

# RESOURCE GUIDE

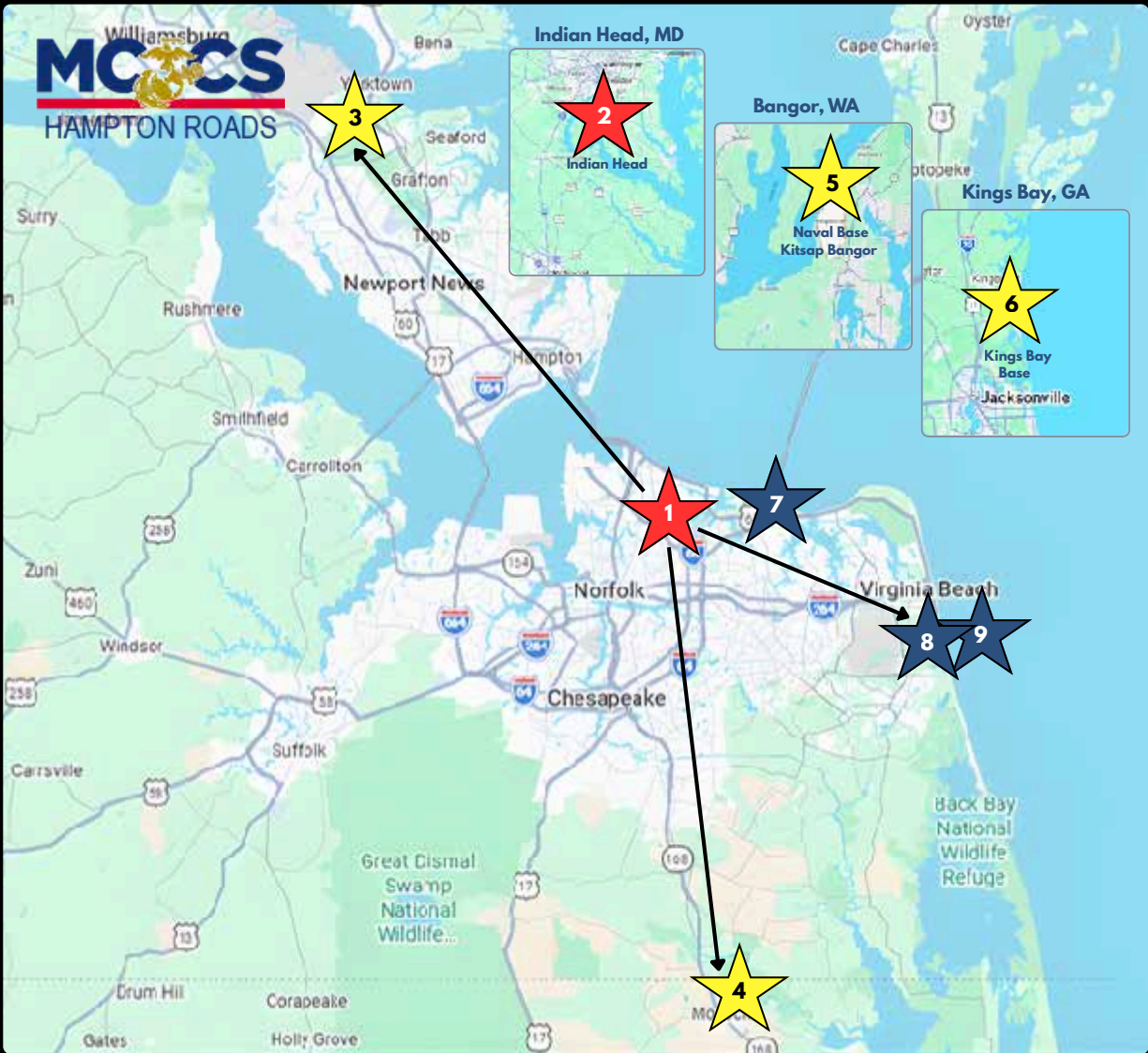
JULY | AUGUST | SEPTEMBER

*America*  
SEMPER PARATI  
**250**



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

**MC CS**  
  
HAMPTON ROADS



**MARFORCOM**

**1** Camp Elmore / Naval Support Activity Hampton Roads / NAVSTA  
 MARFORCOM / FMFLANTMARFORNORTH/PP&O SOUTH

**2** Indian Head, MD

**3** Naval Weapons Station Yorktown  
 MCSFR  
 • HQS Co  
 • FAST Battalion  
 ◦ ALPHA Co  
 ◦ BRAVO Co

**4** Naval Support Activity Northwest Annex  
 • MCSFR Training Company  
 • MARDET NAVCONBRIG - Chesapeake

**5** Bangor, WA

**6** Kings Bay, GA

**MCIS (TECOM)**

**7** JEB Little Creek - Fort Story at Little Creek  
 • I-ISTF CO A4TH ASLT AMPHIB BN  
 • MARDET School of Music  
 • EWTGLANT

**8** Naval Air Station Oceana  
 • MACS -24  
 • MATSD  
 • CNATT  
 • VFA 106

**9** Dam Neck Annex  
 • MARDET Dam Neck | MCIS HQs  
 • Security Cooperation

## CONTACT INFORMATION

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LYUBOV (LUBA) TAVZEL	OPS (ADMIN, MARKETING, & SPONSORSHIP)	757.469.0648
JACK WEERS	LOSS PREVENTION SPECIALIST	757.600.1197

# YOUR APP YOUR VOICE YOUR MISSION



# CAMP ELMORE VEHICLE STORAGE

*Time limitations to access vehicle/vessel due to gate closures*



 **Located: 5th Ave & Mogadishu St Norfolk, VA 23515**

*Scan the QR code to check eligibility and requirements.*



**For assistance with your registration needs  
Please call Equipment Rental**



