

**MARINE CORPS COMMUNITY SERVICES, CAMP LEJEUNE  
UPCOMING EVENTS**

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**2011 Semper Fit Grand Prix Series**

Prove yourself with the Ultimate Fitness Challenge! The Semper Fit Grand Prix Series offers a variety of events and a unique opportunity for individuals of all backgrounds and abilities to test their physical fitness, mental preparedness, and athletic skills. The series for 2011 will include events at Marine Corps Base, Camp Lejeune, Marine Corps Air Station, Cherry Point, and several local events where participants can earn Grand Prix points. Points earned at those races will count toward total Grand Prix points. Events are open to the public.

**Upcoming Runs:**

26 Mar	Cherry Point Half Marathon, Cherry Point
2 Apr	Jacksonville 10K/5K, Jacksonville
9 Apr	Stone Bay Mud Run, Stone Bay
16 Apr	Piranha Pit Fun Run, Cherry Point
23 Apr	Diligence Dash, US Coast Guard Cutter Diligence, Wilmington
7 May	Yellow Brick Road Run, New Bern
14 May	Run for the Warriors Run for the Warriors 5K/10K/Half Marathon, Jacksonville
21 May	Cherry Point Sprint Tri, Cherry Point
18 Jun	Piranha Pit Bike Challenge, Cherry Point
23 Jul	Run the Beach 8K, Onslow Beach
17 Sep	Cherry Point Duathlon, Cherry Point
24 Sep	Marine Corps Half Marathon, Camp Lejeune
1 Oct	NCSF Twin Bridges 8K Run, Morehead City
1 Oct	TrySports Run for the Ta-Tas, Wilmington
8 Oct	Beirut Memorial 10K, Camp Johnson
15 Oct	Neuse River Bridge Run 5K/10K/Half Marathon, New Bern
30 Oct	Marine Corps Marathon, Arlington (15 extra points)
19 Nov	Hampstead Turkey Trot, Hampstead
10 Dec	Awards Ceremony

For more info, call 910-451-0092 or 910-451-5430

**FEB**

**FISHING TRIP IN THE LOCAL WATERWAYS**

**Feb-Apr • Time TBD • Outdoor Adventures, Goettge Memorial Field House**

Pick a day when you and your buddies want to fish and Outdoor Adventures will organize your trip through Topsail Charter Fishing! All bait, ice, tackle, rods and reels are provided.

\$300.00 group of 4-6 people inshore, 5 hours

\$400.00 group 4-6 people offshore, 5 hours

Open to all authorized patrons. Call Outdoor Adventures at 451-1440 to book your trip.

### **Anger Management**

**Wed, 16 Feb • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Nutrition Basics**

**Wed, 23 Feb • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

You are what you eat.

Learning how to make better nutrition choices can improve your wellbeing. Understanding how to eat better can put you on a road towards changing your life. Start with the basics and begin your journey towards healthy living, which will make a happier you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Challenging Children- Social Skills**

**Wed, 23 Feb ♦ 1100-1300**

**Russell Marine & Family Services Center ♦ Bldg 40 ♦ Rm 139**

What can you do when your child starts screaming in a crowded area for no reason? How should you react? How can we help our children have better behavior in any situation? This daytime workshop presented by Butterfly Effects for parents, educators and childcare providers will provide insight into the actions of those more challenging children and what they can do to alleviate some of the problems. Free childcare is provided with advance registration. For more information please call 910-451-4103. *(If you can't make the daytime workshops, we'll be offering an evening series as well. Please call 451-4103 for more information.)*

Upcoming Topics:

27 Apr - Behavior Problems at Home and School

22 Jun - ADHD/ODD

24 Aug - Choosing Your Battles

26 Oct - Practical Applications for Everyday Behaviors

14 Dec - Helping Children Identify and Cope with their Behaviors

### **Beyond the Brief Workshop Series**

**Topic #4 of 6: Casualty Assistance-The Process**

**Wed, 23 Feb • 1830-2030**

**Bldg LC 4012-A Butler Drive, Midway Park**

Participants learn that the CACO process is a part of the military culture and that every spouse should understand how the process works, when it is implemented and why it is carried out in the manner it is. Clearly yet sensitively, all aspects are discussed,

notification through benefits. This workshop is a must for all spouses, and for all situations. Spouses should feel free to ask questions in a small intimate setting.

The Beyond the Brief series of resiliency workshops are perfect for spouses and family members to attend. Attend all or pick the workshop that best fits your situation. Free childcare is available - you **MUST** contact the Brewster Child Development Center in advance to register: (910) 450-8467. *Your child must be registered with the Children, Youth & Teen Program Resource office (910) 449-9552/9563.*

For more information and registration, call Marine Corps Family Team Building at 451-0176.

### **ROCK ON! CLIMBING WALL CLASS**

**24 Feb • 1700-1900 • Courthouse Bay Fitness Center**

FREE! Learn belaying and climbing techniques. Open to authorized patrons 18+ years of age. Register at Courthouse Bay Fitness Center by the day of class. Space is limited; first come, first served. For more info, call 440-7447/7454.

*Other upcoming classes:*

5 Mar • 1300-1500

### **Alcohol 101 Workshop**

**Tue, 24 Feb • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Investment Basics**

**Thu, 24 Feb • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Multiple Sclerosis Overview 2011**

**Thu, 24 Feb • 1900-2030**

**Russell Marine & Family Services Center • Bldg 40 • Brewster Blvd. • Camp Lejeune, NC**

The Exceptional Family Member Program presents an education program which provides a general overview of the disease including diagnosis, types of MS, symptoms and the management of these symptoms, and treatments of the disease. You'll also learn about the programs and services offered by the National MS Society. The speaker will be Cindy Russell, RN, MSCN (Multiple Sclerosis Certified Nurse), a member of the Eastern NC Chapter's Nurses Speaker's Bureau. This workshop is open to all military families, childcare providers, and anyone who would like to learn more about MS. **Free childcare information will be provided upon registration, call 451-4103 by Fri, 18 Feb.**

### **Relax**

**Fri, 25 Feb • 0830-1130**

#### **Health Promotion Bldg 302 (Holcomb Blvd)**

Slow down. Take a rest. Breathe. Relax. Discover new ways to let go. Find ways to enter into deep, peaceful, mindful relaxation. Learn new techniques that will help you give your stress wings and let it all fly away. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **FREE MOVIE NIGHT**

**Fri, 25 Feb • 1830**

#### ***Alpha and Omega • PG***

MCCS Tarawa Terrace Community Center  
450-1687

### **FAMILY FUN RUN**

**26 Feb • 0900 • MCCS Tarawa Terrace Community Center**

FREE! Runners and walkers welcome! Fun for the whole family! Meet at MCCS Tarawa Terrace Community Center for the Feb Smart Heart Run. Open to all authorized patrons. For more info, call 910-450-1687 or visit [mccslejeune.com/community](http://mccslejeune.com/community).

