

Welcome Aboard



***1ST TANK BATTALION
UNIT, PERSONAL AND FAMILY READINESS PROGRAM
MAGTFTC, MCAGCC
BOX 788270
TWENTYNINE PALMS, CALIFORNIA 92278-8200
DUTY 760.830.6387***



COMMANDING OFFICER'S WELCOME ABOARD

1ST Tank Battalion Family
Welcome aboard!

“Steel On Target.”



The 1st Tank Battalion mission for the Unit, Personal, and Family Readiness Program (UPFRP) is: To train and prepare Marines, Sailors, and family members to ensure optimum resiliency when faced with all life cycle events. When every Marine and family member in a unit reaches the optimum level of personal and family readiness, a high state of resiliency will result.

Operational readiness, as well as personal and family readiness, directly affects the fundamental mission of the Marine Corps, which is to make Marines and win battles. Our most sacred resource is the individual Marine and his or her family. Our success as an institution is linked to the well-being and resiliency of that Marine and his or her family. Personal and family readiness is the ability of the individual Marine and our family members to successfully balance the challenges of military service, responsibilities to our families, and career and mission events. A high state of operational readiness and personal and family readiness increases commitment, morale, focus, and resiliency to life cycle events (e.g. deployments).

Personal and family readiness has been called a combat multiplier, equally as important as individual, equipment, and combat readiness. When our families are at a higher state of readiness, individual Marines are better able to perform their assigned missions efficiently, effectively, and safely, thereby promoting a higher state of unit readiness.

Each of you, the Marines and Sailors of 1st Tank Battalion, are ultimately responsible and accountable for your personal and family readiness. While no one program can completely negate the inherent and unavoidable sacrifices associated with military service, UPFRP can leverage resources and significantly mitigate those potentially negative aspects. As a result, families and Marines will experience improved quality of life and a feeling of empowerment.

There are numerous resources available to assist in the pursuit and achievement of a high state of personal and family readiness. All leaders (officers, SNCOs, and NCOs) will assist in the implementation of this program by providing counsel to Marines on the opportunities to participate in UPFRP training and events.

By focusing on personal and family readiness and participating in events and training, the Marines, Sailors and families of 1st Tank Battalion will be ready when called.

L. M. RUSH



1st Tank Battalion
Marine Corps Air Ground Combat Center
Marine Air Ground Task Force Training Command
Unit, Personal and Family Readiness Program
BOX 788270
Twentynine Palms, California 92278-8270



To: 1st Tank Battalion Family
From: Family Readiness Officer
Subj: Welcome Aboard!

We here at 1st Tank Battalion want to take this opportunity to welcome you and express how happy we are that you are joining the 1st Tank Battalion's "Marine Family."

As your Family Readiness Office it is my intention to support a pro-active environment, encourage creativity and maintain a "can-do" attitude. In addition, the Unit, Personal and Family Readiness Program mission is to provide reliable, practical information and support to our families. Let me take a minute to give you our definition of a "family member," this is a person(s) that you feel was, and is, significant in your life. A mother, father, sister, brother, spouse, child or that special person that you feel is an integral part of your extended family.

Being a family member to an active duty Marine or Sailor is challenging, at best, it is the mission of the Unit, Personal Family Readiness Program to provide you with an ear to listen, a heart to empathize, a communication lifeline, and the primary source for those tools necessary to meet the challenges of the military lifestyle and succeed.

If there is anything that I can do to make your transition to Twenty-nine Palms a more positive Experience please, do not hesitate to contact me directly at (760)830-1997 or (760) 401-6034. Also, you Can visit the Battalion website at www.1stmardiv.marines.mil/Units/1STTANKBN.aspx or our Facebook page at WWW.FACEBOOK.COM search 1st Tank Battalion. We also have our eMarine website at www.eMarine.org , please take the time to register.

In parting, I at one point was a new spouse to the Marine Corps and to Twenty-nine Palms, it can be overwhelming and at times frightening, it is at those times that your 1st Tank Battalion Family will be there, just stop by to chat, or give me a call!

Again, welcome to the 1st Tanks Battalion Family.

JANY K WASDIN
Family Readiness Officer



Unit, Personal & Family Readiness Program

The Unit, Personal & Family Readiness Program shall provide support through proactive outreach and intervention in the form of the following functions:

Official Communication
Information and Referral
Readiness and Deployment Support (RDS).
Each is defined below:

• **Official communication**

Facilitate communications between the command, Marines, and families regarding the unit, personal and family readiness information and requirements.

• **Information and Referral**

Provide Marines and their families with information regarding and answering to questions relating to the many resources and services available to support unit, personal and family readiness.

