MCCS
HAMPTON ROADS
MARINE CORPS COMMUNITY SERVICES



RESOURCE GUIDE

OCTOBER | NOVEMBER | DECEMBER



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

MARY COLLINS	MCCS DIRECTOR	**757.652.1734**
SEAN GALANTE	INDOOR RANGE MANAGER	**757.285.1631**
LYUBOV (LUBA) TAVZEL	OPS (ADMIN, MARKETING, & SPONSORSHIP)	**757.469.0648**
JACK WEERS	LOSS PREVENTION SPECIALIST	**757.600.1197**
CHRIS SCHOENROCK	WARR/SEMPER FIT DIRECTOR	**757.749.7823**
ALLEN SESE	WARR STRENGTH & CONDITIONING DIRECTOR	**757.288.8916**
JUSTIN ROBERTS	ASST WARR / SPORTS COORDINATOR	**757.981.7932**
ALLISON TRAGO	PERFORMANCE EDUCATION SPECIALIST	**757.286.7357**
VACANT	RESILENCE AND WELLNESS SPECIALIST	**757.600.1403**
BRANDON MACNAMARA	STRENGTH & CONDITIONING COACH	**757.981.7928**
SHAWNA LEVINS	SMP COORDINATOR	**757.362.8725**
CHRISTIAN SMITH	OUTDOOR RECREATION MANAGER	**757.749.5226**
RYAN DAVIS	MCFTB DIRECTOR	**757.981.7812**
STARLITE CASSAIS	MCFTB TRAINER	**757.288.8269**
JESSICA APPELBERG	EFMP DIRECTOR	**757.981.7916**
KEITH INGRAM EFMP	EFMP CASEWORKER	**757.600.1366**
VACANT	TRAINING, EDUCATION & OUTREACH	**757.981.7916**
JEANNETTE McCLELLAN	CAREER SPECIALIST/TRANSITION	**757.981.7914**
BRADLEY BRIGGS	MCX STORE MANAGER	**757.981.7915**
JOANA WEINZETL	MCX ASSISTANT STORE MANAGER	**757.781.1980**
JUSTIN CROSS MCX	MCX GUN COUNTER MANAGER	**757.232.7630**

YOUR APP. YOUR VOICE.
YOUR MISSION.

Download on the App Store

MCCS
MARINE CORPS COMMUNITY SERVICES

GET IT ON Google Play



Indoor Shooting Range

MCCS

CAMP ELMORE
INDOOR SHOOTING RANGE
COMING SOON

TRAIN ★ PRACTICE ★ COMPETE

SHOOT SAFE. SHOOT RESPONSIBLY.







HOURS OF OPERATION

MONDAY – FRIDAY
0600 – 2000
Contracting and organizational services; earlier or later arrangements may be available.

SATURDAY – SUNDAY
0730 – 1800
Recreational shooting.
Lane rentals end at 1700.

QUESTIONS?
CONTACT THE RANGE

(757) 286-1755

Campelmore.indoorshootingrange@usmc-mccs.org

Located aboard Camp Elmore in Norfolk

TRAIN | IMPROVE | CONNECT | COMPETE

DISCIPLINE TODAY.
A STRONGER TOMORROW.

MCX
CAMP ELMORE

IT MATTERS WHERE YOU SHOP.

MARINES
FAMILIES
AUTHORIZED PATRONS



FIREARMS & AMMO

QUALITY BRANDS. IN STOCK. READY FOR WHAT'S NEXT.

FIREARMS COUNTER HOURS

TUESDAY – SATURDAY
12 PM – 6 PM

Last background check begins at 5:30 PM.

- FIREARMS
- AMMUNITION
- TACTICAL GEAR
- ACCESSORIES



OCTOBER 7 – 20

TACTICAL EVENT

GEAR UP THIS OCTOBER.

FIREARMS | AMMO | TACTICAL GEAR | ACCESSORIES

NOVEMBER 18 – 20

BLACK FRIDAY EARLY ACCESS

STARTS NOW

SPECIAL SAVINGS ON FIREARMS, AMMO, TACTICAL GEAR AND ACCESSORIES.

YOUR PURCHASES SUPPORT MARINES AND THEIR FAMILIES.

MCX
Powered by MCCS
CAMP ELMORE

IT MATTERS WHERE YOU SHOP.

