TBS

Welcome Aboard Package

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Quantico Area Map

MCB Quantico Mainside Map

Camp Barrett (TBS) Map

MCB Quantico Mainside Buildings

Check-In Procedures for Permanent Personnel

Marine Corps Base, Quantico is divided into two halves. Marine Corps Base Quantico East is commonly referred to as "Main Side," and Marine Corps Base Quantico West, where The Basic School is located.

Directions to MCBQ Mainside:

1. From I-95: Take exit 150, Quantico/Triangle.
2. Take Route 619 east to the entrance of the base.
3. Marine sentries assist visitors arriving at the base; visitors are issued temporary vehicle passes and given directions to their destination. Proper identification, such as military ID, is required to get on base.

Directions to MCBQ West:

1. From I-95: Take exit 148, Marine Corps Base Quantico.
2. Take Russell Road west to the entrance of the base.
3. Russell Road will turn in to MCB1.
4. Take MCB1 to MCB2.
5. Turn left on MCB2 (near the firehouse).
6. Take MCB2 to Belleau Avenue (Camp Barrett) on your right.

Directions to alternate entrance to MCBQ West:

1. From I-95: Take Exit 143B onto Garrisonville Road.
2. Take Garrisonville Road to Onville Road.
3. Turn right onto Onville Road to get to the entrance of the base.
4. Once you have passed the gate, Camp Barrett will be your next left.

The two airports closest to MCB Quantico are Dulles International located in Centerville, Va., and Ronald Reagan Washington National, in Washington, D.C. Shuttle services are available from both. The town of Quantico is a stop for both Amtrak and Virginia Railway Express train services.

All Marine Corps personnel reporting to Quantico and The Basic School during normal working hours will report to the Installation Personnel Administration Center (IPAC) located on the second deck of Building 2006, Hawkins Avenue, (Headquarters & Service Battalion Building) which is located on Mainside. The IPAC phone number is (703) 784-4466. Upon reporting in, IPAC will provide initial administrative check-in assistance including OQR/SRB updates, Original Orders Endorsements, Travel Claims, Unit Diary and Assignment to the Welcome Aboard Briefing. After completing IPAC check-in, personnel are turned over to their assigned unit headquarters for issuance of their Check-in Sheets and further in-processing. For Marines reporting to TBS, your headquarters will be Heywood Hall, address 24164 Belleau Avenue, Quantico, VA, 22134.

All personnel checking in are required to wear Service Alphas. Upon arriving at TBS, please check in with the S-1/Manpower section to receive your check-in sheet. Based on your orders, you will be directed to one of the company offices for further check-in procedures.

After Hours Check In:

Marines checking in after hours will check-in with the Officer of the Day to have their orders stamped. Depending on pay grade and dependent status, Marines will either receive a temporary barracks room located aboard TBS or they will be required to stay in temporary lodging (potentially covered by TLE). On the first business day after checking in, Marines are required to check in with the local IPAC and S-1/Manpower Section to receive their check-in sheet.

Check-In Procedures for Student Personnel

Check-in to The Basic School

Check-in Time: NET 0700 / NLT 1700 on the date of your orders

Reporting Uniform: Service Alphas or Business Suit Equivalent

Required Documents: OQR, Medical/Dental Documentation, Hard Copy of Original Orders

All students will be required to complete both annual and fiscal year MarineNet training during the first two weeks of the period of instruction (POI). You can get-ahead by logging onto MarineNet and completing the required courses prior to check-in. The link is located at: https://www.marinenet.usmc.mil/MarineNet/Home.aspx.

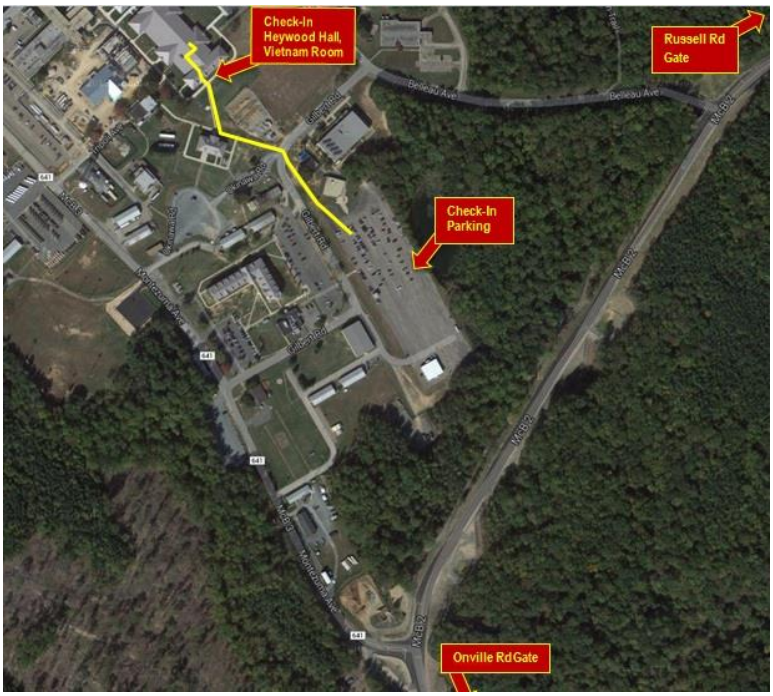
If you are a single Marine or a geo-bachelor, expect to live in a barracks-type environment, with one to two additional roommates, complete with a head, small refrigerator and microwave. It is recommended to bring personal bedding (comforter, pillow), as well as any additional electronic items to assist with training during the POI (laptop, printer, tablet).

If you are married and are bringing a family, it is advised to live in the Stafford area and close to Garrisonville Road. The majority of apartments, townhomes, or rentals that accommodate short term leases (i.e., monthly, quarterly, or six-month) are near Camp Barrett. The link to the Quantico housing office which contains ample information on Base Housing and the Housing Referral Service is:
http://www.quantico.marines.mil/OfficesStaff/GFInstallationandEnvironment/FamilyHousingBranch.aspx.

While training at The Basic School, you will not be allowed to ride a motorcycle. Also, no firearms are permitted in the barracks aboard Camp Barrett, so either leave them at home or find an off-base storage location. If you choose to drive a personally owned vehicle to Camp Barrett, ensure you have your vehicle registration and insurance available, as we will conduct vehicle registration for the base during in-processing weeks.

During the first few weeks of the POI you will be required to purchase the Marine Corps Dress Blue uniform to wear at The Basic School Marine Corps Birthday Ball. This uniform can cost upwards of $800. Ensure that you have a plan to purchase this required uniform. Included in subsequent pages are uniform prices from the TBS Uniform Shop and The Marine Shop, as well as the required uniform list for Officers graduating from The Basic School. Further information is available online.

The TBS Uniform Shop:
http://www.mymcx.com/index.cfm/locations/quantico/tbs-uniform-shop
The Marine Shop:
http://www.marineshop.net/page.cfm/Uniforms/TAILOREDUNIFORMS.html



Upon arrival at Camp Barrett, proceed to the parade deck annotated below by "Check-In Parking." Walk, following the yellow line depicted below, to Heywood Hall. Your check-in will go in the Vietnam Room. You are expected to check-in wearing either your Service A uniform or civilian equivalent (suit and tie).

Newly Married Check List

Obtain an original certified copy of your marriage certificate/license from the county where the marriage took place.

MILITARY PERSONNEL OFFICE OR UNIT ADMINISTRATION OFFICE

Obtain an ID card for your spouse—you will need the DD Form 1172 and the marriage certificate. Also enroll spouse in DEERS (Defense Eligibility Enrollment Reports System) while obtaining the ID card so they are eligible for healthcare benefits. ID cards are made in Little Hall, Building 2034. A DD1172 can be obtained at www.dmdc.osd.mil/self_service using a CAC card login.