**757-749-5226**  
**Monday - Friday**

Motorcycle parking : .....	<b>\$150-6 Months/ \$300 -Year</b>
10' x 18' (regular parking spots) : .....	<b>\$270-6 Months/ \$540 -Year</b>
11.5' x 40' : .....	<b>\$690-6 Months/ \$1380 -Year</b>
10' x 40' : .....	<b>\$600-6 Months/ \$1200-Year</b>

# OUTDOOR EQUIPMENT RENTAL

SCAN ME

IN-SEASON HOURS OF OPERATION

Monday - Friday: 8am - 4pm

Weekends: Closed

E: [outdoorrec.mccshr@usmc-mccs.org](mailto:outdoorrec.mccshr@usmc-mccs.org)



757.749.5226

Located inside the MCX

**MCX**



INFLATABLES



LAWN EQUIPMENT



21 FT. CAMPER



WEBER GRILL WHEELS



CONCESSIONS



PARTY PACKAGES



TOWABLE TRAILERS



SPORTS GEAR



WATERSPORTS

*America*

SEMPER FI

250

See our latest offers  
at [mymcx.com](http://mymcx.com)



# MCCS CAR WASH



SELF-SERVE CAR WASH



**TAP TO PAY**

FAST • EASY • SECURE



**WASH**

CLEAN • RINSE • SHINE



**VACUUMS**

POWERFUL • CONVENIENT

**LOCATED BEHIND THE MCX**

FRESH LOOK. ANYTIME YOU NEED IT.



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

## STORE HOURS

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

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## Barber Shop

**Monday - Friday: 8:00 AM - 5:00 PM**  
**Saturday & Sunday: 10:30 AM - 5:00 PM**



*Status Update:*

**UNLIMITED**

DOW and DHS civilian employees now  
have "unlimited" shopping privileges  
at the Marine Corps Exchange.