• **Marine and Family Readiness and Deployment Support (RDS)**

Provide resource information and training in addition to support services that enable the Marine's personal and family readiness. Information and training support are in three areas:

Readiness:

- Skills Development
- Prevention and Intervention
- Self-help Education

• **Readiness Volunteer Program**

If you are interested in helping with your 1st Tank Battalion Readiness Program please contact the Family Readiness Officer for more information. We welcome your 1st Tank Battalion "Family" service.



RELOCATION

So you've got orders... Welcome Aboard to your new Installation and Unit!

Please browse through this booklet using the links and POC's for answers to all your relocation needs.

Relocation Assistance Program(RAP)

Bldg 1551 Fifth Street
The Village Center
MCAGCC
Twentynine Palms, CA 92278

Phone 760-830-6344
Phone (DSN) 312-230-6344
Fax 760-830-8323
Fax (DSN) 312-230-8323
Mon - Fri 7:30 a.m. - 4:30 p.m

MCCS Relocation Assistance

<http://www.usmc-mccs.org/rap/index.cfm>

Plan your move

<http://apps.mhf.dod.mil/pls/psgprod/f?p=MHF:RELO:2445939104194283>

www.militaryonesource.com

<http://www.move.mil/home.htm>

Workshops

Commanding General's Welcome Aboard
Coast-to-Coast Move
Overseas Connection
Welcome Aboard
Sponsorship

Inbound:

- Upon arrival, Hospitality Kits (enough kitchenware to set up light housekeeping) are available for short term loan.
- Welcome Aboard Packages – Check with your local RAP for details on how to request a WAP
- Sponsorship assistance (when requested)
- Welcome Aboard presentations – please see www.mccs29palms.com for flyer.

Outbound:

- Military Homefront installations overview booklets are provided for the next duty station.
- Videos on other installations are available.
- Information on Pay & Entitlements, Pre-Departure Checklists and Budgets, BAH/OHA, COLA/OCOLA, Moving tips & Hints, etc...are available.
- Meet one on one to discuss and explain the information provided above.
- If you are PCS'ing to an area not in close proximity to or supported by a military installation, the Relocation Assistance Program can provide points of contact by way of the Chambers of Commerce, internet searches and MCCS OneSource liaisons.



Lodging and Transportation



Up to date lodging:

On Base:

Sleepy Tortoise & Twilight Dunes RV Park:

<http://www.mccs29palms.com/pages/foodHospitality/lodging.html>

Billeting:

<http://www.marines.mil/unit/29palms/g4/bachelor%20housing/pages/default.aspx>

Housing:

<http://www.marines.mil/unit/29palms/G4/Family%20Housing/Pages/hsgapp.aspx>

(there are referrals for out in town on this website)

Off Base:

<http://www.militarybyowner.com>

<http://www.marines.mil/unit/29palms/pages/info/localaccommodations.aspx>

Transportation:

Soldier Organized Service (SOS) is a volunteer group that will provide free transportation to and from MCAGCC for Marines and Sailors. Marines may make transportation reservations in advance by either calling (760) 799-5488 or going to <http://www.sosride.org>

Morongo Basin Transit Authority (MBTA) <http://www.mbtabus.com/Marines/index.html>

(MCAGCC to Palm Springs)

There are three pick up times Monday through Thursday at Palm Springs Airport: 0750, 1010, and 1650 with an additional time of 1900 on Fri. Two pickup times on Saturday: 1200 and 1800 and only 1800 on Sunday.

Cost of MBTA is \$10 Mon-Fri (\$15 round trip) Sat and Sun: \$20 (\$25 round trip)

SunLine Transit Agency <http://www.sunline.org> Coachella Valley (Palm Springs/Desert Hot Springs area to Mecca/Oasis area)

Amtrak & Greyhound Bus Service (Palm Springs): <http://www.ci.palm-springs.ca.us/index.aspx?page=839>

Palm Springs Airport: <http://www.ci.palm-springs.ca.us/index.aspx?page=270>

The USO is located near the baggage claim; <http://www.bobhopeuso.org/palmspringsUSO.htm>

Local City information: Things to Do & Things to Know:

- **29 Palms:**
<http://www.ci.twentynine-palms.ca.us/Home.2.0.html>
- **Joshua Tree:**
<http://www.sbcounty.gov/cities/cities.asp?city=joshuatree>
- **Yucca Valley:**
<http://www.yucca-valley.org>
- **Palm Springs:**
<http://www.ci.palm-springs.ca.us>

**Family Readiness Program Training/
Base Coordinator for Volunteers**
760-830-4163
Life skills Trainer & Family Care Plans
760.830.3115

FOCUS
(Families OverComing Under Stress)
760.830.3818

**American Red
Cross**
760.830.6685
1.877.272.7337

MCFTB
Marine Corps Family
Team Building)
**Director/
Admin Assistant**
PH: 760-830-3110

Door to
5th St.