Apply for BAS (Basic Allowance for Subsistence) or comrats if spouse is joining sponsor at command.

Change the beneficiary on SGLI if desired by visiting www.mypay.gov.

Set up an allotment for spouse if in a deployable status or if desired by visiting www.mypay.gov.

Change state and federal income tax withholdings status to reflect married status if desired by visiting www.mypay.gov.

Enroll spouse in United Concordia Dental Plan if desired.

BASE HOUSING OFFICE

Apply for base housing or get a list of off-base housing referrals if spouse is joining sponsor at command. Housing is located at Building 3049 Lincoln Properties. Their number is 703-784-2711.

MEDICAL

Visit https://www.tricare.mil/LifeEvents/Marriage for step by step instructions. Keep in mind that everyone is automatically enrolled in TriCare Standard (PPO). If you want TriCare Prime (HMO), you must enroll in it. This website has links to information about both plans.

BANK

Set up or change bank accounts to joint status if desired.

Change beneficiary on any other life insurance policies.

Add spouse to your car insurance policy.

Change spouse's Social Security Card to reflect married name if desired. Contact your local Social Security Office by calling 1-800-772-1213 or by visiting www.ssa.gov.

BASE

Attend the Commanding General's Welcome Aboard Brief to learn valuable information about the base and its resources.

Encourage spouse to attend a L.I.N.K.S. (Lifestyles, Insights, Networking, Knowledge, and Skills) session which will provide valuable information about the Marines Corps and other base resources. L.I.N.K.S. is located at Quarters 206 and the phone number is 703-784-1211.

For spouse employment opportunities, check out the Career Resource Management Center at the Marine Corps Community Services Office. They offer a variety of services to help in the job seeking process, as well as various employment listings. They are located in Little Hall Building 2034 and their number is 703-784-2511.

Check out the Marine Corps Community Services Office in the basement of Little Hall Building 2034. They offer a variety of services such as Information and Referral, Relocation Assistance Program, New Parent Support Program, Financial counseling, Exceptional Family Member Program, Transition Assistance Program, Marriage and Family Counseling, as well as many valuable workshops and more! Their number is 703-784-2659 for more information.

Newly Married Check List (Continued)

Additional Information for New Military Spouses

Community Services Center: Various services offered including Information and Referral, Financial Counseling, Relocation Assistance Program, Exceptional Family Member Program, Marriage and Family Counseling, Transition Assistance Program, Career Resources Management Center and more. Please call 703-784-2659/0 for more information.

Marine Corps Family Team Building: Consists of the Family Readiness Program, the L.I.N.K.S. program, Marriage Preparation Seminar, Chaplain's Religious Education Development Operation (CREDO) and Life Skills and Readiness and Deployment Support. For more information on these programs please call 703-432-1901.

Navy Marine Corps Relief Society: Non-profit organization providing financial and budgeting assistance and education. Volunteers are always welcome and it is a great place to learn about the life in the military. They offer a "Budget for Baby" class as well. Visiting Nurses are available to assist those in need. Please call 703-784-9754/5.

New Parent Support Program: Service offered to parents with children under the age of 6 to provide support through parent education classes, home visits and parent support groups. They offer "Baby Boot Camp" to help teach new parents infant care. Classes not only help new parents understand their child's development, but how to raise children in a military environment. Please call 703-784-4248.

American Red Cross: Classes and presentations on emergency response, disaster preparedness, HIV, CPR, Community First Aid, Baby Sitting, and more. Note: there is a fee for some classes. Call 703-784-3113 for more information.

Semper Fit Program: Classes offered on stress management, nutrition, Yoga, health, habit, control, and other topics. Please call 703-432-0590 or 703-784-2003 for more information.

TriCare Service Center: Located in the Naval Medical clinic on mainside. To schedule an appointment at the clinic call 703-784-1725 or visit www.tricare/osd.mil. For more information on your TriCare benefits or to check enrollment status for the TriCare Northern Region call 1-877-TRICARE (874-2273).

As a tip for student Marines and their spouses, talk to your OSO or OIC about getting your orders to TBS moved up a week. This will give you time to find a house/apartment.

House Hunting

Base Housing

For information on the housing waiting list and your military base housing options, contact Lincoln Military Housing Communities at http://lincolnmilitary.com/installations/quantico-mcb/ or call 703-432-8500.

Off-Base Housing Rentals

Those wishing to rent a home off base may utilize the following resources to locate an available home in the local area:

- Automated Housing Referral website @ www.ahrn.com
- www.Zillow.com
- www.militarybyowner.com
- https://www.facebook.com/groups/USMCNOVA/ – ***This link is to a Facebook group for NOVA military spouses; Once you join this Facebook group, join the following subgroup called Nova HHE. https://www.facebook.com/groups/537496506388844/

Temporary Housing:

During a Permanent Change of Station (PCS) move, Marines rate up to 10 days of Temporary Lodging Expense (TLE) when the move is conducted CONUS, or 5 days when the move is conducted OCONUS. For additional information regarding TLE, please contact your local IPAC or reference the Joint Travel Regulations (JTR).

The following temporary lodging is available

- **Crossroads Inn** – 703-630-4444, reservations@crossroadsinnquantico.com
- **Liversedge** (for single Marines) – 703-784-3149 / 703-432-1341 (O-6 & above: 703-432-1342) https://www.dodlodging.com/html/MB-quantico.htm

A Note about the Service Member's Civil Relief Act for Residential Leases

You may terminate residential leases on a premise you or your dependents occupy if you:

- Enter a lease and thereafter enter the military service
- Execute a lease during military service and thereafter receive permanent change of station or deployment orders for 90 days or more. Termination of your lease will be effective 30 days after the date the next rent payment is due. Security deposits must still be returned to you pursuant to applicable state laws. Any prepaid rent must also be refunded.

Note to Virginia leasers:

"The Virginia Residential Landlord Tenant Act" also permits termination of applicable residential leases if you:

- Receive permanent duty orders to depart 35 miles or more (radius) from the location of your dwelling
- Receive temporary duty orders in excess of three months' duration to depart 35 miles or more (radius) from the location of your dwelling
- Are discharged or released from active duty from the armed forces or from full-time duty or technician status from the National Guard

Are ordered (not offered as space becomes available) to report to government-supplied quarters resulting in forfeiture of allowance of quarters.

Rental housing eviction protection—You and your family cannot be evicted from housing for nonpayment of rent without a court order, no matter what your rental agreement or local laws say. This protection applies to rents $2,465 and below for 2004 and $2,400 in 2003 (up from $1200 in previous years). This $2,465 cap is automatically adjusted by the yearly increase in the November Consumer Price Index for all urban consumers, rent of primary residence, U.S. city average. For more information, visit http://www.bls.gov/cpi/ for the yearly statistic. If you or your family's ability to pay rent is materially affected by your military service, you may apply to the court and the court must either grant a 90 day stay in eviction proceedings (unless longer or shorter would be more fair to all parties), or adjust obligations under the lease in a way that preserves all parties' interests.

Car Buying & Registration

Leasing

Need a vehicle? Depending on your circumstances, many service members find leasing a vehicle to be a better option than buying one. To find out more about leasing and whether it's right for you, visit the following link: http://www.militaryonesource.mil/financial-and-legal/home-and-family-finances?content_id=281441

Virginia Registration Requirements

If you are an active-duty armed forces member who is stationed in Virginia, you and your spouse, as well as eligible dependent children, can drive with valid licenses from out of state or from your home country.

