

MCCS Hampton Roads Resource Guide

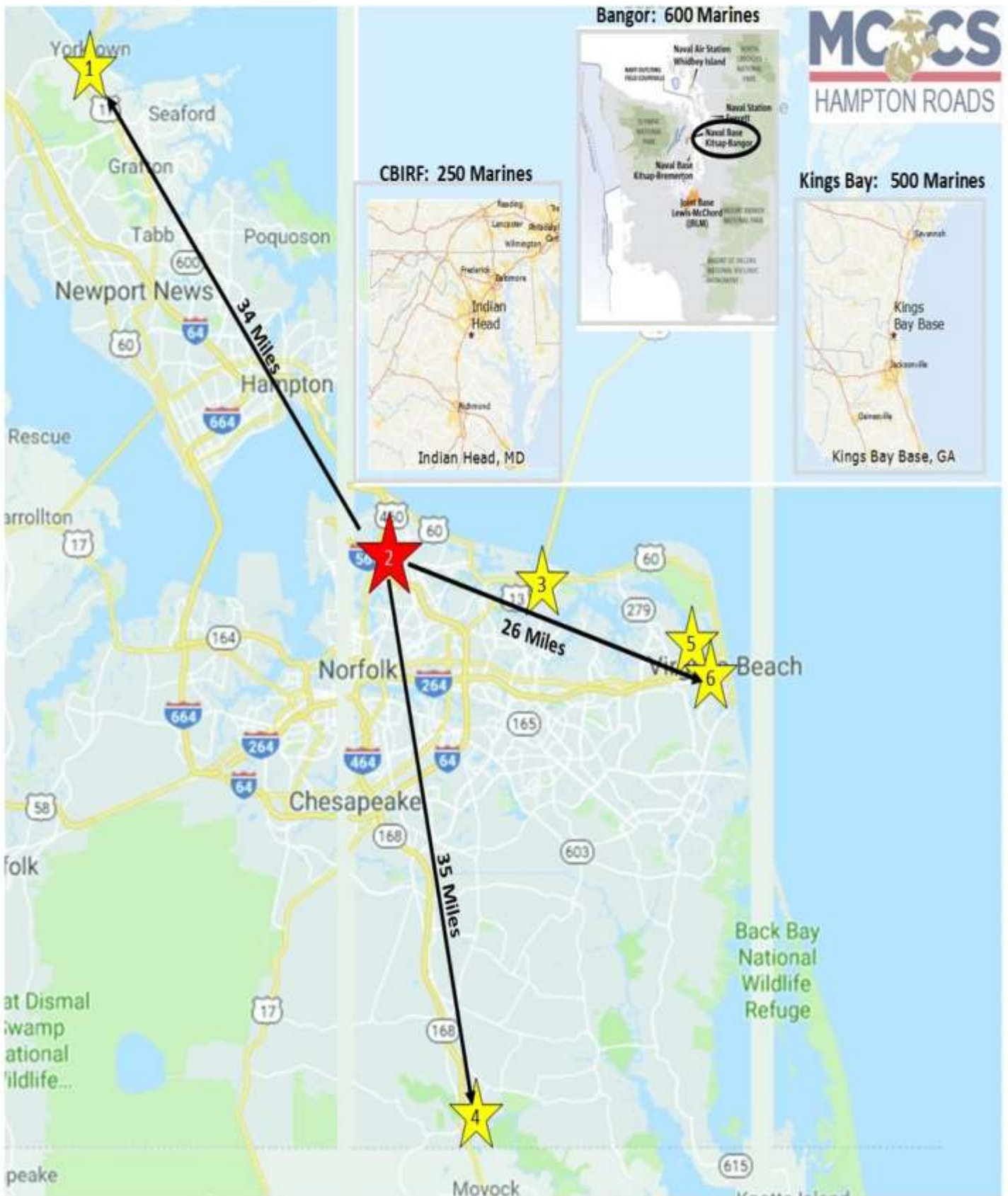
January, February, March 2024





Beginning January 8, 2024, the fuel pumps will be closed for repairs. Firestone will be open during construction.


