



WELCOME ABOARD



HEADQUARTERS AND SERVICE BATTALION

**Fleet Marine Force Atlantic
U.S. Marine Corps Forces Command**

**1775 Forrestal Drive
Norfolk, Virginia**

Officer of the Day: 757-630-9299

UNIT, PERSONAL, AND FAMILY READINESS POLICY STATEMENT



M. R. Reid
M. R. REID
Colonel, U.S. Marine Corps



B. S. Driver
B. S. DRIVER
Sergeant Major, U.S. Marine Corps

Most Marines have three families: the family into which we are born, the family into which we married or otherwise chose, and the military family we were sworn into as Marines, Sailors, or civilians.

The mission and goal of the Unit, Personal, and Family Readiness Program (UPFRP) is to provide tangible and enduring support to our members and their families. We will extend our family readiness and support activities to all service members (regardless of marital status), spouses, children, and the designated parents/extended family members of all of our Marines, Sailors, and civilians.

Personal and family readiness improves our quality of life and leads to increased unit readiness, which enhances our ability to support the forces we serve. Our most precious resource is the individual battalion member and his/her family - our success as an institution is directly tied to their morale and well-being. The UPFRP is critical to the readiness of U.S. Marine Corps Forces Command and the monitored commands we support.

Family Readiness Volunteers, including Command Team Advisors, Family Readiness Assistants, and Morale Support Volunteers are the cornerstone to our UPFRP. We aim to recruit, train, and retain effective Family Readiness Volunteers to support our command - please join us in supporting this critical function of our command. If you have any questions or if you are interested in finding out more about the UPFRP, please contact our Uniformed Readiness Coordinator, Staff Sergeant Alfred Palacios at 757-445-0472.

WELCOME STATEMENT FROM YOUR UNIFORMED READINESS COORDINATOR



Staff Sergeant Alfred Palacios
Uniformed Readiness Coordinator
email: alfred.palacios@usmc.mil
comm: 757-445-0472



Sabrina Palacios
Command Team Advisor
email: sabrinabrini@aol.com
phone: 661-912-7855

We welcome all of our new Marines, Sailors, and Families! As your Uniformed Readiness Coordinator, my duty is to your family. I want to contribute to your readiness while serving as the link between you and the command. I will keep you informed on training briefs and command sponsored events and am here to provide you with referrals and answer any questions you may have.

Our welcome aboard booklet has the following information on key resources that will help you and your family's transition to the Hampton Roads area; including:

- Helpful Web Links For A Successful Military Lifestyle
- Exceptional Family Member Program
- Important On Base Phone Numbers
- Marine Corps Resource Center
- Single Marine Program
- Local Area Map

Again, welcome to the HQSVCBN family!

V/R
Alfred C. Palacios
Uniformed Readiness Coordinator



For more information
Please scan the QR code



Tracy Fearon
MCFTB Director



For more information
Please scan the QR code

The Marine Corps Resource Center provides information on local area, programs and services, and outside referrals.

Housed inside the Resource Center is MCFTB.

MCFTB PROVIDES A MYRIAD OF OPPORTUNITIES FOR MARINES AND THEIR FAMILIES, SUCH AS:

- LifeSkills classes, including Four Lenses
- Lifestyle, Insights, Networking, Knowledge and Skills (L.I.N.K.S.), including L.I.N.K.S. for Spouses, Marines, Kids, and Couples. Whether you are new to the Marine Corps or new to the area, L.I.N.K.S. has something for you!
- Family Readiness, including Family Readiness Assistant Training, PII and OPSEC
- Deployment Support
- Volunteer Opportunities

Additionally, services that are not provided by MCFTB are provided by the Navy Fleet and Family Support Center.

THESE SERVICES ARE AS FOLLOWS:

- Confidential Clinical Counseling
- Financial Education
- Family Member Employment Assistance
- Transition Assistance

MCFTB, Marine Corps Community Service is located at:
BLDG CA5 Fechteler Road, Norfolk VA 23515

Office hours: Mon-Fri, 0800-1630

Phone: 757-445-6875 / **Email:** fearontl@usmc-mccs.org



Karina Phillips
EFMP Program Manager



For more information
Please scan the QR code

The EFMP supports the continuum of care for all eligible sponsors and their family members in order to improve the quality of life for families that support a member with special medical and/or educational needs. EFMP staff and families work together to inform, educate and empower individuals to be the best advocate for themselves and/or their family member(s). The EFMP is a DOD-mandated enrollment program designed to support individual, family and unit readiness.

THE PROGRAM OFFERS:

- Assigned family caseworker who provides minimum quarterly contact
- Tricare enrollment / transfers, Extended Care Health Option (ECHO) enrollment assistance
- Information and referral / awareness of relevant community events
- Deployment and PCS support
- Quarterly/annual family type events
- Respite care (for qualifying families only)
- Lending Library
- Accompanying families to individualized education program meetings at child's school
- Legal counsel

ENROLLMENT FORMS:

- DD Form 2792 (medical summary)
- DD Form 2792-1(educational summary)

Erin Reighard, Family Caseworker, can be reached at:

Phone: 757-953-2270 and is located at Naval Medical Center Portsmouth.