If you are the sole owner of your vehicle, you can drive it with out-of-state plates. If the vehicle is co-owned and out-of-state plates are used, all co-owners must be active duty service members. If all the co-owners are not active duty members, the vehicle will need to be registered in Virginia.

Your registration fee is determined by the empty weight/gross weight of your vehicle, the type of license plate you purchase and the number of years (one or two) you register your vehicle. There's a $2.00 discount when you register for two years. If both your name and your spouse's name are on the title, you will not get a fee waiver for Virginia taxes.

For more information about registration requirements in Virginia, visit the following links:
http://www.dmv.org/va-virginia/military-drivers/
https://www.dmv.virginia.gov/webdoc/pdf/dmv206.pdf

Out-of-state Vehicle Registration

For information about registration requirements in your home state of record, visit the following link and select the link for your state: http://www.dmv.org/military-drivers/

A Note about the Service Member's Civil Relief Act for Vehicle Leases

You may terminate a lease for a motor vehicle you or your dependents signed prior to coming to active duty or prior to receiving orders for a period of not less than 180 days. You may terminate a lease that you signed during your military service if you receive PCS orders outside the continental United States, or deployment orders, for a period of not less than 180 days. No early termination charge may be imposed, but certain fees and taxes may be charged to you pursuant to your lease, including reasonable charges for excess wear, use and mileage.

Spouse Employment/Education/Volunteering

EMPLOYMENT RESOURCES

- ***Marine & Family Programs Employment Assistance***
  Assistance with resumes and interviewing, federal hiring process, resume assistance, interviewing techniques, and the federal application process. Register on-line at:
  http://mccscp.com/home/recreation/SFOnlineClassRegistration.aspx

- ***Hiring Our Heroes***
  A nationwide initiative by the U.S. Chamber of Commerce Foundation to help veterans, transitioning service members, and military spouses find meaningful employment opportunities. They will assist you in building your resumé.
  https://www.uschamberfoundation.org/hiring-our-heroes

- ***Military Spouses Employment Partnership Website***
  http://www.msepjobs.com/skins/msep/home.aspx?AllowSSL=true%2ctrue

- ***Federal Jobs***
  http://www.usajobs.gov

- ***MCCS Job Preference***
  This is a DoD program instituted to lessen the adverse impact on the career paths of spouses of active duty service members. Most MCCS jobs are posted at:
  http://www.usmc-mccs.org/employ/jobvacs.cfm?sid=emp&smid=2

- ***Military OneSource - Volunteering as a First Step Toward Employment***
  http://www.militaryonesource.mil/education-and-employment/spouse-education-and-career-opportunities?content_id=281024

EDUCATION RESOURCES

- ***Quantico Voluntary Education Center***
  http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/voluntary-education-center/

- ***Military OneSource – Spouse Education & Career Opportunities***
  Tip s and resources for education and locating employment
  http://www.militaryonesource.mil/seco

- ***Cardinal Institute for Health Careers***
  Current programs offered: Personal Care Aide, Nurse Aide, Phlebotomy, SafeSitter Babysitting, Basic Life Support, CPR/First Aide. DMAS certified, S.C.H.E.V. certified, and Virginia Board of Nursing approved. Payment plans available. Call for a no-obligation tour.
  www.cihealthcareers.com
  150 Riverside Parkway, Suite 211, Fredericksburg, VA 22406
  540-479-6600

Spouse E/E/V (Continued)

VOLUNTEERING

- **Please visit the following link for a number of local volunteer opportunities:**
  http://www.quantico.usmc-mccs.org/index.cfm/marine-family/quantico-volunteer-opportunities/off-base-volunteer-opportunities/

- ***Children's Education Programs at the National Museum of the Marine Corps*** – The Education Department of the NMMC is seeking Marine Corps spouses to volunteer with puppet shows, children's education programs, and family day activities. If you are interested in finding out more information, contact Martha Stout at Martha.stout@usmc.mil or 571-220-2445.

- **USO**
  https://volunteers.uso.org/?nd=login

- ***Operation Home Front***
  http://www.operationhomefront.org/

- ***American Red Cross***
  http://www.redcross.org/volunteer/become-a-volunteer#step1
  2034 Barnett Ave, Quantico, VA 22134
  703-784-3113

- ***MCCS Youth Sports***
  http://www.quantico.usmc-mccs.org/index.cfm/semper-fit/youth-sports/mission-and-rules/
  Barber Physical Activity Center, 2073 Barnett Ave, Quantico, VA 22134
  703-784-9756

- ***Navy / Marine Corps Relief Society***
  http://www.nmcrs.org/page/s/volunteer-with-nmcrs
  2034 Barnett Ave, Quantico, VA 22134
  703-784-3355

- ***MCB Volunteer Program***—The Volunteer Program provides volunteer opportunities to active duty personnel, their family members, retirees, veterans, and civilians to connect the installation and community volunteer resources. If you are interested in continuing to volunteer in the MCBQ community, your first step will be to request a **Volgistics** account by completing the requested information at https://www.volgistics.com/ex/portal.dll/ap?ap=1470834438. Within 7 days you will receive a welcome e-mail that will include your temporary password into the Volunteer Information Center Network Portal (VicNet) which can be found at https://www.volgistics.com/ex/portal.dll/?from=168723.

Defense Personal Property Program – DP3

INITIATING YOUR MOVE

The Defense Personal Property Program (DP3) is a new DOD program designed to improve quality of life for our service members, civilian employees, and their families through improved household goods moves. A centralized computer repository, Best Value procurement standard, and a streamlined claims process are major initiatives to achieve superior household good transportation service.

The Defense Personal Property System (DPS) is designed to improve the move experience for all those involved. DPS provides direct and empowered communications between the service member and Transportation Service Provider (TSP) - DPS is available 24/7 365 days a year from any location with internet access.

Important details to consider:

- Review current moving tips on https://www.move.mil/.
- You must establish a DPS account to process/manage your shipment, request delivery, file a claim, and complete your Customer Satisfaction Survey.
- You will receive e-mail notifications throughout the move process; you must maintain a current e-mail address in DPS that will be valid at both origin and destination.
- You can still request TSP to handle your shipment, however they may be more difficult to acquire under this Best Value program.
- The TSP is required to perform a Premove survey at least 7 days prior to the requested pickup date.
- In most cases, the actual Pack, Pickup, and Delivery dates will be negotiated directly between you and TSP during the Premove survey. You should expect 1 pack day for every 400 pounds.

MANAGING YOUR MOVE

DPS provides you with move information where and when you need it. DPS places you in direct contact with the TSP. The following list of functions provides customers with more visibility and control over their move;

- **CONTACT INFORMAITON**

Use DPS to keep your contact address, phone numbers, and e-mail addresses up to date. **Current contact information is critical throughout the entire move!**

- **DATE CHANGES**

DPS provides the ability to request changes to your pack, pickup, and delivery dates. All date changes **must be** coordinated with the TSP.

- **TEMPORARY STORAGE**

You may be authorized temporary storage. Extensions beyond the initial storage period can be requested through your DPS user interface. Requests require justification and are not automatically approved.

- **REQUESTING DELIVERY**

When a shipment arrives at its destination, the TSP coordinates delivery directly with you. If the TSP is unable to coordinate a delivery after 2 hours (domestic) or 3 hours (international), the TSP must request storage. DPS sends you an arrival notice. When you are ready for delivery, submit a request for delivery through DPS. The TSP is required to respond to your request within 24 hours. Confirmation of a delivery date will appear in the customer's DPS work queue.