Free
Computer
Access

DAV
**Disabled American
Veteran**
760.830.4131

**Readiness &
Deployment Support
Trainer 1**
760.830.3674

**Information &
Referral
Services**
760.830.6344

What is in the Village Center

**Readiness &
Deployment Support
Trainer 2**
760.830.3127

**Relocation
Assistance Program**
760-830-6344

**Exceptional Family
Member Program**
Case worker 1
760-830-7740
[EFMP]

**Retired Activities
Office**
760-830-7550



**Exceptional
Family
Member
Program**
[EFMP]
Admin
760-830-7740

**Exceptional Family
Member Program**
Case Worker 2
760-830-7740
[EFMP]

**Financial
Management
Program**
760-830-7342

Location of a program listed on this page
Is relative to where it is in the Village Center
Village Center
Bldg. 1551
760-830-6344/7479

HRO
**Human
Resource
Office**
760.830.7281
760.830.7287

Toll Free: 1-877-727-5300

<http://www.mccs29palms.com>

Mon - Fri: 7:30am - 4:30pm

Sat, Sun & Holidays: Closed

"Bringing People and Services Together"

Door to
Chapel

DEERS
760.830.5365

**Base
Career Planner**
760.830.6171

**HQBN
Career Planner**
760.830.6171
760.830.7242

Door
To
4th St

**Navy Marine Corps
Relief Society
NMCRS**
760.830.6323

**Prevention Response
Program (SARC)**
760.830.4997
Cell 760.401.0701

**Marine For Life
Liaison
(Transition Assistance)**
909.418.9293

RMD
**Religious Ministries
Directorate**
760.830.6304



MGAGCC
Twentynine Palms
SMP
COMM 760-830-8454
5th Street Zone
Bldg 1531 next to Taco Bell
Fri-Sat: 10am-Midnight
Sun-Thurs & Holidays:
10am-10pm

USMC-MCCS
<http://www.usmc-mccs.org/smp/index.cfm?sid=ml>

29 Palms
<http://www.mccs29palms.com/pages/gymsRec/smp.html>

The Core

A huge on line gaming center donated to the SMP from Drug Demand Reduction. This exciting online gaming program enables Marines to battle other Marines in combat situations.

<http://www.mccs29palms.com/pages/gymsRec/theCore.html>

FREE Movies

Did you know that Single Marine Program has a \$60,000.00 Theatre Room available? Thanks to a grant from the base SMP is able to offer FREE Movies in house! We have a notebook with over 700 movies to choose from for our Marine's viewing pleasure.

Free Shuttle Bus Program

This is a FREE shuttle bus program that is available for Marines and Sailors! We drive Marines and Sailors to the Commissary, PX, or their favorite fast food place on base, or just back to the barracks!

EMPLOYMENT



29 Palms Human Resources Office

<http://www.marines.mil/unit/29palms/hro/pages/default.aspx>

29 Palms MCCS Employment Opportunities

<http://www.mccs29palms.com/pages/mccsEmployees/naf.html>

USMC-MCCS

<http://www.usmc-mccs.org/employ>

Spouse Employment Assistance Program

<http://www.staynavy.navy.mil/family/content/Seap/default.asp>

Family Member Assistance Program

<http://www.usmc-mccs.org/fmeap/index.cfm?sid=ml>

Transition Assistance Program

<http://www.usmc-mccs.org/tamp/index.cfm?sid=ml&smid=1>

VA Hire

<http://www.fedshirevets.gov>

www.va.gov

Career Resource Office

<http://www.mccs29palms.com/pages/mFamServices/croLibrary.html#itp>

Bldg. 1427S

760-830-7225

760-830-5955 [Fax]

Mon - Fri: 7:30am - 4:30pm

Sat, Sun & Holidays: Closed

Our mission is to provide quality transition assistance to Marines, Sailors, spouses, retirees, civil servants and other authorized members. CRO offers a variety of resources including federal resume workshops, pre-retirement seminars, local employment workshops, free email and fax for job assistance and much more!

Lifelong Learning Library:.



United Through Reading[®]
Military Program

To find out more about this program visit: www.unitedthroughreading.org. To make an appointment or for questions please contact the Lifelong Learning Library at 760-830-6875.

.:Lifelong Learning Library:.

760-830-6875

760-830-4497 [Fax]

Mon - Fri: 8am - 9pm

Sat - Sun: 10am - 6pm

Holidays: Open [Except
Thanksgiving, Christmas &
New Year's]

The Lifelong Learning Library has a wealth of informational resources from books to Internet access, as well as trained professionals to help you find what you need. They also offer movie and music rentals.

.:Children's Activities:.

Read & Play [Ages 0-2]: Mondays, 10:30am - 11:30am

Lap time [Ages 0 - 2]: Wednesdays, 10:30pm - 11:30am

Story Hour [Ages 3 - 5]: Tuesdays, 10:30am - 11:30am

.:Services of the Lifelong learning Library:.