MARINES
FAMILIES
AUTHORIZED PATRONS



CANDY & TREATS | STOCKING STUFFERS | SMALL GIFTS | SNACKS & DRINKS

HOLIDAY HAPPENINGS AT CAMP ELMORE

GUNNY CLAUS IS COMING!

DECEMBER 5

A festive community event hosted at Camp Elmore MCX with EFMP.

More details coming soon!

TREES FOR TROOPS

COMING THIS DECEMBER

Camp Elmore is working to serve as a pickup location for Trees for Troops.

Dates & details coming soon.

TOYS FOR TOTS DONATION CENTER

GIVE A LITTLE. MAKE A BIG DIFFERENCE.

Drop off new, unwrapped toys at Camp Elmore MCX this holiday season.

SHOP. CELEBRATE. GIVE BACK.

YOUR PURCHASES SUPPORT MCCS PROGRAMS AND SERVICES FOR MARINES AND THEIR FAMILIES.

IT MATTERS WHERE YOU SHOP.

MCX
Powered by MCCS
CAMP ELMORE

GOOD FOOD. ON THE GO.

NEW CHICKEN

NOW SERVING AT YOUR MCX

QUICK. CONVENIENT. DELICIOUS.

FRESH
CONVENIENT
ALWAYS READY



CHICKEN SANDWICH
REGULAR OR SPICY

CHICKEN NUGGETS
REGULAR OR SPICY

GRAB & GO
FAST & EASY

GREAT FLAVOR
REGULAR OR SPICY

READY
WHEN YOU ARE

SUPPORTS OUR MARINES AND FAMILIES

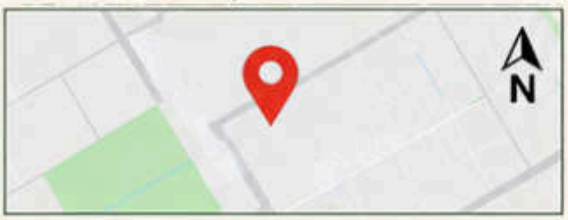
IT MATTERS WHERE YOU SHOP.

CAMP ELMORE
VEHICLE STORAGE



Camp Elmore Base access
Monday - Friday 5AM - 8PM
Saturday and Sunday 8AM - 8PM

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

PARKING TYPE		COST			
	Motorcycle parking	$150	- 6 Months	$300	- Year
	10' x 18' (regular parking spots)	$270	- 6 Months	$540	- Year
	21' and longer trailers (campers, RVs, etc.)	$600	- 6 Months	$1200	- Year
	11.5' x 40' (boats)	$690	- 6 Months	$1380	- Year

MCCS
HAMPTON ROADS

OUTDOOR EQUIPMENT RENTAL

EXPLORE. | EQUIP. | ADVENTURE. | CONNECT.

HOURS OF OPERATION:

MONDAY - FRIDAY
0800 - 1700

WEEKENDS CLOSED

EFFECTIVE MONDAY, OCTOBER 5TH



INFLATABLES


LAWN EQUIPMENT



21 FT. CAMPER


WEBER GRILL WHEELS



CONCESSIONS


TOWABLE TRAILERS


PARTY PACKAGES


SPORTS GEAR


WATERSPORTS

757.749.5226 | outdoorrec.mccshr@usmc-mccs.org | Located inside the MCX

Get Out. Make Memories.

ON THE GO?
WE'VE GOT YOU COVERED.

FUEL UP. CLEAN UP. KEEP MOVING.



FUEL STATION

OPEN 24/7

PAY AT THE PUMP ONLY

Quick, convenient fueling
available around the clock at Camp Elmore.

TAP TO PAY AVAILABLE
Fast. Easy. Contactless.

- FUEL UP
- GET BACK ON THE ROAD
- CONVENIENT & RELIABLE



CAR WASH

$3 • 5 MINUTES

CLEAN CAR. QUICK STOP. GREAT VALUE.

Convenient self-service
car washing at Camp Elmore.

TAP TO PAY AVAILABLE
No cash? No problem.

