

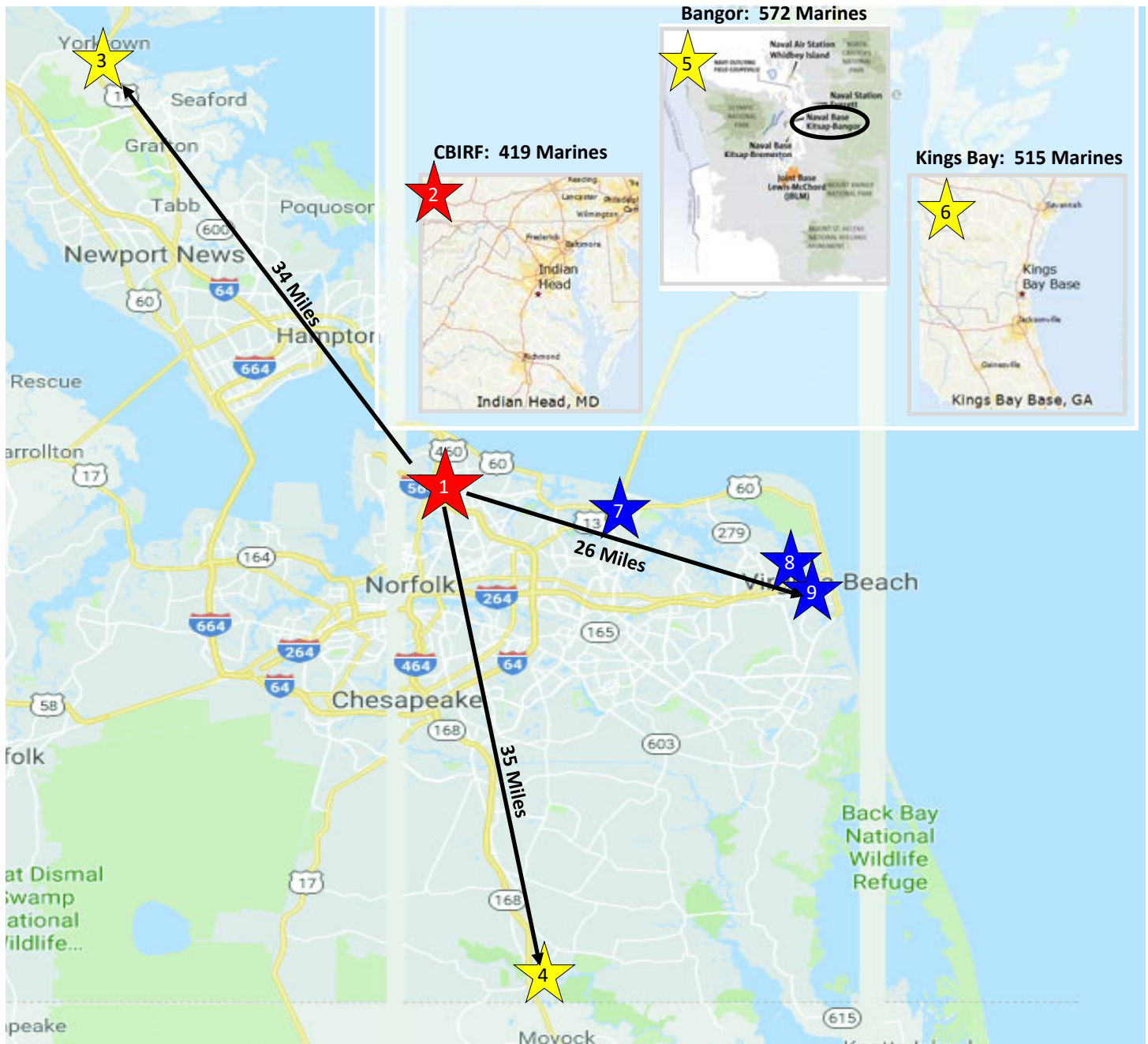


MCCS Hampton Roads Resource Guide

April, May and June 2025



Investing in **MARINES** for **DUTY, HOME & SELF**



Marines Imbedded in Navy Units Within Hampton Roads: 303

Total Stationed Within Hampton Roads Area: 3884

Total excludes Indian Head MD, Bangor WA, & Kings Bay GA: 4187

Total includes Indian Head MD, Bangor WA, & Kings Bay GA: 5693

MARFORCOM

1 Camp Elmore / Naval Support Activity Hampton Roads / NOB 441
⇒ MARFORCOM/FMFLANT/
MARFORNORTH/PP&OSOUTH

2 CBIRF 419

3 Naval Weapons Station Yorktown 741

- ⇒ ALPHA Co
- ⇒ HQs Co
- ⇒ BRAVO Co
- ⇒ CHARLIE Co

4 Naval Support Activity Northwest Annex 118
MCSFR
⇒ MCSF Training Company
⇒ MARDET NAVCONBRIG

5 Bangor, WA 572

6 Kings Bay, GA 515

MCIS (TECOM)