To check books out from our library all you need is your ID card, your sponsor's unit and company information, work place and phone number.

You may have up to ten multimedia items checked out at any one time. This includes music CDs/DVDs. All items are checked out for a lending period of three weeks.

The library has 15 computers with internet access, along with one ten minute express computer. There is also scanning and typewriter equipment available. [Please note: Copies are limited to 15 in one day, and we DO NOT run military copies for units or medical records]. Free fax service is also available.

The library is equipped with a TV, DVD, VCR, newspapers and magazines for your enjoyment. Telephone books are also available for many parts of Southern California.

Titles on the Commandant's Reading List are available for check-out.

Didn't find what you need? Please inquire about our inter-library loan service.

Check out the **Transparent Language Online** (available in over 80 different languages) and the **Universal Class** (over 500 online continuing education courses). These two services are free with your library card.

.:United Through Reading:.

The library is a United Through Reading taping site. This service allows deploying service members to be videotaped reading to their children to help make periods of separation just a little easier. A free DVD and book are provided. Please contact the library to set up a taping appointment.

Information Tickets and Tours

Main Exchange
Bldg. 1502
(Next to GNC and the Food
Court)
760-830-4067/4122
Mon - Fri: 9am– 6pm
Saturdays: 8am - 1pm
Closed Sundays and National
Holidays

Information, Tickets and Tours is your one-stop shop for all your destinations. Our ITT office has discount tickets to many Southern California tourist attractions. Purchase tickets to area theme parks, dinner shows, whale watching tours, museums, aquariums and more.

*Not affiliated with ITT Corporation, ITT Industries or their subsidiaries.

itt29palms@usmc-mccs.org



Semper Fit

East Gym Fitness Center:

Bldg. 1588
[Behind Sandy Hills Bowling]
760-830-6440

Open 7 days a week

4:30 am - 10:00 pm

Open all Holidays

Play basketball or racquetball, relax in the co-ed spa or sauna, and work out with the latest in cardiovascular equipment and free weights in a bright "health club" atmosphere.

Sign up for special fitness classes, summer youth programs and sessions with a FREE personal trainer.

West Gym Fitness Center:

Bldg. 1518 & 1519
760-830-6451/3009

Open 7 days a week

4:30 am - 10:00 pm

The West Gym offers great amenities for anyone's workout including personal trainers, certified aerobics instructors, sauna, steam room, basketball court and cardio equipment with individual LCD screens.

You can also enjoy basketball, volleyball, fitness assessments, aerobic classes, personal trainers, cross-training machines, functional fitness classes and complete upper and lower body circuit equipment consisting of 24 pieces!

Boots & Utilities are allowed in the weight room only (Bldg. 1519)

Camp Wilson Fitness Center:

760-830-4353

Open: 24/7

[Closed 9am - 10:30am daily]

The Camp Wilson Fitness Center offers 4 TV's and a 5 speaker stereo system for your enjoyment. If you bring in a CD that you would like to listen to during your workout, we'll play it providing it has no vulgar or degrading lyrics. Although towels are provided, there are no locker rooms available.

Community Center Gym:

Bldg. 1004

760-830-3380

Mon - Fri: 7am - 9pm

Sat, Sun & Holidays: Closed

The Community Center Gym has state-of-art equipment in their Cardio Room. This room is available to patrons 18 years and older. There are rowing machines, steppers, a free climber, exercise bikes, and treadmills.

The Community Center also offers a high school sized basketball court that can be reserved for teams or individual use. The facility provides basketballs and volleyballs at no charge. This gym can also be used for parties or special events.

..:Personal Trainers:..

East Gym: 760-830-6440
West Gym: 760-830-6451

MCCS Personal trainers will perform a fitness assessment on you to find your base-line fitness level and body composition. The micro-fit assessment measures weight, body fat percentage, bicep strength, back flexibility and VO2 max [the ability to sustain cardio-vascular exertion]. The trainer will then develop an exercise plan specifically tailored to your needs, guide you through your personalized plan and advise you on any changes in eating habits that may be needed.

MCCS provides you with state of the art equipment, classes, personal training and an abundance of information all free of charge. Call now to make your appointment with a personal trainer!

..:Athletic Training:..

The certified Athletic Trainer is available to Active Duty Marines and Sailors, all intramural athletes, MCCS employees, family members of Active Duty.

Services Provided:

- Injury evaluation, treatment as directed by a physician, rehabilitation and basic bracing and taping available
- Sport coverage, equipment fitting and any strengthening exercises that may be desired to help in injury prevention
- Beginning 2012, weekly classes on tobacco cessation, nutrition, fitness and more health promotion classes will be available

..:Pools:..