We apologize for any inconvenience


MCCS Hampton Roads





	Naval Weapons Station Yorktown <u>1044</u>
	Marine Corps Security Force Regiment
	⇒ ALPHA Co
	⇒ HQs Co
	⇒ BRAVO Co
⇒ CHARLIE Co	

	Camp Elmore / Naval Support Activity Hampton Roads / NOB <u>328</u>
	⇒ MARFORCOM/FMFLANT/ MARFORNORTH/PP&OSOUTH

	JEB Little Creek - Fort Story @LC <u>163</u>
	⇒ I-I STF CO A 4TH ASLT AMPHIB BN
	⇒ MARDET School of Music
	⇒ EWTGLANT

	Naval Support Activity Northwest Annex <u>119</u>
	⇒ MCSF Training Company
	⇒ MARDET NAVCONBRIG Chesapeake

	Naval Air Station Oceana <u>140</u>
	⇒ MACS-24
	⇒ MATSD
	⇒ CNATT
	⇒ VFA 106

	NAS Oceana Dam Neck Annex <u>450</u>
	⇒ MARDET Dam Neck
	⇒ MCIS HQs

Marines located at outer MCCs stationed throughout Hampton Roads 838

Total Stationed Within Hampton Roads Area: 3082

Total to include Indian Head MD, Bangor WA, & Kings Bay GA: 4432

DIRECTOR	757.652.1734
MCFTB DIRECTOR	757.981.7812
TRAINER—Vacant	757.288.8269
SEMPER FIT DIRECTOR	757.749.7823
SPORTS\ASST WARR COORDINATOR	757.981.7932
WARRIOR ATHLETE READINESS AND RESILIENCE COORDINATOR	757.288.8916
HAMPTON ROADS SMP COORDINATOR	757.749.7897
HUMAN PERFORMANCE EDUCATOR	757.445.2742
OUTDOOR RECREATION MANAGER	757.749.5226
EFMP MANAGER	757.981.1990
EFMP CASE WORKER	757.600.1366
EFMP TRAINING, EDUCATION & OUTREACH—Vacant	757.981.7928
CAREER SERVICES SPECIALIST	757.981.7914

February 5...2-3PM



Dam Neck Beach

2nd Annual Winter Plunge

Authorized patrons of all abilities are welcomed.

Please contact SMP Staff if reasonable accommodations are necessary.

For more information contact your command SMP Rep



Luray Caverns

March 15

**20 person Maximum
Free Transportation
Admission to Luray Caverns
Contact your Command SMP Rep for
price information**

**Plus admission to
The Car & Caravan Museum
Shenandoah Heritage Village
Toy Town Junction
Open to Single Marines/Sailors only**

Adopt a Trail at First Landing State Park

January 12
10:00AM - 2:00PM

Volunteer with SMP at First Landing State Park. Volunteers assist park staff in keeping trails safe and looking great so that everyone can enjoy them.

9:30AM - meet at Trail Center, which is on the trails/cabins side of the park off Shore Drive.

Cost: Free



Wintergreen Ski Trip

January 19
5:00AM - 10:00PM:

Hit the slopes at Wintergreen Ski Resort with SMP!
Transportation provided upon request, maximum of 25 passengers.

Register with your Command SMP Rep by COB January 12.

Price includes ski/snowboard rental and 8 hours lift ticket.

Cost: \$95



Coffee Fundraiser

January 8 and 29
7:00AM - 9:00AM

Marines prep and serve coffee at building NH-33 on NSA.
Grab a cup to support future SMP programs and activities.
Cash and card accepted.

All Marines and Sailors stop by to enjoy coffee with SMP.



Winter Plunge

February 5
10:00AM - 2:00PM

Take the plunge with SMP at Dam Neck Beach!
Take a dip into the Atlantic Ocean to support future SMP programs and activities.



Adopt a Trail at First Landing State Park

February 9
10:00AM - 2:00PM

Volunteer with SMP at First Landing State Park. Volunteers assist park staff in keeping trails safe and looking great so that everyone can enjoy them.