7 JEB Little Creek - Fort Story @LC 101
MCIS (TECOM)
⇒ I-I STF CO A 4TH
⇒ MARDET School of Music 23 staff
⇒ EWTGLANT

8 Naval Air Station Oceana 131
MCIS (TECOM)
⇒ MACS-24
⇒ MATSD 66 staff
⇒ CNATT
⇒ VFA 106

9 NAS Oceana Dam Neck Annex 693
MCIS (TECOM)
⇒ MARDET Dam Neck 162 staff
507 students
⇒ MCIS HQs 9 staff
⇒ Security Cooperation 15

| | |
|---|---------------------|
| DIRECTOR | 757.652.1734 |
| OPERATIONS OFFICER | 757.469.0648 |
| MCFTB DIRECTOR | 757.981.7812 |
| TRAINER | 757.288.8269 |
| SEMPER FIT DIRECTOR | 757.749.7823 |
| Strength and Conditioning Program Manager | 757.288.8916 |
| ASSISTANT STRENGTH AND CONDITIONING COORDINTOR | 757.981.7932 |
| RESILIENCE AND WELLNESS SPECIALIST | 757.600.1403 |
| HAMPTON ROADS SMP COORDINATOR | 757.749.7897 |
| HUMAN PERFORMANCE EDUCATOR | 757.286.7357 |
| OUTDOOR RECREATION MANAGER | 757.749.5226 |
| EFMP MANAGER | 757.981.1990 |
| EFMP CASE WORKER | 757.600.1366 |
| EFMP TRAINING, EDUCATION & OUTREACH | 757.981.7916 |
| CAREER SERVICES SPECIALIST | 757.981.7914 |
| ASSET PROTECTION/LOSS PREVENTION | 757.600.1197 |

MCX

CORE BRANDS
CORPS VALUE

1251 Yalu Street, Norfolk, VA 23515
757-423-1187

Hours of Operation

Monday - Friday: 7:00AM - 7:00PM
Saturday & Sunday: 10:00AM - 6:00PM

Firearms Counter

Tuesday - Saturday: Noon - 6:00PM

Barber Shop

7 Days a Week: 10:30AM - 5:30PM

Amazon Lockers

Propane Exchange

Equipment Rental

24/7 Fuel Station

STAY CONNECTED!

Follow us on Facebook to
see all our sales, events
and updates!



Spring Offerings



Glamorama April 9 - April 22

Largest fragrance, body and skin care sale of the year!
Daily Deals, Gift with purchase of \$50 or more, Giveaways and more

Navy Marine Corps Relief Society Campaign

Donate \$5 during donation period and receive a coupon for \$5 off
plus 5% off your purchase during redemption period.

All proceeds go directly to helping USMC and Navy personnel.

Donation: April 6 - 22

Redemption: April 23 - 25



MCX REFRESH

We have begun our renovations at your local MCX.

We are open and operational during this project. Some offerings and services may be impacted due to construction, but please be patient as we work to bring you a whole new MCX experience. Follow us on Facebook for all updates and notices.



*Concept art only

**PARDON OUR DUST
WHILE WE MAKE
WAY FOR A NEW EXPERIENCE
AT YOUR MCX**

IT MATTERS WHERE YOU SHOP



FIREARMS COUNTER

HOURS

TUESDAY - SATURDAY

NOON - 6PM

757.423.1187 X 204

HOLSTERS

AMMUNITION

WEAPON CASES

AMMO CANS

SAFES

SIGHTS

**CORE
BRANDS**
SIGSAUER



Smith & Wesson®

***NO DOD ENDORSEMENT IMPLIED**

**CAN'T FIND WHAT YOU'RE
LOOKING FOR? WE SPECIAL
ORDER!**



EZ Ice Castle



Avengers



Rocket Bounce



Fun Pink Castle

Lowest Priced Bounce Houses In The Area!!!

Spring is the Time for New Plans, Projects and Adventures

Your MCCS Outdoor Equipment Rental is here to assist

Equipment Categories:

- ♦ Inflatables
- ♦ Kayaks
- ♦ Canoes
- ♦ Stand-Up Paddle Boards
- ♦ Camping Equipment
- ♦ Mountain Bikes
- ♦ Fishing Rods and Reels
- ♦ Campers
- ♦ Party Equipment
- ♦ Yard Care

Hours Of Operation:

Monday: 7:00AM - 3:00PM

Tuesday - Thursday: 8:00AM - 3:00PM

Friday: 8:00AM - 5:00PM

Pickups encouraged Monday – Friday before 10:00AM

Returns encouraged between the hours of 10:00AM – 1:00PM

Last Return accepted 1 hour before closing. Charges may occur if returns are past designated time.