#### *Upcoming runs:*

19 Mar	All the Places We Will Go
16 Apr	Love Our Earth
21 May	Memorial Day
18 Jun	Summer Fun
23 Jul	Red, White & Blue
20 Aug	Run in the Sun
17 Sep	Celebrate Fall
22 Oct	Ghoulish Run
19 Nov	Gobble Run
10 Dec	Reindeer Trot

### **PAINTBALL AT SPORTSMAN'S LODGE**

**26 Feb • leave at 0830 from Goettge Memorial Field House**

Sportsman's Lodge has approximately 20 acres dedicated to paintball and is home to the area's largest woods ball facility, as well as speedball fields. Open to authorized

patrons ages 12 and older. Patrons under age 18 must be accompanied by parent or guardian.

Cost: \$35 with rental equipment, \$18 without rentals. Register at the Outdoor Adventures office in Goettge Memorial Field House by 18 Feb. For more info, call 451-1440 or visit [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor)

### **Travel Expo 2011**

**Sat, 26 Feb • 1000-1400**

**Marston Pavilion**

Travel from Sea to Shining Sea with Travel Expo 2011. Let the travel experts help you plan your perfect getaway! Prize drawings held throughout the day. Grand prize is a Myrtle Beach vacation package. Open to the public. For more info, call 451-3535 or visit [mccslejeune.com/itt](http://mccslejeune.com/itt).

## **MAR**

### **FISHING TRIP IN THE LOCAL WATERWAYS**

**Feb-Apr • Time TBD • Outdoor Adventures, Goettge Memorial Field House**

Pick a day when you and your buddies want to fish and Outdoor Adventures will organize your trip through Topsail Charter Fishing! All bait, ice, tackle, rods and reels are provided.

\$300.00 group of 4-6 people inshore, 5 hours

\$400.00 group 4-6 people offshore, 5 hours

Open to all authorized patrons. Call Outdoor Adventures at 451-1440 to book your trip.

### **Stress Management**

**Tue, 1 Mar • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Experiencing Depression? Apathy? Anger? Anxiety? These feelings are just some of the symptoms stress can cause. Learning to identify the causes and symptoms of stress can help you successfully manage daily hassles and major life stressors.

Discover new ways to relieve stress and begin the journey towards being stress free.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 2 Mar • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Beyond the Brief Workshop Series**

#### ***Topic #5 of 6: Effects of Combat Operational Stress on Marines & Families***

**Wed, 2 Mar • 1830-2030**

**Bldg LC 4012-A Butler Drive, Midway Park**

This resiliency workshop focuses on educating spouses on the difference between Combat Stress vs. PTSD. Participants are guided through the confusion of this sometimes overused but concerning topic. Group discussions include: the differences between Combat stress and PTSD, Signs and Symptoms, what is normal, and when or if to be concerned. Spouses leave with a clear understanding on what do to if symptoms persist and who to contact if need be. A very informative and enlightening workshop.

The Beyond the Brief series of resiliency workshops are perfect for spouses and family members to attend. Attend all or pick the workshop that best fits your situation. Free childcare is available - you **MUST** contact the Brewster Child Development Center in advance to register: (910) 450-8467. *Your child must be registered with the Children, Youth & Teen Program Resource office (910) 449-9552/9563.*

### **Dr. Seuss Birthday Party**

**Wed, 2 Mar • 1600**

**Harriotte B. Smith Library**

You could not, would not, want to miss

Seuss

A celebration such as this!

So come to his party and come by

Now make no excuse; you love Dr.

twos!

Inviting all children from ages 5-10 to participate. You must pre-register for the Dr. Seuss Birthday Party by, Tue, 1 Mar . Please visit or call the Harriotte B. Smith Library: 910-451-3026.

### **Taking Control of Your Finances**

**Thu, 3 Mar • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Marine Federal Credit Union Intercollegiate Golf Championship Warm-up**

**5-6 Mar**

**Paradise Point Golf Course**

Dust off the clubs, shake the winter blues and get ready for the upcoming golf season! Sign up now for your chance to qualify for a spot on the Camp Lejeune team in the upcoming 2011 Marine Federal Credit Union Intercollegiate Golf Tournament! Entry fee is \$25 and includes awards, prizes and meal on Sunday. Entry fee does not include greens fee or cart fees. Flighted by handicap. Only those membership eligible can qualify for the team. Don't miss your chance, sign up now in the Paradise Point Golf

Course Proshop! No entries after 3 Mar. For more info, call 451-5445 or visit [mccslejeune.com/golf](http://mccslejeune.com/golf)

### **ROCK ON! CLIMBING WALL CLASS**

**5 Mar • 1700-1900 • Courthouse Bay Fitness Center**

FREE! Learn belaying and climbing techniques. Open to authorized patrons 18+ years of age. Register at Courthouse Bay Fitness Center by the day of class. Space is limited; first come, first served. For more info, call 440-7447/7454.

### **COOKING CLASS – BREAKFAST IN BED**

**5 Mar • 1300 • MCCS Midway Park Community Center**

FREE cooking class open to all authorized patrons ages 10 and up. Register at MCCS Midway Park Community Center by the day before class. For more info, call 451-1807 or visit [mccslejeune.com/community](http://mccslejeune.com/community)

*Other upcoming classes:*

2 Apr • Holiday Cooking

### **LEARN TO KAYAK – LEVEL 2 CLASS**

**6 Mar • 1300-1600 • Pool TBD**

Learn advanced strokes and paddling concepts including:

- Improving Propulsion
- Advanced Maneuvering
- Boat Edging
- Bracing
- Water and Weather
- One-man Rescue
- Wet Exit

Open to authorized patrons ages 15 and older. Space is limited; first come, first served. Cost: \$30 (includes all equipment). Register at the Outdoor Adventures office in Goettge Memorial Field House. For more info, call 451-1440 or visit [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor).