*Excludes uniforms.*

**MCX**  
Powered by MCCS

## STAY CONNECTED

Follow us on  
Facebook for:

- Sales
- Events
- Store Updates



# HUNGRY?

## WE GOT YOU.

QUICK BITES • COLD DRINKS • FRESH SNACKS



### HOT FAVORITES

FRESH & READY TO GO

- TORNADOS
- HOT DOGS
- PERSONAL PIZZA
- EGG ROLLS
- EMPANADAS



### COLD FAVORITES

BEAT THE HEAT

- CAFÉ TANGO FROZEN COFFEE
- FRAZIL SLUSHIES



### SNACKS & BAKERY

PERFECT ANYTIME

- ASSORTED PASTRIES



**QUICK SERVICE**  
GRAB & GO



**GREAT PRICES**  
EVERY DAY



**CONVENIENT LOCATION**  
HERE FOR YOU

**MCX**  
CORE BRANDS  
CORPS VALUE

**FUEL YOUR DAY.**  
**THE MCX WAY.**

# FIREARMS COUNTER

## HOURS

TUESDAY – SATURDAY 12:00 PM – 6:00 PM

## AVAILABLE IN STORE

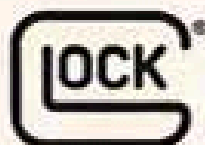
- Holsters
- Ammunition
- Weapon Cases
- Ammo Cans
- Safes
- Sights

## FEATURED BRANDS



**HENRY**

Made in America, Or Not Made At All



**SIGSAUER**



Smith & Wesson®

\*NO DDD ENDORSEMENT IMPLIED

**CAN'T FIND WHAT  
YOU'RE LOOKING FOR?**

**WE CAN SPECIAL ORDER IT!**

*Ask a team member for assistance*

**MCX**

CORE BRANDS  
CORPS VALUE

# OPENING THIS SUMMER!



Indoor Shooting Range



## Indoor Shooting Range

### Hours of Operation

Monday - Friday

06:00 - 20:00

Saturday - Sunday

07:30 - 18:00

### Eligible Patrons:

- 🔫 DOW Commands Annual Firearms Training / Qualifications
- 🔫 Federal & Local Law Enforcement
- 🔫 Private Security Companies

Point of Contact: [Campelmore.indoorshootingrange@usmc-mccs.org](mailto:Campelmore.indoorshootingrange@usmc-mccs.org)

# WARRIOR ATHLETE

## READINESS & RESILIENCE



## ELEVATE YOUR PERFORMANCE:

### Comprehensive Strength and Conditioning Services

- Mission-driven strength and conditioning
- Personalized remote training via Teambuildr
- Post-injury and Return-to-Duty programs
- Performance testing and readiness assessments
- PFT/CFT prep and optimization
- Deployment and expeditionary training support
- Combatives training
- FFI support:
  - Training plan development
  - PT resources and daily guidance
  - Continued education and skill building
  - Small Unit Leader PT instruction courses
  - Fitness component workshops and hip-pocket classes
  - Swim Survival Skills Training (S3T)

Contact (757) 288-8916 or [SemperFit.MCCSHR@usmc-mccs.org](mailto:SemperFit.MCCSHR@usmc-mccs.org)

# WARRIOR ATHLETE

READINESS & RESILIENCE

## WARRIOR PERFORMANCE EDUCATION

### NUTRITION CLASSES

- General Nutrition
- Performance Nutrition
- Food Safety Sources, and Budget Education
- Dietary Supplement Safety
- BCP Nutrition

### SLEEP AND STRESS CLASSES

- Sleep Fundamentals
- Tactical Approach to Shift Work (Sleep)
- Stress Adaptation

### ONE ON ONE COACHING

- Macro Nutrition Plans
- Sleep Assessment and Coaching

**ALL CLASSES AND ONE-ON-ONE COACHING ARE AVAILABLE TO ACTIVE-DUTY AND RETIRED PERSONNEL, THEIR DEPENDANTS, AND CIVILIAN GOVERNMENT EMPLOYEES.**

**CONTACT**

**SemperFit.MCCSHR@usmc-mccs.org**  
**757-286-7357**

# MCCS Hampton Roads Career Services



**757.981.7914**



[Jeannette.mcclellan@usmc-mccs.org](mailto:Jeannette.mcclellan@usmc-mccs.org)

## CAREER SERVICES

EMPOWERING MARINES & FAMILIES FOR SUCCESS

SUPPORTING YOU **TODAY**. PREPARING YOU FOR **TOMORROW**.