- **EXCESS COST**

DPS determines excess costs for shipments having excess weight, excess distance, multiple shipments, and boat/trailer excess costs. DPS calculates the excess cost based on the actual shipment weight and displays the dollar amount owed. DPS automatically generates a reweigh request for shipments exceeding your JFTR/JTR weight allowance.

DP3 (Continued)

COMPLETING YOUR MOVE

REPORTING LOSS/DAMAGE

Upon shipment delivery, you and the TSP will record loss/damage on a "*Notification of Loss/Damage **AT** Delivery*" form.

Loss/Damage discovered after delivery shall be listed on the "*Notification of Loss/Damage **AFTER** Delivery*" form **or** entered into DPS by you.

All loss/damage must be declared and filed within 75 days of delivery. (*Hardcopy or in DPS*) Neither the TSP nor the Government will pay for items not identified on the loss/damage report within 75 days.

FILING A CLAIM

To have your claim paid on the basis of Full Replacement Value (FRV), you **MUST** file directly with the TSP within 9 months of delivery. You can file a claim by logging into DPS and selecting the "CLAIMS" tab. For FRV, the TSP is REQUIRED to replace any item that is lost/destroyed with a new item, or pay the cost of a new item of the same kind and quality, without deducting for depreciation. The TSP is not required to replace items which can be repaired for less than the FRV of the item. Repair will be to the extent necessary to restore the item to its condition when it was received by the TSP. An item is considered destroyed if it cannot be repaired, or if the cost of repair would exceed the cost of a new item.

Claims Critical Timeline

- **WITHIN 5 DAYS AFTER DELIVERY –** The TSP may provide a "Quick Claim" settlement if total claim is less than $500.
- **WITHIN 75 DAYS AFTER DELIVERY** – You must file your Notice of Loss/Damage form or complete the action in DPS. If you opt for filing with the military claims office, you must file within ***70 DAYS AFTER DELIVERY.***
- **WITHIN 9 MONTHS AFTER DELIVERY** – File your claim directly with the TSP for FRV protection.
- **NLT 2 YEARS AFTER DELIVERY** *(but after 9 months)* – File your claim with the TSP or your Military Claims Office for other than a FRV settlement.

CONTACT INFORMATION

Got to the https://www.move.mil/ website and create your DPS user account.

Don't have Internet access? The **DPS Interactive Voice Response (IVR) system** will provide you with access to your shipment information

1-800-605-7177
1-800-326-2137

For Personal Property entitlements or functional questions, contact a Transportation Office

1. Go to the https://www.move.mil/ website.
2. Select DOD Customer.
3. Select the link to register under Accessing DPS.

For technical DPS systems issues contact the DPS HELP DESK

Toll Free: (800) 462-2176
Commercial: (618) 220-SDDC (7332)
DSN: 770-7332
Sddc.safb.dpshd@us.army.mil

Check out Montgomery-house.net to read Kelsey Drozd's blog about PCS moves as a military spouse.

Legal Support & Resources

LEGAL ASSISTANCE OFFICE

The Legal Assistance Office (LAO) is available for any and all legal questions you may have! The LAO handles a multitude of legal issues, including but not limited to claims under the Servicemembers' Civil Relief Act (SCRA), landlord-tenant law, family law, estate planning services, tax law and filing, notary services and powers of attorney.

Address: 3095 Roan St, Quantico, VA 22134-5001
Phone: 703-784-3126/3127

Notary services and powers of attorney are available during the following times: Mondays from 1:00-4:00; Tuesdays and Thursdays from 8:00-11:00 and 1:00-4:00; and Wednesdays from 8:00-11:00.

Appointments: Initial appointments are scheduled in person at the LAO on Monday mornings (or Tuesday morning if Monday is a federal holiday) at 0730 for the current week. Please download and complete the client intake form (available on the website below) and bring the completed form with you to schedule your appointment.

Generally, a ***valid military identification card*** is required for provision of most services.

Please visit the following link for more information:
http://www.quantico.marines.mil/Offices-Staff/Legal-Services-Support-Section/Legal-Assistance/

TAX CENTER

The MCB Quantico Tax Center provides seasonal income tax preparation and electronic filing for eligible personnel. The Tax Center opens on January 25th and closes on April 15th. Patrons will be seen on a walk-in basis ONLY. Outside of tax season, the Legal Assistance Office can assist you with tax questions.

The Tax Center is located in the rear of the Legal Assistance Building at 3095 Roan St, Quantico, VA 22134-5001.

For more information, please call 703-784-3976 or visit the following link:
http://www.quantico.marines.mil/Offices-Staff/Legal-Services-Support-Section/Tax-Services/

Military OneSource

For additional information about filing taxes in the military, please visit the following link:
http://www.militaryonesource.mil/financial-and-legal/taxes

For additional information about handling legal issues, please visit the following link:
http://www.militaryonesource.mil/financial-and-legal/legal-issues

TBS Chaplaincy

Religious Ministry at The Basic School

The Basic School Chaplain provides for his own faith group (currently Roman Catholic); facilitates the practice of other faith groups; advises the command; and cares for all students, permanent personnel, and their dependents, regardless of faith group.

Capodanno Chapel is available to attend service, Mass, Bible study, pray, meditate, or play the piano at any time it is not otherwise in use. Please contact the chaplain if you want to start a study, have questions about worship opportunities, or to set an appointment for counseling and/or confession.

TBS Religious Ministry Team

LT Curtiss Dwyer, CHC, USN
curtiss.dwyer@usmc.mil

RP2 Cornelius Gore, FMF
cornelius.d.gore@usmc.mil

TBS Service Schedule

Sunday

1100 Buddhist Service
TBS, Capodanno Chapel
John Sanford

1730 Tun Tavern Fellowship
West Home, Mike West

1830 Confessions, Capodanno Chapel

1900 Roman Catholic Mass
TBS, Capodanno Chapel
Fr. Curtiss Dwyer

1945 Catholic Study (follows Mass)

Mon-Fri

1100 Daily Mass
TBS, Capodanno Chapel
Fr. Curtiss Dwyer

Monday

1900 Praetorian Project Bible Study
Roy Garza
TBS, Capodanno Chapel

Tuesday

1800 Navigators Ministry
Michael Jacobs
TBS, Capodanno Chapel
Officers
TBS, Austin Hall Enlisted

1900 LDS Ministry, Dean and Sharen Riding
TBS, Vandegrift Room

Wednesday

1900 CRU Ministries
Jeff McCormack
TBS, Capodanno Chapel

Thursday

1130 Navigators Ministry
Michael Jacobs
TBS, Vandegrift Room

Saturday

0800 Tun Tavern Fellowship
Breakfast and Bible Study
Tun Tavern Inn

Main Side Duty RP
Cell: 703-898-9886

Chaplain Vincent Capodanno

Medal of Honor Citation

"For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as Chaplain of the 3d Battalion, in connection with operations against enemy forces. In response to reports that the 2d Platoon of M Company was in danger of being overrun by a massed enemy assaulting force, Lt. Capodanno left the relative safety of the company command post and ran through an open area raked with fire, directly to the beleaguered platoon. Disregarding intense enemy small-arms, automatic-weapons, and mortar fire, he moved about the battlefield administering last rites to the dying and giving medical aid to the wounded. When an exploding mortar round inflicted multiple painful wounds to his arms and legs, and severed a portion of his right hand, he steadfastly refused all medical aid. Instead, he directed the corpsmen to help their wounded comrades and, with calm vigor, continued to move about the battlefield as he provided encouragement by voice and example to the valiant Marines. Upon encountering a wounded corpsman in the direct line of fire of an enemy machine gunner positioned approximately 15 yards away, Lt. Capodanno rushed a daring attempt to aid and assist the mortally wounded corpsman. At that instant, only inches from his goal, he was struck down by a burst of machine gun fire. By his heroic conduct on the battlefield, and his inspiring example, Lt. Capodanno upheld the finest traditions of the U.S. Naval Service. He gallantly gave his life in the cause of freedom."