Training Tank
Bldg. 1508
760-830-6212

The Training Tank is located next to Sunset Cinema, and is open year round! The Tank offers Marines and Sailors an Olympic-size swimming pool for training and recreational swimming. All Ranks are welcome.

Hours of Operation:
*CLOSED FOR REPAIRS UNTIL
JUNE*

POOL IS HEATED

For unit training by reservation or to reserve any pool for parties, please call 830-6212.

Officers/SNCO's Pool
Bldg. 1576
760-830-7250

The Officer/SNCO Pool offers family members the unique experience of sunbathing and water play right next to the O'Club! Let the kids enjoy a children's slide while you sun pool side or take a dip in the deep end.

NOW OPEN
Hours of Operation:
Open Monday - Friday
8 A.M. – 1P.M.

Please call 830-6212 to reserve any pool for parties.

Unit Training
7 a.m. - 10:45 a.m.
1 p.m. - 4 p.m.

LEARN TO SWIM PROGRAM

Session 1: June 24 - July 4

Registration: June 22 at Officers' Pool

Cost - \$35 per session

(water skill assessments will take place at this time)

Lap Swim
11 a.m. - 12:45 p.m.

Sessions are two weeks long running from Monday - Friday. Friday's are left open to make-up lessons due to weather/water quality/ holidays etc. Any day's missed due to personal reasons will not be made-up. No refunds will be made available. Additional sessions, times and locations will be available as soon as possible.

Open Swim
4 p.m. - 6 p.m.
Swim Clinic
3 p.m. - 4 p.m.
Aqua HITT
11:30 a.m. - 12:30 p.m.

OPEN Weekends

Saturday-Sunday
11:00 a.m. - 5 p.m.
(starting May 18th)
10:00 a.m. - 6 p.m.

Family Pool

Bldg. 697
760-830-6727

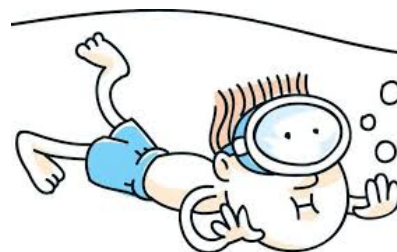
The Family Pool, on Cottontail Road, features deluxe amenities and swimming classes. With individual children's pool with water tree, and sunbathing chairs as well as covered areas, it's great for your next day out in the sunny summer heat!

Hours of Operation:

*CLOSED FOR REPAIRS,
EXPECTED TO OPEN IN JUNE*

Please call 830-6212 to reserve any pool for parties.

Semper Fit welcomes authorized patrons of all abilities. If you would like assistance, please call the Aquatics Department at 830-6212.



EDUCATION



29 Palms School Liaison

<http://www.marines.mil/unit/29palms/g5/sl/Pages/default.aspx>

USMC-MCCS

<http://www.usmc-mccs.org/education/programs.cfm?sid=ml&smid=2>

29 Palms Base Education Center

<http://www.mccs29palms.com/pages/mFamServices/education.html#edCenter>

Bldg. 1427 N
760-830-6881
760-830-7243 [Fax]
Mon - Thurs: 7:30am - 5pm
Fri: 7:30am - 4:30pm

Welcome to the 29 Palms Education Center. We provide a variety of education services and programs to Marines, Sailors and their family members.

Education counselors are available to help you with your education needs. Call or stop by the Education Center to speak with one of our counselors, or you can e-mail us with your questions.

Lifelong Learning Branch Head - [760] 830-4702
Education Center Admin - [760] 830-6881
Military Classification Testing - [760] 830-6085
College Transition Programs - [760]830-4703

Job Corps

<http://www.jobcorps.gov/Home.aspx>

Job Corps is a **free** education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible youth at least 16 years of age, Job Corps provides the all-around skills needed to succeed in a career and in life.



Exceptional Family Member Program

<http://www.usmc-mccs.org/efmp/>

Bldg. 1551
Phone: 760-830-7740
Fax: 760-830-8997

Hours of Operation:
Mon - Fri: 7:30am - 4:30pm
Sat, Sun & Holidays: Closed

..Purpose of EFMP..

The primary purpose of the Marine Corps EFMP is to assess, document and code the special medical and educational needs of eligible Marine Corps family members. By identifying families with special needs and maximizing the provision of quality services needed, the quality of life provided to the Marine Corps family is enhanced while meeting the mission of the Marine Corps.

..What is the EFMP?..

Enrollment in the Exceptional Family Member Program (EFMP) is mandatory for any Marine with a qualified family member. The aim of the program is to assist assignment monitors at Headquarters Marine Corps in assigning Marines to an area where their exceptional family member's special needs can be met.

It can take a family from 6 to 9 months to identify and access medical, special education, and other services in a new state. The EFMP Office can provide you with applicable information on the local and state levels. They can also help families coping with a new diagnosis understand, and learn the local, State and Federal programs and organizations that assist and support families with special needs.