Outdoor Recreation Rental **Closed** Weekends and Holidays

Outdoor Recreation Equipment pickup available on weekends by pre-scheduled appointment only.

Outdoor Recreation and Adventures.....Camp Elmore MCX •

757.749.5226.....Outdoorrec.mccshr@usmc-mccs

NOW AVAILABLE!! Rental Packages

Camping Package

(1) 4 Person Tent
Bike MTN L29 Blue
Camping Stove
Cooler 135 Quart

Movie Night

Inflatable Movie Screen
Popcorn Machine
(1) Cornhole Set
10x10 Canopy
One 4ft Foldable Table

Bounce House Trailer

Tent 10x10
Crayola Castle
(4) 6ft Rectangle Tables
(20)Black Folding Chairs
Enclosed Trailer Included

Picnic

(1) Cornhole Set
Tent 10x10
(4) 6ft Rectangle Tables
(20)Black Folding Chairs
Snow Cone Machine



**CALL
FOR
PRICING**

757.749.5226

Cultural Arts Events

 April

Courtesy of MCCA Hampton Roads

04

FLAME EXPERIENCE

at Chrysler Museum
Ages +12
Rolling classes every 30 minutes, 1:30 - 4:30 PM

4 & 18

LATIN NIGHT

Spice Up Your Week with Latin Dance at DanceSportVA. No Partner Needed!

05

VA BEACH ANIME-FEST

10 AM
A celebration of Japanese pop culture, filled with cosplay, panel
Location: Crowne Plaza Virginia Beach Town Center

06

SLEEPOVER AT THE MUSEUM

3PM at Sandler Center for the Performing Arts

12

STAR GAZING AND LASER NIGHT

5:30- 10:30 PM
Join us under the Virginia Skies for an electrifying night of music and lights at the Virginia Living Museum

16

ART BABIES (0-24 MONTHS)

10:30 -11:15 AM
at Chrysler Museum
Designed to engage babies by stimulating the brain through songs, rhymes, and sensory play.

17

PARTNERSHIP DRILLS & TECHNIQUES

7 PM at DanceSportVA
become a better partner in all dances. No partner needed

22

INTERMEDIATE BOLERO

7 PM at DanceSportVA
The class will feature intermediate / advanced patterns and dance technique. This is a Progressive class.

25

FRIDAY NIGHT N DANCE

at DanceSportVA
6:30 - 8:00 PM
Beginner Salsa dance lesson
8:00 - 10:30 PM
Dance social

12 & 25

GLASS FUSING OR POTTERY PAINTING

11:00 AM - 5:00 PM
at Paint on Pottery in Williamsburg



Call for your free tickets!

757-981-7812 / 757-981-1990



Cultural Arts Events



Courtesy of MCCS Hampton Roads

03 & 25

FLAME EXPERIENCE

at Chrysler Museum
Ages +12
Rolling classes every 30 minutes, 1:30 - 4:30 PM

2 & 16

LATIN NIGHT

Spice Up Your Week with Latin Dance at DanceSportVA. No Partner Needed!

05

ARGENTINE TANGO

07:45 PM at DanceSportVA No experience, and no partner needed for this fun, energetic class.

12

STAR GAZING AND LASER NIGHT

5:30- 10:30 PM
Join us under the Virginia Skies for an electrifying night of music and lights at the Virginia Living Museum

15

PARTNERSHIP DRILLS & TECHNIQUES

07:00 PM at DanceSportVA become a better partner in all dances. No partner needed

21

ART BABIES (0-24 MONTHS)

10:30 -11:15 AM
at Chrysler Museum
Designed to engage babies by stimulating the brain through songs, rhymes, and sensory play.

20

INTERMEDIATE BOLERO

7 PM at DanceSportVA
The class will feature intermediate / advanced patterns and dance technique. This is a Progressive class.

23

BOOZY BONSAI WORKSHOP

6:30 - 7:30PM
Discover the art of patience and beauty at PlantHouse's Bonsai Workshop!

10 & 18

GLASS FUSING OR POTTERY PAINTING

11:00 AM - 5:00 PM
at Paint on Pottery in Williamsburg

29

FRIDAY NIGHT N DANCE

at DanceSportVA
6:30 - 8:00 PM
Beginner Salsa dance lesson
8:00 - 10:30 PM
Dance social



Call for your free tickets!