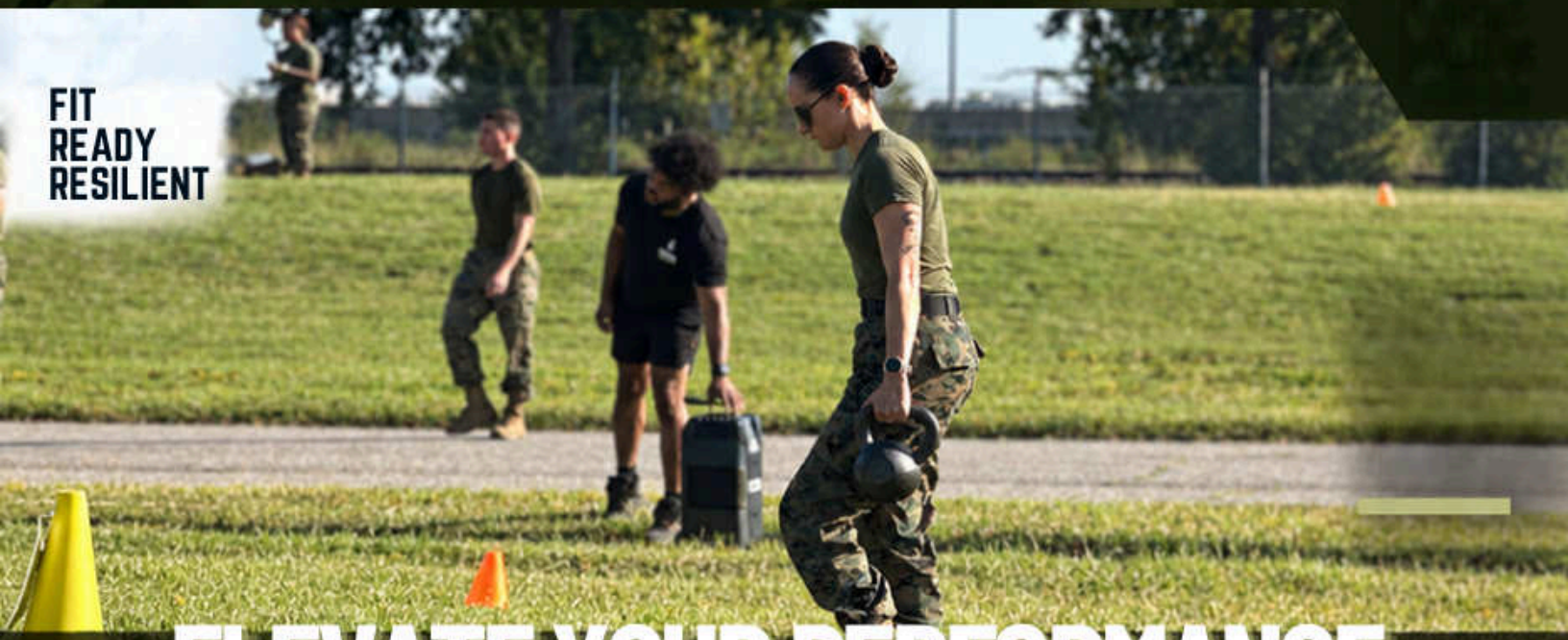
- WASH
- RINSE
- SHINE
- GO

CAMP ELMORE
CONVENIENT. ACCESSIBLE. READY WHEN YOU ARE.

KEEP MOVING.

WARRIOR ATHLETE

READINESS & RESILIENCE



ELEVATE YOUR PERFORMANCE:

Comprehensive Strength and Conditioning Services

- Mission-driven strength and conditioning
- Personalized remote training via Teambuilder
- Post-injury and Return-to-Duty programs
- Performance testing and readiness assessments
- PFT/CFT prep and optimization
- Deployment and expeditionary training support
- Combatives training
- FII support: Training plan development
- PT resources and doitly 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

SemperFit.MCCSHR@usmc-mccs.org

TRAIN | ADAPT | OVERCOME

WARRIOR ATHLETE
READINESS & RESILIENCE



WARRIOR PERFORMANCE EDUCATION



NUTRITION CLASSES

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



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 dependents, and civilian government employees.