### TRANSITION READINESS PROGRAM (TRP)

Resources and planning for a successful transition.



### INITIAL & PRE-SEPARATION COUNSELING

Personalized counseling to help you plan your future.



### INDIVIDUAL TRANSITION PLAN (ITP)

Build a customized plan to achieve your career goals.



### CAPSTONE REVIEWS

Finalize your transition plan and prepare for the next chapter.



### RESUME DEVELOPMENT

Create a strong, professional resume that gets noticed.



### INTERVIEW PREPARATION

Build confidence and skills to ace your interview.



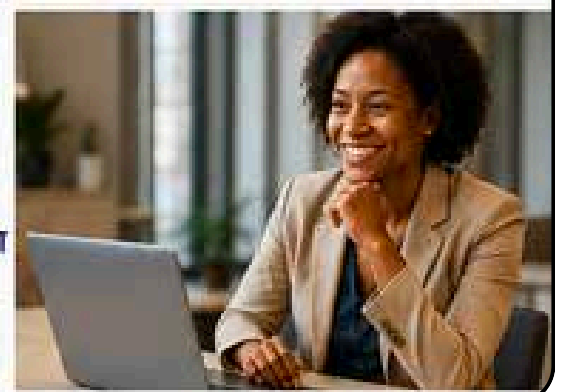
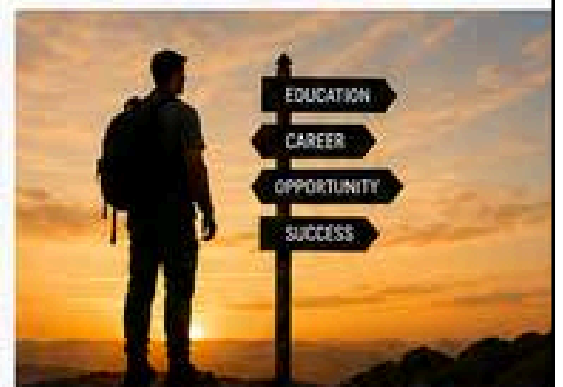
### LINKEDIN & NETWORKING SUPPORT

Strengthen your professional brand and online presence.



### FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM

Career resources and job search support for family members.



# CAREER SERVICES

EMPOWERING MARINES & FAMILIES FOR SUCCESS

## COACH ★ GUIDE ★ EMPOWER



### SKILLBRIDGE INFORMATION & TIMELINE PLANNING

Explore SkillBridge opportunities and plan ahead.



### FEDERAL EMPLOYMENT ASSISTANCE

Guidance for navigating federal job opportunities.



### CAREER EXPLORATION & EDUCATION RESOURCES

Explore careers, training, and education opportunities.



### VA DISABILITY REVIEW WORKSHOPS

Understand your benefits and resources available to you.



**YOUR MISSION  
DOESN'T END HERE.**

**WE'RE HERE TO HELP  
YOU SUCCEED.**

**LET'S BUILD YOUR FUTURE.**

1251 Yalu Street  
Norfolk, VA 23511

[careerservices.mccshr@usmc-mccs.org](mailto:careerservices.mccshr@usmc-mccs.org)

### WE CAN HELP YOU

- ✓ Initial Counseling
- ✓ Pre-Separation Counseling
- ✓ Capstone Reviews
- ✓ Résumé Development
- ✓ LinkedIn Optimization
- ✓ Federal Employment
- ✓ DoW SkillBridge
- ✓ Family Member Employment Assistance Program

### BUILD YOUR FUTURE ★



#### GAIN THE SKILLS

Access tools, training, and resources to achieve your career goals.



#### STAY PREPARED

Gain the skills and confidence to transition with success.



