualifying positions!

- Air Conditioning Equipment Mechanic Automotive Worker Club Operations Assistant Custodial Worker Food Service Worker Laundry Worker Lifeguards Mobile Sales Clerk Recreation Assistants Sales Associate Store Detective Waiterstaff
- Automotive Helper Barista I & II Cook Electrician Housekeeper Laborer Material Handler Painter Recreation Attendants Security Guard Warehouse Workers Vending Machine Attendant

*Sign-on bonus is pre-tax and applies to those positions listed. Offer only for employees new to MCCS Lejeune-New River. Bonus is paid \$300 after 90 days and \$900 after one year on the job. You may apply at <u>http://www.mccslejeune-newriver.com/jobs/</u>



Bldg. 67, 2nd Deck, Camp Lejeune 910.450.6191 Monday - Friday: 7:30AM - 3:30PM

CREDO provides an assortment of opportunities to sea service personnel and their families. CREDO's goal is to help enrich and strengthen people's lives. Join the many who have reaped significant benefits from attending a CREDO retreat. CREDO provides a FREE weekend away within a positive, safe, and supportive environment to:

- ✓ Receive a greater understanding about life and yourself
- ✓ Increase trust and self confidence
- ✓ Strengthen relationships
- ✓ Gain a clearer perspective about others
- ✓ Experience personal and spiritual growth
- \checkmark Strengthen marriages
- ✓ Resolve personal skills
- ✓ Learn to handle anger more constructively
- ✓ Improve communication skills
- ✓ Establish new friendships
- ✓ Have fun
- ✓ Relax

Who can attend? Active duty, retired and Reserve Navy, Marine Corps, Coast Guard personnel, DoD civilian employees, as well as family members with appropriate ID cards, 18 years or older, are eligible to attend.

Upcoming CREDO Marriage Enrichment Retreats and Workshops

- 2/11 9AM One-Day Marriage Enrichment Workshop Register
- 3/11 Marriage Enrichment Retreat (MER) Hilton Head, SC Wait List
- 3/17 9AM One-Day Marriage Enrichment Workshop <u>Register</u>
- 3/30 Personal Growth Retreat Oak Island Register
- 4/10 Marriage Enrichment Retreat (MER) Beaufort, NC <u>Register</u>
- 4/21 Wilderness Marriage Enrichment Expedition <u>Register</u>
- 5/4 Personal Growth Retreat Oak Island <u>Register</u>
- 5/13 Senior Leader Marriage Enrichment Retreat (MER) Wilmington, NC Register





MCFTB Marriage Workshops

Marine Corps Family Team Building Bldg. 780, Brewster Blvd, Camp Lejeune Phone: 910.451.0176 Hours: Monday - Friday: 7:30AM - 4:30PM http://www.mccslejeune-newriver.com/mcftb/

MCFTB Marriage Workshops are part of their LifeSkills Training & Education Program, which facilitates workshops that offer opportunities for personal and professional growth. This training provides classes that cover a broad spectrum of life competencies in areas of communication, impact, relationships, and wellness. Classes offered:

- ✓ Discovering Your Right Fit
- ✓ Before I Do
- ✓ Prevention and Relationship Enhancement Program (PREP)
- ✓ Interpersonal Communication
- ✓ Basic Anger Management
- ✓ Basic Stress Management
- ✓ Conflict Management

Below are a few upcoming workshops designed for both married and single Marines/Sailors.

2/3 8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster Blvd, Camp Lejeune, NC

2/9 9AM Five Love Languages MCAS New River, AS207 Curtis Road, MCFTB & EFMP Offices

2/10 8AM Before I Do, Marriage Foundation Class [2 Day Class] Building AS-207 Curtis Road, New River Air Station NC

2/11 1PM Strong Military Couples LINKS Bldg. TT-2455E Iwo Jima Blvd Tarawa Terrace NC

2/17 8AM Before I Do, Marriage Foundation Class [2 Day Class] MCFTB Building 780 classroom 12, Brewster Blvd, Camp Lejeune, NC

2/24 8AM 12 Hours to a Great Marriage [2 Day Class] TT-2455E Iwo Jima Blvd. Tarawa Terrace, NC 28543

To register for these classes, please <u>click or tap here</u>.