### **Ready, Set, Grow - Maintaining a Healthy Marriage during Deployment**

CDR Charles K. Springle Training Center • Bldg 797 (behind Russell Marine & Family Services Center, Bldg 40)

Tue, 8 Mar • 0930

Wed, 9 Mar • 1830

Thu, 10 Mar • 1130

(Pick a time that best fits your schedule)

Did you know that marriages and relationships can continue to grow stronger even when couples are geographically apart? Would you like to learn tools to communicate effectively and feel connected with your loved one during deployment?

This FREE workshop, taught by licensed professionals from Military & Family Life Consultants, can help you; Understand some of the challenges that marriages face

when couples are apart, learn ways to keep your marriage healthy and even strengthen it during deployments, recognize the importance of effective communication skills and identify ways to promote your own growth and development while you and your spouse are apart.

Call the Counseling Services Branch at 451-2864 to register and to receive information about free childcare offered during this time. Open to all authorized patrons.

### **Healthy Communication in Relationships**

**Wed, 9 Mar • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Communication is the key to unlocking the door to a healthy relationship. So why have so many people lost the key? What prevents you from communicating effectively? Whether it's baggage from the past, or good old fashioned differences between male and female communication styles—there can be lots of barriers that get in the way of positive, healthy interaction. Learn about the critical differences in how males and females think and react to circumstances, and gain a better understanding of in-depth programs available on base that are designed to promote healthier interaction among couples. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 10 Mar • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What's the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Moving Overseas Workshop**

**Thu, 10 Mar • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe. Information is provided on cultural aspects, shipment/storage of personal property and POV, passport requirements, travel and pay entitlements, COLA, overseas screening and housing. Please call 910-449-9704 or 910-451-1055 for registration.

### **The Puzzle – An interactive Resource Fair just for Military Families!**

**Thu, 10 Mar • 1500-1900**

**Russell Marine & Family Center Auditorium • Bldg 40**

When the pieces come together, military life gets even better!”- This interactive

Resource Fair is open to all interested in gathering the latest and greatest information aboard Camp Lejeune and the surrounding area. Attendees will be able to receive valuable face time and ask questions directly to the representatives that can help! Free admission, for all Active Duty Military and their families. Please call MCFTB at 451-0176 for more information.

### **O'Club Wine Tasting**

**Thu, 10 Mar • 1830 • \$20 per person**

#### **Paradise Point Officers' Club**

Come experience wines from Argentina. We'll pair the wines with nice appetizers for you to enjoy. Have fun discovering a new wine to add to your personal collection. Special prices on wine purchases for those who attend. Please make your required reservations by calling 451-2465 ext 2.

### **SHOW & SHINE CAR SHOW**

**19 Mar • 1000-1500 • MCCS Midway Park Community Center**

The Show & Shine Car Show features some of the coolest, fastest cars out there! Does your car have what it takes to win the prestigious People's Choice Award? Awards presentation is at 1430. There will also be inflatables for the kids, plus concessions for sale. Event is FREE; register at MCCS Midway Park Community Center by 16 Mar. Rain date: 26 Mar. For more info, please call 910.451.1807.

### **Car Buying – Getting a Fair Deal Workshop**

**Thu, 10 Mar • 1300 – 1630**

#### **Bldg 302 • Holcomb Blvd**

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Jewelry Class**

**Sat, 12 Mar • 1300**

#### **AMCC Bicentennial Community Center is in Watkins Village**

Learn to make a bracelet and earrings. This class and materials are FREE to all cardholders. Ages 10 and up are welcome to participate. Children must be accompanied by an adult. Registration required by visiting or calling the Harriotte B. Smith Library (451-3026).

### **EFMP Special Needs Forum**

**Thu, 17 Mar • 1830-2000**

#### **Russell Marine and Family Service Center • Brewster Blvd. • Camp Lejeune, NC**

Service Members, Exceptional Family Members, Spouses and Parents of special needs children should plan to attend this FREE Forum. The Exceptional Family Member Team along with a panel of representatives from our Marine Corps base agencies will be represented. Various agencies will be providing demonstrations of their services such

as behavior therapy techniques, recreational equipment, information on nutrition and recipes for healthy cooking, and much more!

FREE childcare will be available, as long as you secure reservations in advance. Light refreshments and snacks will be served. Please RSVP by calling 451-4394 or 451-4103.

### **Investment Basics**

**Thu, 17 Mar • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Camp Lejeune Career Expo Preparation Workshop**

**Thu, 17 Mar • 1300-1600 • Must pre-register, 451-3212**

**Russell Marine & Family Services Center • Bldg 40 . Auditorium**

Gather tips on working a Job Fair/Career Expo. We'll give you information on how to dress appropriately, what to bring with you, what types of questions you should expect from employers and what questions you should have for the employers. We'll assist you in ensuring you are well prepared. Open to all ID cardholders, please call 451-3212.

### **St. Patty's Day Party**

**Fri, 18 Mar • 1630**

**Paradise Point Officers' Club • Follow Me Bar**

Enjoy our Irish themed menu and camaraderie with friends during our official St. Patrick's Day celebration. Menu includes: Corned Beef & Cabbage, Bangers & Mash with Onion Gravy, Guinness Battered Cod with Chips, Irish Beer Dip with Pretzels, and Irish Soda Bread with Preserves. We'll have a DJ, Karaoke, Irish Drink specials and more! Join the fun for only \$15 per person. Open to authorized O'Club patrons and their guests. Purchase your tickets by 11 Mar. Standard dress code applies. For more information please call 451-2465 ext 2.

### **FAMILY FUN RUN**

**19 Mar • 0900 • MCCS Tarawa Terrace Community Center**

FREE! Runners and walkers welcome! Fun for the whole family! Meet at MCCS Tarawa Terrace Community Center for the Mar "All the Places We Will Go" Run. Open to all authorized patrons. For more info, call 910-450-1687 or visit [mccslejeune.com/community](http://mccslejeune.com/community).