757-981-7812 / 757-981-1990



Cultural Arts Events

June

Courtesy of MCCS Hampton Roads

01

DRIED FLORAL GOLD HOOP WORKSHOP

1:30 - 2:30 PM
PlantHouse, VA Beach
Create a beautiful, nature-inspired wreath in this hands-on class.

06

CANDLE MAKING WORKSHOP

5:30 - 6:30 PM
PlantHouse VA Beach
Make your own candle, while being surrounded by fresh scents and plants!

08

KIDS ADVENTURE TERRARIUM WORKSHOP

1:30 - 2:30 PM
PlantHouse, VA Beach.
Join us for a fun-filled adventure at our Kid's Adventure Terrarium Workshop!

10

TIPSY TUESDAY WORKSHOP

6:30 - 7:30 PM PlantHouse VA Beach
Embark on a unique journey of creativity and connection with nature by joining our Terrarium class at PlantHouse!

16

DIY DAD'S SURVIVAL BRACELET

5 - 6 PM ThatArtStore, Portsmouth
Make dad a survival bracelet. Something handmade, useful, and stylish. Best of all he will love it because you made it.

21

3RD SATURDAY DANCE SOCIAL

DanceSportVA, VA Beach
6:30 PM Lesson
7 PM Country/ WCS Social Dance

26

KOKEDAMA WORKSHOP

6:30 - 7:30 PM
PlantHouse VA Beach
Discover the ancient Japanese art of kokedama as and learn to create your very own botanical masterpiece!

13-27

FRIDAY NIGHT N DANCE

at DanceSportVA, VA Beach
6:30 - 8:00 PM Beginner Salsa dance lesson
8:00 - 10:30 PM Dance social

1- 30

POTTS-N-PAINTS

VA Beach & Chesapeake:
The Ultimate Creative Escape! Flick, throw, or shoot paint—no experience needed, just bring your imagination!

1-30

STARVING ARTIST STUDIO

Newport News Craft unique clay creations like a Lace Technique Plate, Stoneware, or Clay Plant Stakes in a fun, hands-on workshop!



Call for your free tickets!

757-981-7812 / 757-981-1990





Semper Fit Division

Semper Fit enhances warfighter readiness and community well-being by providing staff, facilities, activities and services that strengthen human performance, improve unit cohesion and cultivate resiliency.

Camp Elmore, Bldg 603

(757) 445-2742



Single Marine Program (SMP)

Trips

Quality of Life Advocacy

Recreational Special Events

Volunteer Events

Active-Duty Recreation Centers

Planned Events

Self Directed

Recreation

Athletics

Commanding General's Cup

Adult Leagues

Varsity Sports

Competitive Events

Outdoor Adventure & Equipment Rental

Outdoor Adventures

Command Event Rentals

Equipment and Party Rentals

Warrior Athlete Readiness & Resiliency

Strength & Conditioning

Pre-Deployment Readiness

Post Deployment Recovery

Performance Assessments

Small Unit / Command PT's

PME Course Support

Mobility Programing

Running Fundamentals

Human Performance Education

Sleep & Recovery Hygiene

Performance Nutrition

Weight Management

Injury Prevention

Mindset Diet

Active Recovery

Self-Care

OneLove

Resilience and Wellness

Mental Fitness

Social Fitness

WARRIOR ATHLETE

READINESS & RESILIENCE

WARR Performance Facility

WARR Performance facility provide a wide variety of training modalities to help the warfighter meet the physical demands of the military profession, reach human performance goals, relieve stress and increase resiliency. Bioelectric Impedance devices are available at all fitness centers to support the Body Composition Program. All facilities have degreed and certified staff dedicated to helping you improve readiness, CFT and PFT scores, and prevent injuries.

Camp Elmore Facilities

Semper Fit Director

757.445.1288

Hopkins Hall Gym - Bldg. 603

757.445.2742

Human Performance Center - Bldg. 600A

757.286.7357

Facility hours are available at Hamptonroads.usmc-mccs.org/recreation-fitness/fitness

Email: SemperFit.MCCSHR@usmc-mccs.org

Yorktown MWR Fitness Center 714

757-887-4858

Monday – Friday ...0500-1300

Resilience and Wellness Programs

The Warrior Athlete Readiness & Resilience (WARR) Program is a comprehensive program to enhance operational fitness levels and optimize combat readiness and resiliency. The program encompasses the four domains of Marine Corps Total Fitness: Mental, Physical, Social, and Physical. Resilience and Wellness Specialist are available to improve competencies of self-awareness, self-management, and relationship skills.

To Schedule Call your Resilience and Wellness Specialist: (757) 600-1403

Mental Fitness

Engages healthy thinking and behaviors and builds strong intellectual and emotional habits.