Contact

(757) 288-8916

SemperFit.MCCSHR@usmc-mccs.org





SINGLE MARINE PROGRAM

October Trips

9 Oct.	Happy Hour at The Atlantic on Pacific (VA. Beach) 1600-1800
10 Oct.	Apex World Series Home Run Derby Simulator (VA. Beach) 1300-1600
12 Oct.	Zen Massage & Lunch $45 plus lunch 1000-1300 (VA Beach) 1000-1300
15 Oct,	Hunt Club Farm Haunted Line Dance & Cowboy Boots Giveaway
22 Oct, 29 Oct,	(VA. Beach) 1800-2200
16 Oct.	CeCe Winans Concert Chartway Arena $65 Start time 1900
17 Oct.	Barbarian Bruiser (Ala Spartan Style Games) Cheatham Annex 0900-1500
20 Oct.	Color Me Mine Norfolk Paint Night $10 plus pottery fee 1700-1900
30 Oct.	Wagster Magic Theatre (Las Vegas Syle Magic) Williamsburg $25 1900-2030
31 Oct.	Deep Sea Fishing $90 0530- 1750 (out of VA. Beach)

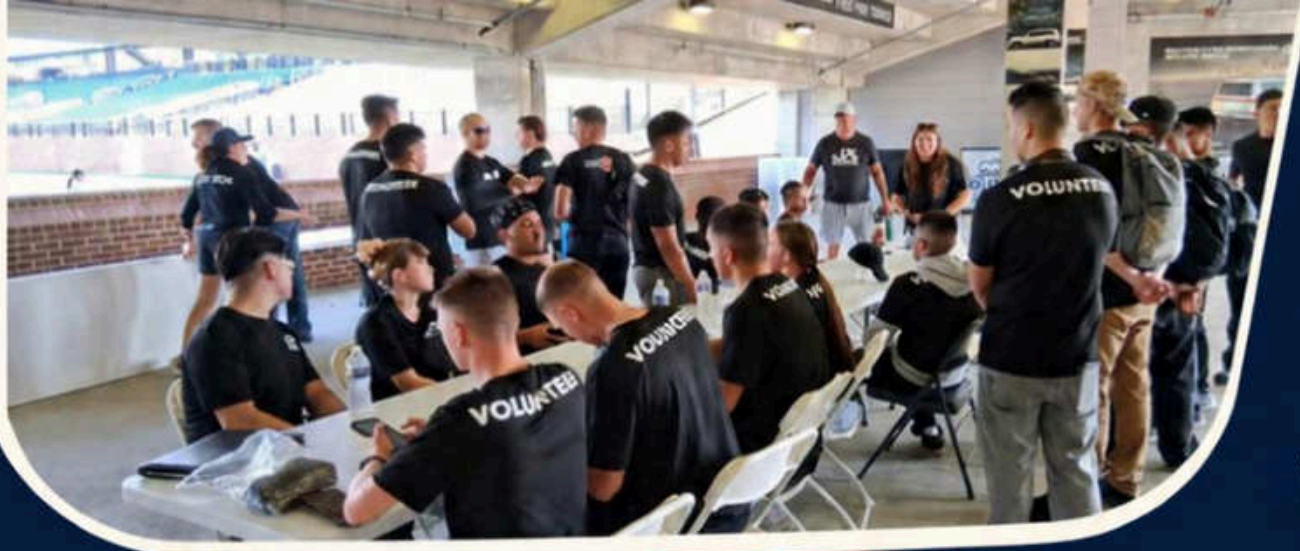
*All Trips require registration at least 3 business days prior to Trip unless noted.

****Trips are Free unless noted

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

For More information or to register for trips and activities, contact SMP Coordinator at

SMP.mccshr@usmc-mccs.org or 1-757-362-8725



GET OUT.
GET CONNECTED.
HAVE FUN.

SINGLE MARINE PROGRAM

NOVEMBER TRIPS

6 Nov.	Admirals Pro Ice Hockey, Norfolk, $TBD approx.. $40 Start Time 1905
10 Nov.	Happy Birthday Marines Happy Hour Atlantic on Pacific Norfolk 1600-1800
11 Nov.	- Veteran's Day Free Meals & Deals Shuttle 0900-1200 Williamsburg and VA. Beach/Norfolk 1300-1600
14 Nov.	Norfolk Tattoo Expo, $25, 1100-1400
19 Nov.	-Color Me Mine Norfolk Paint Night $10 plus pottery fee 1700-1900
26 Nov.	Free Thanksgiving Dinner Bell Soiree Chesapeake, 1300-1500 -appetizers with Meet & Greet along with Dinner / Fraternal Order of Police, 110 Kempsville, Rd., Chesapeake, VA.
27 Nov.	Holiday Outlet Shopping
28 Nov.	Wagster Magic Theatre, Williamsburg 1900-2030 $25

*All Trips require registration at least 3 business days prior to Trip unless noted.
**Trips are Free unless noted
*** Authorized patrons of ALL abilities and welcomed. Please contact SMP staff if reasonable accommodations are necessary.