#### *Upcoming runs:*

16 Apr Love Our Earth

21 May Memorial Day

18 Jun Summer Fun

23 Jul	Red, White & Blue
20 Aug	Run in the Sun
17 Sep	Celebrate Fall
22 Oct	Ghoulish Run
19 Nov	Gobble Run
10 Dec	Reindeer Trot

### **LEARN TO SAIL – ADVANCED CLASS**

**19-20 Mar • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

14-15 May  
21-22 May  
28-29 May  
4-5 Jun  
11-12 Jun  
9-10 Jul  
23-24 Jul  
6-7 Aug  
13-14 Aug  
20-21 Aug  
3-4 Sep  
10-11 Sep

#### *Upcoming Advanced Classes:*

16-17 Apr  
25-26 Jun  
27-28 Aug  
17-18 Sep

### **HARLEM GLOBETROTTERS**

**23 Mar • 1900 • Goettge Memorial Field House**

The Magicians of Basketball are coming to Camp Lejeune! For 84 tremendous years, the Harlem Globetrotters have thrilled audiences around the world. Today, a new generation of stars carries on this storied tradition with timeless basketball exhibitions. Open to the public.

Special Military Pricing – Bleachers: \$17 Upper Level: \$12 (*An Active Duty or Retired Military ID must be presented at the time of purchase.*)

Military-priced tickets must be purchased in person at the following locations: ITT; MCCS Midway Park Community Center; MCCS Tarawa Terrace Community Center; Outdoor Adventures Office (inside Goettge Memorial Field House).

Civilian Pricing – Bleachers: \$25 Upper Level: \$15. Tickets may be purchased at ticketweb.com.

For more info, call 910-451-2710.

### **Taking Control of Your Finances**

**Thu, 24 Mar • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Stress Management**

**Tue, 29 Mar • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Experiencing Depression? Apathy? Anger? Anxiety? These feelings are just some of the symptoms stress can cause. Learning to identify the causes and symptoms of stress can help you successfully manage daily hassles and major life stressors. Discover new ways to relieve stress and begin the journey towards being stress free. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 30 Mar • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **CAMP LEJEUNE CAREER EXPO**

**Thu, 31 Mar • 0900-1400**

**Goettge Memorial Field House • Camp Lejeune, NC**

The Career Expo is for those who are seeking jobs and educational opportunities. This event is open to active duty personnel, military retirees, their families, Camp Lejeune and New River employees, and Coastal Carolina Community College students. Come meet directly with companies that want to hire our best military servicemen and women. Be prepared for onsite interviews, dress to impress, and have your resumes ready for employers. Discover all the educational opportunities that are available and gather information about distance learning as well. Due to safety concerns, no children allowed. Call 449-9706 for more info.

The Career Expo is sponsored by Marine Corps Community Services, Camp Lejeune, New River Air Station, and Coastal Carolina Community College.

## **APR**

### **FISHING TRIP IN THE LOCAL WATERWAYS**

**Feb-Apr • Time TBD • Outdoor Adventures, Goettge Memorial Field House**

Pick a day when you and your buddies want to fish and Outdoor Adventures will organize your trip through Topsail Charter Fishing! All bait, ice, tackle, rods and reels are provided.

\$300.00 group of 4-6 people inshore, 5 hours

\$400.00 group 4-6 people offshore, 5 hours

Open to all authorized patrons. Call Outdoor Adventures at 451-1440 to book your trip.

### **HIDDEN TALENTS SPRING CRAFT FAIR**

**Sat, 2 Apr • 9:00 a.m. - 5:00 p.m.**

**Sun, 3 Apr • 12:00 p.m. - 4:00 p.m.**

**Marston Pavilion • Free Admission!**

Enjoy a wide variety of crafts including baskets, woodworking, Americana, hand-crafted pens, paper crafts, stained glass, quilting, purses, pottery, jewelry, military themed items, signs and plaques. Sponsored by the Hidden Talents Craft Consignment Shop. All proceeds from the sale of tables at the Craft Fair benefit the OWC (Officers' Wives Club) Scholarship Fund. For more information contact Hidden Talents 910-451-2658.

### **COOKING CLASS – HOLIDAY COOKING**

**2 Apr • 1300 • MCCS Midway Park Community Center**

FREE cooking class open to all authorized patrons ages 10 and up. Register at MCCS Midway Park Community Center by the day before class. For more info, call 451-1807 or visit [mccslejeune.com/community](http://mccslejeune.com/community)

### **LEARN TO KAYAK – ROLL CLASS**

**3 Apr • 1300-1600 • Pool TBD**

Learn the basics of rolling your kayak, which is the most efficient form of self-rescue after capsizing. Open to authorized patrons ages 15 and older. Space is limited; first come, first served. Cost: \$30 (includes all equipment). Register at the Outdoor Adventures office in Goettge Memorial Field House. For more info, call 451-1440 or visit [mccslejeune.com/outdoor](http://mccslejeune.com/outdoor).

### **Stress Management**

**Tue, 5 Apr • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Experiencing Depression? Apathy? Anger? Anxiety? These feelings are just some of the symptoms stress can cause. Learning to identify the causes and symptoms of stress can help you successfully manage daily hassles and major life stressors.

Discover new ways to relieve stress and begin the journey towards being stress free.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 6 Apr • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **How to Avoid Falling for a Jerk or Jerkette**

**Fri, 8 Apr • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Think you have what it takes to select the right partner for a great life-long relationship? “How to Avoid Falling for a Jerk or Jerkette” is designed to help singles and singles-again of all ages with partner selection. Please join us as we empower you to build healthier relationships through the journey of picking a lifetime partner! This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register

### **Car Buying – Getting a Fair Deal Workshop**

**Thu, 7 Apr • 1300 – 1630**

**Bldg 302 • Holcomb Blvd**

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Taking Control of Your Finances**

**Thu, 7 Apr • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Improving Self-Esteem**

**Wed, 13 Apr • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Worthy... Precious... Valuable. Your opinion of yourself impacts everything you do in life. Improved confidence and poise, increases self-satisfaction and perceived success. Believe in you. Understand that you yourself, as much as anybody in the entire universe, deserve your love and affection. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 14 Apr • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Relax**

**Fri, 15 Apr • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Slow down. Take a rest. Breathe. Relax. Discover new ways to let go. Find ways to enter into deep, peaceful, mindful relaxation. Learn new techniques that will help you give your stress wings and let it all fly away. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **LEARN TO SAIL – ADVANCED CLASS**

**16-17 Apr • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

14-15 May

21-22 May

28-29 May

4-5 Jun

11-12 Jun

9-10 Jul

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

#### *Upcoming Advanced Classes:*

25-26 Jun

27-28 Aug

17-18 Sep

### **Stress Management**

**Tue, 19 Apr • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Experiencing Depression? Apathy? Anger? Anxiety? These feelings are just some of the symptoms stress can cause. Learning to identify the causes and symptoms of stress can help you successfully manage daily hassles and major life stressors.