9:30AM - meet at Trail Center, which is on the trails/cabins side of the park off Shore Drive.

Cost: Free



Coffee Fundraiser

February 26
7:00 - 9:00AM

Marines prep and serve coffee at building NH-33 on NSA.
Grab a cup to support future SMP programs and activities.
All are invited to come enjoy coffee with SMP.



Adopt a Trail at First Landing State Park

March 8
10:00AM - 2:00PM

Volunteer with SMP at First Landing State Park.
Volunteers assist park staff in keeping trails safe and looking great so that everyone can enjoy them.

9:30AM, meet at Trail Center, which is on the trails/cabins side of the park off Shore Drive.

Cost: Free



Luray Caverns Trip

March 15
5:00AM - 9:00PM

Spend the day exploring caves with SMP!
Tickets are purchased through ITT. Ticket price announced in January.

Transportation provided upon request, maximum of 25 passengers.
Register with your Command SMP Rep by COB March 8.



For more information, contact SemperFit Director semperfit.mccshr@usmc-mccs.org

All trips are open to Single Marines/ Sailors only

WPNSTA YORKTOWN
Community Rec: 757-887-7395
Liberty: 757-847-7882

HUNTINGTON HALL
Liberty: 757-380-4679/
757-688-7451

CHEATHAM ANNEX
Community Rec: 757-887-7744
Liberty: 757-887-7747

January	Location	Event
January 19: Open to Close	CAX/YKT/HH	National Popcorn Day
January 19: 6 - 8pm	The Depot	Paint & Sip
January 23: 11am - 1pm	CAX/YKT/HH	National Pie Day
January 25: 5 - 7pm	YKT/HH	Nail & String Art
January 29: Open to Close	CAX/YKT/HH	Retro Movie Night
January 31	HH: 5 - 6pm CAX: 11am - noon YKT: 6 - 7pm	Town Hall Meeting

February

February 5: 5 - 7pm	HH	Connect Four Ball Game
February 11: 6pm until	HH/YKT	Super Bowl Party
February 13: 5 - 7pm	YKT	Mardi Gras Social
February 14: 11am - 1pm	HH/YKT	Mental Health Day Puppy Love
February 26: Open to close	CAX/YKT/HH	Retro Movie Night

March

March 6: 11am - 1pm	YKT	Wacky Wednesday Knocker Ball
March 9: 1 - 3pm	CAX/YKT/HH	Axe Throwing Trip
March 12: 5 - 7pm	Fitness/Liberty HH	March Madness 3v3 Basketball Tournament
March 14: 11am - 1pm	CAX/YKT/HH	National Pi Day
March 15: 5 - 7pm	HH/YKT	St Patrick's Day Social & Meatballs & Money
March 21:	HH/YKT: 5 - 7pm CAX: 11am - 1pm	Paint by Number Workshop
March 30: 11am - 1pm	YKT Sports Zone	Easter Event



NavyLifeNWSY.com

@nwsymwr

f nwsycax.mwr

JEB Little Creek Liberty Events

January

New Year's Day Social

Monday, January 1st, 1-4pm

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

There is more in store in 2024! The Liberty Program is hosting a Vision Board making social on New Year's Day; snacks & refreshments will be provided. Call 757-462-7691 for more information.

Ice Skating Trip

Saturday, January 13th, 1-4pm

JEB Little Creek Library, Bldg. 3016

Cost: E1-E6 \$15/\$20 Guest

Contact number: 757-462-7691

The JEBLC Liberty Program is hosting an Ice skating trip to Chilled Ponds Ice Complex. MWR will shuttle our participants to the Ice Plex to enjoy a good time. The Price includes entry, skate rental, and round trip transportation. Sign-up for some Snow action and fun. Call 757-791-7691 to register deadline will be January 20th, 2024 by COB

MLK DAY Wild Card Tournament

Monday, January 15th, 1-4pm

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

Join The Liberty Program as we Celebrate Martin Luther King Day with various tournaments of your choice for a chance to win a prize! For those who are not as competitive; there will be trivia sheets to complete for a chance to win as well! Snacks, refreshments will be provided. Open to E1-E6 and their guests 18 and older.

