

Deployment Resources

Class Offered by Marine Corps Family Team Building	Regularly Scheduled	Scheduled by Unit FRO
L.I.N.K.S. for Spouses	X	X
L.I.N.K.S. for Teens (ages 11+)	X	
L.I.N.K.S for Kids (ages 7-10)	X	
Long Distance Love Affair		X
Pre-Deployment Brief		X
Kids-N-Deployment		X
Reintegration: Reunited and It Feels So Good		X
Return & Reunion Brief		X
Return & Reunion Brief for Kids		X
Safe at Home: Self Defense		X
Stress & Coping: Spa Night		X
Auto Care Basics	X	
CPR & First Aid	X	
Basic Conversational Spanish	X	
Developing Healthy Blended Families	X	
Emergency Preparedness	X	
Family Care Plan	X	
Growing the Green (Basic Stress Management)	X	
I Know Just What You Mean (Communication)	X	

**To get a current schedule of upcoming classes, please contact Marine Corps Family Team Building at (928) 269-6553 or your Unit Family Readiness Officer.

Military OneSource offers many helpful resources relating to deployments on topics ranging from pre-deployment anxiety to reuniting after time apart. There are articles, websites as well as books available at no cost. Go to <http://www.militaryonesource.mil/deployment>.