

# EXCEPTIONAL NEWS

*The Latest Events and Announcements for  
MCB Camp Lejeune-MCAS New River EFMP FAMILIES*



**EFMP** Exceptional Family Member Program



## A message from the EFMP Team...

We at MCCS Lejeune – New River EFMP are ready for summer and hope you are too!

In our following newsletter you will find helpful information and upcoming events.

If you have any questions, please contact your Family Case Worker for assistance. We look forward to hearing from you!



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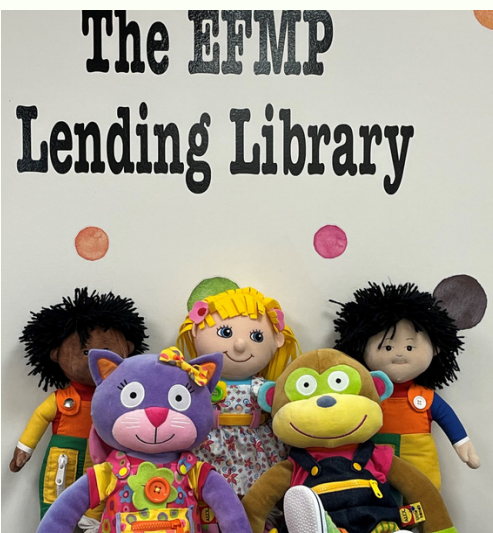
## EFMP Lending Library

*Located at Midway Park & New River Offices*

Did you know your EFMP office has a lending library?

It's full of amazing resources for you to borrow and try before you buy! Please call or stop by to see what is currently available.

This month we are highlighting these adorable dolls and animals that will help you develop your child's fine motor skills as they learn to be more independent by learning how to snap, zip, button, tie shoes and dress themselves by doing so for their new friend. We have multiple varieties available— male, female, monkeys, and cats oh my!



# EFMP RECOMMENDS

## HURRICANE SEASON 2022

The annual Atlantic Hurricane Season runs from June 1 to Nov. 30 each year. It is vital to create a plan, prepare a check list of necessary items, and begin putting together an emergency kit.

### Hurricane Preparedness & Emergency Planning

June 15 | 10AM-11:30aM | Camp Lejeune Base Theater

Featured guest speakers will help raise awareness of the dangers posed by destructive weather, how to prepare and what to expect before, during and after weather events. Erik Heden, National Weather Service (NWS) Warning Coordination Meteorologist, will discuss how to prepare for the upcoming hurricane season. Garry Neal, MCI-East Regional Emergency Manager, will discuss how base responds to hurricanes, on-base shelters and what to expect. Informative resource booths from area emergency response agencies will be on-site to assist in preparing for the upcoming hurricane season.

Preparedness is crucial to our mission readiness!

Open to all authorized patrons.

## FACEBOOK GROUPS

Be sure to check out these local Facebook support groups:

Exceptional Families of Jacksonville, NC  
Miracle Military Babies

## READING SUGGESTIONS

Differently Wired: A Parent's Guide to Raising an Atypical Child with Confidence and Hope  
*by Deborah Reber*

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma  
*by Bessel van der Kolk M.D.*

The Manager Mom Epidemic  
*by Thomas W. Phelan*

## FRIENDLY REMINDERS

EFMP Enrollment Updates are due every three years or sooner if there has been a change to current medical or educational needs.

Please contact your assigned Family Case Worker if you have any questions!

### Office Closure:

Please note our offices will be closed on

June 17th from 1100 - 1630

June 20th from 0800 - 1630

# UPCOMING EVENTS

## SUMMER BASH

**JUNE 4 | 11AM-2PM | HOSPITAL POINT**

Enjoy a FREE day of fun with Recreational Equipment Issue Services!

We have so much for you enjoy, including inflatables, corn hole, dunk tank, archery tag, and the rock wall!  
Food & drinks available while supplies last.

Open to all authorized patrons! For more information [click here!](#)

## KIDS BINGO

**JUNE 11 | 1:30PM-3PM | MCCS COMMUNITY CENTER**

Hey kids, let's play BINGO and win some fun prizes! \$5 per child, open for ages 5-12. A parent or legal guardian must attend with child. Open to the first 50 kids to register. Register and pay online or in person at the MCCS Community Center during regular business hours.

### Registration:

Register and pay online by *June 8*. Online payments must be made at time of registration. If you are paying by phone, payment must be made within 24 hours to confirm your registration. If payment is not received registrations will be cancelled.