Marine Corps Family Team Building Bldg. 780, Brewster Blvd, Camp Lejeune Phone: 910.451.0176 Hours: Monday - Friday: 7:30AM - 4:30PM http://www.mccslejeune-newriver.com/mcftb/

Care. Connect. Make a Difference! Marine Corps Family Team Building (MCFTB) provides educational resources and services to foster personal growth and enhance the readiness of Marines, Sailors and their Families. MCFTB is comprised of the following:

- Unit, Personal, and Family Readiness Program Training
- Volunteer Coordinator Program
- Readiness & Deployment Support Program
- LifeSkills Training
- ► L.I.N.K.S.
- Chaplains Religious Enrichment Development Operation (CREDO)

Upcoming Family Readiness Training and Workshops

2/1 9AM DRC/URCTraining MCFTB Bldg. AS-207 Curtis Road New River Air Station, NC

2/1 9AM L.I.N.K.S. [2 Day In-Person Workshop] LINKS Bldg. 2455-E Iwo Jima Blvd, Tarawa Terrace, NC

2/7 6PM Virtual L.I.N.K.S. for Parents and Family Members Virtual via Adobe Connect

2/8 8:30AM L.I.N.K.S. for Spouses Workshop [1-Day In-Person] LINKS Bldg. TT-2455E Iwo Jima Blvd., Tarawa Terrace, NC

2/8 9AM CTA/FRA Training (0900-1030) & OPSEC/PII (1045-1130) MCFTB Bldg. AS-207 Curtis Road New River Air Station NC

2/15 9AM CTA/FRA Training (0900-1030) & OPSEC/PII (1045-1130) Virtual via Adobe Connect

2/15 10AM Military Readiness Binder MCFTB Building 780 Brewster Boulevard Camp Lejeune Classroom 12

2/17 9AM L.I.N.K.S. for Spouses Workshop [2-Day Virtual Workshop] Virtual via Adobe Connect

To register for these classes, please click or tap here.

Note: CTA/FRA - Command Team Advisor/Family Readiness Assistant DRC/URC - Deployment/Uniformed Readiness Coordinator



New Parent Support Program Bldg. LCH 4007, Corner of Butler Dr. S and 4th St. Midway Park 910.449.9501 Monday - Friday: 7:30AM - 4:30PM

The New Parent Support Program (NPSP) is a professional team of licensed social workers, counselors and registered nurses who provide educational and supportive services to military families. From the early stages of pregnancy to the development of your child up thru age 5, this program can better prepare you for parenthood. Our trained, supervised staff has extensive knowledge of the issues encountered by today's parents. Our team is sensitive to the unique challenges facing military families. We can help families cope with stress, isolation, pre and post deployment, homecoming reunions, and the everyday demands of parenting in the military. New ages and stages in child development bring different challenges. NPSP offers you the opportunity to express your concerns and ask questions about babies, young children and family relationships. All active duty personnel and family members who are expecting a child or have at least one child age 5 or under are eligible.

2/24	9AM	Baby Boot Camp	Bldg. AS-207, MCAS New River
3/9	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/16	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/23	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/30	8:30AM	Baby Boot Camp	LCH 4007 Midway Park
3/31	9AM	Baby Boot Camp	Bldg. AS-207, MCAS New River

To register for these classes, please <u>click or tap here</u>.



Single Marine Program Information

Central Area Recreation Center Bldg 62, Lucy Brewer Rd., Camp Lejeune 910.451.1942

Hours

Monday - Friday - 10:00AM - 8:00PM Saturday -1:00PM - 10:00PM Sunday - 12:00PM - 8:00PM Holidays - 12:00PM - 8:00PM

Inside the facility:

Free Wifi, Laptops and iPads. Ping pong /Foosball/billiard tables, Big screen & overhead TVs with DIRECT® TV programming (includes NFL Sunday TicketTM and UFC)

Gaming area - 6 large screen TVs, Corbeau[™] seats, and Xbox One®, Xbox 360® and PS4[™] game systems, Mini-theater, Shuffleboard. Free printing, fax and copying services

Events hosted by the SMP:

2/1 - 1100 Black History Month Movie Matinee

2/1 - 1100 Chinese New Year Celebration

- 2/1 1500 Central Area SMP Council Meeting
- 2/2 1100 8-Ball Tournament*
- 2/3 1100 Warm-Up Thursday
- 2/4 1100 Birthday Shout-Outs
- 2/4 1100 Ping-Pong Tournament*