Assistance is available to find resources and services that will meet the needs of the exceptional family member. A resource center with pamphlets, books and CD-ROMs on various disabilities and topics of interest is located in the Exceptional Family Member Program office.

The Exceptional Family Member Program acts as liaison with community, medical and educational services and provides advocacy support as needed.

Educational and awareness presentations are provided on various topics of interest to families with an Exceptional Family Member.

Training and information are provided to commands concerning the Exceptional Family Member Program, needs of Marines with an exceptional family member, and other educational topics as needed.

The Exceptional Family Member Program office develops and continually updates information as your family status changes.

29 Palms L.I.N.K.S.

Bldg. 696 T Cottontail Rd

760-830-1696

Mon - Fri: 7:30am - 4:30pm

Sat, Sun & Holidays: Closed

<http://www.mccs29palms.com/pages/mFamServices/LINKS.html>



L.I.N.K.S.

L.I.N.K.S. is a volunteer, team-mentoring program, designed by Marine Corps spouses. The program offers an orientation to the Marine Corps lifestyle, helping spouses, Marines, children, teens, and parents/extended family members understand and adapt to the unique challenges military life often presents. It is recommended that spouses attend L.I.N.K.S. at each installation they move to.

L.I.N.K.S. provides information on:

- Marine Corps history, tradition and language
- Benefits and services
- Financial awareness
- Dealing with separation and deployments
- Tips on moving
- Effective communication

All Marines, spouses, children, teens, and parents of Marines are eligible to participate in L.I.N.K.S. Additionally, other service members and spouses serving with Marines, and Marine Corps civilian employees and spouses are eligible.

LIFESKILLS TRAINING AND EDUCATION

Bldg. 1551

The Village Center

760-830-3115

LifeSkills Training and Education offers various workshops in such areas as:
Conflict Management, 4 Lenses Temperament Discovery, 7 Habits of Highly Effective Military Families, Family Care Plans, and aging parents and elder care.

**Creating Successful
Military Marriages and Families**



Prevention and Relationship Enhancement Program (PREP)

Bldg. 1541 [Protestant Chapel]

760-830-6464 760-830-1448 [Fax]

Mon - Fri: 7:30am - 4:30pm

<http://www.mccs29palms.com/pages/mFamServices/PREP.html> (calendar for 29 Palms) *

PREP is a skills training program established by Dr. Howard J. Markman of the University of Denver Center of Marital and Family Studies. It teaches married or engaged couples communication skills and ground rules for handling conflict and promoting intimacy. The program's aim is to prevent future marital problems including violence and divorce.

The PREP program covers many topics including problem solving, building fun and friendship in your relationship, how to handle issues in an effective way, sensual/sexual enhancement, steps in forgiveness, how to identify and handle expectations, how to raise concerns constructively, how to talk and listen about sensitive subjects and much more.

Chaplains Religious Enrichment Development Operation (CREDO)

760-830-6464[MCA GCC] 760-725-4954 [Camp Pendleton]

CREDO is sponsored by the Commandant of the Marine Corps [CMC]

<http://www.cpp.usmc.mil/chaplain/credo.asp> Pendleton

<http://www.mccs29palms.com/pages/mFamServices/CREDO.html> 29 Palms

CREDO programs offer a variety of opportunities for personal and spiritual growth to assist Marines and their families in developing the resources necessary to excel in Marine Corps life.

Retreats include:

Marriage Enrichment Retreats

Personal Growth Retreats

Family Retreats

Warrior Resiliency Retreats

F•O•C•U•S Resiliency Training for Military Families



When a Service Member deploys the entire family may experience changes in roles and duties. The remaining spouse has to take on new responsibilities. Children may have different reactions when separated from a caregiver. Many adapt well, but changes in behavior are normal and expectable. They often lack the words to express their feelings and experiences. Some throw tantrums and act out, while others may hold their feelings in and become sad and withdrawn. FOCUS helps families plan ahead for these challenges by developing a personalized toolbox of skills specifically designed to meet their needs.

MANAGING FEELINGS • SETTING GOALS • COMMUNICATING • PROBLEM SOLVING • HANDLING STRESS

FOCUS Individual Family Resiliency Training sessions allow families to build their own story about military life experiences. This helps families to:

- Identify, manage, and discuss emotions
- Clarify misunderstandings and respect individual points of view
- Build on family strengths
- Feel closer and more supportive
- Use family-level problem solving and goal setting to empower the entire family

To stay safe during deployment, a Service Member would never head off without months of specialized training. To remain strong and healthy during deployment, the Service Member's family also needs training and preparation. FOCUS helps families to be prepared.