Admirals Hockey Game!

Friday, January 19th, 6-10pm

JEB Little Creek Library, Bldg. 3016

Cost: \$10.00

Contact number: 757-462-7691

The JEBLC Liberty Program is hosting a Norfolk Admirals Pro Hockey Trip! This trip is open to E1-E6 Active Duty members and their Guests 18 and older. The price includes round trip transportation & ticket entry, Call 757-462-7691 for more information and to register. Registration closes Thursday January 18th by COB.

National Hot Cocoa Day

Wednesday, January 31st, 9am

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

Come celebrate National Hot Chocolate Day with MWR by stopping to get a FREE cup of hot cocoa! No registration needed. Call 757-462-7691 for more information.

February

Mardi Gras King Cake

Friday, February 9th, Noon

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

The JEBLC Liberty & Community Recreation Program is hosting a Mardi Gras Social. Come get a slice of King Cake and see if you find the baby in your piece! If you do you win a prize! No registration is required. Open to all eligible patrons.

SuperBowl Bash

Sunday, February 11th, 6-10pm

JEB Little Creek CPO Club, Bldg. 3620

Cost: FREE

Contact number: 757-462-7691

The JEBLC Liberty program will be hosting its annual Super bowl Party! Come show off your favorite sports teams as we watch the AFC & NFC Champions battle for the championship. There will be great food, give ways and chances to win prizes! This event is open to E1-E6 Active Duty members and their Guests 18 and older only, no children. Call 757-462-7691 for more information

V-Day Vibe Karaoke & Paint

Friday, February 16th, 6:00-9:30pm

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

For the Love of Karaoke & Paint! Come out for a night of social singing, dancing, painting and fun at the Gator Bowling Snack Bar! The café will be open to purchase food and drinks. Call 757-462-7691 for more information. No registration required. This event is open to all eligible ID card holders 18 years or older, no children.

Paintball

Sunday, February 18th, 1pm

JEB Little Creek Library, Bldg. 3016

Cost: TBD

Contact number: 757-462-7691

Prepare for the Big Battle! Sign up for FREE paintball with The JEBLC Liberty program! We will be taking a trip to the exclusive Chesapeake Paintball Park, transportation is provided. Call 757-462-7691 for more information. Registration is required and online. *****Max 13

President's Day Pool Tournament

Monday, February 19th, 9am

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

Come show off your Billiards skills at the Pool Tournament! The winner will receive a prize, and bragging rights! Call 757-462-7691 for more information. No registration is required

JEB Little Creek Liberty Events

March

Liberty Quilting Series

March 6th-May 24th, 5pm

JEB Little Creek Library, Bldg. 3016

Cost: E1-E6 FREE/ CR \$TBD

Contact number: 757-462-7691

The JEBLC Liberty & Community Recreation Program will be starting a quilting series to teach you how to sew your own quilt! This will be a weekly activity, where you come in and learn new skills in order to complete your quilting project! At the end, you will take home a beautiful keepsake from JEBLC MWR Recreation programs. ! Registration is required.

Paintball

Sunday, February 18th, 1-3pm

JEB Little Creek Library, Bldg. 3016

Cost: TBD

Contact number: 757-462-7691

Prepare for the Big Battle! Sign up for FREE paintball with The JEBLC Liberty program! We will be taking a trip to the exclusive Chesapeake Paintball Park, transportation is provided. Call 757-462-7691 for more information. Registration is required and online. *****Max 13

NBA Wizards Game

Saturday, December 16th, 1am-1pm

JEB Little Creek Library, Bldg. 3016

Cost: \$153.00 E1-E6/ CR \$160.00

Contact number: 757-462-7691

Join the Liberty & Community Recreation program as we venture up to the Capital One Arena in Washington D.C.! Get your tickets to see the Wizards play against the Boston Celtics in a premium NBA Game on St. Patrick's Day! Round trip participation is provided. Registration is now open and will close March 13th , by COB. Call 757-462-7691 to purchase ticket and reserve your shuttle seat!