Discover new ways to relieve stress and begin the journey towards being stress free.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Anger Management**

**Wed, 20 Apr • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Investment Basics**

**Thu, 21 Apr • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

**Making the Right Move – PCS Workshop**

**Thu, 21 Apr • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides information for personnel making a Permanent Change of Station (PCS) within the United States (CONUS). Information is provided on travel and pay entitlements, shipping personal property, finding appropriate housing, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Please call 910-449-9704 or 910-451-1055 for registration.

**Challenging Children- Behavior Problems at Home and School**

**Wed, 27 Apr ♦ 1100-1300**

**Russell Marine & Family Services Center ♦ Bldg 40 ♦ Rm 139**

What can you do when your child starts screaming in a crowded area for no reason?

How should you react? How can we help our children have better behavior in any situation? This daytime workshop presented by Butterfly Effects for parents, educators and childcare providers will provide insight into the actions of those more challenging children and what they can do to alleviate some of the problems. Free childcare is

provided with advance registration. For more information please call 910-451-4103. *(If you can't make the daytime workshops, we'll be offering an evening series as well. Please call 451-4103 for more information.)*

Upcoming Topics:

22 Jun - ADHD/ODD

24 Aug - Choosing Your Battles

26 Oct - Practical Applications for Everyday Behaviors

14 Dec - Helping Children Identify and Cope with their Behaviors

## **MAY**

### **Stress Management**

**Tue, 3 May • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Experiencing Depression? Apathy? Anger? Anxiety? These feelings are just some of the symptoms stress can cause. Learning to identify the causes and symptoms of stress can help you successfully manage daily hassles and major life stressors.

Discover new ways to relieve stress and begin the journey towards being stress free.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 4 May • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **ABC's of Home Buying & Selling Workshop**

**Wed, 4 May • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

Come and learn the basics of Home Buying and Selling. This popular workshop provides consumer information about what to look for when purchasing a home. A financial advisor is also on hand to provide information about mortgages, interest rates, VA loans and more! A reference library is also available. Our workshops are free for all ID cardholders. Please call 910-449-9704 or 910-451-1055 for registration.

### **Taking Control of Your Finances**

**Thu, 5 May • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan.

Participants focus on developing realistic and measurable personal financial goals.

Maintaining a workable budget to include savings, understanding military pay, and

managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Nutrition Basics**

**Fri, 6 May • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

You are what you eat.

Learning how to make better nutrition choices can improve your wellbeing.

Understanding how to eat better can put you on a road towards changing your life.

Start with the basics and begin your journey towards healthy living, which will make a happier you. This free workshop is open all ID cardholders. Please call Health

Promotion, 451-2865 to register.

### **Suicide Awareness for Families**

**Wed, 11 May • 1830-2030**

**Russell Marine & Family Services Center • Rm 139 • Bldg 40**

Never leaving a Marine behind extends beyond the battlefield and beyond the base.

Strong, knowledgeable, and aware families can identify when someone is in need, and step in to help before it's too late. It is often difficult to recognize the signs of severe

depression among adults and adolescents. Gaining a better understanding of the problem, and learning what tools and resources are available can help save lives. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **LEARN TO SAIL – BASIC CLASS**

**14-15 May • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

21-22 May

28-29 May

4-5 Jun

11-12 Jun

9-10 Jul

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

#### *Upcoming Advanced Classes:*

25-26 Jun

27-28 Aug

17-18 Sep

**Anger Management**

**Wed, 18 May • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Alcohol 101 Workshop**

**Tue, 19 May • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Moving Overseas Workshop**

**Thu, 19 May • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe. Information is provided on cultural aspects, shipment/storage of personal property and POV, passport requirements, travel and pay entitlements, COLA, overseas screening and housing. Please call 910-449-9704 or 910-451-1055 for registration.

**Investment Basics**

**Thu, 19 May • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

**Stress Management**

**Tue, 17 May • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Experiencing Depression? Apathy? Anger? Anxiety? These feelings are just some of the symptoms stress can cause. Learning to identify the causes and symptoms of stress can help you successfully manage daily hassles and major life stressors. Discover new ways to relieve stress and begin the journey towards being stress free. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **LEARN TO SAIL – BASIC CLASS**

**21-22 May • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

28-29 May

4-5 Jun

11-12 Jun

9-10 Jul

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

#### *Upcoming Advanced Classes:*

25-26 Jun

27-28 Aug

17-18 Sep

### **Child Development Program Assistants Job Fair**

**Sat, 21 May • 0900-1300**

**Stone Street Youth Pavilion • Bldg 842 • Camp Lejeune**

Love working with Children? Children, Youth & Teen Programs and Marine Corps Community Services will be holding on-site interviews for Child Development Program Assistants, starting salary \$10.95. Come dressed for success! Applicants must be 18 years or older and **need to bring a copy of your High School Diploma or GED with you**. Previous applicants must attend and reapply in order to be considered Questions? Call MCCS Human Resources at 910-451-JOBS (5627).

<http://www.mccslejeune.com/jobs/index.html>

*Marine Corps Community Services Camp Lejeune is an Equal Opportunity Employer.*

#### ***Upcoming Child Development Program Assistants Job Fairs***

Sat, 23 Jul

### **LEARN TO SAIL – BASIC CLASS**

**28-29 May • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Basic Classes:*

4-5 Jun  
11-12 Jun  
9-10 Jul  
23-24 Jul  
6-7 Aug  
13-14 Aug  
20-21 Aug  
3-4 Sep  
10-11 Sep

*Upcoming Advanced Classes:*

25-26 Jun  
27-28 Aug  
17-18 Sep

**JUNE**

**Taking Control of Your Finances**

**Thu, 2 Jun • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

**16<sup>th</sup> Annual Commanding Officer's Graduation Ceremony**

**Fri, 3 Jun • 1000**

**Base Theater**

Family and friends of graduates who have completed off-duty voluntary education during 2010-2011 are invited to attend. Education awards will be distributed from the following schools: Coastal Carolina Community College, Campbell University, Southern Illinois University Carbondale, University of North Carolina Wilmington, Boston University, Webster University American Public University System, and University of Phoenix through the Base Education services of the Education Assistance Branch, Marine & Family Programs, Marine Corps Community Services, Camp Lejeune & MCAS New River.