Per his family's wishes, Chaplain Capodanno's actual Medal of Honor and signed citation hang on the west wall of the Capodanno Chapel at TBS.

TBS Chaplaincy

Chaplaincy

US Navy Chaplains have existed since November 1775. As both ordained clergy and commissioned US Navy officers, their mission is to ensure the free exercise of religion and promote and maintain spiritual readiness and interior wholeness.

Effective US Marine Corps leaders know to call upon their chaplain both for the sake of those they lead, and for their own benefit.

Confidentiality

Per Navy policy (SECNAVINST 1730.9), what is said to a chaplain within counseling is absolutely confidential - period! There are no exceptions.
The government and military recognize that it is to the benefit of all to provide someone who is completely safe with sensitive or very personal information. So, YOU hold the key.

A chaplain may recommend other resources, but it will always be up to the person who discloses whether or not to allow information to be shared with anyone outside the chaplain counseling relationship.

Faith Group Representatives

MCB Quantico Chaplains

Protestant:
Various; can be reached via Memorial Chapel
703.784.2131

Catholic:
Ch. (Fr.) Curtiss Dwyer
curtiss.dwyer@usmc.mil

Other Faith Group Lay Representatives

Buddhist:
CAPT (Ret) John Sanford
sanfordjm@aol.com

Jewish:
LtCol (Ret) Mike Haas
mhaas@ipkeys.com

Church of Jesus Christ of Latter Day Saints (LDS):
Mr. Dean Riding
driding48@msn.com

Muslim:
Mr. David Debye
quantico.muslims@gmail.com

Protestant Para-Church Organizations

Navigators:
Mr. Mike Jacobs
navm1j9j53@verizon.net

Cru Ministries:
Mr. Jeff McCormack
Jeffrey.Mccormack@crumilitary.org

Tun Tavern Fellowship:
LtCol (Ret) Mike West
mike.west@tuntavernfellowship.org

The Praetorian Project:
Pastor Roy Garza
Roy@pillarchurchsbc.com

Adopt A Marine Program Coordinator:
Denise Hummel
adoptamarineprogram@gmail.com

Capodanno Chapel
and
The Chaplain's Office

— Lopez Hall, Room 101 —
near Subway at
The Basic School

LT Curtiss Dwyer, CHC, USN
curtiss.dwyer@usmc.mil
Desk: 703.784.6678
Cell: 571.245.3892

RP2 Cornelius Gore
cornelius.d.gore@usmc.mil
Desk: 703.784.5210

Online Resources

Military OneSource

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and childhood, and much more.

Military OneSource has policy and programmatic information, helpful resources, products, articles and tips on numerous topics related to military life. Confidential services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers confidential call center and online support for consultations on a number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support, and resources.

Military OneSource also offers confidential non-medical counseling services online, via telephone or face to face. Eligible individuals may receive confidential non-medical counseling addressing issues requiring short-term attention, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital problems as well as assistance with financial management, taxes, career services, health and wellness, and much more. This personalized support is available 24/7 no matter where you live or serve.

For more information, visit www.militaryonesource.mil

National Military Family Association

The NMFA provides education and information regarding rights, benefits, and services for military families. For more information, visit www.militaryfamily.org

Military Child Education Coalition

Helps military children cope with being transferred from school to school around the world. For more information, visit www.militarychild.org

Military and DoD Child Care Assistance

Visit this website to learn more about Child Care Fee Assistance Programs: http://childcareaware.org/military-child-care-assistance-programs/

School & Child Care Options

DOD SCHOOLS: (*Must reside in MCB Quantico housing*)

- ***Crossroads Elementary School*** – 703-630-7065
  http://www.dodea.edu/CrossroadsES/
  3315 Purvis Rd, Quantico, VA 22134

- ***Quantico Middle/High*** (Grades 6-12) – 703-630-7055
  http://www.dodea.edu/QuanticoMHS/
  3307 Purvis Rd, Quantico, VA 22134

COUNTY PUBLIC SCHOOLS

- ***Prince William County Public Schools***
  www.pwcs.edu

- ***Stafford County Public Schools***
  www.staffordschools.net

- ***Fredericksburg City Schools***
  www.cityschools.com

- ***Spotsylvania County Public School***
  www.spotsylvania.k12.va.us/

- ***Fauquier County Public Schools***
  www.fcps1.org

PRIVATE SCHOOL OPTIONS:

- ***Colonial Baptist Academy*** – 540-659-1810
  https://www.facebook.com/colonialacademy/?rf=1500510086894558
  2726 Jefferson Davis Hwy, Stafford, VA 22554

- ***Fredericksburg Christian School*** – 540-659-1279
  www.fredericksburgchristian.com
  101 Shepherds Way, Stafford, VA 22556

- ***The Goddard School*** – 540-288-1515
  www.goddardschool.com/washington/stafford-highpointe-boulevard-va
  301 Highpointe Boulevard, Stafford, VA 22554

- ***The Merit School Of Stafford*** – 540-659-5290
  www.meritschools.com
  664 Garrisonville Rd., Stafford, VA 22554

PRIVATE SCHOOL OPTIONS (Continued)

- ***Grace Preparatory School*** – 540-657-4500
  www.graceprepschool.org
  2202 Jefferson Davis Hwy. Stafford, VA 22554

- ***St. William Of York Catholic School*** – 540-659-1102
  www.swoycc.org
  3130 Jefferson Davis Hwy, Stafford, VA 22554

PRESCHOOL OPTIONS:

- ***Quantico Child Development Center*** – 703-784-4470
  http://www.quantico.usmc-mccs.org/index.cfm/marine-family/child-and-youth/child-and-youth-programs-cyp/child-development-center-cdc/
  3311 Purvis Rd., Quantico, Va. 22134

- ***Red Apple School*** – 540-752-1487
  www.redappleschools.com
  107 Autumn Dr., Stafford, VA 22556

- ***Stafford KinderCare*** – 540-659-2827
  http://www.kindercare.com/our-centers/stafford/va/000313
  29 Greenspring Dr., Stafford, VA 22554

- ***La Petite Academy of Stafford*** – 540-720-0004
  https://www.lapetite.com/your-local-school/stafford-va-7113/ 25
  Travis Ln, Stafford, VA 22554

- ***Ebenezer United Methodist Church*** – 540-659-1349
  They also have a gym and offer child care. Look up their exercise group on Facebook and join.
  http://ebenezerumc.org/preschool/
  161 Embrey Mill Rd, Stafford, VA 22554

- ***Mount Ararat*** – 540-659-2554
  http://www.mtararat.org/get-involved/kids/weekday-preschool
  1112 Garrisonville Rd, Stafford, VA 22556

HOMESCHOOL SUPPORT

- ***Stafford Homeschooler Co-Op***
  http://www.staffordhomeschoolersmembership.com/

- ***North Stafford Christian Home Educators Co-Op***
  https://www.thehomeschoolmom.com/local/north-stafford-christian-home-educators-nsche/

- ***Organization of Virginia Homeschoolers***
  www.vahomeschoolers.org

- ***Home School Legal Defense Association***
  www.hslda.org

Sports:

- ***Stafford County Gymnastics Center*** – 500 Nelms Cir, Fredericksburg, VA 22405, 540-658-5115, http://va-staffordcountyparksandrec.civicplus.com/