Paintball

Saturday, February 23rd, 1-3pm

JEB Little Creek Library, Bldg. 3016

Cost: FREE

Contact number: 757-462-7691

Prepare for the Big Battle! Sign up for FREE paintball with The JEBLC Liberty program! We will be taking a trip to the exclusive Chesapeake Paintball Park, transportation is provided. Call 757-462-7691 for more information. Registration is required and online. *****Max 13

JEB Little Creek Library

Full STEAM Ahead

Tuesdays @1000-1100

JEB Little Creek Library Bldg. 3016

Cost: Free

Contact Number: 757-462-7691

Explore Science, Technology, Engineering, Art and Math concepts through stories and activities! Registration is required. Recommended for children ages 3+. For more information, call 757-462-7691.

Homeschool Hang

2nd and last Friday of each month

January through March

@1000-1100 and 1115-1215

JEB Little Creek Library Bldg. 3016

Cost: Free

Contact Number: 757-462-7691

Join us at the Little Creek Library for a fun and educational activity and connect with other homeschool families! Session one for ages 8 and below. Session two for 9 and up. Registration is required. For more information, call (757) 462-7691.

Lego Club

Mondays @1700-1800

Jan 8th, Feb 12th, Mar 11th

JEB Little Creek Library Bldg. 3016

Cost: Free

Contact Number: 757-462-7691

Join us for Lego Club- we supply the Legos, you supply your ideas and talent! Mingle with other builders to create something together, or build something on your own. The only limit is your imagination! Registration not required. Recommended for ages 5+. For more information, please call 757-462-7691.

Magic: The Gathering 101

Wednesdays @1700-1845

JEB Little Creek Library Bldg. 3016

Cost: Free

Contact Number: 757-462-7691

The JEB Little Creek Library and Liberty are proud to host Magic: The Gathering 101. Learn the basics of deck building and how to play. Registration is required. Adults only. For more information, please call 757-462-7691.

Dungeons & Dragons

Fridays @1700-1845

JEB Little Creek Library, Bldg. 3016

Cost: Free

Contact number: 757-462-7691

Join us at the library for a night of fun and adventure as we start a campaign in the popular tabletop game of D&D. We will create characters and start rolling in our epic quest! Registration is required. Adults only. For more information, call 757-462-7691.



JEB Little Creek Library

JANUARY

Art Robotics

Wednesday January 24 @ 1700

JEB Little Creek Library, Bldg. 3016

Cost: Free

Contact number: 757-462-7691

Learn some robotics basics as you create an ArtBot at the JEB Little Creek Library. Registration is required. Recommended for ages 9+. For more information, call (757) 462-7691.

FEBRUARY

My Funny Valentine Photo Battle

February 1st through 14th

Virtual

Cost: Free

Contact number: 757-462-7691

Join us online for a Photoshop Battle with a Valentine's Day theme! Prompts will be announced on our Facebook page and submissions will be uploaded to Google Forms, and will then be posted to Facebook where patrons can vote for their favorites. The submission with the most votes will get a prize. Registration is not required. Open to all ages. For more information, call (757) 462-7691.

Love's on the Board(Games!)

Saturday February 10 @ 1300

JEB Little Creek Library, Bldg. 3016

Cost: Free

Contact number: 757-462-7691

Meet up with other board game lovers for an afternoon of board games at the JEB Little Creek Library. We'll have options from old classics to new favorites. Adults only. For more information, call (757) 462-7691.

MARCH

Pi Day Party

Thursday March 14 @1700

JEB Little Creek Library, Bldg. 3016

Cost: Free

Contact number: 757-462-7691

Stop by the JEB Little Creek Library to celebrate Pi Day with other Pi (and pie) enthusiasts. Enjoy a mathematically themed scavenger hunt, crafts, and other activities. Registration is not required. Open to all ages. For more information, please call (757) 462-7691.

Fort Story-One Stop

Full STEAM Ahead

Thursdays @1000 (Starting February 15th)

Fort Story One Stop Bldg. 864

Cost: Free

Contact Number: 757-462-7691

Explore Science, Technology, Engineering, Art and Math concepts through stories and activities! Registration is required. Recommended for children ages 3+. For more information, please call 757-462-7691.