**LEARN TO SAIL – BASIC CLASS**

**4-5 Jun • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Basic Classes:*

11-12 Jun

9-10 Jul

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

*Upcoming Advanced Classes:*

25-26 Jun

27-28 Aug

17-18 Sep

**Anger Management**

**Wed, 8 Jun • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Making the Right Move – PCS Workshop**

**Thu, 9 Jun • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides information for personnel making a Permanent Change of Station (PCS) within the United States (CONUS). Information is provided on travel and pay entitlements, shipping personal property, finding appropriate housing, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Please call 910-449-9704 or 910-451-1055 for registration.

**Car Buying – Getting a Fair Deal Workshop**

**Thu, 9 Jun • 1300 – 1630**

**Bldg 302 • Holcomb Blvd**

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to

protect yourself against SCAMS and FRAUD. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **LEARN TO SAIL – BASIC CLASS**

**11-12 Jun • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

9-10 Jul

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

#### *Upcoming Advanced Classes:*

25-26 Jun

27-28 Aug

17-18 Sep

### **Healthy Communication in Relationships**

**Wed, 15 Jun • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Communication is the key to unlocking the door to a healthy relationship. So why have so many people lost the key? What prevents you from communicating effectively? Whether it's baggage from the past, or good old fashioned differences between male and female communication styles—there can be lots of barriers that get in the way of positive, healthy interaction. Learn about the critical differences in how males and females think and react to circumstances, and gain a better understanding of in-depth programs available on base that are designed to promote healthier interaction among couples. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Relax**

**Fri, 17 Jun • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Slow down. Take a rest. Breathe. Relax. Discover new ways to let go. Find ways to enter into deep, peaceful, mindful relaxation. Learn new techniques that will help you give your stress wings and let it all fly away. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 16 Jun • 0830-1130**

### **Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Investment Basics**

**Thu, 16 Jun • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

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**Fri, 17 Jun • 0830-1130**

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### **Challenging Children- ADHD/ODD**

**Wed, 22 Jun ♦ 1100-1300**

**Russell Marine & Family Services Center ♦ Bldg 40 ♦ Rm 139**

What can you do when your child starts screaming in a crowded area for no reason? How should you react? How can we help our children have better behavior in any situation? This daytime workshop presented by Butterfly Effects for parents, educators and childcare providers will provide insight into the actions of those more challenging children and what they can do to alleviate some of the problems. Free childcare is provided with advance registration. For more information please call 910-451-4103. *(If you can't make the daytime workshops, we'll be offering an evening series as well. Please call 451-4103 for more information.)*

Upcoming Topics:

24 Aug - Choosing Your Battles

26 Oct - Practical Applications for Everyday Behaviors

14 Dec - Helping Children Identify and Cope with their Behaviors

### **Anger Management**

**Wed, 22 Jun • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

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### **Taking Control of Your Finances**

**Thu, 23 Jun • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **LEARN TO SAIL – ADVANCED CLASS**

**25-26 Jun • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

9-10 Jul

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

#### *Upcoming Advanced Classes:*

27-28 Aug

17-18 Sep

### **How to Avoid Falling for a Jerk or Jerkette**

**Wed, 29 Jun • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Think you have what it takes to select the right partner for a great life-long relationship? “How to Avoid Falling for a Jerk or Jerkette” is designed to help singles and singles-again of all ages with partner selection. Please join us as we empower you to build healthier relationships through the journey of picking a lifetime partner! This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**JULY**

**Improving Self-Esteem**

**Wed, 6 Jul • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Worthy... Precious... Valuable. Your opinion of yourself impacts everything you do in life. Improved confidence and poise, increases self-satisfaction and perceived success. Believe in you. Understand that you yourself, as much as anybody in the entire universe, deserve your love and affection. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Taking Control of Your Finances**

**Thu, 7 Jul • 1300-1630**

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This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

**LEARN TO SAIL – BASIC CLASS**

**9-10 Jul • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Basic Classes:*

23-24 Jul

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

*Upcoming Advanced Classes:*

27-28 Aug

17-18 Sep

**Moving Overseas Workshop**

**Thu, 14 Jul • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe. Information is provided on cultural aspects, shipment/storage of personal property and POV, passport requirements, travel and pay entitlements, COLA, overseas screening and housing. Please call 910-449-9704 or 910-451-1055 for registration.

**Anger Management**

**Wed, 13 Jul • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

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**Alcohol 101 Workshop**

**Tue, 14 Jul • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

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**Car Buying – Getting a Fair Deal Workshop**

**Thu, 14 Jul • 1300 – 1630**

**Bldg 302 • Holcomb Blvd**

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD. All ID cardholders can register for this free workshop, please call 910-451-2865.

**Anger Management**

**Wed, 20 Jul • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

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**Investment Basics**

**Thu, 21 Jul • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and

benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **LEARN TO SAIL – BASIC CLASS**

**23-24 Jul • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

#### *Upcoming Basic Classes:*

6-7 Aug

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

#### *Upcoming Advanced Classes:*

27-28 Aug

17-18 Sep

### **Child Development Program Assistants Job Fair**

**Sat, 23 Jul • 0900-1300**

**Stone Street Youth Pavilion • Bldg 842 • Camp Lejeune**

Love working with Children? Children, Youth & Teen Programs and Marine Corps Community Services will be holding on-site interviews for Child Development Program Assistants, starting salary \$10.95. Come dressed for success! Applicants must be 18 years or older and **need to bring a copy of your High School Diploma or GED with you**. Previous applicants must attend and reapply in order to be considered Questions? Call MCCS Human Resources at 910-451-JOBS (5627).

<http://www.mccslejeune.com/jobs/index.html>

*Marine Corps Community Services Camp Lejeune is an Equal Opportunity Employer.*

## **AUG**

### **Anger Management**

**Wed, 3 Aug • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

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### **Making the Right Move – PCS Workshop**

**Thu, 4 Aug • 0900-1200**

### **Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides information for personnel making a Permanent Change of Station (PCS) within the United States (CONUS). Information is provided on travel and pay entitlements, shipping personal property, finding appropriate housing, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Please call 910-449-9704 or 910-451-1055 for registration.