- ♦ Habits, Focus, Mindfulness, Values
- ♦ Reaching Goals and Overcoming Challenges
- ♦ Problem Solving, Resilience, and Motivation

Social Fitness

Builds and maintains healthy, positive relationships with peers, unit leaders, friends, family members, and members of the community.

- ♦ Leadership, Gratitude, Empathy, and Compassion
- ♦ Communication and Boundaries

Human Performance Education



Semper Fit Human Performance provides resources that support force readiness, resiliency and optimized performance for active-duty Marines, Sailors and their families. The Human Performance team are degreed professionals who provide various assessments such as resting metabolic rate, VO2 max, and body fat. Classes offered include Nutrition for BCP, performance nutrition and weight management, active recovery, sleep & recovery hygiene, performance, mindset diet, and selfcare.

Human Performance Educator: 757.286.7357 or email SemperFit.MCCSHR@usmc-mccs.org to schedule classes (classes available upon request)

Human Performance Education Classes

- ⇒ **Performance Nutrition** - This is a one-hour class designed to cover the basic principles of nutrition and hydration to fuel performance, recovery, and build/sustain muscle growth. The class also covers operation supplement safety via opss.org material.
- ⇒ **Nutrition & Fitness for Body Composition Program** - Half-Day course focusing on the fundamentals of eating and training to lose weight. Participants will learn how to help their Marines on the Body Composition Program (BCP) with life-long weight management skills.
- ⇒ **Injury Prevention and Active Recovery** - This one-hour, hands-on workshop, will help Marines optimize their injury prevention and recovery strategies through a variety of mobility and strength training techniques.
- ⇒ **Sleep and Recovery Hygiene** - This one-hour class covers the fundamentals of healthy sleep. It will cover topics such as the four key components of sleep, pre/post sleep routines, circadian rhythms, and sleep strategies.
- ⇒ **Mindset Diet** - In this one-hour workshop, we cover a mental checklist activity that helps individuals determine how we allow outside influences impact our personal mindset. The workshop allows participants to talk through these outside influences and develop a healthy way to identify the positive and negative influences in their daily lives.
- ⇒ **One1love** - Our staff facilitates one1love classes. The one1love foundation was founded to honor the tragic death of Yeardeley Love by engaging people through compelling, relatable films and honest conversations around healthy and unhealthy relationship behaviors

Reserve Your Spot for Classes

Class: Understanding Your Sleep

Date: Friday, April 18

Time: 1200 - 1300

Location: WARR Center, Bldg 600-A

RSVP to semperfit.mccshr@usmc-mccs.org by April 17

Class: Fitness Nutrition

Date: Friday, May 16

Time: 1200 - 1300

Location: WARR Center, Bldg 600-A

RSVP to semperfit.mccshr@usmc-mccs.org by May 15



Single Marine Program

The Single Marine Program (SMP) enhances the quality of life for single, active-duty personnel by providing positive and rewarding outlets through recreation, and community involvement.

Community Involvement Through Volunteerism

Volunteer opportunities include: First Landing State Park and Elizabeth River clean ups, Hunt Club Farms, J&A Racing, Habitat for Humanity, Adopt-a-School, beach cleanups, veterans and retirement home visits, elementary school P.E. Challenges and more.

Recreation Trips and Events

One-Day Trips include: local amusement park outings, sporting events, beach days, deep sea fishing, paintball, local museums and historical sites and more.

Weekend Trips include: skiing/snowboarding, white water rafting, kayaking traveling to Washington DC, West Virginia or farther. Trips generally depart Friday mornings and return Sunday evenings. Price varies based on trip cost and includes transportation and lodging.

Please visit our website or social media sites for more information on monthly events.

MCCS Southside SMP Meeting

Third Wednesday of each month

April 16 (Camp Elmore)

May 21 (Northwest Annex)

July 16 (Dam Neck)

MCSFR SMP Meeting

Third Tuesday of each month

April 15

May 20

June 17

Location: Building 2122

Single Marine Program Coordinator
757.749.7897
smp.mccshr@usmc-mccs.org



[MCCS_Hampton_Roads_SMP](#)

Outdoor Adventures



Participation in outdoor activities contributes to improvements in physical and mental well-being and develops resiliency and strength of service members. Outdoor Adventures is a program that exposes active-duty service members to a structured outdoor recreational activity and learning experience. All events are one day activities located on base or within 120 miles of the base. Equipment for events will be provided by the program.

Unit Recreation

Outdoor Adventures Unit based recreation is a free program for all active-duty Marine units' station in Hampton Roads. A unit may request an event utilizing the unit request form. Units must request an event at least three weeks in advance, and no more than four months in advance of the desired date. Activities offered vary based on weather, event location and size of unit requesting the event. Activities are limited to active-duty participants.