Book to Film Club

Thursdays @1600-1800

Jan 11th

Feb 8th

Mar 14th

Fort Story One Stop Bldg. 864

Cost: Free

Contact Number: 757-462-7691

Join us for our monthly book to film club for young adults! We will watch a film, have a discussion, and then vote on which film we'll watch next! Registration is not required. Recommended for ages 12+. For more information, please call 757-462-7691

Teens 101: Magic: The Gathering

Saturdays @1400

Jan 20th

Feb 17th

Mar 16th

Fort Story One Stop Bldg.864

Cost: Free

Contact Number: 757-462-7691

The JEBFS One Stop Library is proud to host a 101 Magic: The Gathering event for teens. Learn the basics of deck building and how to play. Registration is required. Recommended for ages 12+. For more information, call 757-462-7691.

Animation 101

Tuesday, March 5th @1600

JEB Little Creek Library, Bldg. 3016

Cost: Free

Contact number: 757-462-7691

Come learn about the basics of traditional and stop motion animation using free programs you can use at home! Registration is required. Recommended for ages 12+. For more information, call 757-462-7691.

Fort Story Stargazing

Friday, March 15th @2030

Fort Story One Stop Campgrounds

Cost: Free

Contact number: 757-462-7691

Back Bay Amateur Astronomers will be at the Fort Story Campgrounds for a night of stargazing. Registration Only. More information, call us at 757-462-7691.





MWR NSA Hampton Roads

-Admiral's Hockey Trips scheduled for JAN 5 & 19, FEB 9 & 23, MAR 29. \$10 per person, includes entry into the game. Open to Active Duty Military Members, their family members and DoD civilians. Shuttle van leaves Cutter Park at 6:00pm for each trip. Reservation required. Call 757-444-0347 for more information.

-ODU Men's Basketball Trips scheduled for JAN 18 & 27, FEB 15 & 22. \$10 per person, includes entry into the game. Open to Active Duty Military Members, their family members and DoD civilians. Games start at 7:00pm, shuttle van leaves Cutter Park at 6:00pm for each trip. Reservation required. Call 757-444-0347 for more information.

-ODU Women's Basketball Trip scheduled for FEB 27. \$5 per person, includes entry into the game. Open to Active Duty Military Members, their family members and DoD civilians. Game starts at 6:30pm, shuttle van leaves Cutter Park at 5:30pm. Reservation required. Call 757-444-0347 for more information.

-Whale Watching Trips scheduled for FEB 3 & 24. \$25 for ages 12 and up, \$20 for children ages 11 and younger. Open to Active Duty Military Members and their family members. Shuttle van leaves Cutter Park at 11:30am. Reservation required. Call 757-444-0347 for more information.

-Super Bowl Watch Party, FEB 11, Starts at 4:00pm. Games, Prizes, Food and Drinks available for purchase. FREE entry, PUB ONE Rec Room and Grill, SC-400. Call 757-444-0347 for more info.

-Magic & More Show, MAR 1, 6-8pm at PUB ONE Rec Room, SC-400. Magician and other entertainers, refreshments and more! FREE! Call 757-444-0347 for more information.

Enjoy a Movie

Rental equipment available

Popcorn

Snow Cone

Cotton Candy

Frozen Drink Machine

Stop by ODR to make a reservation

For more information:

757.749.5226





Rental Feature



Bistro Tables *Chafing Dishes*

Outdoor Equipment Rental has the tools you need to host a

Food and Beverage Tasting Party

Food items and drinks available at the Marine Corps Exchange

Stop by ODR to make your rental reservation



We are excited to introduce ODR'S newest and coolest activity!

Archery Tag is the perfect team-on-team competition for your next unit event!

