

# Field Medical Training Battalion-West

## Family Readiness Newsletter

### NOV 2015



#### Commanding Officer:

"Caring, Connecting, and Communicating," is our mission!

The goal of our Family Readiness program is to provide resource information and support services to enhance and or assist our military and civilian staff members achieve their desired level personal and family readiness. Given this, our FRO, with the support of the Triad-volunteers-various entities aboard Camp Pendleton (i.e., the Family Readiness team) will strive to provide key information, news, events, and activities geared towards keeping you and your family up to date and ready. Additionally, via these mechanisms, you and your loved ones, will be afforded the opportunity to learn more about the benefits, services, and facilities aboard this installation and throughout the Navy and Marine Corps that will enrich various aspects of your home and professional lives.

The aforementioned communications tools will include topics such as:

- Family Support Programs

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- Counseling and Behavioral Programs
- Online Assistance Programs
- Education Programs
- Courses and Seminars

Always remember, the Family Readiness team truly cares about you and your family. That said, "If you have any questions, need any referrals or just want to talk, please contact the FRO (or a member of the Family Readiness team) at any time.

Semper Fortis!

#### Command Master Chief:

Welcome to the inaugural edition of FMTB-West's command newsletter. I am excited and honored to officially welcome you all to the family. I hope to personally meet each and every one of you very soon. Special thanks to HM1 Santiesteban (the command Family Readiness Officer) for taking the effort to make this newsletter a reality. Please do not hesitate to offer any ideas to make this newsletter the best it can be. Till then, all the best to all of you.

#### Family Readiness Officer:

#### Resource Information

For information regarding all aspects of military life, as well as free resources to help in moving, relocating, and everyday life, visit this website: [www.militaryonesource.com](http://www.militaryonesource.com)

If you or someone you know in the military has an exceptional family member, there are resources available on base to help. The following website has answers to the concerns many families face: <http://www.mccscp.com/efmp/>

The Military and Family Life Consultant program located at Camp Pendelton provides short-term problem solving counseling services to service members and their families. This counseling can help with anger management issues, conflict resolution, parenting, deployment stress, loss and grief, and much more. These services are confidential and can be provided in off-base settings. For further information contact them at (760)725-9052 or go to [www.mccscp.com/mcftb/](http://www.mccscp.com/mcftb/)

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The Navy-Marine Corps Relief Society exists to assist Navy and Marine Corps personnel and their families in times of need. They provide visiting nurses, well baby clinics, budget counseling, quick assist loans and financial information. For information on their services or to request assistance, please contact them at: [CampPendleton@nmcrs.org](mailto:CampPendleton@nmcrs.org) (760)725-5337.

Are you relocating in the near future? Would you like information about your next duty station? The Marine Corps Community Services Base and Community Information and Referral Program has the information you need and more. Simply visit the following website for information regarding these issues and much more: <http://www.mccscamp Pendleton.com/>

#### LIFE SKILL CLASSES:

Overview: Emphasizing relationship building, communication skills or personal growth; every workshop offers an open and highly interactive atmosphere, where participants are in the driver's seat. Classes are geared toward every demographic, catering to those who are single, married, or anywhere in between. With curriculum designed by Best Selling authors and highly acclaimed personal development ggenerate results that impact every aspect of a participant's life.

For more information on the classes offered please go to the following link: [www.mccscp.com/lifeskills/](http://www.mccscp.com/lifeskills/) or call (760) 763-7890.

#### LINKS CLASSES:

Overview: Providing fun and engaging workshops that equip participants with the knowledge and tools they will need to navigate the military lifestyle is the ultimate goal of the L.I.N.K.S. program. Offering five different sessions to meet the needs of each audience is the key to L.I.N.K.S. success. Whether you attend a session for Marines, for Spouses/Significant Others, for Parents/Extended Family Members, for Teens, or for Kids; you are guaranteed to walk away empowered, informed...and with some new friends too.

For more information on the classes offered please go to the following link: [www.mccscp.com/links/](http://www.mccscp.com/links/) or call (760)725-2335.

Visit this website for information regarding the Tricare medical program. <https://www.tricareonline.com>

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In future newsletters, I will be offering more links to important websites. If there are areas of interest that you would like to see presented here, please let me know. I would love to have your input.

#### MCCS :

Thanksgiving Luncheon: this year's Thanksgiving luncheon will take place on Wednesday, 25 November 2015 from 1200 to 1400 at Del Mar Beach House .

Command Holiday Party: this year's Holiday Party will take place on Saturday, 12 December 2015 from 1700 to Midnight at Pala Casino. More information to come.

MCCS BI-Weekly News Letters: 1-15 Nov

<http://www.mccscp.com/wp-content/uploads/2015/10/MCCS-Bi-Weekly-Nov-1-15-All-Events>

Single Marine Program Newsletter (NOV)

<http://www.mccscp.com/wp-content/uploads/2015/10/SMP-Newsletter-November-2015.pdf>

Staff Member of the Quarter:

Let's give a huge congratulations to the 1st Quarter, FY 2016 Junior Staff Member of the Quarter: HM2 (FMF) Stewart, Senior Staff Member of the Quarter: HM1 (FMF) Rivera.

Staff Member of the Year:

Let's give huge congratulations to the FY 2015 Junior Staff Member of the Year: HM2 (FMF/EXW) Edwards, Senior Staff Member of the Year: HM1 (FMF) Schuette.

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