

## Signature Section

*\* Must be completed by course instructor \**

### Foundation Classes



#### L.I.N.K.S.

Date/Instructor Signature:

#### Financial Fitness for Life

Date/Instructor Signature:



### Family & Relationship and Life Enhancement Classes

1 Class Name \_\_\_\_\_  
Date/Instructor Signature:

2 Class Name \_\_\_\_\_  
Date/Instructor Signature:

3 Class Name \_\_\_\_\_  
Date/Instructor Signature:

4 Class Name \_\_\_\_\_  
Date/Instructor Signature:



*Bearer of this card is responsible for maintaining possession of card. Command is not responsible for lost or stolen cards. Marine's spouse may attend classes for credit towards Marine's day off. Instructor signature still required.*



## H&HS Military Life Enhancement Card

Marine \_\_\_\_\_

Bearer of this card may receive 3 days off work by completing BOTH **Foundation** classes plus ANY FOUR **Family & Relationship/Life Enhancement** classes.



### Foundation Classes

- L.I.N.K.S. (269-6550)
- Financial Fitness for Life (269-5615)



### Family & Relationship/ Life Enhancement Classes



- Any Marine Corps Family Team Building Class (269-6550)
  - Chaplains' P.R.E.P. Marriage Course (269-2371)
  - Any Marine & Family Services Class (269-5615)
- Any Substance Abuse Education Course (269-5634)
  - Any New Parent Support Class (269-2308)
- Any Transition Assistance Class (269-2680)
  - PCS Move Workshop (269-5615)
  - Any Financial Class (269-5615)
- Any Family Advocacy Class (269-2561)
- Any Lifelong Learning Workshop (269-5614)
- Any Navy Marine Corps Relief Society Class (269-2373)
- Any Child, Youth & Teen Program Class (269-2350)



**For more information or class schedules, please contact your Family Readiness Officer.**



## Family & Relationship/Life Enhancement Course Catalog

Choose from the classes below. Titles in *blue italic* earn double credit.



### Marine Corps Family Team Building (MCFTB) 269-6550

- L.I.N.K.S. for Marines, Spouses, or Couples (8 hrs)
- How to Avoid Falling for a Jerk or Jerkette (4 hrs)
- Spa Night: Stress & Coping (2 hrs)
- Self Defense (2 hrs)
- Parenting & Deployment (2 hrs)
- Couples Communication (2 hrs)
- Long Distance Love Affair (2 hrs)
- Family Care Plan (2 hrs)
- Pre-Deployment Brief (2 hrs)
- Return & Reunion Brief (2 hrs)
- Hearts Apart Deployment Support Group (1 hr/wkly)
- LifeSkills: CPR/First Aid; Military Haircutting; Career Building; 4 Lenses; Basic Spanish; "Who Moved My Cheese?"; Friday Fit Club; Auto Care; Photography...and more!

### New Parent Support 269-2308

- *Baby Boot Camp (8 hrs)*
- *Mom's Basic Training (8 hrs)*
- YRMC Hospital Tour (1 hr)
- Stork Club (weekly /1 hr)

### Relocation Assistance 269-5615

- PCS Move Workshop (1.5 hrs)

### Child, Youth and Teen Program (CYTP) 269-2350

- Parenting Class (varied topics/times)
- Child Development Class (varied topics/times)
- Parent Advisory Board (1hr/quarterly)

### Navy Marine Corps Relief Society 269-2373

- Budget for Baby (2.5 hrs)
- Personal Money Mgmt Plan (1.5 hrs)

### Chapel 269-2371

- *P.R.E.P. Marriage Enhancement (8 hrs)*

### Lifelong Learning 269-5614

- GI Bill Brief (1 hr)
- *OASC Basic Skills Online Course (8wks/24hrs total)*
- 7 Steps to College Workshop (3 hrs)
- Individualized Career Counseling Session (1 hr)

### Marine and Family Services 269-5615

- Autism (2 hrs)
- Special Education (varied topics/times)
- Understanding Disorders (varied topics/times)

### Personal Financial Management Program 269-5615

- Financial Fitness for Life (1.5 hrs)
- Home Buying (2 hrs)
- Car Buying (1 hr)
- TSP (1.5 hrs)
- Credit Reports (1 hr)
- Financial Potpourri (1 hr)
- Women Talk on Finances (1.5 hrs)
- Savings and Investments (1.5 hrs)
- Military Saves Series (Credit Scores, Investing, Groceries on a Budget) (2hrs each)

### Transition Assistance (for Marines and Spouses) 269-2680

- Interviewing Techniques (2 hrs)
- Private Industry Resume Writing Workshop (4 hrs)
- Resumix Government Resume (5 hrs)

### Family Advocacy 269-2561

- *Anger Management Group (10 wks/20 hrs)*
- *Success over Stress & Anger (3 wks/7.5 hrs)*
- Domestic Violence Education (4 hrs)
- Domestic Violence, Stress & Anger (2 hrs)
- Cooperative Parenting through Divorce (4 hrs)
- *Play-based Parenting (6wks/9 hrs)*
- Active Parenting (3 wk/6hrs or 6 wk/12 hrs)

### Substance Abuse Education 269-5634

- Uppers, Downers and All-Arounders (4 hrs)
- Face2Face: Faces of Methamphetamine (2 hrs)
- Illegal Drug Brief (twice monthly/ 1.5 hrs)
- Pharm Parties: A Lethal Mix (3 hrs)
- Artificial Athletes: The Dangers of Steroids (2 hrs)
- *Substance Abuse Leadership Summit (8 hrs)*
- Everything You Wanted to Know About Alcohol but Were Afraid to Ask (2 hrs)
- Responsible Party Planning (1.5 hrs)
- Drunkenbuster Kart Rodeo (1.5 hrs)

Call departments to register for classes. Contact departments or your Family Readiness Officer for class dates, times, and locations.