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SMP.mccshr@usmc-mccs.org or 1-757-362-8725

DECEMBER Trips



11 Dec.	Norfolk Outlet Shopping	1100-1300	
18 Dec.	Busch Gardens Christmas Town	1700-2200	*Free via ID.me register
19 Dec.	Whale watch cruise $38	1300-1500	
24 Dec.	Whale Watch Cruise $38	1300-1500	
25 Dec.	Waterside District Ice Skating & Lunch	1200-1600	
31 Dec.	Dave & Busters (VA. Beach) $40 *Includes Appetizer Buffet & Limited Gaming card*		

*All Trips require registration at least 3 business days prior to Trip unless noted.
***Trips are Free unless noted

****Authorized patrons of ALL abilities and 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 or 1-757-362-8725

MCCS
HAMPTON ROADS

Marine Corps Family Team Building (MCFTB)

MCCS Camp Elmore



Military life asks a lot of Marines and their families. MCFTB exists to help you meet those demands with confidence. Our programs are free and open to Marines, spouses, children, parents, and commands.

What we offer:

- **L.I.N.K.S:** (Lifestyle, Insights, Networking, Knowledge, and Skills): an introduction to Marine Corps life, culture, and resources for spouses, Marines, teens, kids, and parents
- **Relationship and personal growth workshops, including PREP and Four Lenses,** to strengthen communication and understanding at home and at work
- **Deployment readiness:** preparation and reintintegration support before, during, and after deployments
- **Command team training:** support for commanders, senior enlisted leaders, spouses, and Family Readiness personnel
- **Volunteer training and support** for those who serve unit families
- **Information and referral** to connect you with the right resources on and off base

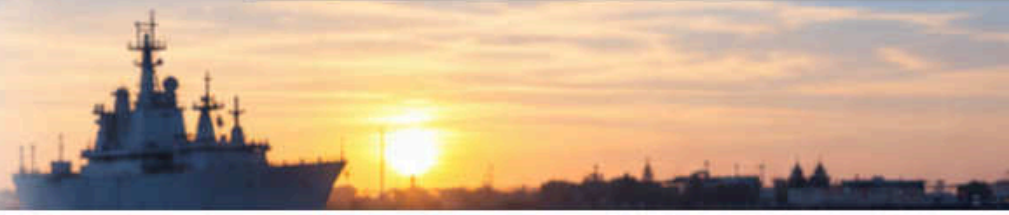


Whether you are new to the Marine Corps or have served for years, we can bring training to your unit or help you find the support your family needs.

Ryan Davis, MCFTB Director

(757)981-7812

Ryan.Davis@usmc-mccs.org



EFMP Exceptional Family Member Program



INTRO TO EFMP & RESPITE CARE

Open to ALL DOD Families



Are you wondering what the Exceptional Family Member Program is all about or have questions about how it works? Join us virtually where we'll explore who qualifies, how to enroll, status updates, disenrollment, assignment coordination, respite reimbursement and family support services. Don't miss this opportunity to gain valuable insights and get your questions answered!

Tuesday

Oct. 6 at 10:300 AM

CONTACT US TO REGISTER

jessica.appelberg@usmc-mccs.org

757-981-7916

CONNECT WITH US

www.hamptonroads.usmc-mccs.org

MCCS Hampton Roads

TRAINING & EVENT SCHEDULE

October and November 2026

OCT. 04	**Fall Festival** 10:00 a.m. Hunt Club Farm
OCT. 06	**Intro to Efmp & Respite Care Reimbursement** 10:00 a.m. MCCS at 1251 Yalu Street, Norfolk
OCT. 22	**Building Networks of Support** 6:00 p.m. Virtual
NOV. 03	**Accessing Community Resources** 10:00 a.m. MCCS at 1251 Yalu Street, Norfolk

For more details or to sign up for these trainings or events, please e-mail us at jessica.appelberg@usmc-mccs.org

MCCS HAMPTON ROADS





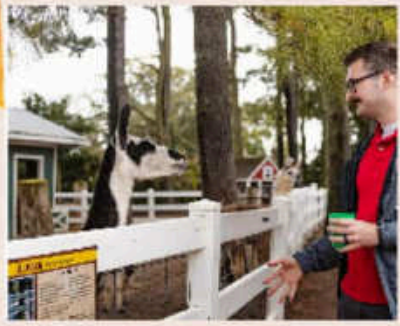
EFMP Fall Fest

MCCS HAMPTON ROADS









October 4, 2026

- Petting Zoo
- Fall Crafts
- Pony Rides

Starts at 10am

Join us for the EFMP Fall Fest at Hunt Club Farm!
Enjoy a fun-filled day with crafts, pony rides, petting zoo, TreeWalk Adventure, and many other exciting fall activities!
Spaces are limited, so don't miss out on this fantastic family event.

