



*We Can Help!*



separation

adjustment



school/work  
issues



marital issues

sibling issues



parent/child  
relationship



grief/loss



## Schedule an Appointment

**Walk In or Call**

*We will assist you from there.*

### Office Locations

#### Main Side Office

Little Hall, Lower Level  
2034 Barnett Ave, Quantico, VA  
703-784-3523

Hours: 0800-1630, Monday-Friday  
Evening Hours Tuesday: 1630-1900

#### West Side Office

Cox Hall, Camp Barrett  
24009 Montezuma Ave, Quantico, VA  
703-432-6442  
Hours: 0800-1630



[www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org)

### Additional Resources

State Hotline for Child Abuse & Neglect ..... 800-552-7096  
Family Advocacy Program (FAP).....703-784-2570  
24/7 Victim Advocacy Helpline..... 703-350-1688  
Consolidated Substance Abuse  
Counseling Center (CSACC) ..... 703-784-3502  
New Parent Support Program (NPSP) ..... 703-784-4248



*proud part of the*  
**Marine Corps Community Services**  
**Marine and Family Programs**  
**Quantico, Virginia**



## Who We Are

The **Community Counseling Center** utilizes a holistic approach to assist people with overcoming some of life's most difficult challenges. Our clinicians are independently licensed and credentialed professionals who provide solutions designed to meet your specific needs in the following areas.

- Marital Issues
- Parent/Child Relationship
- Family Issues
- Communication
- Anger Management
- School/Work Issues
- Reintegration
- Adjustment Issues
- Grief and Loss

We are conveniently located on the main side of the base in the lower level of Little Hall and on the west side of the base at Camp Barrett in Cox Hall. Call us today to set up an appointment at one of our two locations.

Little Hall 703-784-3523

Camp Barrett 703-432-6442



## How It Works

The Community Counseling Center provides a variety of services to meet your counseling needs.

**Assessment** – A clinician will meet with you to determine your specific counseling needs and to make a plan for achieving the outcomes you desire.

**Case Management Services** – If you are working with multiple providers and are seeking assistance managing or identifying resources, our clinicians are available to assist you.

**Counseling Services** – We offer individual, couple, and family counseling. We serve both children and adults. Our goal is to assist you with identifying solutions to overcome the stressors related to the challenges of life.

**Group Counseling** - Group counseling provides an opportunity for people dealing with similar issues to support each other while identifying solutions that best fit their needs.

**Referral Services** - If additional resources are needed beyond what is offered at the Community Counseling Center, our clinicians will help you to identify additional resources to meet your specific needs.

## The Stress Continuum

One of the major issues we deal with is stress. Stress is the process we use to respond to challenges and can improve performance. But, when stress is extreme or prolonged, it may actually negatively impact performance and/or health.

The Stress Continuum is a simple way to evaluate and monitor your ability to cope and perform when dealing with a stressful situation.

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<ul style="list-style-type: none"> <li>• Good to go</li> <li>• Well trained</li> <li>• Prepared</li> <li>• Fit and focused</li> <li>• Cohesive units and ready families</li> </ul>	<ul style="list-style-type: none"> <li>• Distress or impairment</li> <li>• Mild and transient</li> <li>• Anxious, irritable, or sad</li> <li>• Behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• More severe or persistent distress or impairment</li> <li>• Leaves lasting memories, reactions and expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injuries that don't heal without help</li> <li>• Symptoms and impairment persist over many weeks or get worse over time</li> </ul>
Unit Leader Responsibility	Individual, Shipmate, Family Responsibility		Caregiver Responsibility

### Seven Cs of Stress First Aid



1. **Check** - assess, observe, & listen
2. **Coordinate** - get help, refer as needed
3. **Cover** - get to safety, ASAP
4. **Calm** - relax, slow down, refocus
5. **Connect** - get support from others
6. **Competence** - restore effectiveness
7. **Confidence** - restore self-esteem & hope