

RELATIONSHIP SERIES

7 Habits of Highly Effective Military Families Workshop:

Provides a much needed framework for applying universal, self-evident principles that enable family members to communicate more effectively about their problems and resolve them successfully. This workshop is based on The 7 Habits of Highly Effective People. It is a full day workshop; however, it can be conducted in shorter sections. The habits presented in this program can profoundly impact people's lives.

Developing Healthy Blended Families:

This workshop is designed to help Marine Corps parents gain a better understanding of the common and practical issues facing blended families. This training will provide them information on what parents can do to help promote family unity. Topics discussed include the roles of a stepparent, stages of blended family development, and tips for nurturing and enriching the family relationship.

Building Lasting Relationships:

The challenges of a military lifestyle can place many demands on Marines and their families. This workshop provides practical information and tools to enhance healthy relationships and educate Marines and their partners on how to successfully nurture and maintain a positive union. It is designed to be preventative in nature by teaching and demonstrating positive, proactive ways to build a healthy lasting relationship.

How to Avoid Falling In Love With a Jerk/Jerkette:

This workshop is an eye-opening, practical and fun way to learn "How to avoid falling in love with a Jerk/Jerkette."

5 Love Languages:

This workshop focuses on Five Love Languages, an ideology developed by Dr. Gary Chapman that discusses relationships between couples. This workshop will help couples identify how they communicate love to one another so that they can improve their relationship

COMMUNICATION SERIES

Interpersonal Communications:

This workshop is an educational experience to increase competence using more effective communication skills, and to promote healthy relationships. This workshop's focus is preventative in nature, enabling Marines and their families to function more effectively at home and at work thereby supporting personal self-sufficiency and operational readiness in the field

Conflict Management:

The workshop addresses interpersonal conflict and is designed to help Marines and their families become more aware of conflict; empowering them to make healthy choices by managing their responses to conflict. It provides tools for addressing and managing conflict on an everyday basis.

Social Networking Safety:

The workshop addresses the dangers and risks, as well as positive outcome, associated with social networking. This workshop also provides Marines and their families with information on how to protect themselves and family members, and ways to stay safe while on the internet and on social networking sites. It also provides strategies on how to protect yourself and your family from predators on social networking sites, keeping children and teens safe online, and tips on social networking while traveling or on vacation.

Four Lenses Workshop:

Offered to all active duty Marines, family members, civilians, and retirees. Four Lenses will teach participants how to understand their own personality traits. They will learn how their personality traits mesh with other personalities at work, home, and school.

WELLNESS SERIES

Family Care Plan:

This course will educate Marines and their families on the basics of a Family Care Plan. It will outline the importance of a Family Care plan and the importance of always having it updated.

Aging Parents & Elder Care:

This workshop will help Marines and their families in dealing with the complexities of assisting elderly adults. It provides information to help families make informed decisions concerning elder care, as well as strategies for coping with day-to-day challenges involved with caring for your elderly loved one.

Emergency Preparedness:

The workshop contains information regarding actions that Marines and families should take to be informed and prepared in the event of natural and man-made hazards. This workshop outlines the importance of our Marines and families to always be prepared for all types of emergencies, and to increase their personal sense of security and peace of mind.

IMPACT SERIES

Safe & Sound at Home:

This workshop provides important safety precautions for Marine Corps families, and instills spouse/family members with the ability and confidence to be responsible for their personal safety and the safety of their families while their Marines are deployed. This workshop will help you identify some precautions you can take for your personal safety, and tips to teach your children and teens, as well as guidelines for storing personal weapons and steps you can take to prevent a fire!

Casualty Notification Process – Scared of “The Call?”:

The Casualty Process De-Mystified

This workshop will help minimize stress and confusion by providing a brief overview on the casualty process, the role of the Casualty Assistance Calls Officer (CACO), the information on benefits, support services and organizations. It will help you understand the definition of a “casualty” as it relates to the Marine Corps, and discusses the casualty notification process for all casualties.

IMPACT SERIES

Who Moved My Cheese?:

Most people are fearful of change because they don't believe they have any control over how or when it happens to them. Since change happens either to the individual or by the individual, Change Essentials provides a way to help people see change differently. The Cheese Experience is an amazing way to deal with change at work and in life. Who Moved My Cheese? takes the fear and anxiety out of managing the future and shows people a simple way to successfully deal with the changing times, providing them with a method for moving ahead with their work and lives safely and effectively.

Character Counts:

The CHARACTER COUNTS! Approach to character education doesn't exclude anyone. That's why our programs and materials are based on the six ethical values that everyone can agree on — values that are not political, religious, or culturally biased. MCFTB will help young people (grades k-12) understand the Six Pillars – Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

PREP

Prevention & Relationship Enhancement Program (PREP):

PREP is designed to teach couples communication skills and ground rules for handling conflict and promoting intimacy, with the aim of preventing future marital problems and divorce. Marriage PREP is a one-day workshop for engaged and married couples. Duration of workshop is 7 hours.

PREP is for you if:

- You're involved in a close relationship, an engagement, a marriage
- You want romance and passion in your marriage
- You'd like to be able to talk together as friends
- You'd sometimes like to shut out all of life's hassles and just be together
- You're determined to knock down those walls that build with time and stress and make open communication with your partner difficult