- ***Stafford County Parks & Rec*** –baseball, softball, basketball, volleyball, lacrosse, soccer, flag football, gymnastics. http://va-staffordcountyparksandrec.civicplus.com/index.aspx?nid=122

- ***Stafford Area Sports*** – website provides information on a diverse list of sports in the Stafford area http://www.staffordkids.com/sports.html

- ***Prince William County Parks & Rec*** – Basketball, volleyball http://www.pwcgov.org/government/dept/park/chinn/pages/youth-sports.aspx

- ***Soccer Shots*** – 540-336-8620, https://www.soccershots.org/northwesternva/

- ***Tiny Troops Soccer*** – https://www.facebook.com/tinytroopssoccer

- ***Highlanders Wrestling*** -- 71 Commerce Pkwy, Fredericksburg, VA 22406, http://staffordhighlanders.com/

Indoor Play Zones

- ***Playday*** – 100 Susa Dr, Stafford, VA 22554, 540-242-8752. https://playdayinc.com/beta/

- ***Chuck E. Cheese's*** – 1280 Central Park Blvd, Fredericksburg, VA 22401, 540-786-9935, https://www.chuckecheese.com/storedetails/va/fredericksburg/545

- ***Beehive Indoor Playground*** – 13412 Jefferson Davis Hwy, Woodbridge, VA 22191, 703-910-4781, www.beehivepark.com

- ***Children's Museum of Richmond*** – 1275 Jefferson Davis Hwy, Fredericksburg, VA 22401, 540-656-2233, http://www.c-mor.org/

- ***Funland*** – 1351 Central park Blvd, Fredericksburg, VA 22401, 540-785-6700, http://centralparkfunland.com/

- ***Buzzy's Play Park*** is located in Spotsylvania Towne Centre. The area is enclosed for safety and all of the climbing toys are soft but durable.

- ***Toddlin Time*** – 9806 Cockrell Rd, Manassas, VA 20110, 703-577-9543, https://www.toddlintimeofmanassas.com/

Outdoor Parks

- ***Quantico Playground*** (covered with soft floor) – 2002 Barnett Ave, Quantico, VA 22134

- ***Patawomeck Park*** – 25 Chopawamsic Pkwy, Stafford, VA 22554, http://www.visitfred.com/things-to-do/outdoor-adventures/nature-outdoors/parks/patawomeck-park

- ***Smith Lake Park*** – 370 Doc Stone Rd, Stafford, VA 22556, http://www.visitfred.com/things-to-do/outdoor-adventures/nature-outdoors/hiking-walking/smith-lake-park-0

- ***Braehead Farm*** – 1130 Tyler St, Fredericksburg, VA 22401, 540-899-9848, http://braeheadfarm.com/

- ***Prince William Forest Park*** – 18170 Park Entrance Rd, Triangle, VA 22172, https://www.nps.gov/prwi/index.htm

- ***National Museum of the Marine Corps*** – 18900 Jefferson Davis Hwy, Triangle, VA 22172, 877-635-1775, http://www.usmcmuseum.com/

- ***Burke Lake Park*** – 7315 Ox Road, Fairfax Station, VA, 703-323-6600, http://www.fairfaxcounty.gov/parks/burkelakepark/rides.htm

Storytimes

- ***Central Rappahanock Regional Library*** – 1201 Caroline St, Fredericksburg, VA 22401, 540-372-1144, http://www.librarypoint.org/kids

- ***Quantico Library*** – 2040 Broadway Street, Quantico, VA 22403, 703-784-4348, http://www.quantico.usmc-mccs.org/index.cfm/marine-family/personal-professional-development/quantico-base-library/

Swim Classes:

- ***Swimkids*** – 13555 Wellington Center Cir #109, Gainesville, VA 20155, 571-261-7946, www.swimkids.us

- ***Stafford County Parks and Recreation Swim Lessons*** – 1600 Mine Rd., Stafford, VA 22554, 540-658-5114, Ext. 1180. Call or e-mail Kate Purnell at kpurnell@staffordcountyva.gov

MCCS has several events and activities including sports registrations that they post on the website and in their bulletin.
http://www.quantico.usmc-mccs.org/index.cfm/marine-family/child-and-youth/child-and-youth-programs-cyp/

The Single Marine Program

About SMP

The Single Marine Program exists to improve the Quality of Life for Single Marines and Sailors aboard MCB Quantico. We focus on the young, single, enlisted Marine or Sailor, although we also welcome geographical bachelors, single parents, and single officers.

The Marine Corps conducted a Quality of Life study in 1993. Results showed that 43% of young, single Marines were dissatisfied with their overall quality of life, and with leisure activities that were available to them. Because such dissatisfaction negatively affects all areas of life— including retention, job performance, and personal readiness— the Marine Corps established the Single Marine Program in 1995. Program goals include:

- Improving Quality of Life
- Enhancing Recreational Opportunities
- Encouraging Community Involvement

Your Quality of Life is important to us, but we need your ideas and concerns to be effective in providing for your unique needs. The Single Marine Program has been created for YOU.

SMP Meetings:
Mainside: Last Wednesday of the month at 1200 at the SMP House, 206 Nicholas Road, Quantico VA 22134.

We help identify QOL concerns to the command. Once these issues are researched, a report is submitted to the proper base agency for resolution. Issues that cannot be resolved at the installation are forwarded to HQMC Single Marine Program for consideration and resolution.

We also discuss and plan recreation, social events, and community participation activities. When you participate, you'll feel a sense of ownership in YOUR SMP program. Get involved. Call today to find out how you can make the most of YOUR Single Marine Program.

SMP, Main Side. Building 206 (behind IPAC)
Call: 703-432-0363 or
Email: mccsquanticoSMP@usmc-mccs.org

For more information, please visit: http://www.quantico.usmc-mccs.org/index.cfm/single-marine-program/

Fun places to visit and things to do…

- ***Quantico Outdoor Adventures*** – rent kayaks, bikes, canoes and more! http://www.quantico.usmc-mccs.org/index.cfm/recreation/quantico-outdoor-adventures/

- Go to ***Virginia Beach***! Make the drive. It's so worth it and so peaceful and relaxing! http://www.visitvirginiabeach.com/spring/

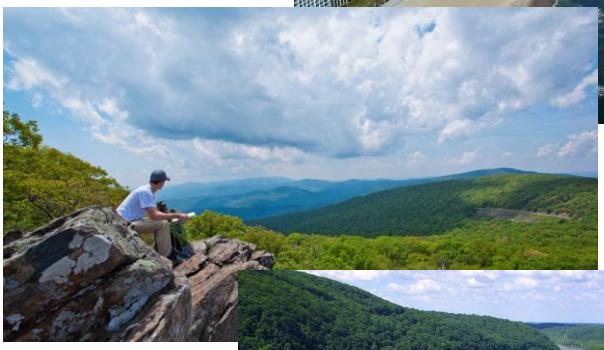
- Go to ***Shenandoah National Park***. It's less than a two-hour drive away. Notable hiking trails include Old Rag and the Appalachian Trail. If you'd rather experience nature from your car, explore Skyline Drive and the Blue Ridge Parkway. https://www.nps.gov//shen/planyourvisit/index.htm

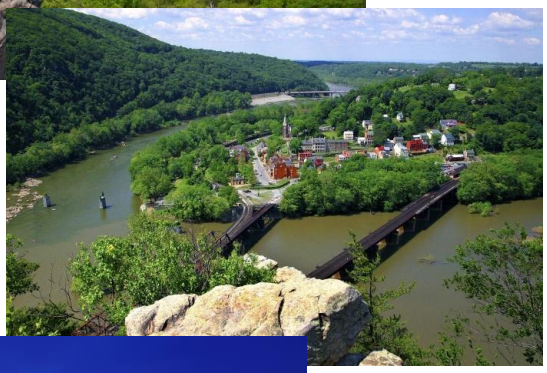
- Visit ***Harper's Ferry, WV***. Tucked away in the mountains where 3 states collide (WV, VA, & MD), this Civil War battle site is rich with history and natural beauty. http://historicharpersferry.com/