#### STRONGER TOGETHER

Empowering Marines, Spouses & Families through every step of the journey.

### CONNECT WITH US

**WE'RE HERE TO SUPPORT  
MARINES, SPOUSES  
& FAMILIES AT EVERY  
STEP OF YOUR JOURNEY.**

★ SERVING MARINES | SUPPORTING FAMILIES | STRENGTHENING READINESS ★



TRANSITION  
READINESS



VA BENEFITS  
& DISABILITY



SKILLBRIDGE &  
EMPLOYMENT



CAREER & FEDERAL  
DEVELOPMENT



FAMILY MEMBER  
SUPPORT

### REGISTER TODAY!



[careerservices.mccshr@usmc-mccs.org](mailto:careerservices.mccshr@usmc-mccs.org)



Registration Required



Open to the Hampton Roads  
Military Community

### WE CAN HELP YOU

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- ✓ Capstone Reviews
- ✓ Résumé Development
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- ✓ Federal Employment
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# CAREER SERVICES

TRANSITION • EMPLOYMENT • FEDERAL CAREERS • SKILLBRIDGE

## JULY

**JUL 01** | 0900–1130

### **UTC Training**

Mandatory operational training for all appointed coordinators.

**JUL 08** | 0900–1230

### **VA Disability Review Brief**

Navigate the VA disability re-evaluation and claims process.

**JUL 15** | 0900–1030

### **SkillBridge Timeline**

Map eligibility to secure early access to civilian employers.

**JUL 16** | 0900–1200

### **STARS Seminar**

Virtual transition and career block for military spouses.

**JUL 30** | 0900–1200

### **LinkedIn Success**

Learn modern networking and polish your profile.

## AUGUST

**AUG 05** | 0900–1130

### **UTC Training**

Mandatory operational training for all appointed coordinators.

**AUG 12** | 0900–1230

### **VA Disability Review Brief**

Navigate the VA disability re-evaluation and claims process.

**AUG 19** | 0900–1230

### **SkillBridge Timeline**

Map eligibility to secure early access to civilian employers.

**AUG 20** | 0900–1230

### **Federal Career Workshop**

Navigate complex federal vacancy announcements.

**AUG 27** | 0900–1200

### **Practical Interview Success**

Practice structured techniques and build confidence.

## SEPTEMBER

**SEP 02** | 0900–1130

### **UTC Training**

Mandatory operational training for all appointed coordinators.

**SEP 09** | 0900–1230

### **VA Disability Review Brief**

Navigate the VA disability re-evaluation and claims process.

**SEP 16** | 0900–1030

### **SkillBridge Timeline**

Map eligibility to secure early access to civilian employers.

**SEP 17** | 0900–1200

### **STARS Seminar**

Virtual transition and career block for military spouses.

**SEP 23** | 0900–1200

### **Crafting a Competitive**

#### **Résumé**

Translate military experience into civilian accomplishments.

**SEP 24** | 0900–1200

### **LinkedIn Success**

Leverage digital networking to target hiring managers.

## REGISTER TODAY!

[careerservices.mccshr@usmc-mccs.org](mailto:careerservices.mccshr@usmc-mccs.org)

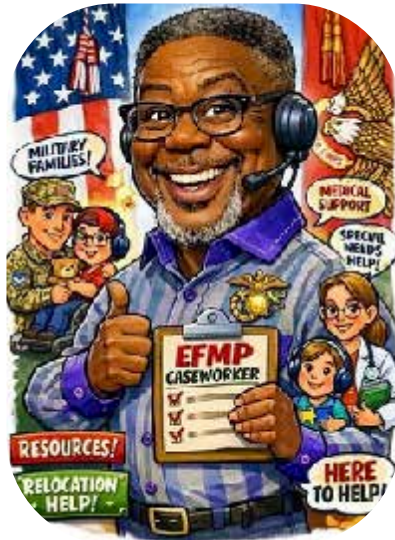
Registration Required • Open to the  
Hampton Roads Military Community