Ms Karina Phillips, Program Manager, can be reached at:

Phone: 757-445-6876 / **Email:** phillipskm@usmc-mccs.org

Her office is located at: 1251 Yalu Street, Norfolk, Virginia 23515-4693

**MAP OF IMPORTANT PLACES
AND ADDRESSES**

**MAP OF IMPORTANT PLACES
AND ADDRESSES (CONT'D)**

A

**Sewells Point
Naval Medical Center**
1721 Admiral -
Taussig Blvd
Norfolk, VA 23511

B

**Navy Exchange/
I.D. Center/Commissary**
1560 Mall Dr,
Bldg CD-13
Norfolk, VA 23511

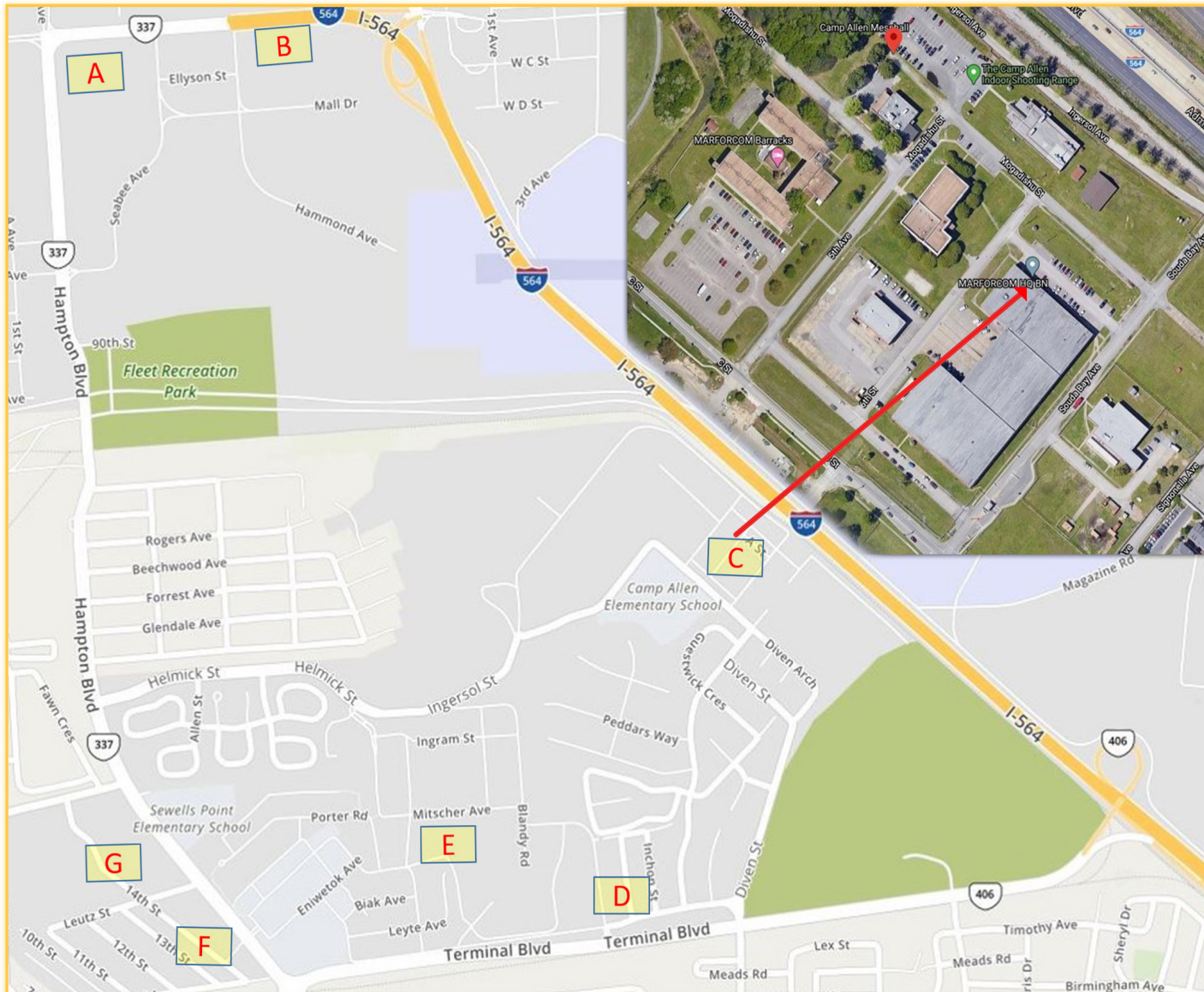
C

**Camp Elmore/
HQSVCBN/IPAC**
MCA-614,
Mogadishu St
Norfolk, VA 23515

D

MCCS/MCX/EFMP
1251 Yalu St
Norfolk, VA 23515

G



E

**U.S. Marine Corps
Forces Command
(MARFORCOM)**
1775 Forrestal Dr
Norfolk, VA 23551

F

Navy Lodge
7811 Hampton Blvd
Norfolk, VA 23505

G

**Fleet & Family
Support Center
& Personal
Property Office**
7928 14th St, 102
Norfolk, VA 23505



SINGLE MARINE PROGRAM (SMP) INFORMATION



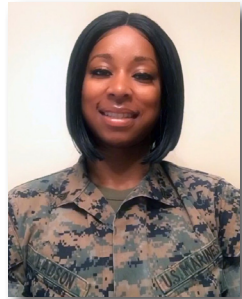
Colin Moore

Single Marine Program Coordinator

email: colin.moore@usmc-mccs.org

comm: 757-445-5104

cell: 757-749-7897



Corporal Joiah L. Ladson

Single Marine Program President

email: joiah.ladson@usmc.mil

phone: 757-836-1660

THE SINGLE MARINE PROGRAM EXISTS TO:

- Focus on the young, single, enlisted Marine or Sailor, and also welcomes geographical bachelors.
- Improve quality of life.
- Discuss and plan recreational, social events, and community participation activities.

Get involved! When you participate, you'll feel a sense of ownership in your SMP. Council meetings are conducted on the second Thursday of each month at, 1130-1230 at various locations in the Hampton Roads area. Call today to find out how you can make the most of your Single Marine Program.

SMP OFFICE HOURS

Monday-Friday
0800-1630

MCCS CAMP ELMORE RECREATION CENTER (MAC) HOURS

Bldg 600c
Norfolk, Va 23511
Monday-Friday
1000-1900



For more information
Please scan the QR code

IMPORTANT ON-BASE PHONE NUMBERS

DSTRESS HOTLINE

1-877-476-7734

MILITARY CRISIS LINE

1-800-273-8255

MILITARY ONESOURCE

1-800-342-9647

MARFORCOM CHAPLAIN

757-836-2229

HR DUTY CHAPLAIN

757-438-3822

EQUAL OPPORTUNITY ADVISOR

757-836-1569

EQUAL OPPORTUNITY REP

757-836-1570

AMERICAN RED CROSS EMERGENCY AFTER HOURS

1-877-272-7337