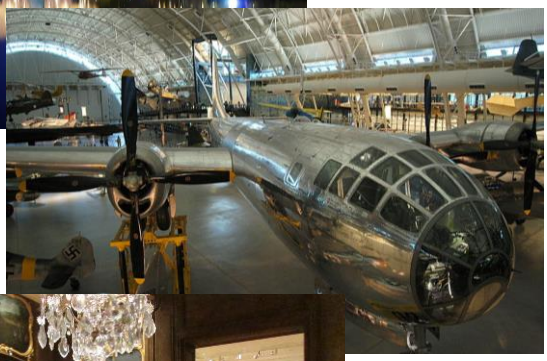
- ***Washington, DC*** is only an hour away. From museums and monuments to culture and cuisine, DC has what you're looking for!
- https://washington.org/

- The ***National Air and Space Museum*** has 2 locations. While the main location is in Washington, DC, there is an expansive collection of historical aircraft in the Dulles, VA location. If your kids love airplanes or space, these are 2 museums you don't want to miss. https://airandspace.si.edu/

- The ***National Gallery of Art***, located in the D.C. National Mall, has a stunning collection of both international and uniquely American art, as well as frequent exhibitions. www.nga.gov







Fun places to visit and things to do…

- **Local Theaters**
  - **MCB Quantico Movie Theater** – Little Hall, 2034 Barnett Ave, Quantico, VA 22134 http://www.quantico.usmc-mccs.org/index.cfm/recreation/little-hall-theater/
  - **Riverside Dinner Theater** – 95 Riverside Parkway, Fredericksburg, VA 22406 http://www.riversidedt.com/
  - **Regal Cinemas Fredericksburg 14** – 3301 Plan Road Rte 3W, Fredericksburg, VA 22401
  - **AMC Potomac Mills 18** – 2700 Potomac Mills Cir, Woodbridge, VA 22192

- **Shopping Malls**
  - **Potomac Mills Shopping Mall** – 2700 Potomac Mills Cir, Woodbridge, VA 22192 http://simon.com/mall/potomac-mills/stores

- **Cavalier Family Skating**
  1924 Jefferson Davis Hwy, Stafford, VA 22554
  http://cavalierfamilyskating.com/

- **Bowling**
  - **Splitsville** – Swanky bowling center with pool tables, TVs, bars & a restaurant serving sushi & more. 51 Towne Centre Blvd, Fredericksburg, VA 22407, 540-785-2695 http://www.splitsvillelanes.com/location/fredericksburg/#location
  - **Quantico Bowling Center** – Little Hall, Lower Level, 2034 Barnett Ave, Quantico, VA 22134 http://quantico.usmc-mccs.org/storage/MCCSQuantico/assets/00-PDFs/05-Recreation/Bowling/BowlingCenterBrochure.pdf

Fun places to visit and things to do…

Exercising

- ***Barber Physical Activity Center*** – Building 2073, Barnett Ave. Quantico, VA 22134, 703-432-0590 http://www.quantico.usmc-mccs.org/index.cfm/semper-fit/semper-fit-facilities/barber-physical-activity-center-bpac/ *–This is the on-base gym. The gym is free but the classes do cost a nominal fee. They offer a co-op childcare that you volunteer for three two hour shifts a month.*

- ***Sports and Health Clubs*** – Locations in Fredericksburg, Stafford, and Woodbridge. http://www.sportsandhealth.com/locations/virginia-clubs

- ***TBS Spouses Kickball Team*** – "The Bomb Shells," is a fun way to make great friends. Spouses of permanent and student personnel are all welcome. There are spring and fall seasons. E-mail Shawna Rusher at tbsbombshells@gmail.com for more information. Also visit https://www.facebook.com/spousesquanticoareakickballassociation/

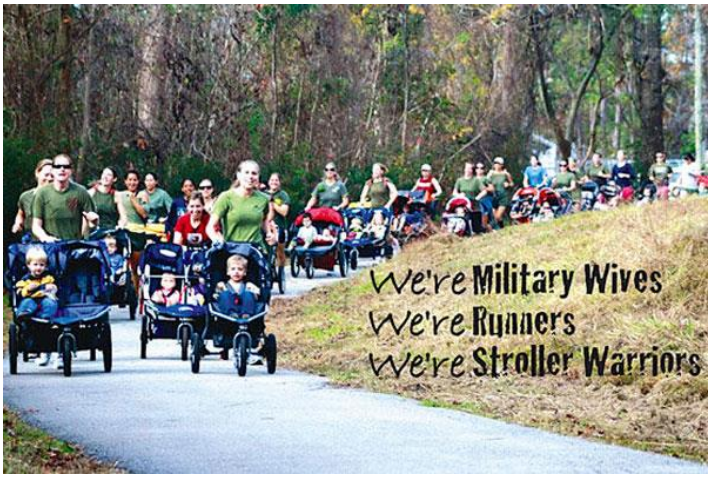
- ***Stroller Warriors Running Club*** – Military spouse + runner + stroller warrior. For more information e-mail strollerwarriorsquantico@gmail.com or visit their webpage at www.strollerwarriors.com. Kids not required.

Local Tourism Guides

- ***Stafford County*** https://www.tourstaffordva.com/things-to-do

- ***Prince William County*** http://www.pwcgov.org/recreation-tourism

- ***Virginia Tourism Guide*** https://virginia.org/thingstodo



Dining Guides

- ***Official Stafford County Dining Guide*** http://www.tourstaffordva.com/things-to-do/dining/

- ***Trip Advisor Review of Prince William County Restaurants*** https://www.tripadvisor.com/Restaurants-g3468418-Prince_William_County_Virginia.html

- ***Best of NOVA*** http://www.northernvirginiamag.com/best-of-nova-2016-food/

- ***Washington D.C. Restaurants*** https://washington.org/places-to-eat

- ***Stafford County Wineries and Breweries*** http://www.tourstaffordva.com/things-to-do/wineries-and-breweries/

- ***NOVA Breweries & Distilleries*** https://www/wheretraveler.com/virginia/guide-northern-virginia-breweries-and-distilleries

Marine Corps Community Services (MCCS)
http://www.usmc-mccs.org/services/

Activities

- ***Arts & Crafts***
  http://www.usmc-mccs.org/services/activities/arts-crafts
- ***Automotive Skills***
  http://www.usmc-mccs.org/services/activities/automotive-skills/
- ***Marinas***
  http://www.usmc-mccs.org/services/activities/marinas/
- ***Recreation Centers***
  http://www.usmc-mccs.org/services/activities/recreation-centers/
- ***Single Marine Program***
  http://www.usmc-mccs.org/services/activities/single-marine-program/
- ***Theaters***
  http://www.usmc-mccs.org/services/activities/theaters/
- ***Tickets & Travel***
  http://www.usmc-mccs.org/services/activities/tickets-travel/
- ***Volunteering***
  http://www.usmc-mccs.org/services/activities/volunteering/