2/5 - 1500 Cornhole Tournament*

2/7 - 1100 Monday Movie Matinee

- 2/9 1100 National Bagel Day
- 2/11 1100 Lunchtime Raffle*
- 2/12 2200 UFC 271: Adesayna vs. Whittaker (2)
- 2/13 1600 Super Bowl Sunday: Big Game Bash
- 2/14 1100 Valentine's Day
- 2/16 1100 Hump Day Madness

For more information on these events please go to: <u>Central Area Recreation</u> <u>Center (mccslejeune-newriver.com)</u>



Volunteers are making a difference in the Marine Corps! You too can make a difference in your military community by volunteering. Visit the USMC Volunteer Coordinator page at <u>www.mccslejeune-newriver.com/mcftb_or</u> <u>www.mccslejuene-newriver.com/smp</u> to see the volunteer opportunities calendar through the Single Marine Program. Who is eligible to volunteer? Any service member with the permission of your command, civilian/DOD employees and their family members.

SMP Volunteer Opportunities Register Here

2/12 – 0515 X-Treme Endurance Race Volunteers

2/13 - 17:00 Big Game Volunteers *Limited Space Available* @ Camp Johnson SMP

2/13 - 17:30 Big Game Volunteers *Limited Space Available* @ Camp Geiger SMP

2/13 - 17:30 Big Game Volunteers *Limited Space Available* @ New River SMP

<u>Camp Lejeune Volunteer Coordinator Opportunities</u>

Register Here

2/1 - L.I.N.K.S. is looking for you! *Continuous Volunteer Opportunity

2/1 - Semper Fi Fund needs you! *Continuous Volunteer Opportunity

2/1 - WARM is looking for Volunteers like you!

2/1 - Navy-Marine Corps Relief Society Volunteer Opportunity

2/2 - Possumwood Acres Wildlife Sanctuary needs you!

2/2 - Get involved! Become a Family Readiness Volunteer!

2/2 - Support the American Red Cross as a volunteer!

2/5 - 5:30 Sledgehammer Beach Runs

2/12 - 8:00 New River Harley-Davidson Chili Cook-Off

2/12 - 12:00 New River Harley-Davidson Chili Cook-Off

2/12 - 13:00 Zing Zum Children's Museum

2/12 - 22:00 Zing Zum Children's Museum

2/19 - 9:00 Winterfest

2/19 - 13:00 Winterfest



MARINE_& *SFamily*

Marine and Family Programs Information

MCCS Lejeune-New River Transition Readiness Branch Bldg. 824 Stone St., Camp Lejeune Monday - Friday 7:15AM - 4:30PM Hours may vary during holidays. Please call ahead. Appointment preferred. http://www.mccslejeune-newriver.com/trs/

The Transition Readiness Program (TRP) supports Marines and their families in their successful transition to civilian life through a series of comprehensive transition and employment assistance events and services. The TRP emphasizes a proactive approach that enables them to formulate effective post-transition employment, educational, and entrepreneurial goals. The program includes three pillars: TRP process, Marine For Life Cycle services, and Career Services and Advising.

The TRP process is composed of five key steps:

<u>Step 1</u> - Individualized Initial Counseling (IC)

<u>Step 2</u> - Pre-Separation Counseling

Step 3 - Transition Readiness Seminar (TRS)

<u>Step 4</u> - Capstone Review

<u>Step 5</u> - Commander's Verification

Click/Tap each step for more information

Marines: Connect with you Unit Transition Coordinator (UTC) to start the TRP process. You can also find tools and resources to begin the transition process here.

Unit Transition Coordinators (UTC) and Commanders: Visit the Transition Readiness Marine & Family Gear Locker for training materials and tools to help you successfully run an effective TRP program in your unit. Since this is a secure intranet portal, you must first register for access, which will take 1-2 business days to be granted.

The Marine for Life Cycle approach allows transitioning Marines to meet Career Readiness Standards (CRS) through career and educational exploration at the beginning of their military career and various action points throughout. Marine for Life Cycle services include the Personal Readiness Seminar (PRS) – which is the first action point of the life cycle - and Transition Readiness Seminar (TRS), the final action point of the life cycle. Check out the Things You Need to Know and Things You Need to Do for each action point in your career.

The Personal Readiness Seminar (PRS) is a four hour mandatory training on personal and professional development programs and services, as well financial topics such as banking and financial services, savings and investments, living expenses, understanding debt, and service members' rights. Currently only offered aboard Marine Corps installations.