Contact FOCUS today for more information at:

FOCUS Twentynine Palms

Marine Corps Air Ground Combat Center

Village Center, Box 788150
Building 1551, Rooms 29 B&C and 32
Twentynine Palms, CA 92278

P 760.830.3818

F 760.830.8330

E twentyninepalms@focusproject.org





Personal Financial Management Program

760.830.4262

Village Center (Bldg 1551) 5th St.

Classes and one-on-one sessions provided education on:

Saving & Investing
Car & Home Buying
Credit Reports & Applying for Credit,
Developing a Budget,
Interest Rates/APR's
Debt Reduction/Elimination & Savings

Recommended items to bring:

1. Current LES/ paystubs
2. List of monthly expenses to include the interest rates & payoff balances of any outstanding debt.
3. Copy of your credit report (we recommend www.annualcreditreport.com). You are allowed 1 free credit report from each of the 3 National Credit Reporting Agencies (Trans Union, Equifax, & Experian) every 12 months.

Navy Marine Corps Relief Society:

NMCRS after hours 1.877.272.7337

NMCRS Twentynine Palms

Navy-Marine Corps Relief Society

MCAGCC

Box 6041, Bldg. 1551

Twentynine Palms, CA 92278-0018

<http://www.nmcrs.org>

Hours: Mon-Fri 0830-1600

Phone: (760) 830-6323

DSN: 230-6323

Fax: (760) 830-7189

DSN Fax: 230-7189

NCMRS 29 Palms provides financial assistance to eligible recipients in the form of:

- Budget Counseling Services
- Interest-free loans and grants to meet emergency needs
- Infant Layette (junior sea bags)
- Budget for Baby classes
- Thrift Shop
- Visiting Nurse Services

Emergency Numbers
HQBN Duty 760.830.6806



How to send an EMERGENCY MESSAGE: <http://www.redcross.org/>

Active Duty service members and their immediate family members may call the Red Cross for help 7 days 24 hours 365 days a year.

Base Red Cross - 760.830.6685 after hours – 1.877.272.7337

Please have the following information before you call:

- Full Name -Rank -Branch of Service -Social Security Number -Military/Home Address
- Information about the Unit; deployed or home

Emergency Numbers on base / 29 Palms

Cellular Phones Voice/Over Internet Protocol (VOIP) phones (like Vonage)

DIAL: 760-830-3333'

If you dial 911 on your cellular phone you will be connected to the California Highway Patrol who will transfer your call to our dispatcher. This is not the fastest method: however you will still reach our dispatcher.

FIRE – POLICE – MEDICAL 911 is the emergency number used throughout MCAGCC for reporting emergencies requiring Fire, Police, and Medical Assistance.

In the event of a 911 systems failure or malfunction, the following is our alternate emergency number that will directly connect you to our emergency 911 dispatcher.

760-830-3333 or 760-830-3473

801 military housing residents and off base residents, Dial 911 in the event of an emergency and you will be connected to the San Bernardino County Sheriff's Dispatcher who will transfer your call to the appropriate emergency service agency.

Yucca Valley

Dispatch (760) 365-2364
Admin (760) 366-4175
Fire (760) 365-3335

Emergency 9-1-1

Joshua Tree

Police (760) 367-9546
(760) 366-4175
Fire (760) 228-2160

24/7 counseling or suicide prevention

You are never without help!

Online 24/7

<http://www.suicidepreventionlifeline.org/>
http://www.mentalhealth.va.gov/suicide_prevention
www.militaryonesource.com

Phone 24/7

National Suicide Prevention
1-800-273-TALK (8255)
Military OneSource
1-800-342-9647
(Can give referrals)
Veterans Crisis Line
1-800-273-8255 press #1

Daytime/Working Hours Assistance

Base Chaplain 760-830-2190

Marine Corps Community Services
Counseling Services
760-830-6345

United Health Care
1-877-988-WEST (9378)

DSTRESS
1-877-476-7734

ALL PHONE NUMBERS START WITH 760.830.XXXX

1ST TANK BATTALION – 760-830-6387

CO – *LTCOL LEE M. RUSH*
XO – *MAJOR PETER L. SCHNURR*
SGT MAJOR – *SGT MAJOR BRIAN A. PRIESTER*
ADJ – *1STLT ERIC CALLAHAN*
FRO – *JANY K WASDIN*

S1 – *760-830-6653*
S3 – *760-830-3168*
S4 – *760-830-6664*
SAPO – *760-830-7024*
CHAPLAIN – *760-830-6789*
CAREER PLANNER – *760-830-7267*

ALPHA COMPANY

COMPANY OFFICE – *760-830-7890*

BRAVO COMPANY

COMPANY OFFICE – *760-830-8288*

CHARLIE COMPANY

COMPANY OFFICE – *760-830-6237*

DELTA COMPANY

COMPANY OFFICE – *760-830-7072*

H&S COMPANY

COMPANY OFFICE – *760-830-3438*
MOTOR TRANSPORT – *760-830-1513*
MAINTENANCE – *760-830-8030*
SUPPLY – *760-830-7264*
COMM – *760-830-8015*
BAS – *760-830-7889*