To Register, E-Mail: Efmp.Mccshr@usmc-mccs.org

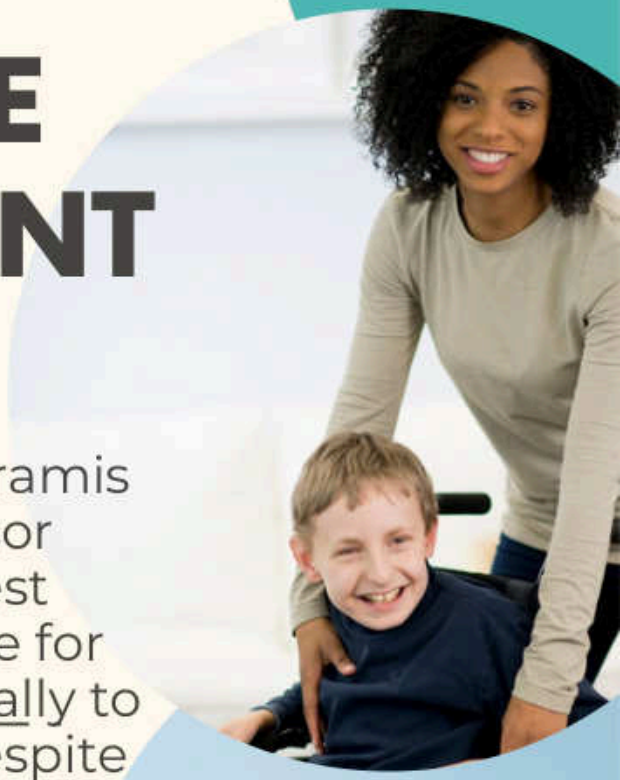
Visit our website

Hunt Club Farm
2388 London Bridge Rd.
Virginia Beach, VA 23456

Follow us on Facebook

EFMP Exceptional Family Member Program
MCCS Hampton Roads

RESPITE CARE REIMBURSEMENT PROGRAM



Therespite care reimbursement programis intended to reducestress on sponsor families by providing temporary rest periods for family members who care for those with special needs. Join us virtually to learn how to access the installation respite care program and explore additional respite care resources available to you.