Activities may include stand-up paddle boarding, shore fishing, Kayaking, mountain biking, hiking or a combination of these activities as an alternative PT experience. Units may select other activities not listed but may be responsible for the fees associated with that activity.

Active-Duty Recreation

Outdoor Adventures offers active-duty service members recreational opportunities that are fee based. Activities will be advertised and booked on a first-come, first-served basis. These activities are geared towards smaller groups than those offered for unit recreation.

Activities may include ski and snowboard trips, beach days with surfing, stand-up paddle boarding and snorkeling, deep sea fishing, archery, mountain biking and hiking.



April - June 2025 Training Schedule



Z HEVIWH##



IDFHERRN#

XUF #2#UF ##WUDIQQJV#

WIP H=#3 <3304633#

22 April 2025

12 May 2025

10 June 2025

FRPPDQG #WHDP #WUDIQQJV#

WIP H=#3 <3304533#

24 April 2025

14 May 2025

12 June 2025

26 June 2025

OILIQ IN IV 1#

WIP H=#1 33304533#

06 May 2025

10 June 2025

OLIHVNIOOV#

HGXFDWIRQ#

Attitudes and Actions

18 April 2025

Noon - 1300

Bridging Generation Gap

13 May 2025

Noon - 1300

Family Care Plan

14 May 2025

Noon - 1300

Conflict Management

18 June 2025

Noon - 1300

MCFTB STAFF LOCATIONS:

**MCCS ADMIN
MON-FRI
0800-1630**

**YORKTOWN
DEPOT
TUES & THURS
0800-1630**

**NW ANNEX
BUILDING 8
WED
0800-1630**

SDVVSURUW#WR #Y ROXQWHHU#

WIP H=#1 : 3304<63#

16 April 2025

07 May 2025

18 June 2025



Marine Corps Family
Team Building

TRAINING / EVENT DESCRIPTIONS

L.I.N.K.S. Mentors Training

-Help others navigate the Marine Corps lifestyle...Become a L.I.N.K.S. Mentor! L.I.N.K.S. Mentors **build relationships** and make **positive impacts** throughout the community!

L.I.N.K.S. Foundations

-L.I.N.K.S. stands for Lifestyle, Insights, Networking, Knowledge, and Skills. This workshop empowers Marines, Sailors, and their families by providing the tools and resources necessary to navigate the military lifestyle.

URC / DRC Training

-This training is specifically designed for Unit/Deployment Readiness Coordinators. This training will familiarize the URC/DRC with their roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program (UPFRP).

Passport to Volunteer

-Learn the importance and benefits of volunteerism and share your skills with others! This workshop will give you all the resources and requirements for getting the most out of your volunteer journey.

Command Team Training

-This training is designed to inform and guide members of a unit's Command Team on their roles and responsibilities within the Unit, Personal and Family Readiness Program (UPFRP).

LifeSkills and Education Classes

-LifeSkills and Education classes are designed to equip Service Members and their families with the necessary skills for successful interactions, both at work and home, ultimately leading to positive outcomes in all areas of life.

Contact

Marine Corps Family Team Building

757-981-7812

Omb.mcftbnorfolk@usmc-mccs.org

USMC

VOLUNTEERS



A LEGACY OF SERVICE



**ALL SERVICE MEMBERS, FAMILY MEMBERS, VETERANS & DOD
EMPLOYEES
ARE ENCOURAGED TO VOLUNTEER**

Volunteer Opportunities

April 1 – Pinwheel Planting at Yorktown

Contact: Ms. Shawna Gray, 757-887-4625

April 10 – Parade Day, Yorktown

(Start 1000). Cheer on military children as they march from CYP/CDC Office to FFSC.

April 10 – Humvee Showcase at FFSC Yorktown

FFSC Yorktown is requesting support to display a Humvee on Parade Day. For more information, contact Ms. Shawna Gray at 757-887-4625. Location: Grassy area opposite the large parking lot.

April 26 – Annual Celebrating Children Event, Mt Trashmore Park

Seeking volunteers to setup.

Location: 310 Edwin Dr, Virginia Beach, VA 23462

Contact: Amy Ward, award@vbgov.com or 757-385-6495/757-575-7687

May 2 – Greenwood Elementary Field Day (Time TBD)

Location: 12465 Warwick Boulevard, Newport News, VA 23606

Contact: Zareth Melendez, Zareth.Melendez@nn.k12.va.us or 757-635-0375

May 3 – Cedar Road Elementary Spring Fling

Location: 1605 Cedar Rd, Chesapeake, VA 23322

For more info, please contact Nancy Russell at crespringfling@gmail.com 757-717-0047

May 31 & June 2 – USO Experience, Virginia Beach Oceanfront

Setup: May 31 - Takedown/Restack: June 2

Contact: Ashley Bouwkamp, abouwkamp@uso.org or 757-771-8076

Career Days

April 3 – Little Creek Elementary School (*PK-1st*, 0830-1200)

Location: 7901 Nancy Dr., Norfolk, VA

Uniform of the day: Service Charlies

Contact: Marie Hill, marie.hill@usmc-mccs.org, 767-981-7812. Sign-up NLT COB 25 Mar.

