



MARINE & FAMILY SERVICES

MCCS HENDERSON HALL

MARCH 2010

Career Resource Management Center 703-614-6828
www.mccsHH.com/MFS/CRMC.html

- 1-4 TAP Workshop for Separates 8:30 AM – 4 PM
- 10 DTAP.....1 – 3 PM
- 10 All Day Résumé Writing Workshop..... 9 AM – 3 PM
 Ten Steps to a Federal Job™ & Private Sector Resume Tips
- 11 Adecco Military Spouse Career Connections 10 AM – 2 PM
- 15-18 TAP for Retirees..... 7:45 AM – 4 PM
- 22-26 eTAP Workshop for Senior Leaders 8 AM – 4 PM
- 30 Career Development Day³..... 9 AM – 3 PM
 Four Lenses, Career Paths, & Ten Steps to a Federal Job™

Children, Youth, and Teen Program 703-614-7332
www.mccsHH.com/MFS/CYTP.html

Subsidized Off-base Family Child Care Available as of 2/15/2010
 Infants: Springfield 3, Fairfax Station 2, Fairfax 1, Kensington 2
 Toddlers: Burke 1, Falls Church 8, Kensington 4, Waldorf 3,
 Woodbridge 3, Fairfax 3, Fairfax Station 3, Alexandria 9, Springfield 23, Seat Pleasant 2

Counseling Services Program 703-614-7204/05
 Family Advocacy Program/Victim Services... 703-614-7204/05
www.mccsHH.com/MFS/Counseling_Services.html

- 10 Communication & Conflict Resolution 9 – 11 AM
- 17 Stress Management 9 – 11 AM
 Anger Management Four Session Workshop
 March 24 and 31, and April 7 and 14, 9 – 11 AM

Exceptional Family Member 703-693-6368
www.mccshh.com/MFS/EFMP.html

- Free Respite Care for Qualified EFMP Families—up to 40 hrs./mo.
- 17 Introduction to Respite Care 10 – 11 AM

Lifelong Learning Center 703-614-9104
www.mccsHH.com/MFS/Lifelong_Learning.html

- 1, 8, 15, 22, 29 AFCT..... 8:30 AM – 12:30 PM
- 9, 23, 30 DLPT 8:30 AM – 2:30 PM
- 2, 5, 9, 12, 16, 19 College 101/TA Brief 9 – 10 AM
 23, 26, 30
- 3, 10, 17, 24, 31 DSST* and CLEP* 9 – 11 AM & 1 – 3 PM
- 4, 9, 10, 17, 23 DLPT 8:30 AM – 2:30 PM
 24, 30, 31
- 4, 10, 17, 24, 31 DLAB.....8:30 – 10:30 AM
- 1, 11, 18, 25 TABE 8:30 – 10 AM
- 1-9 MASP.....8:30 – 10:30 AM
- 2 & 16 ACT 8:30 AM – 12:30 PM

*Register by calling 703-486-8666

Marine Corps Family Team Building 703-693-4840
www.mccsHH.com/MCFTB/MCFTB.html

- 9 LINKS for Spouses 8:30 AM – 4:30 PM
- 9 Joint Services Hearts Apart Support Group⁵.....6 – 8 PM
- 10 Joint Services Hearts Apart Support Group³.. 10 AM – Noon
- 11 Joint Services Hearts Apart Support Group⁶.....6 – 8 PM
- 11 LifeSkills: Family Care Plan Brief³ 9 – 11 AM
- 17 LifeSkills: Family Care Plan Brief⁴ 9 – 11 AM
- 17 LINKS for Marines Noon – 3 PM
- 24 LifeSkills: Four Lenses..... 9 – 11 AM
- 26 LINKS for Spouses³ 9 AM – 4 PM
- 30 Wellness Workshop Noon – 2 PM
 Nutrition 101 and “Battle of the Sports Drinks”
 with information from MCCS Health Promotions

New Parent Support Program 703-614-7204
www.mccsHH.com/MFS/NPSP.html

- 12 Baby Boot Camp.....8:30 – 3:30 PM
 Four Part Parenting Class
 March 22 and 29, April 5 and 12, 9 – 11 AM

Personal Financial Management 703-614-6950
www.mccsHH.com/MFS/Personal_Financial.html

- 4 Personal Credit 1 – 3:30 PM
- 18 Investments & Investing 1 of 3 1 – 3:30 PM
- 25 Investments & Investing 2 of 3 1 – 3:30 PM

Relocation Assistance Program
 Information & Referral Program..... 703-614-7202
www.mccsHH.com/MFS/Relocation.html

- 9 Welcome Aboard Orientation 8 – 11 AM

Substance Abuse Combat Center 703-614-8961
www.mccsHH.com/MFS/Substance_Abuse.html

Please contact the SACC for information about available services.

School Liaison 703-693-8378
www.mccsHH.com/MFS/SLO.html

- Tuesdays Tutor Buddy at Barcroft 11 AM – Noon

At Henderson Hall unless otherwise noted. ¹Navy Annex
²Pentagon ³Indian Head/CBIRF ⁴MBW Eighth & I
⁵Bellevue/Anacostia ⁶Fort Myer. Please pre-register for all
 classes and briefs. Call 703-614-7200 or visit the web at
www.mccsHH.com for more information.

