



Recruiting Duty Relief Resources

WRR MCCS

- Community Counseling Program 619-725-6377
- MCRD MFLCs (supporting WRR) 619-389-7759 / 619-318-7964
- Meditation with the Family Advocacy Program 619-988-7929

National

- Military OneSource* <https://www.militaryonesource.mil/>
- FOCUS <https://focusproject.org/telefocus>
- National Park Program <https://www.nps.gov/planyourvisit/passes.htm>
- Armed Forces YMCA <https://www.asymca.org/>
- Armed Forces Travel <https://www.americanforcetravel.com/>
- USO <https://www.uso.org/>
- National Resource Directory* <https://nrd.gov/>
- United Way 211* <https://www.211.org/>

State/Local

- Military OneSource State Representatives* [Military OneSource State Rep Information](#)
- National Guard State Family Assistance Centers
 - Each state has Family Assistance Centers that falls under the state National Guard that can provide a variety of referral-based services to geographically dispersed families and retirees from all military components.
- State/Local Tourism Authority for sightseeing, parks, etc. in the local area
 - Example: <https://www.choosechicago.com/>

Other Services

- CREDO Retreats (Marriage & Resiliency) <https://www.facebook.com/MFRCREDO/>
- Supporting Chaplains District Chaplain or nearby installation Chaplain

**resources that provide referrals to local community resources*



Military Community and Family Policy Fact Sheet

No-cost admission dates

All military families, regardless of activation status, can enjoy access to national parks at no cost on key dates throughout 2020:

- Jan. 20: Martin Luther King Jr. Day
- April 18-26: National Park Week
- Aug. 25: National Park Service birthday
- Sept. 26: National Public Lands Day
- Nov. 11: Veterans Day

Additional information

The National Park Service

<http://www.nps.gov/findapark/passes.htm>

Background

The Department of the Interior, in partnership with the Department of Defense, has made a commitment to support military families and expand their opportunities to engage in outdoor experiences in national parks by establishing the America the Beautiful military pass program. This program provides access, at no cost, to more than 2,000 federal recreation sites — all national parks and national wildlife refuges, national forests and grasslands, and lands managed by the Bureau of Land Management, Bureau of Reclamation and Army Corps of Engineers.

Passes may be obtained by visiting a [federal recreation site](#) in-person and showing a Common Access Card or Military ID. They are available to all active duty, National Guard and reserve members of all armed services to include the Coast Guard, dependents of U.S. military members with DD Form 1173, and U.S. military cadets.

Veterans with a disability rating and military family members with special needs may also be eligible for a lifetime Access Pass, at no cost, through the America the Beautiful program.

Highlights

The America the Beautiful military pass program and installation Morale, Welfare and Recreation programs provide military families with outdoor opportunities to be active, learn and have fun together. They also promote the following key messages:

- Active living, positive self-esteem and esprit de corps contribute to mission readiness.
- Feeling healthy and fit — physically and emotionally — helps build resilience and contributes to personal and professional success.
- National parks provide a variety of educational, recreational, cultural and conservation experiences in locations across the country.
- Park activities, like hiking and camping, help families stay active and can strengthen family relationships.



FOCUS Family Resilience Training is available at a distance!

TeleFOCUS helps the entire family. Active Duty families and couples “meet” with a FOCUS Resilience Trainer in videoconferences to learn core resilience skills.

Families and couples learn to:

- ★ Identify individual and family strengths and challenges
- ★ Improve family communication
- ★ Practice skills to manage transitions
- ★ Discover additional support services in the local community
- ★ Deal with visible or invisible injuries



TeleFOCUS requires access to a computer or tablet,
web cam, and reliable internet.



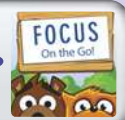
To set up an appointment or to learn more about the program, please contact TeleFOCUS Referrals at:

703-784-0189

TeleFOCUS@focusproject.org

www.focusproject.org/TeleFOCUS

Download our free app



TeleFOCUS is provided free of charge to Active Duty Service Members and their families. Charges for internet access from your carrier may apply.

WELCOME
To the
Community Counseling Center

IN-PERSON walk-in hours

FRIDAY (only) 0900-1100 Office #3

VIRTUAL SESSIONS- available by appointment

If interested please contact

Main CCP line at 619-725-6377 and please leave a message

(Phone line is monitored Monday-Friday 0730-1700)

or email:

Clinician- Dimitra.nipper@usmc-mccs.org

Clinician - Marisa.Glisan@usmc-mccs.org

Clinician- Christine.esposito@usmc-mccs.org

Supervisor- Shelly.r.falconer@usmc-mccs.org 619.602.5955 (cp)

As always, take care and stay safe!

CCP Staff