## COACH ★ GUIDE ★ EMPOWER



# EFMP

Exceptional  
Family Member  
Program



## COME SEE YOUR EFMP FAMILY CASEWORKER!



**757.600.1366**



**[keith.ingram@usmc-mccs.org](mailto:keith.ingram@usmc-mccs.org)**

### MONDAY & FRIDAY

**NAVAL WEAPONS STATION: THE DEPOT**



**2006 SHUPPER DR, NEWPORT NEWS, VA 23603**

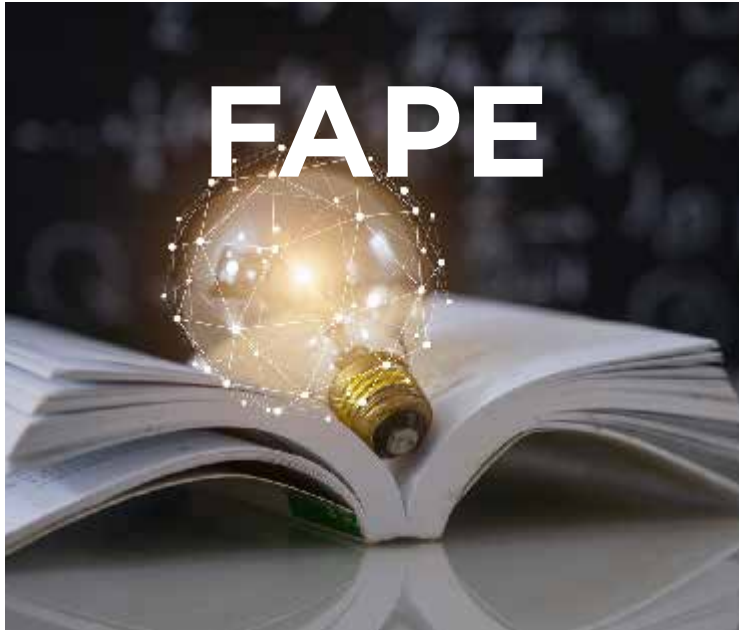
### TUESDAY, WEDNESDAY, THURSDAY

**CAMP ELMORE: MCCS ADMINISTRATION BLDG.**



**1251 Yalu Street, Norfolk, VA 23515**

# EFMP RESOURCE HIGHLIGHT



*Understanding your child's rights starts with understanding Free Appropriate Public Education (FAPE). This resource breaks down what FAPE really means and explains what schools are required to provide to support.*

**PEATC another EFMP Resource for families for dependents with school IEPs.**

Questions about  
**Special Education**  
or  
**Disability Services?**

Looking for resources?

Not sure what to do next?



PEATC offers free & confidential assistance in 300+ languages.



703-923-0010  
partners@peatc.org  
peatc.org

# MARINE CORPS

## *Family Teambuilding*

MOVING FORWARD. TOGETHER.



-  Moving Checklists
-  PCS Guidance and Information & Referral resources
-  Education on support programs

Marine Corps Family Teambuilding

 (757)288-8269

 [OMB.mcftb@usmc-mccs.org](mailto:OMB.mcftb@usmc-mccs.org)

# LIFE SKILLS *classes*

PROFESSIONAL DEVELOPMENT • LIFE SKILLS • RESILIENCE • READINESS

## JULY

**JUL 15** | 0900–1100

### **Passport to Volunteering**

Topic:TBD.Learn the essentials of volunteering with MCCS.

**JUL 16** | 0900–1030

### **URC/DRC Training**

Community of Practicesession held virtually (V).

**JUL 24** | 0900–1100

### **Command Team Training**

Virtual session (V)for unit leadership and command teams.

**JUL 27** | 0900–1100

### **Life Skills: Ready, Set, Prepare**

Essential preparation strategies for military life transitions.

**JUL 29** | 0900–1200

### **Resilience Workshop**

StrongerTogether—Foundations & Safety.