For capstone appointments, please call 910.451.3781.

For questions regarding Job Postings and Hiring events, please call 910.451.3212.

Career and Advising services on future post-transition employment, education, career technical, and entrepreneurship goals.

Exceptional Family Member Program LCH 4014 D & E, Midway Park 910.451.4394 910.449.9719 Monday - Friday: 8AM - 4:30PM http://www.mccslejeune-newriver.com/efmp/

EFMP helps active duty service members with managing the special needs of a family member. Enrollment in the program is mandatory for active duty personnel with family members with special needs (MCO P1754.4C).

Who qualifies for EFMP? - An exceptional family member (EFM) must be enrolled in DEERS and MCTFS and have a diagnosed physical, intellectual, or emotional need that requires specialized medical or educational services.

What is the goal of EFMP? - The program ensures the sponsor is assigned to a duty station where services exist to support their EFM.

EFMP Family Case Workers are available to:

- Guide members through the enrollment process
- Connect families to medical, educational, and community services
- Assist families with special education needs
- Provide resource, referral, and support throughout PCS transitions

The FOCUS Project Bldg. LCH 4007, Corner of Butler Dr. S and 4th St. Midway Park 910.450.5635 Monday - Friday 8:30AM - 5PM <u>camplejeune@focusproject.org</u> http://www.mccslejeune-newriver.com/focus/

Participation in FOCUS is voluntary, confidential, and is not in the chain of command. Participation in the 8-session resilience training is very flexible. We serve the needs of individual families and can accommodate your schedule by adjusting the number of training sessions. We also have family friendly hours and if both parents are unable to participate, we welcome one parent or caregivers to bring the family to FOCUS.

Strengthening the Homebase - FOCUS (Families OverComing Under Stress[™]) provides resiliency training to military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

Project Goals

- Assist family members to address deployment stress and reminders to minimize their interference with parenting and family life.
- Enhance family communication and support by developing a shared family narrative about the deployment experiences.
- Provide individual and community level consultations, workshops, and skill-building groups designed to support family resilience.

Harriotte B. Smith Library Bldg 1220 Birch St, Camp Lejeune Circulation & Book Renewals - 910.451.3026 Reference Desk - 910.451.1979 Mon - Wed - Fri 8AM - 6PM Tue - Thu 8AM - 7PM Sat 9AM - 5PM

The General Library Program assembles, organizes, and preserves unbiased collections of library materials (print and non-print) specifically attuned to the interests and requirements of Marine Corps personnel and to the missions and tasks of commands.

Services

- Maintains a collection of print, audio-visual and electronic resources for educational, informational and recreational pursuits. Resources and services are available to Marines and families.
- Current, retrospective, and authoritative multi-media materials include books, magazines, newspapers, audio-visual, and electronic resources.
- Provides early literacy programs for birth through pre-school age, as well as Summer Reading Programs, Book Clubs and lectures for all ages.
- Provides access to Internet stations for library patrons.
- Many online databases provide academic research, professional and recreational material available 24 hours, 7 days a week for Marines and their families.

Calendar of Events

- 2/1 11AM New River Preschool Storytime
- 2/1 6PM Teen Advisory Group (Ages 12-18)
- 2/2 11AM MCCS Community Center Storytime
- 2/3 9AM Early Literacy Storytime (Newborn 3)
- 2/3 10AM Preschool Storytime
- 2/7 10AM Preschool Craft Time
- 2/8 6PM Teen Reads Book Club (Ages 12 18)
- 2/9 11AM MCCS Community Center Storytime
- 2/10 10AM Preschool Storytime
- 2/11 5:30PM Teen Art Night
- 2/15 11AM New River Preschool Storytime
- 2/16 11AM MCCS Community Center Storytime
- 2/17 10AM Preschool Storytime
- 2/17 12PM Lunchtime Book Club (Ages 18+)
- 2/17 6PM Bookworms Book Club (Ages 6 11)

<u>Click or Tap Here</u> to register or for more information

Important Suicide Prevention & Counseling Services



Suicide Prevention Community Counseling Center Bldg. 799B Brewster Blvd., Camp Lejeune 910.451.2864 Monday - Friday: 7:30AM - 4:30PM

National Suicide Prevention Lifeline Call 1-800-273-8255 Available 24 hours everyday