Benefits

- ***Casualty Assistance***
  http://www.usmc-mccs.org/services/benefits/casualty-assistance/
- ***DEERS***
  http://www.usmc-mccs.org/services/benefits/deers/
- ***Dependency Determination***
  http://www.usmc-mccs.org/services/benefits/dependency-determination/
- ***Gold Star & Surviving Family Member Representatives***
  http://www.usmc-mccs.org/services/benefits/gold-star-advocates/
- ***Long Term Assistance***
  http://www.usmc-mccs.org/services/benefits/long-term-assistance/
- ***Military Funeral Honors***
  http://www.usmc-mccs.org/services/benefits/military-funeral-honors/
- ***Personal Property Claims***
  http://www.usmc-mccs.org/services/benefits/personal-property-claims/
- ***Postal Affairs***
  http://www.usmc-mccs.org/services/benefits/postal-affairs/
- ***Repatriation***
  http://www.usmc-mccs.org/services/benefits/repatriation/
- ***Voting Assistance***
  http://www.usmc-mccs.org/services/benefits/voting/

Marine Corps Community Services (MCCS)
http://www.usmc-mccs.org/services/

Career

- ***Credentialing Opportunities Online***
  http://www.usmc-mccs.org/services/career/credentialing-opportunities-online/
- ***Family Member Employment Assistance***
  http://www.usmc-mccs.org/services/career/family-member-employment-assistance/
- ***Marine for Life Network***
  http://www.usmc-mccs.org/services/career/marine-for-life-network/
- ***Personal Financial Management***
  http://www.usmc-mccs.org/services/career/personal-financial-management/
- ***Transition Readiness***
  http://www.usmc-mccs.org/services/career/transition-readiness/

Dining

- ***Dining & Entertainment***
  http://www.usmc-mccs.org/services/dining/dining-and-entertainment/

Education

- ***Leadership Scholar***
  http://www.usmc-mccs.org/services/education/leadership-scholar/
- ***Library***
  http://www.usmc-mccs.org/services/education/library/
- ***Voluntary Education***
  http://www.usmc-mccs.org/services/education/voluntary-education/

Family

- ***Child & Youth Programs***
  http://www.usmc-mccs.org/services/family/child-and-youth-programs/
- ***Exceptional Family Member***
  http://www.usmc-mccs.org/services/family/exceptional-family-member/
- ***L.I.N.K.S.***
  http://www.usmc-mccs.org/services/family/l-i-n-k-s/
- ***Marine Corps Family Team Building***
  http://www.usmc-mccs.org/services/family/marine-corps-family-team-building/
- ***New Parent Support***
  http://www.usmc-mccs.org/services/family/new-parent-support-program/
- ***Readiness & Deployment Support***
  http://www.usmc-mccs.org/services/family/readiness-and-deployment-support/
- ***School Liaison***
  http://www.usmc-mccs.org/services/family/school-liaison/
- ***Unit, Personal, and Family Readiness***
  http://www.usmc-mccs.org/services/family/unit-personal-and-family-readiness/

Marine Corps Community Services (MCCS)
http://www.usmc-mccs.org/services/

Fitness

- ***All-Marine Sports***
  http://www.usmc-mccs.org/services/fitness/all-marine-sports/
- ***Aquatics Maximum Power Intense Training***
  http://www.usmc-mccs.org/services/fitness/aquatics-maximum-power-intense-training/
- ***Fitness Centers***
  http://www.usmc-mccs.org/services/fitness/fitness-centers/
- ***Health Promotion***
  http://www.usmc-mccs.org/services/fitness/health-promotion/
- ***High Intensity Tactical Training***
  http://www.usmc-mccs.org/services/fitness/high-intensity-tactical-training/
- ***Sports***
  http://www.usmc-mccs.org/services/fitness/sports/

Lodging

- ***Recreation Lodging***
  http://www.usmc-mccs.org/services/lodging/recreation-lodging/
- ***RV Parks***
  http://www.usmc-mccs.org/services/lodging/rv-parks/
- ***Temporary Lodging Facilities***
  http://www.usmc-mccs.org/services/lodging/temporary-lodging-facilities/

Recreation

- ***Aquatics***
  http://www.usmc-mccs.org/services/recreation/aquatics/
- ***Boating***
  http://www.usmc-mccs.org/services/recreation/boating/
- ***Bowling***
  http://www.usmc-mccs.org/services/recreation/bowling/
- ***Camping***
  http://www.usmc-mccs.org/services/recreation/camping/
- ***Fishing***
  http://www.usmc-mccs.org/services/recreation/fishing/
- ***Golf***
  http://www.usmc-mccs.org/services/recreation/golf/
- ***Horseback Riding & Stables***
  http://www.usmc-mccs.org/services/recreation/horseback-riding-stables/
- ***Outdoor Recreation***
  http://www.usmc-mccs.org/services/recreation/outdoor-recreation/
- ***Recreational Shooting***
  http://www.usmc-mccs.org/services/recreation/recreational-shooting/
- ***SCUBA***
  http://www.usmc-mccs.org/services/recreation/scuba/

Marine Corps Community Services (MCCS)
http://www.usmc-mccs.org/services/

Relationships

- ***Chaplains Religious Enrichment Development Operation***
  http://www.usmc-mccs.org/services/relationships/chaplains-religious-enrichment-development-operation/
- ***Life Skills Training***
  http://www.usmc-mccs.org/services/relationships/life-skills-training/

Retail

- ***Marine Corps Exchange***
  http://www.usmc-mccs.org/services/retail/marine-corps-exchange/

Support

- ***Community Counseling***
  http://www.usmc-mccs.org/services/support/community-counseling/
- ***DSTRESS Line***
  http://www.usmc-mccs.org/services/support/dstress-line/
- ***Family Advocacy***
  http://www.usmc-mccs.org/services/support/family-advocacy/
- ***Information, Referral and Relocation***
  http://www.usmc-mccs.org/services/support/information-and-referral/
- ***Military & Family Life Counselors***
  http://www.usmc-mccs.org/services/support/military-family-life-counselors/
- ***Sexual Assault Prevention***
  http://www.usmc-mccs.org/services/support/sexual-assault-prevention/
- ***Substance Abuse***
  http://www.usmc-mccs.org/services/support/substance-abuse/
- ***Suicide Prevention***
  http://www.usmc-mccs.org/services/support/suicide-prevention/
- ***Wounded Warrior Regiment***
  http://www.usmc-mccs.org/services/support/wounded-warrior-regiment/

Things I wish I had known!!

- **Go to a L.I.N.K.S. class**: http://www.quantico.usmc-mccs.org/index.cfm/marine-family/family-readiness/marine-corps-family-team-building-mcftb/links/links-sessions2/. They will provide you with a resource binder for all things Quantico and give you an opportunity to meet new people.
- **Be patient and flexible**—*SEMPER GUMBY*—the schedule will change and adjustments will have to be made.
- **Know your FRO and Family Readiness Team.** You can contact them with any questions or concerns you may have.
- **Attend the functions that are offered by the Family Readiness Team**. It is a great way to meet people in your situation, especially the Commandant's Home Tour!
- **Get involved**! You can support the Family Readiness Team by becoming a Family Readiness Assistant (FRA). Just contact Mrs. Joyce Murphy by e-mail at joyce.murphy@usmc-mccs.org or by phone at (703) 784-1211.
- **When looking to rent a home, don't rent on just *one* recommendation** – Ask others before you rent!
- **If you're a married student, talk to your OSO or OIC about getting your orders moved up a week –** This will give you time to find a house/apartment.

"Don't just survive… THRIVE"

Family Readiness Officers:

-2ndLt Devan Grigsby
Devan.grigsby@usmc.mil
(703) 432-6461

-SSgt Jarvis White
Jarvis.white@usmc.mil
(703) 784-5556

The Family Readiness Office is located on the 2nd deck of Heywood Hall to the right of the secretary's desk. Feel free to stop by and visit any time. We're here to serve you in whatever way we can!