## AUGUST

**AUG 05** | 0900–1100

### **L.I.N.K.S. Foundations**

Virtual session (V) covering Marine Corps lifestyle and resources.

**AUG 12** | 0900–1020

### **Passport to Volunteer**

In-person session at MCCS Admin office.

**AUG 20** | 0900–1030

### **URC/DRC Community of Practice**

Virtual session (V) for coordinators to share best practices.

**AUG 28** | 0900–1100

### **Life Skills: Stress Management**

Techniques and tools to manage daily stressors effectively.

**AUG 31** | 0900–1200

### **Resilience Workshop**

StrongerTogether—Attitudes & Actions.

# SEPTEMBER

**SEP 01** | 0800–1600

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

Full-day foundational workshop for spouses and families.

**SEP 03** | 0800–1030

## Family Care Plan Training

Ensure your family is prepared for any deployment or duty.

**SEP 15** | 1000–1130

## Passport to Volunteer

Virtual session (V) for prospective volunteers.

**SEP 17** | 0900–1030

## URC/DRC Community of Practice

Virtual session (V) for ongoing support and networking.

**SEP 25** | 0900–1000


## Life Skills: Stress Management

Strategies for maintaining balance and well-being.

**SEP 28** | 0900–1200

## Readiness Workshop

Stronger Together —  
Comprehensive readiness training.



# RESILIENCE WORKSHOP SERIES

PREPARE. CONNECT. LEAD.

LAST MONDAY OF THE MONTH

MONTHLY WORKSHOP FOR A STRONGER COMMUNITY

TOPICS INCLUDE:

- PREPAREDNESS
- COMMUNITY RESOURCES
- LEADERSHIP SKILLS

FOR MORE INFORMATION

757.288.8269

SCAN FOR DETAILS

HAMPTON ROADS MILITARY COMMUNITY

# learn how to VOLUNTEER



Professional  
Development  
Support Events  
Gain new job skills  
Meet new connections  
Serve the USMC Community and  
Hampton Roads

CONNECT TODAY

Contact: Volunteer Coordinator 757-981-7812

READINESS WORKSHOP ★ ★ ★

## STRONGER EVERY DAY.

BUILDING SKILLS. STRENGTHENING LIVES.  
PREPARING FOR WHAT'S NEXT.

- Classroom and Virtual options
- Prepare ahead prevent problems
- Spouse centered learning
- Newcomers Orientation
- L.I.N.K.S.
- Communication Classes
- Stress Management



BUILD SKILLS



STRENGTHEN  
RESILIENCE



PREPARE  
TOGETHER



# SMP

## JULY TRIPS



**Indoor Go Karts-Va. Beach  
5:30pm - 7:30pm Fri 3 July**

**Paint Night at Color Me Mine ( 8 & 23  
July) 5:00pm - 7:30pm \$30 approx**

**Rudee Night Fishing 11 July \$47  
Chincoteague \*must buy salt water  
fishing license before trip day**

**VA. Beach Aquarium \$33 Sat: 18 July  
11:00am**

**Water Country USA, Sat. 25 July  
Free via ID.Me**

**Wagster Magic Theatre, Hampton  
7 & 21 July \$35 6:00pm**

**Marine Corps Museum, Quantico  
Thurs. 30 July FREE**

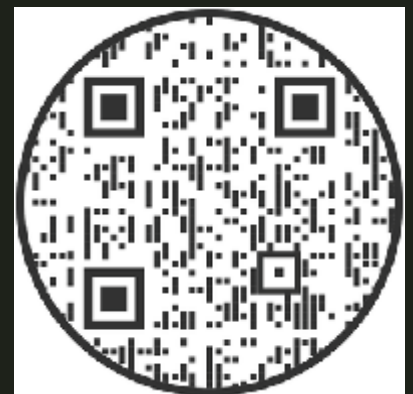
***Authorized patrons of ALL abilities are  
welcomed. Please contact SMP staff if  
reasonable accommodations are necessary.***