Saving lives requires vigilance. Each tragic loss to suicide has far reaching impact on families, friends, and Marines left behind. At the unit level, suicide effects morale, unit cohesion, and ultimately unit effectiveness and readiness of Marines. Our prevention programs are designed to help Marines who are thinking about suicide or engaging in suicidal behavior, and those who may be at risk for suicide because of a mental disorder, or because they belong to a group with higher rates of suicide attempts or deaths. Services provided are:

- Develop in all Marines the skills needed to recognize and address suicide warning signs, which include appearing overwhelmed by recent stressors; experiencing a fall from glory, loss of honor, and change in status within a unit or relationship; withdrawing from friends, family and society; losing interest in hobbies, work and school; feeling helpless, worthless and trapped in a situation.
- Common risk factors and triggers that should not be ignored are legal or disciplinary problems, relationship problems and financial problems. Substance abuse, behavioral health diagnosis and Permanent Change of Station (PCS) problems appear to increase risk for suicide.
- The DSTRESS Line provides 24/7 phone, chat and Skype line counseling services utilizing a "Marine to Marine" approach.

- Confidential care worldwide ensuring access to behavioral health services and assisting Marines and families in navigating the many support resources available.
- Care coordination and continued 90 day follow-up through the Marine Intercept Program for all Marines identified with suicidal ideation or attempt.
- Conquering Stress with Strength is the newest practical application workshop facilitated by Marine Corps Family Team Building providing skills to effectively respond to high-stress situations that include suicide prevention.

Learn More - Marines, Sailors, and their families may access help directly through Community Counseling Program. There is no wrong door for getting help. Counselors conduct screenings, actively assess needs, provide counseling, and connect Marines and families with additional resources through referrals and direct handoffs between programs and facilities. If you recognize warning signs or believe someone is in immediate danger, call 911 or seek help from a mental health care.



Community Counseling Center Crisis Intervention for Emotional and Mental Health

CCP provides psychological first aid response upon command request during normal business hours by calling the Community Counseling Center at 451-2864. Psychological First Aid is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. For more information please visit their website at: http://www.mccslejeune-newriver.com/counseling/#

BACK



Lejeune-New River SkillBridge Program

SkillBridge Employment Training Program is available to all eligible service members. Service members can participate in only one (1) SkillBridge Employment Training Program. All courses are geared toward learning high-demand industry-specific skills with the high-probability of securing employment prior to exiting the military. Courses offer job interviews, placements, or certifications to enhance entry into the workforce. The SkillBridge Employment Training Program (SETP) is pursuant to MARADMIN 350/18 and NAVADMIN 222/15.

It is the responsibility of the service member to contact the specific SkillBridge course directly for a potential class seat, start dates, and additional information; SkillBridge point of contact will guide/direct service member through the application process. Service member must also print out SkillBridge Command packet to route through their chain of command for approval to attend. To participate in any skills course you must meet the following eligibility requirements:

1. Service members who have completed at least 180 days on active duty and are expected to be released from active duty within 180 days of starting the course with an honorable discharge, including general discharge under honorable conditions.

2. Must have enough time to complete the program on active duty. Utilizing terminal leave is acceptable. Securing an extension to your existing End of Active Service (EAS) in order to participate is not authorized.

3. Have completed Transition Readiness Seminar (TRS).

4. Have successfully passed your most current Physical Fitness Test (PFT) and Combat Fitness Test (CFT) or equivalent if non-Marine Corps participant.

5. Have received a Standards of Conduct Rating of at least a 4.0 and a Standards of Proficiency Rating of at least 4.0 on your most recent performance evaluation (or be recommended for promotion or advancement, or other military equivalent for non-Marine Corps participant).

6. Have attended an ethics brief or completed a DOD-approved ethics training (Marine Net Training: ET108A Ethics & Integrity) within the last 12 months, or equivalent if non-Marine Corps participant.