- Rental Includes
- Face Mask
- Bow and Arrow

Command or Unit Rental Only

More Information:

757.749.5226

ODR Office located inside the Marine Corps Exchange

MCCS Semper Fit Program Events



Healthy Weight

9:00AM - 1:00PM

Jan 15 - Northwest Annex

Jan 16 - MCSFR Yorktown

Jan 17 - Dam Neck

Join our Human Performance representatives to learn about achieving a healthy weight for your specific body type. In this class, we will talk about the body mass index (BMI) and understanding the In Body results sheets. Free In Body testing provided.

Register by COB January 11



Heart Health

9:00AM- 1:00PM

Feb 19 - Northwest Annex

Feb 21 - MCSFR Yorktown

Feb 22 - Dam Neck

Join our Human Performance representatives on a class about the importance of cardiovascular health. Topics will include education of Hypertension, cholesterol levels, and long-term effects of chronic heart disease and vascular disease.

Register by COB February 15



Healthy Eating

9:00AM-1:00PM

Mar 18 - Northwest Annex

Mar 20 - MCSFR Yorktown

Mar 21 - Dam Neck

Join our Human Performance representatives for a class about healthy eating and proper nutrition. Topics will include nutrition, macromolecule education, long term effects of energy drinks, and family nutrition.

Register by COB March 14



For more information and registration
semperfit.mccshr@usmc-mccs.org by posted date.

Semper Fit Sports Basketball Game

8:00 - 10:00AM

January 26

March 29

Shoot hoops with Semper Fit at Hopkins Hall Performance Center. Bring your "A" Game and competitive spirit.

No registration required.

All Marines and Sailors are encouraged to participate.

Cost: Free



Semper Fit Sports Running Clinic

8:00-10:00AM

February 16

March 28

Lace up your sneakers and head over to Hopkins Hall Performance Center to learn about injury prevention.

[Email semperfit.mccshr@usmc-mccs.org](mailto:semperfit.mccshr@usmc-mccs.org) to register.

Registration due by COB Feb 13 and March 26.



For more information contact the Sports Coordinator
semperfit.mccshr@usmc-mccs.org

CALENDAR OF EVENTS

Jan - Mar 2024



GET INVOLVED

UNIT/DEPLOYMENT READINESS COORDINATOR TRAINING

Tuesdays 0900-1300

January 2 & 23

February 6 & 20

March 5 & 19

COMMAND TEAM TRAINING

Thursdays 0900-1100

January 4 & 25

February 8 & 22

March 7 & 21

VOLUNTEERS



PASSPORT TO VOLUNTEERING

Wednesdays 1000 - 1130

January 17; February 14

March 20



Pre-Registration Required - omb.mcftbnorfolk@usmc-mccs.org

SPOTLIGHT

Attitudes & Actions

Tues Jan 16

0900 - 1100



Family Care Plan Workshop

Tue Feb 21

0900 - 1100

Bridging Generational Gap

Thu Mar 29

0900 - 1100

GET FAMILIAR

L.I.N.K.S. FOUNDATIONS

Tuesday January 30

0900- 1300

Location: MCCS Admin

L.I.N.K.S. MENTORSHIP

Tuesday March 12

1300 - 1530

Location: MCCS Admin



MCCS FACEBOOK

MCCS WEBSITE

COMMAND TEAM TRAINING

The 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.

UNIT/DEPLOYMENT READINESS COORDINATOR

This class is only for designated DRC/URC. This training familiarizes the DRC/URC with their roles, responsibilities and operating components within the Unit, Personal and Family Readiness Program.

LINKS FOUNDATIONS Lifestyles, Insights, Networking, Knowledge, And Skills

Marine Corps kids are very lucky to have lots of experiences at young ages, but there are some challenges and adventures, such as moving and saying goodbyes to friends and making new ones! In this workshop, we hope to help our young children adapt to the Marine Corps lifestyle, become resilient, look forward to new beginnings, and embrace farewells and all the great experiences they may encounter.

PASSPORT TO VOLUNTEERING

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.

LINKS MENTORSHIP

The backbone of L.I.N.K.S. are our volunteers and mentors who selflessly give their time to help others. Attend any of the quarterly training session to help prepare you as a mentor. Share your gifts and abilities and learn about the benefits and opportunities to make an impact to the Corps!