IMPORTANT NUMBERS ON BASE:

Emergency: 911 from cell phone: (830-3333)
American Red Cross: 830-6685
American Red Cross Emergency After Hours: 1-877-272-7337
Armed Services YMCA: 830-7481
Base Automated Operator: 830-6000
Base Locator: 830-7441
Commissary: 830-7572
Career Resource Center: 830-7225
CYTP (Child care): 830-3227
Counseling Services: 830-6345
Duty Chaplain: Please call the Unit Duty 760.830.6806
DEERS (ID CARDS): 830-7326/5365
DEERS HOTLINE: 1-800-334-4162
EFMP (Exceptional Family Member Program): 830-7740
Family Advocacy Program: 830-6345
Hospital Information: 830-2190
Central Appointments: 830-2752
Hospital Emergency Dept.: 830-2354
TRIWEST Service Center: 1-888-874-9378
Base Housing: 801 Housing 830-6611
Housing Office: Lincoln Military Housing: 1-760-368-4500
Housing Maintenance and Service Requests: 1-888-578-4141
Information & Referral: 830-6344/ 1-877-727-5300
IPAC: 830-1818
Legal Assistance: 830-6111
Main Gate: 830-5284
MCFTB (Marine Corps Family Team Building): 830-4163
MCX (MARINE CORPS EXCHANGE) 830-6163
Navy Marine Corps Relief Society: 830-6323
New Parent Support Program: 830-7622
Personal Financial Management: 830-7342
Poison Control: 1-800-876-4766
PMO: 830-6800
Public Affairs Office: 830-6213
Religious Ministries: 830-6304
Military One Source: 1-800-342-9647
Relocation Assistance: 830-4028/6540
Suicide Hotline: 1-800-479-3339
Taxes: 830-4829
TLF (Temporary Lodging Facility): 830-6573
TMO (Traffic Management Office): 830-6119
United Concordia Dental: 1-800-866-8499
Vehicle Registration Office: 830-5449

<http://www.mccs29palms.com/pages/footer/directory.html>

Helpful Web Links for A Successful Military Lifestyle

<http://www.militaryoncesource.com>
<http://www.usmc-mccs.org>

United States Marine Corps:

<http://www.usmc.mil>
<http://www.marines.mil/Pages/Default.aspx>
<http://www.defenselink.mil/>
<http://www.marinecorps.com/News>

Marine Forces Reserve:

www.marforres.usmc.mil

Command Web Sites:

<http://www.29palms.usmc.mil/base/hqbn/>
<http://www.mciwest.usmc.mil/>
<http://www.facebook.com/pages/Headquarters-Battalion-Twenty-nine-Palms/227518190616271>

Marine Corps Community Services – MCCS:

<http://www.usmc-mccs.org/> (HQMC)
<http://www.mccs29palms.com/> (Local)

Medical:

TRICARE
<http://www.tricare.osd.mil>
Bush Naval Hospital 29 Palms
<http://www.med.navy.mil/sites/nhttp/Pages/default.aspx>

Active Duty/Veteran:

www.va.gov
<http://www.military.com/benefits>

Deployment Connections (DOD)

www.militaryoncesource.com
<http://www.usmc-mccs.org/deploy/?sid=fl>
<http://www.deploymentconnections.org>

Support:**Military Home Front**

http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOMEPAGE

SPOUSE

<http://www.military.com/spouse>

<http://www.marinewives.com/>

National Military Family Association (NMFA)

<http://nmfa.convio.net>

Operation Home Front

<http://www.operationhomefront.net/>

Life Lines Services Network

<http://www.lifelines.navy.mil>

Parents of Marines

<http://www.marineparents.com/>

<http://www.militarymoms.net/>

Parenting/Child Related Sites:

www.militaryonesource.com

<http://www.militarychild.org/>

<http://www.militarystudent.org/>

<http://www.nmfa.org>

<http://www.marines.mil/unit/29palms/g5/sl/Pages/default.aspx> (school liaison)

Finance:**OneSource:**

www.militaryonesource.com

Military Pay

<http://www.dfas.mil/>

<http://www.dfas.mil/militarypay.html>

29 Palms

<http://www.mccs29palms.com/pages/mFamServices/personalReadinessCommSupp.html#fina>

Consumer Protection Agencies:

<http://www.consumer.gov/>

<http://www.ftc.gov/>

Credit Reporting Agencies:

<http://www.experian.com/>

<http://www.transunion.com/>

<http://www.equifax.com/home/>

Credit Counseling Services:

<http://www.nfcc.org/>

<http://myvesta.org/>

Identity Theft

<http://www.privacyrights.org/>

<http://www.idtheftcenter.com/>