7. Have not previously completed, currently participating in, or had participation terminated from another SDPO course. This would be the first skills course. For more information visit <u>http://www.mccslejeune-newriver.com/trs/skillbridge/</u>



Onslow County Community Resource Guide

Financial Assistance

Agency Name: City of Jacksonville Neighborhood Improvement Services Address: 815 New Bridge St Jacksonville, NC 28540 Phone: (910) 938-5286 Hours: 8:00 AM – 5:00 PM Website: <u>https://jacksonvillenc.gov/139/Neighborhood-Improvement-Services</u> Service(s) offered: Affordable housing, neighborhood housing and assistance, rehabilitation and demolition, education

Agency Name: Coastal Community Action

Address: 303 McQueen Ave Newport, NC 28570 Phone: (252) 223-1630 Hours: Monday – Thursday 8:00 AM – 5:00 PM Friday 8:00 AM – 4:00 PM Website: <u>https://coastalca.org</u> Service(s) offered: Financial assistance, cash grants towards job search expenses, childcare and Rent

Agency Name: Eastern Carolina Human Services Agency, Inc.

Address: 237 New River Drive, Suite 1 Jacksonville, NC 28540 Phone: (910) 347-2151 Hours: 8:00 AM – 5:00 PM Website: <u>https://echsainc.wixsite.com/echsa/housing-choice-voucher</u> Service(s) offered: Section 8 housing, Community Services Block Grant-Family Self Sufficiency Program (CSBG-FSS)

Agency Name: Friends of the Aging

Address: 4024 Richlands Hwy, Jacksonville, NC 28540 Phone: (910) 989-3022 Hours: 8:00 AM – 5:00 PM Website: <u>https://friendsoftheaging6.wixsite.com/mysite</u> Service(s) offered: Financial assistance for people aged 55 and older

Agency Name: Legal Aid

Address: 272 N Front St, Ste 220 Wilmington, NC 28401-3977 Phone: (910) 763-6207 Hours: 9:00 AM – 5:00 PM Website: <u>https://www.legalaidnc.org</u> Service(s) offered: Legal aid for low income community members

Agency Name: Navy-Corps Relief Society Camp Lejeune

Address: 400 McHugh Blvd Camp Lejeune, NC 28547-2519 Phone: (910) 451-5584 Hours: 8:00 AM – 4:00 PM Website: <u>https://www.nmcrs.org/locations/entry/camp-lejeune</u> Service(s) offered: Financial assistance to burned children and/or adults

Agency Name: Onslow Community Outreach

Address: 600 Court St Jacksonville, NC 28540 Phone: (910) 455-5733 Hours: 9:00 AM – 5:00 PM Website: <u>http://onslowco.org/</u> Service(s) offered: Soup kitchen, emergency shelter, free medical clinic, free dental clinic

Agency Name: Salvation Army Triangle Family Thrift Store

Address: 204 Wilmington Hwy Jacksonville, NC 28546 Phone: (910) 378-7188 Hours: 10:00 AM – 6:00 PM Website: <u>https://www.salvationarmycarolinas.org</u> Service(s) offered: Thrift store, clothing

Agency Name: The Assistance League of Greater Wilmington

Address: 420 Eastwood Road Wilmington NC 28403 Phone: (910) 769-2345 Hours: Thursday, Friday, Saturday 10:00 AM – 4:00 PM Website: <u>https://www.salvationarmycarolinas.org</u> Service(s) offered: Philanthropic programs, thrift shop

Agency Name: White Oak Ecumenical Outreach Ministries

Address: 724 West Corbett Avenue Swansboro, NC 28584 Phone: (910) 326-6822 Hours: Tuesday – Saturday 9:00 AM – 3:45 PM Website: <u>https://www.salvationarmycarolinas.org</u> Service(s) offered: Thrift store, clothing Local Economy

Agency Name: Bold of Jacksonville

Address: 421 Court St Jacksonville, NC 28540 Phone: (910) 937-7222 Hours: 9:00 AM – 1:00 PM Website: <u>http://getconnected.volunteeronslow.org/agency/detail/?agency_id=1444</u> Service(s) offered: Preservation of the commercial and residential structures in the downtown

Jacksonville area

Agency Name: Coastal Carolina Small Business Center

Address: 444 Western Blvd Jacksonville, NC 28546 Phone: (910) 938-6322 Hours: 8:00 AM – 5:00 PM Website: https://www.coastalcarolina.edu/services-and-support/servicescommunity/sbc/ Service(s) offered: Supports development and growth of small businesses

Agency Name: Jacksonville Onslow Chamber of Commerce

Address: 1099 Gum Branch Rd Jacksonville, NC 28540 Phone: (910) 347-3141 Hours: 9:00 AM – 5:00 PM Website: <u>https://jacksonvilleonline.org</u> Service(s) offered: Promoting civic and economic progress of community