Rain Date: April 4

April 3 – Sherwood Forest Elementary School (*K-5th Grade*, 0930-1415)

Location: 3035 Sherwood Forest Lane, Norfolk, VA

Uniform of the day: Service Charlies
Humvee display requested.

Contact: Marie Hill, marie.hill@usmc-mccs.org, 767-981-7812. Sign-up NLT COB 25 Mar. Rain Date: April 4

APR - JUN

UPCOMING **WORKSHOPS**

08 April 10AM - Introduction to EFMP

**10 April 3PM - Successful PCS &
Managing Deployment**

**22 April 12PM - Recreation & Inclusion
Opportunities**

06 May 2PM - Accessing Community Resources

**22 May 10AM - SSI/SSDI &
Medicaid Waiver**

27 May 2PM - Special Education Overview

03 June 11AM - Respite Care Overview

10 June 3PM - Early Intervention

**20 June 10AM - Establishing Permanent
Dependency**

**All classes are virtual
Register at:
EFMP.MCCSHR@usmc-mccs.org**





VA INTERNATIONAL TATTOO

A Salute to 250 Years of Service and Sacrifice

23 APRIL 2025

Special Audience Night
FREE tickets for EFMP Families
Norfolk Scope Arena

E-mail: efmp.mccshr@usmc-mccs.org

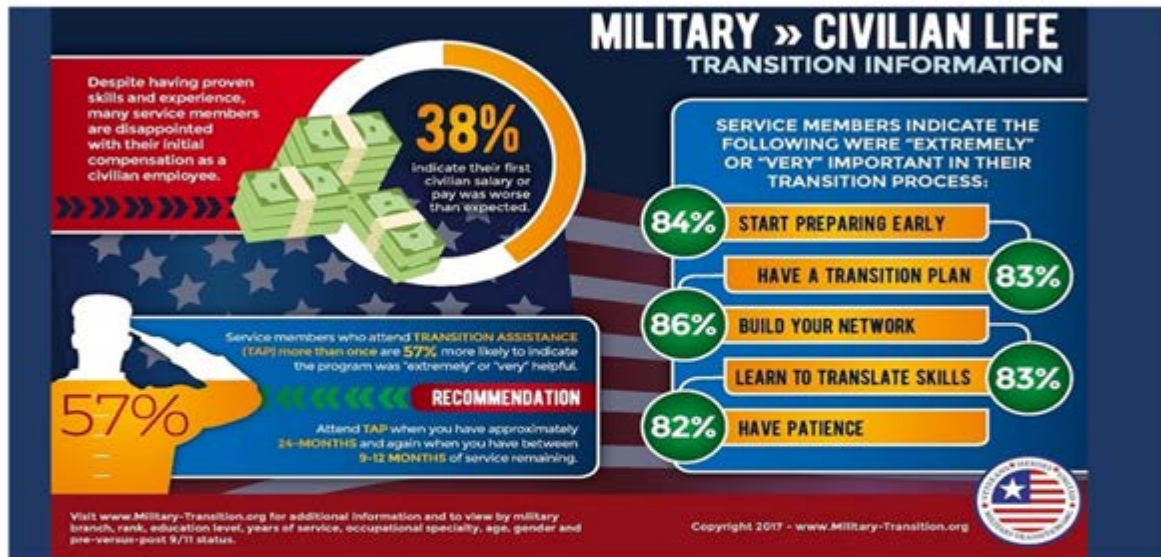


Event open to all audiences April 24 - 27
Tattoo - Virginia Arts Festival (vafest.org)



Career Services

MCCS Career Services provide employment related referral services, career and skill assessments, career coaching , job search guidance, portable career opportunities and education center referrals/guidance



- Transition Readiness Seminar
- DOD Skillbridge
- Career Planning
- Effective Resume Writing
- Job Search Strategies
- Interview Techniques
- Federal Employment Systems
- LinkedIn
- And More...