### **Taking Control of Your Finances**

**Thu, 4 Aug • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **LEARN TO SAIL – BASIC CLASS**

**6-7 Aug • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Basic Classes:*

13-14 Aug

20-21 Aug

3-4 Sep

10-11 Sep

*Upcoming Advanced Classes:*

27-28 Aug

17-18 Sep

### **LEARN TO SAIL – BASIC CLASS**

**13-14 Aug • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Basic Classes:*

20-21 Aug

3-4 Sep

10-11 Sep

*Upcoming Advanced Classes:*

27-28 Aug

17-18 Sep

**Anger Management**

**Wed, 17 Aug • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**ABC's of Home Buying & Selling Workshop**

**Wed, 17 Aug • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

Come and learn the basics of Home Buying and Selling. This popular workshop provides consumer information about what to look for when purchasing a home. A financial advisor is also on hand to provide information about mortgages, interest rates, VA loans and more! A reference library is also available. Our workshops are free for all ID cardholders. Please call 910-449-9704 or 910-451-1055 for registration.

**Investment Basics**

**Thu, 18 Aug • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

**LEARN TO SAIL – BASIC CLASS**

**20-21 Aug • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Basic Classes:*

3-4 Sep

10-11 Sep

*Upcoming Advanced Classes:*

27-28 Aug

17-18 Sep

**Suicide Awareness for Families**

**Tue, 23 Aug • 1830-2030**

**Russell Marine & Family Services Center • Rm 106 • Bldg 40**

Never leaving a Marine behind extends beyond the battlefield and beyond the base. Strong, knowledgeable, and aware families can identify when someone is in need, and step in to help before it's too late. It is often difficult to recognize the signs of severe depression among adults and adolescents. Gaining a better understanding of the problem, and learning what tools and resources are available can help save lives. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Nutrition Basics**

**Wed, 24 Aug • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

You are what you eat.

Learning how to make better nutrition choices can improve your wellbeing.

Understanding how to eat better can put you on a road towards changing your life.

Start with the basics and begin your journey towards healthy living, which will make a happier you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Challenging Children - Choosing Your Battles**

**Wed, 24 Aug ♦ 1100-1300**

**Russell Marine & Family Services Center ♦ Bldg 40 ♦ Rm 139**

What can you do when your child starts screaming in a crowded area for no reason?

How should you react? How can we help our children have better behavior in any situation? This daytime workshop presented by Butterfly Effects for parents, educators and childcare providers will provide insight into the actions of those more challenging children and what they can do to alleviate some of the problems. Free childcare is provided with advance registration. For more information please call 910-451-4103. *(If you can't make the daytime workshops, we'll be offering an evening series as well. Please call 451-4103 for more information.)*

Upcoming Topics:

26 Oct - Practical Applications for Everyday Behaviors

14 Dec - Helping Children Identify and Cope with their Behaviors

### **Alcohol 101 Workshop**

**Tue, 25 Aug • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink "too much?"

What is binge drinking?

What's the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Taking Control of Your Finances**

**Thu, 25 Aug • 1300-1630**

### **Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Relax**

**Fri, 26 Aug • 0830-1130**

### **Health Promotion Bldg 302 (Holcomb Blvd)**

Slow down. Take a rest. Breathe. Relax. Discover new ways to let go. Find ways to enter into deep, peaceful, mindful relaxation. Learn new techniques that will help you give your stress wings and let it all fly away. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **LEARN TO SAIL – ADVANCED CLASS**

**27-28 Aug • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

### *Upcoming Basic Classes:*

3-4 Sep

10-11 Sep

### *Upcoming Advanced Classes:*

17-18 Sep

### **How to Avoid Falling for a Jerk or Jerkette**

**Wed, 31 Aug • 0830-1600**

### **Health Promotion Bldg 302 (Holcomb Blvd)**

Think you have what it takes to select the right partner for a great life-long relationship? “How to Avoid Falling for a Jerk or Jerkette” is designed to help singles and singles-again of all ages with partner selection. Please join us as we empower you to build healthier relationships through the journey of picking a lifetime partner! This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **SEP**

### **LEARN TO SAIL – BASIC CLASS**

**3-4 Sep • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

### *Upcoming Basic Classes:*

10-11 Sep

*Upcoming Advanced Classes:*

17-18 Sep

### **Taking Control of Your Finances**

**Thu, 8 Sep • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **LEARN TO SAIL – BASIC CLASS**

**10-11 Sep • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

*Upcoming Advanced Classes:*

17-18 Sep

### **Anger Management**

**Wed, 14 Sep • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Moving Overseas Workshop**

**Thu, 15 Sep • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe. Information is provided on cultural aspects, shipment/storage of personal property and POV, passport requirements, travel and pay entitlements, COLA, overseas screening and housing. Please call 910-449-9704 or 910-451-1055 for registration.

### **Car Buying – Getting a Fair Deal Workshop**

**Thu, 15 Sep • 1300 – 1630**

**Bldg 302 • Holcomb Blvd**

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **LEARN TO SAIL – ADVANCED CLASS**

**17-18 Sep • 0900-1500 • Gottschalk Marina**

Receive U.S. Sailing Certification upon completion of course. Open to authorized patrons age 18+. Cost: \$91.95 (includes class materials); register at Gottschalk Marina by day of class. First come, first served. For more info, call 451-8307/8345.

### **Healthy Communication in Relationships**

**Wed, 21 Sep • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Communication is the key to unlocking the door to a healthy relationship. So why have so many people lost the key? What prevents you from communicating effectively? Whether it's baggage from the past, or good old fashioned differences between male and female communication styles—there can be lots of barriers that get in the way of positive, healthy interaction. Learn about the critical differences in how males and females think and react to circumstances, and gain a better understanding of in-depth programs available on base that are designed to promote healthier interaction among couples. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 22 Sep • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What's the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Investment Basics**

**Thu, 22 Sep • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Challenging Children - Practical Applications for Everyday Behaviors**

**Wed, 26 Oct ♦ 1100-1300**

## **Russell Marine & Family Services Center ♦ Bldg 40 ♦ Rm 139**

What can you do when your child starts screaming in a crowded area for no reason? How should you react? How can we help our children have better behavior in any situation? This daytime workshop presented by Butterfly Effects for parents, educators and childcare providers will provide insight into the actions of those more challenging children and what they can do to alleviate some of the problems. Free childcare is provided with advance registration. For more information please call 910-451-4103. *(If you can't make the daytime workshops, we'll be offering an evening series as well. Please call 451-4103 for more information.)*

Upcoming Topics:

14 Dec - Helping Children Identify and Cope with their Behaviors

### **Anger Management**

**Wed, 28 Sep • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Taking Control of Your Finances**

**Thu, 29 • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

**OCT**

### **Anger Management**

**Wed, 5 Oct • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Taking Control of Your Finances**

**Thu, 6 Oct • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Improving Self-Esteem**

**Wed, 12 Oct • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Worthy... Precious... Valuable. Your opinion of yourself impacts everything you do in life. Improved confidence and poise, increases self-satisfaction and perceived success. Believe in you. Understand that you yourself, as much as anybody in the entire universe, deserve your love and affection. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 13 Oct • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Car Buying – Getting a Fair Deal Workshop**

**Thu, 13 Oct • 1300 – 1630**

**Bldg 302 • Holcomb Blvd**

An interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices, and discuss appropriate steps to protect yourself against SCAMS and FRAUD. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Relax**

**Fri, 14 Oct • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Slow down. Take a rest. Breathe. Relax. Discover new ways to let go. Find ways to enter into deep, peaceful, mindful relaxation. Learn new techniques that will help you give your stress wings and let it all fly away. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 19 Oct • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Making the Right Move – PCS Workshop**

**Thu, 20 Oct • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides information for personnel making a Permanent Change of Station (PCS) within the United States (CONUS). Information is provided on travel and pay entitlements, shipping personal property, finding appropriate housing, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Please call 910-449-9704 or 910-451-1055 for registration.

### **Investment Basics**

**Thu, 20 Oct • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **How to Avoid Falling for a Jerk or Jerkette**

**Fri, 21 Oct • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Think you have what it takes to select the right partner for a great life-long relationship? “How to Avoid Falling for a Jerk or Jerkette” is designed to help singles and singles-again of all ages with partner selection. Please join us as we empower you to build healthier relationships through the journey of picking a lifetime partner! This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**NOV**

### **Anger Management**

**Wed, 2 Nov • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Taking Control of Your Finances**

**Thu, 3 Nov • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **ABC's of Home Buying & Selling Workshop**

**Fri, 4 Nov • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

Come and learn the basics of Home Buying and Selling. This popular workshop provides consumer information about what to look for when purchasing a home. A financial advisor is also on hand to provide information about mortgages, interest rates, VA loans and more! A reference library is also available. Our workshops are free for all ID cardholders. Please call 910-449-9704 or 910-451-1055 for registration.

### **Nutrition Basics**

**Wed, 9 Nov • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

You are what you eat.

Learning how to make better nutrition choices can improve your wellbeing. Understanding how to eat better can put you on a road towards changing your life. Start with the basics and begin your journey towards healthy living, which will make a happier you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Suicide Awareness for Families**

**Wed, 9 Nov • 1830-2030**

**Russell Marine & Family Services Center • Rm 139 • Bldg 40**

Never leaving a Marine behind extends beyond the battlefield and beyond the base. Strong, knowledgeable, and aware families can identify when someone is in need, and step in to help before it's too late. It is often difficult to recognize the signs of severe depression among adults and adolescents. Gaining a better understanding of the problem, and learning what tools and resources are available can help save lives. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 16 Nov • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of

letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 17 Nov • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Moving Overseas Workshop**

**Thu, 17 Nov • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe. Information is provided on cultural aspects, shipment/storage of personal property and POV, passport requirements, travel and pay entitlements, COLA, overseas screening and housing. Please call 910-449-9704 or 910-451-1055 for registration.

## **DEC**

### **Healthy Communication in Relationships**

**Wed, 1 Dec • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Communication is the key to unlocking the door to a healthy relationship. So why have so many people lost the key? What prevents you from communicating effectively?

Whether it’s baggage from the past, or good old fashioned differences between male and female communication styles—there can be lots of barriers that get in the way of positive, healthy interaction. Learn about the critical differences in how males and females think and react to circumstances, and gain a better understanding of in-depth programs available on base that are designed to promote healthier interaction among couples. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Relax**

**Fri, 2 Dec • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Slow down. Take a rest. Breathe. Relax. Discover new ways to let go. Find ways to enter into deep, peaceful, mindful relaxation. Learn new techniques that will help you give your stress wings and let it all fly away. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Alcohol 101 Workshop**

**Tue, 15 Dec • 0830-1130**

**Health Promotion Bldg 302 (Holcomb Blvd)**

When is the next drink “too much?”

What is binge drinking?

What’s the big deal?

Arming yourself with knowledge is the key to preventing alcohol related tragedies and letting alcohol negatively impact your life.

This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Anger Management**

**Wed, 14 Dec • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Got Anger?

Out of control rage and angry actions cause hurt, pain, and distress. Understanding the root cause of anger can help you transform your life. Learn how to discharge and express anger in appropriate ways. Move towards managing your anger instead of letting your anger control you. This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

### **Challenging Children – Helping Children Identify and Cope with their Behaviors**

**Wed, 26 Oct ♦ 1100-1300**

**Russell Marine & Family Services Center ♦ Bldg 40 ♦ Rm 139**

What can you do when your child starts screaming in a crowded area for no reason?

How should you react? How can we help our children have better behavior in any situation? This daytime workshop presented by Butterfly Effects for parents, educators and childcare providers will provide insight into the actions of those more challenging children and what they can do to alleviate some of the problems. Free childcare is provided with advance registration. For more information please call 910-451-4103.

### **Taking Control of Your Finances**

**Thu, 15 Dec • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive training session covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay, and managing your credit/checkbook are further explored. All ID cardholders can register for this free workshop, please call 910-451-2865.

### **Making the Right Move – PCS Workshop**

**Thu, 8 Dec • 0900-1200**

**Bldg. 40 • Russell Marine & Family Services Center**

This free workshop provides information for personnel making a Permanent Change of Station (PCS) within the United States (CONUS). Information is provided on travel and pay entitlements, shipping personal property, finding appropriate housing, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Please call 910-449-9704 or 910-451-1055 for registration.

**How to Avoid Falling for a Jerk or Jerkette**

**Wed, 21 Dec • 0830-1600**

**Health Promotion Bldg 302 (Holcomb Blvd)**

Think you have what it takes to select the right partner for a great life-long relationship? “How to Avoid Falling for a Jerk or Jerkette” is designed to help singles and singles-again of all ages with partner selection. Please join us as we empower you to build healthier relationships through the journey of picking a lifetime partner! This free workshop is open all ID cardholders. Please call Health Promotion, 451-2865 to register.

**Investment Basics**

**Thu, 22 Dec • 1300-1630**

**Bldg 302 • Holcomb Blvd**

This interactive workshop is designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. TSP rules, regulations, and benefits will also be covered. All ID cardholders can register for this free workshop, please call 910-451-2865.