L.I.N.K.S.

Lifestyle, Insights, Networking, Knowledge & Skills (L.I.N.K.S.) is an official program of the Marine Corps which helps families connect to the Corps. The Marine Corps has expanded its definition of family to include families Marines were born into, sworn into and married into, to include significant others.

L.I.N.K.S. classes are offered for:

- Spouses
- Teens
- School-Age Kids
- Marines
- Marine Parents and Extended Families
  These are offered throughout the year in person and via Zoom. Most classes can be scheduled as unit specific as well.

Other popular events through L.I.N.K.S. are:

ITX for Spouses – *Twice a year in Fall and Spring*

Kids Marine Corps Ball – *Usually in November*

L.I.N.K.S. Kids Field Day – *During Spring Break*

READINESS DEPLOYMENT & SUPPORT (RDS)

Readiness and Deployment Support Training (RDST) at Twentynine Palms provides a variety of classes, workshops, and briefs that discuss a variety of readiness education and deployment support issues.

Readiness and Deployment Support Training offers assistance to units by connecting Deployment Readiness Coordinators (DRC's) and Commands. Support includes pre, during, and post deployment presentations, as well as the "Strong Marine Couples" reintegration workshop which addresses the challenges of reuniting in a safe, relaxed environment.

Briefs/ Workshops offered:

- Pre-Deployment
- Pre-Deployment for Children and their Parents
- Deployment Success
- Self-Care
- Return and Reunion; Spouses and Significant Others
- Return and Reunion; Kids and their Parents
- Return and Reunion; Parents and Extended Family
- Reintegration – Strong Marine Couples
- Family Care Plan (FPC)
- Deployment / Readiness Binder Class
- Deployment Support

MARINE & *Family*

Marine Corps Family Team Building

ABOUT US

The mission and focus of Marine Corps Family Team Building *(MCFTB)* is to improve the quality of life of our service members and their families by providing reliable, high quality programs and services that promote healthy lifestyles and improve morale, unit and personal retention.

CONTACT

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🌐 MCCS29PALMS.COM

🕐 MON-FRI: 7:30AM-4:00PM

MCCS
MARINE CORPS COMMUNITY SERVICES

MCCS29PALMS ❀ ◎

UNIT, PERSONAL & FAMILY READINESS PROGRAM (UPFRP) AND INSTALLATION VOLUNTEER PROGRAM

760.830.4163 | BLDG. 1522

The Unit Personal Readiness Program educates and empowers Marines, Sailors and family members through a variety of trainings and workshops to achieve and maintain readiness and resiliency in response to mission, life, and career events unique to the military lifestyle. This is achieved through the UDFRP tenets: official communication, readiness and resource support, deployment support and volunteer management.

The Installation Volunteer Coordinator facilitates ongoing outreach to gather volunteers aboard the base, connects them with volunteering opportunities and conducts workshops to help volunteers grow within their time volunteering.

Classes and trainings offered vary in time, or require scheduling.

LIFESKILLS TRAINING & EDUCATION

760.830.3115 | BLDG. 1522

The LifeSkills Training & Education Program facilitates workshops that offer opportunities for personal and professional growth, emphasizing skill building in areas such as leadership, communication, resilience, relationship effectiveness and overall readiness. Every workshop offers an open and highly interactive atmosphere where participants are in the driver's seat. Classes are geared towards every demographic; catering to those who are single or married.

With the curriculum designed by best-selling authors and highly acclaimed personal development groups, these workshops can generate results that impact every aspect of a participant's life.

Some of the most popular classes are:
- 4 Lenses
- 5 Love Languages
- P.R.E.P.
- Real Relationships
- Say What? Interpersonal Communication

Other LifeSkills Classes:
- Got Your Back
- Basic Stress Management
- Conflict Resolution
- Communication
- Strong Military Couples
- Emergency Preparedness