ATTITUDES & ACTIONS

encourages military members and their families to maintain positive focus and be engaged in their homes, work, and in their communities. The class stresses self-advocacy, power of choice, resiliency, and encourage participants to think differently about the impact they have on any situation.



JANUARY 2024

Military Transition

**Limited
Seats**

10

**VA Disability Benefits Review Seminar
0900-1200**

17

**Federal Job Code Results
1000-1130**

18

**SkillBridge Information Session
0900-1030**

30

**Fundamentals of LinkedIn
0900-1200**

Sign up!

careerservices.mccshr@usmc-mccs.org

MC^{CS}
HAMPTON ROADS

**Class dates and times are subject to change*
FOLLOW US as classes are always being added*





15

**SkillBridge
Information Session
0900-1030**

19

**Fundamentals of
LinkedIn
0900-1200**

21

**VA Disability
Benefits Review
Seminar
0900-1200**

22

**Retirement Benefits
Seminar
0830-1545**

28

**TRICARE Q & A
0900-1000**

***CLASS DATES AND TIMES
ARE SUBJECT TO CHANGE*
FOLLOW US AS CLASSES
ARE ALWAYS BEING
ADDED**



careerservices.mccshr@usmc-mccs.org



March Workshops



**VA Disability
Benefits Review**
0900-1200



**STARS
Spouse Transition and
Readiness Seminar**
0900-1300



**SkillBridge
Information Session**
0900-1030



**Effective Resume
Writing Strategies**
0900-1200



**Fundamentals of
LinkedIn**
0900-1200



***CLASS DATES AND TIMES ARE SUBJECT TO CHANGE*
FOLLOW US AS CLASSES ARE ALWAYS BEING ADDED**



careerservices.mccshr@usmc-mccs.org

UNIT TRANSITION COORDINATORS TRAINING



Required training for all unit transition coordinators. Training must be completed within 45 days of appointment.

For more information, send an email to:
careerservices.mccshr@usmc-mccs.org

EASing? Have you scheduled your Capstone?

MCO1700.31 states that Capstone is the culmination of the transition process and occurs NLT 90 days preceding anticipating separation, retirement, demobilization, or deactivation.

To schedule your Capstone:

CAREERSERVICES.MCCSHR@USMC-MCCS.ORG



CAPSTONE

—State Inspections Now Available—



M-F 7:00AM-4:00PM, SAT 7:00AM-4:00PM, SUN CLOSED

1251 WONSAN ST, NORFOLK, VA 23515 | 757.401.6716 | FIRESTONECOMPLETE.COM



Hours of operation: 5AM - 4PM

(757) 505-7556

sales@kitchenfinity.com

Start off 2024 with the 24 Down Challenge!

Kick off the New Year with Semper Fit! Stop by the Human Performance Center to get more information about health services like nutrition counseling, injury prevention, sleep coaching, and mental resiliency. One of the primary objectives of the program is to help build healthy habits that will have a lasting impact and the 24 Down Challenge is a 24-day journey to turn your healthy “resolution” into daily actions, that will transform into a lifestyle habit.

Some examples of healthy habits include working out every day, family walks after work, unplugging from technology for 2 hours in the evening, implementing stretch yoga to build flexibility and prevent nagging injuries, eating healthier meals, and so much more.

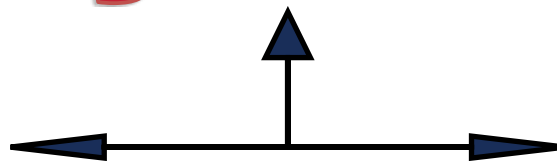
We would love to hear what your 2024 new healthy habit is and how we could help you build a plan to knock down that habit for 24 days straight. Email the Human Performance Educator at (Christopher.schoenrock@usmc-mccs.org) or swing by Hopkins Hall Gym to tell us your healthy habit goal and build an action plan to achieve this new healthy habit together!

Chris Schoenrock, Human Performance Educator...Work Cell: 757-286-7357

Stay Current



MCCS Website



MCCS Facebook



MCX Facebook