**SCAN ME**

***For more information or to register for trips  
and activities, contact SMP Coordinator at:***

 [smp.mccshr@usmc-mccs.org](mailto:smp.mccshr@usmc-mccs.org)

 **757.362.8725**



# SMP

## AUGUST TRIPS



**Water Country USA, Sat. 1 Aug.  
Free via ID.Me**

**Wagster Magic Theatre, Hampton  
11 Aug. \$35 6:00pm**

**Rudee Night Fishing 8 Aug. \$47  
Chincoteague \* must buy salt water  
license before trip day**

**River water tubing Sat. 15 Aug \$32**

**Bowl-a-Rama Free 1<sup>st</sup> & 3<sup>rd</sup> Weds  
to 8pm - NSA Hampton Roads (5  
& 19)**

**Busch Gardens Sat. 22 Aug.  
Free via ID.Me**

**Paint Night at Color Me Mine  
Norfolk (6 & 20 Aug.) 5:00pm -  
7:30pm**

**Marine Corps Museum, Quantico  
Thurs. 27 Aug. FREE**

***Authorized patrons of ALL abilities are  
welcomed. Please contact SMP staff if  
reasonable accommodations are necessary.***

***For more information or to register for trips  
and activities, contact SMP Coordinator at:***

 [smp.mccshr@usmc-mccs.org](mailto:smp.mccshr@usmc-mccs.org)

 **757.362.8725**

**SCAN ME**



# SMP



# SEPTEMBER TRIPS



**Bowl-a-Rama Free 1<sup>st</sup> & 3<sup>rd</sup> Weds  
to 8pm - NSA Norfolk (2 & 16 Sept)**

**Marine Corps Museum, Quantico  
Thurs. 24 Sept. FREE**

**Paint Night at Color Me Mine Norfolk ( 17 &  
22 Sept.) 5:00pm - 7:30pm**

**Wagster Magic Theatre, Hampton  
25 Sept. \$35 6:00pm**

**Dolphin watchin Cruise Sat. 19, Sept. 11am  
30\$**

**Rudee Fishing 26 Sept. \$47 Chincoteague  
\* must buy salt water fishing license before  
trip day**

**Authorized patrons of ALL abilities are welcomed. Please  
contact SMP staff if reasonable accommodations are  
necessary.**

**SCAN ME**

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activities, contact SMP Coordinator at:***



 [\*\*smp.mccshr@usmc-mccs.org\*\*](mailto:smp.mccshr@usmc-mccs.org)

 **757.362.8725**

*Great past events and esprit de corps engagements.*

# GRAPPLING TOURNAMENT **MCCS|MCSFR**

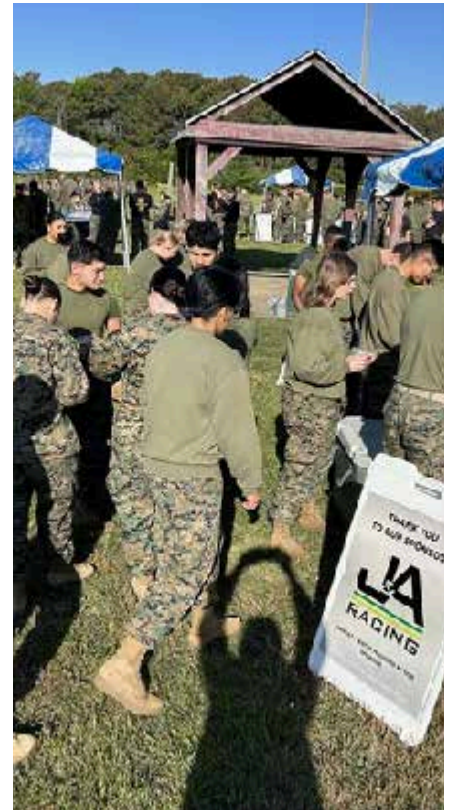


# FIELD MEET MCCS | CAMP ELMORE

## FIELD MEET



# FIELD MEET MCCS | MARDET





**STAY  
INFORMED**