Open to ALL DOD Families

TUESDAY
OCT. 6TH 10AM

REGISTER NOW



jessica.appelberg@usmc-mccs.org

757-981-7916

Visit Our MCCS Website

Follow Us On Facebook

EFMP Exceptional Family Member Program

COME MEET

Gunny Claus

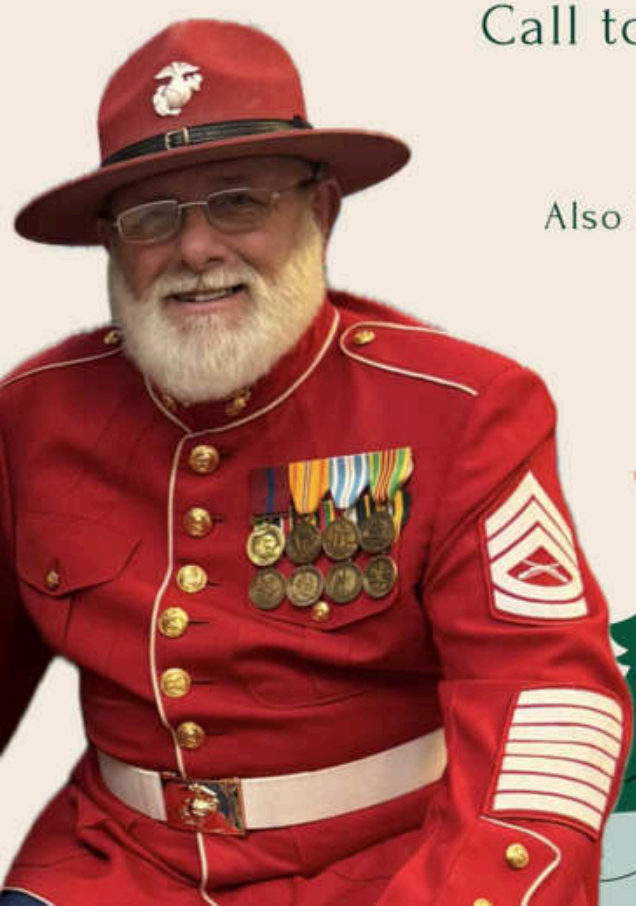
SAT | 05 DEC | Starting at 10:00 AM

Limited Spaces Available

Call to Reserve your spot: 757-981-7916

Camp Elmore MCX

Also featuring Trees for Troops, Details to Follow





Service vs. Therapy Animal Workshop



Guest Speaker: Service Dogs of Virginia
We will discuss the Rehabilitation Act of 1973, review the difference between service and therapy animals, the process of gaining a service animal, and more!

Join Us Virtually
Tuesday, December 08@ 10:30 a.m.

Register Now: Jessica.Appelberg@USMC-MCCS.ORG

FOR ANY QUESTIONS CALL: 757-981-7916

Visit Our Website

Service Dogs of Virginia
Because life can change in an instant.

EFMP Exceptional Family Member Program

Follow Us on Facebook

MCCS HAMPTON ROADS

MCCS HAMPTON ROADS
CAREER SERVICES

Workshops and resources designed for service members, veterans, and military spouses building a strong future—together.

757.981.7914 | careerservices.mccshr@usmc-mccs.org

OCTOBER

Unit Transition Coordinator/Command Designer Training
OCT 7, 2026 0900 - 1130

VA Disability Review Brief
OCT 14, 2026 0900 - 1230

SkillBridge Info Session
OCT 21, 2026 0900 - 1200

10 Steps to a Federal Job
OCT 22, 2026 0900 - 1200

Launching Your LinkedIn Success
OCT 29, 2026 0900 - 1200



NOVEMBER

Unit Transition Coordinator/Command Designer Training
NOV 4, 2026 0900 - 1130

SkillBridge Info Session
NOV 17, 2026 0900 - 1030

VA Disability Review Brief
NOV 18, 2026 0900 - 1230



DECEMBER

Unit Transition Coordinator/Command Designer Training
DEC 2, 2026 0900 - 1130

VA Disability Review Brief
DEC 9, 2026 0900 - 1230

SkillBridge Info Session
DEC 16, 2026 0900 - 1030



REGISTER TODAY

CAREER SERVICES



EMPOWERING MARINES & FAMILIES FOR SUCCESS

COACH ★ GUIDE ★ EMPOWER

SKILLBRIDGE INFORMATION & TIMELINE PLANNING
Explore 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.

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.

★

YOUR MISSION DOESN'T END HERE.

WE'RE HERE TO HELP YOU SUCCEED.

LET'S BUILD YOUR FUTURE.

careerservices.mccschr@usmc-mccs.org

1251 Valu Street
Norfolk, VA 23511

REGISTER TODAY!

The HQSVCBN & MCCS Suicide Prevention Awareness PT Event and Resiliency Fair brought Marines together for physical fitness, resiliency resources, community engagement, and support from local vendors and organizations.














WARR
WALKER


THANK YOU TO OUR SPONSORS!
MISSION BBQ


ARMED SERVICES ARTS PARTNERSHIP
J&A RACING


PET ME




Sapr

MCCS
HAMPTON ROADS

Marines
Families
Civilians
Community

PEOPLE.
PROGRAMS.
POSSIBILITIES.

STAY CONNECTED



FOLLOW
LIKE
SUBSCRIBE
STAY INFORMED

- NEWS
- EVENTS
- PROGRAMS
- RESOURCES
- AND MORE!

SAME MISSION. STRONGER TOGETHER.

VISIT OUR WEBSITE

Programs
Events
Services
and More!

Scan & Connect

STAY INFORMED.
GET INVOLVED.
BE PART OF OUR COMMUNITY.

FOLLOW US ON FACEBOOK

News & Updates
Events
Photos
Community Highlights

PLAN. PREPARE. SUCCEED. TOGETHER. | PEOPLE | PROGRAMS | POSSIBILITIES

Building Stronger Communities Together.