For more information on these events, please visit the link below. Event Calendar | Things To Do In Onslow County | Only In Onslow

> Onslow County Veterans Stand Down February 1, 2022, 10:00am-2:00pm 146 Broadhurst Road Jacksonville NC (910) 581-4254

In the case of veterans homelessness we are all dishonored when a veteran must lay their head on the streets they defended. Hosted by/Held at: The American Legion Burton Cowell Post 265 146 Broadhurst Road, Jacksonville NC 28540

Fishing Knots February 5, 2022, 10:00 am - 11:00 am 1572 Hammocks Beach Road Swansboro NC (910) 326-3553

Join a park ranger to learn about some of different knots you can use while you are out with your fishing pole hoping to reel in a big fish! These will definitely help secure your catch. For all ages!

Sledgehammer Beach Run February 5, 2022, 07:30 am - 11:00 am 2950 Island Drive North Topsail Beach NC (910) 347-3141 <u>Get Tickets</u>

Take in the views and explore North Topsail Beach while running on the beach in either our Half Marathon, 10k or 5k. Half marathon course is 10.5 miles of beach and 2.6 miles on the road. 10k & 5k course are all on the beach Jacksonville-Onslow Sports Commission is proud to present the "Sledgehammer Race Series" in memory of Dr. E. B. Sledge. The mission statement of the "Sledgehammer Race Series" is: To Honor the memory of Sledgehammer and All Combat Veterans." Sledge was a lifelong Marine who spent the remainder of his post war years coming to terms with what he and his fellow combatants experienced during World War II.

Hoof It Or Woof It Hike February 6, 2022, 11:00 am - 12:00 pm 1572 Hammocks Beach Road Swansboro NC (910) 326-4881

Come out to the park with your doggies and enjoy this ranger-guided hike along one of the park's hiking trails. As we waggle through the woods we will sniff out the sights and sounds around us! MEET AT FLAG POLE IN FRONT OF THE VISITOR CENTER. NOTE: pets must be on a leash no longer than 6 feet at all times. Trail: 2 miles, easy PROGRAM IS WEATHER DEPENDENT. Contact park office for program update: 910-326-4881.

What's In The Winter Water February 6, 2022, 3:30 pm - 4:30 pm 1572 Hammocks Beach Road Swansboro NC (910) 326-4881

Even though the temperature has cooled down there's still plenty to see living in our coastal waters. Join a ranger inside and stay warm and dry while looking at some creatures found in the waters of the park under a micro-eye video microscope. You will get a closer view of some of our common animals of the estuary you may have overlooked.

> Valentine's Day Murder Mystery Dinner February 12, 2022, 6:30 pm - 9:00 pm 625 New Bridge St Jacksonville NC (910) 650-2769 Get Tickets

Zing Zumm Children's Museum of Jacksonville and NECTAR Environmental Outreach have partnered to present a unique fundraising event. Join us for a Valentine's Day weekend date to remember as ancient mysteries unfold right here at the museum in Jacksonville, NC. As you enjoy cocktails, appetizers, and a buffet meal the evening takes a deadly turn. Follow the clues, make your deductions, and see if you are able to solve the Pharaoh's Curse.

Kayak Safety Talk February 12, 2022, 2:00 pm - 3:00 pm 1572 Hammocks Beach Road Swansboro NC (910) 326-4881

Kayak safely all year long! Join a ranger for a talk that will discuss about some basic kayak safety tips that you can use while out enjoying our coastal waters in your kayak in all weather and all seasons. Meet in the Auditorium.

Fossils February 13, 2022, 1:00 pm - 2:00 pm 1572 Hammocks Beach Road Swansboro NC (910) 326-4881

Did you know that around 99% of fossils found come from marine life? Come out to the park and learn about the wonderful world of fossils and some of the fossils you may find here in North Carolina! Meet in the auditorium.

Owl Prowl February 15, 2022, 6:00 pm - 7:00 pm 1572 Hammocks Beach Road Swansboro NC (910) 326-4881

Who gives a hoot? This program will introduce you to some of the park's residents that like to keep watch during the night hours. You will learn about some of our owl species, their habitats, and tips of what you can do to help these night watchers. If the weather is good we will take a short walk along the park's 1/2-mile nature trail and try to call in any of the owls that may nearby. MEET AT THE VISITOR CENTER.