PERSONAL PROPERTY SHIPPING OFFICE

757-443-3700

AMERICAN RED CROSS

1-800-733-2767

NAVY MARINE CORPS RELIEF SOCIETY

757-322-1171

NORFOLK NAVAL STATION VA DIRECTORY

757-322-2366

COMMISSARY

757-423-6070

DEERS (ID CARDS)

757-332-2974

HOSPITAL INFORMATION

757-953-5000

NEX (NAVY EXCHANGE)

757-440-2000

NAVY LODGE NORFOLK

757-489-2656

INSTALLATION PERSONNEL ADMIN CENTER (IPAC)

757-445-0472

PLEASE ENCOURAGE YOUR SPOUSE OR FAMILY MEMBERS

Connect with other spouses and
family members via
the MARFORCOM
Spouse's Facebook page



For more information
Please scan the QR code

HELPFUL WEB LINKS FOR A SUCCESSFUL MILITARY LIFESTYLE

LINCOLN MILITARY HOUSING

<http://lincolnmilitary.com/installations/>

HAMPTON ROADS NAVY HOUSING

<https://www.cnic.navy.mil/ffr/housing.html>

Phone: 757-802-3390

MCCS HAMPTON ROADS

<http://www.mccscampallen.com/>

Phone: 757-423-1187

- Retail
- Indoor Range
- Semper Fit
- Single Marine
- Marine Corps Family Team Building
- Exceptional Family Member Program

INSTALLATIONS MILITARY ONESOURCES

<https://installations.militaryonesource.mil/>

- View all installations (select State)

MILITARY ONESOURCE

<https://www.militaryonesource.mil/benefits-and-resources>

Phone: 1-800-342-9647

- Confidential help
- Military Life Cycle
- Family & Relationships
- Moving & Housing
- Financial & Legal
- Education & Employment
- Health & Wellness
- Recreation, Travel & Shopping

HELPFUL WEB LINKS FOR A SUCCESSFUL MILITARY LIFESTYLE (CONT'D)

TRICARE EAST (HUMANA)

<https://www.humanamilitary.com/provider/>

Medical Center Sewells Point (Tricare)

Phone: 757-953-9000

- Access
- Education & Resources
- Wellness programs

SCHOOL LIAISON OFFICERS FOR HAMPTON ROADS

http://www.mccshamptonroads.com/images/2019/efmp/Hampton%20Roads%20School%20Liaison%20Officer_Feb%202019.pdf

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

<https://www.navymwrmidlant.com/support-services/fleet-family-support-centers>

Phone: 757-444-2102

ARMED SERVICES YMCA

HAMPTON ROADS

<https://www.asymca.org/hampton-roads-home>

PARTNERSHIPS FOR ACTION - VOICES FOR EMPOWERMENT (PAVE) AND SPECIALIZED TRAINING OF MILITARY PARENTS (STOMP)

<https://wapave.org/specialized-training-of-military-parents-stomp/>

SHARE HAMPTON ROADS

<http://hrfoodbank.org/share/>