For more information & registration [click here](#) or visit [mccslejeune-newriver.com/events](https://mccslejeune-newriver.com/events)

## RESOURCE TREASURE HUNT

**JUNE 14 | 9AM-1PM | L.I.N.K.S. TT OFFICE**

The Splashin' into Summer Resource Treasure Hunt starts at the L.I.N.K.S office at Tarawa Terrace where you will receive your first clue!

First 50 families to complete route and bring stamped map to MCFTB will win a Family Pool Pass for a day. Those who complete the hunt will also have a chance to win \$5 & \$10 MCX gift cards while supplies last. Please register so we can make plans to welcome you at each location.

For more information & registration [click here](#) or visit [mccslejeune-newriver.com/events](https://mccslejeune-newriver.com/events)

## MILITARY HOUSING OFFICE MEET AND GREET

**JUNE 16 | 11AM-4PM | MARSTON PAVILION**

The Military Housing Office is hosting a meet and greet for all residents on Camp Lejeune and Marine Corps Air Station New River.

This will be a great opportunity for installation residents to engage with subject-matter-experts from a number of organizations aboard the installations.

The Military Housing Office will be closed on June 16 to allow employees to attend this event.

# NMCCL Pediatric Immunizations Clinic



*Temporary change in operations*

For the month of June, to ensure safe patient care delivery amidst low staffing, the Pediatric Immunizations Clinic will be closed, with the exception of Thursday, June 23 from 0800-1200.

All Pediatric vaccines, except the COVID-19 vaccine will be administered at the Main Immunization Clinic. At this time, June 23 is the only day the Pediatric Covid-19 vaccine will be administered at the Pediatric Immunization Clinic.

Please note the Main Immunizations Clinic hours permanently changed to the following:

Monday - Wednesday  
0800-1600

Thursday  
0800-1200

Friday  
0800-1530

## Camp, School, and Sports Physical Rodeo

*For families assigned to NMCCL Peds Clinic*

The NMCCL Pediatric Clinic will be hosting a School & Sports Physical throughout the summer. This is an opportunity for families assigned to NMCCL Pediatric Clinic to complete any forms for the upcoming camp season and school year. Be on the lookout for information on NMCCL Facebook for when they will open booking for these appointments! No well visits or EFMP forms will be completed during the Rodeo.



### RODEO DATES

0800-1200



June 11th

June 25th

July 9th

July 23rd

August 6th

## Summer Planning for Families



*Upcoming local events, activities, and camps*

Summer is approaching us fast! Now is the time to start planning for child care and family memories. We are happy to assist you in providing resources both on and off base to meet your families needs!

Be sure to check out [MCCS Lejeune - New River](#) for summer events, classes, and camps! To ensure you don't miss out on base happenings, sign up here for the [MCCS Weekly E-Newsletter!](#) Additionally, [Onslow County Parks & Recreation](#) and the [City of Jacksonville Parks & Recreation](#) offer a wide range of summer day camps, special events for all ages, and classes.

All families, whether living on or off base are able to use services & amenities provided by MCB Lejeune - MCAS New River and the local community.

*\*No Federal or DOD endorsement implied\**

# Onslow County Schools Preschool Program



Apply now for the 2022-2023 School Year

Onslow County Schools preschool programs are designed to provide developmentally appropriate experiences, which enhance educational opportunities prior to a child's entry into kindergarten. The purpose of the preschool program is to prepare the students for a successful school career.

Our administrators and staff work together to provide equal opportunities and services to eligible children in the least restrictive environment. Preschool programs are available to children who will be 3 or 4 by August 31st, 2022.

Onslow County Schools Preschool consists of 3 program areas and Exceptional Children Services for eligible children. For more information and to apply please click here:

[Onslow County Preschool Programs](#)

*\*No Federal or DOD endorsement implied\**

## DoDEA's Pilot Program Program



Apply May 16th for the 2022-2023 School Year

A new pilot program expands public education options for full-time, active-duty service members with orders to Camp Lejeune or Marine Corps Air Station New River. Learn more at: [New Pilot Program at Camp Lejeune | DoDEA](#)

To be eligible for the pilot program, students selected to participate in the program must be a dependent of a full-time, active-duty service member with orders to MCB Camp Lejeune or MCAS New River. There are other factors that affect which students are selected for enrollment. For example, school administrators will determine capacity at a specific grade level. This availability also may change from year to year. Where two or more students qualify in the same category and grade, the student who submitted the first application will be accepted.

For more information and guidance contact The School Liaison Program 910-449-9915.

## PCS & Military Moves Season 2022



Checklists, Plans, Claims, and more...