“Don’t wait to get started on you next (post military) career)

Contact

Career Service Specialist

757-981-7914

For More Information:
Yorktown - The Depot Recreation Center
2006 Shupper Rd., Bldg. 2006, Newport News, VA 23603
Phone: 757.887.7395

MWR Events

| Date | Time | Event | Location |
|----------|-----------|------------------------------------|---|
| 2 April | 1700-1900 | Experimental Art 104 | Cheatham Annex |
| 5 April | 1100-1300 | Spring Festival | Yorktown Sport Zone |
| 7 April | All Day | Monday Movie Marathon | Huntington Hall |
| 8 April | 1700-1900 | Outdoor Skills 102 | Cheatham Annex |
| 11 April | All Day | National Pet Day | Huntington Hall |
| 16 April | 1700-1900 | AUTOMOTIVE SKILLS | WPNSTA YORKTON/CHEATHAM ANNEX |
| 17 April | 1100-1300 | Alternative Art 104 | Huntington Hall |
| 19 April | 1100-1400 | Jones Anglers Challenge Jones Pond | Cheatham Annex |
| 24 April | 1100-1300 | Stress Relief Class | Huntington Hall |
| 25 April | 0800-1200 | Earth Day/ SAPR Run | WPNSTA YORKTON |
| 25 April | 1300-1500 | Knocker Ball Friday | Huntington Hall |
| 26 April | 1000-1600 | Historic Yorktown/Burg Trip | WPNSTA YORKTON/CHEATHAM ANNEX/HUNTINGTON HALL |
| 28 April | All Day | Movie Marathon | Huntington Hall |
| 30 April | 1700-1900 | Board Game Night BYOG | WPNSTA YORKTON/CHEATHAM ANNEX/HUNTINGTON HALL |
| 2 May | All Day | Harry Potter Marathon | Huntington Hall |
| 3 May | 1000-1600 | Museum Trip | WPNSTA YORKTON/CHEATHAM ANNEX/HUNTINGTON HALL |
| 4 May | All Day | May The 4th Be With You Marathon | Huntington Hall |
| 5 May | All Day | Movie Marathon | WPNSTA YORKTON/CHEATHAM ANNEX |
| 5 May | 1700-2000 | CINCO DE MAYO | Huntington Hall |
| 7 May | 1300-1600 | Outdoor Skills 103 | HUNTINGTON HALL |
| 7 May | 1700-1900 | Experimental Art 105 | WPNSTA Yorkton/Cheatham Annex |
| 10 May | 1100-1300 | Mothers Day Brunch | WPNSTA YORKTON |
| 14 May | 1100-1300 | Ping Pong Tournament | WPNSTA Yorkton/Cheatham Annex |
| 14 May | 1100-1400 | Mental Health Awareness Class | HUNTINGTON HALL |
| 17 May | 1000-1600 | Kayaking Trip | WPNSTA Yorkton/Cheatham Annex/Huntington Hall |
| 21 May | 1700-1900 | Fishing 101 | WPNSTA YORKTON/CHEATHAM ANNEX |
| 22 May | 1400-1700 | Alternative Art 105 | Huntington Hall |
| 24 May | 1200-1500 | King Point Pool Grand Opening | CHEATHAM ANNEX |
| 24 May | 0800-1000 | Flick & Float | Cheatham Annex |
| 28 May | 1700-1000 | Yorktown Barracks Bash | WPNSTA YORKTON/ |
| 30 May | 1700-1900 | Video Game Tournament | Huntington Hall |
| 2 June | All Day | Monday Movie Marathon | WPNSTA YORKTON/CHEATHAM ANNEX |
| 4 June | 1700-1900 | Outdoor Skills 104 | Huntington Hall |
| 4 June | 1700-1900 | Chef Creations 102 | WPNSTA YORKTON/CHEATHAM ANNEX |
| 6 June | 1700-1900 | Book Club | Huntington Hall |
| 13 June | 1200-1700 | Glow Up Splash Bash | HUNTINGTON HALL |
| 17 June | 1200-1700 | Alternative Art 106 | Huntington Hall |
| 21 June | 1100-1400 | Fishing Trip (Rudee \$100) | WPNSTA YORKTON/CHEATHAM ANNEX/HUNTINGTON HALL |
| 23 June | All Day | Movie Marathon | Huntington Hall |
| 25 June | 1700-1900 | Pool Tournament | WPNSTA YORKTON/CHEATHAM ANNEX |
| 25 June | 1700-1900 | Experimental Art 106 | WPNSTA Yorkton/Cheatham Annex |
| 25 June | All Day | Town Hall Meeting | WPNSTA YORKTON/CHEATHAM ANNEX |
| 27 June | 1600-1900 | Ping Pong Tournament | Huntington Hall |
| 28 June | 1000-1300 | Paintball Blitzkrieg | WPNSTA YORKTON/ |
| 30 June | All Day | Town Hall Meeting | Huntington Hall |

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