If it's your first, fifth, or last move with the military there are plenty of resources available to assist in planning. [MCCS Information & Referral](#) offers flyers on PCS Tips & Best Practices in addition to the Smooth Move PCS Workshop! Topics covered include: travel and pay entitlements, shipping personal property, housing information, moving tips, POV entitlements, cultural aspects, COLA, passport requirements, and accessing services at the new duty station. [Military OneSource](#) also offers extensive information and resources for families embarking on their next adventure. Take a listen to their podcast episode [Preparing to PCS!](#) And remember, Semper Gumby!

**NEW!** [SchoolQuest](#) is a free, online tool that helps parents of military-connected children to prepare for the frequent school moves and other unique stressors of a military lifestyle that could adversely affect their academic success. The website serves as a virtual hub where parents and students can find helpful information, tools, and resources centralized on a single platform.

# 2022 WORKSHOPS

## MCCS Prevention & Education

910-451-6060 [mccslejeune-newriver.com/prevention](http://mccslejeune-newriver.com/prevention)

### Positive Parenting Program Infants - 12 Years

Known to be one of the most effective evidenced-based parenting class in the world. "Triple P" is based on 30 years of ongoing research. This program will give parents simple and practical strategies to help them confidently manage their children's behavior, prevent problems from starting and build strong, healthy relationships with their kids. This class is offered in three individual "lunch n learn" seminars.

**Search our calendar for the next class:**  
[Course Calendar](#)

### Nurturing Father's Program 12 Session Series

This class provides men with the opportunity to learn how to be a nurturing parent. In this class you will learn how to have a strong relationship with your child by learning how to discipline without resorting to violence, how to manage anger, balance your work and family life and use a team building philosophy with your family. Other topics include: the roots of fathering; communication; problem solving; the importance of play; cultural influences; and, becoming the father I choose to be. Open to all Marines, Sailors, retirees and eligible dependents who are fathers or soon to be fathers. Are you tough enough to be gentle?

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**Search for the next session:**  
[Course Calendar](#)

### Warrior Maintenance: Stress Management for Marines & Families 8 Session Series

Stressful situations, if not dealt with effectively, can contribute to depression, anxiety, substance abuse and physical health problems. The goal of this class is to help service members reduce their stress levels by teaching healthy coping strategies and increasing resiliency against future stressors. Topics include: adjusting your thinking, making connection and communication, developing healthy habits, and staying on track.

**Search for the next session:**  
[Course Calendar](#)

## PEERS Family Development Center

910-333-9725 [peersfamilydevelopmentcenter.com](http://peersfamilydevelopmentcenter.com)

### Resilience June 16th

"Resilience: The Biology of Stress & the Science of Hope" As the documentary Resilience reveals, toxic stress can trigger hormones that wreak havoc on the brain. The video follows pioneering individuals who looked at the ACEs research and the emerging research on the behaviors of children.

**Tuesday 6-8pm**

**New!**

### Early Childhood Nurturing Program for Parents Ages 0-4

**July 25th - November 7th**

This 16-week course teaches parents developmental expectations to apply disciplinary consequences that are age appropriate. Information on nurturing parenting techniques & behavior management are taught through video and group discussion. Encourages parents to learn parenting skills rather than depending on the belief parenting is instinctual.

**Mondays 6-8pm**

**New!**

### Making Children Mind Without Losing Yours Ages 4-18

**August 30th - October 4th**

This five-week program teaches parents about "reality discipline, an action-oriented way of holding kids accountable for their behavior." This discipline is based on unconditional love and the willingness to take the time and effort to enforce discipline.

**Tuesdays 6-8pm**

### Group Triple P

Nine weeks program for parents of children of all ages who are interested in learning a variety of parenting skills. The program involves six (2 hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior and plan for high-risk situations. There are three (15 to 20 minute) telephone consultations to assist parents with independent problem solving while they are practicing the skills at home.

**Meal and child care provided**  
**\*Call for more information\***

*\*No Federal or DOD endorsement implied\**

## As always from The EFMP Team...

We want you to know that it is a privilege to support your families and that we are here to assist you to the best of our abilities. Be sure to check out our Facebook for upcoming trainings and events. Do not hesitate to reach out at any time. We look forward to hearing from you!



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# WE VALUE YOUR FEEDBACK.

How was your most recent experience with your local EFMP Family Support Provider?



Visit the **EFMP Family Support Feedback Tool** to respond to a short, confidential questionnaire.  
*Response is not mandatory.*

<https://apps.militaryonesource.mil/efmp/family/feedback>



**EFMP** Family Support

**MILITARY ONE SOURCE**  
MilitaryOneSource.mil  
800-342-9641

[MCCSLEJEUNE-NEWRIVER.COM/EFMP](https://mccslejeune-newriver.com/efmp)