

# COMMON GROUND

AIR FORCE, ARMY, NAVY, & MARINES



OKINAWA, JAPAN

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## **Welcome to Okinawa!!!**

*First and foremost we'd like to thank you for your service and commitment.*

*While stationed on Okinawa many things can affect the health and vitality of you and your family. Some common to the environment include high operations tempo, deployments, military lifestyle, financial difficulties, relocating to an island, culture shock, and being separated from family.*

*Common Ground can assist in navigating through these challenges and improve the quality of life for you and your family members by helping you find the services needed to support your family.*

*To make things easier we'd like to take the opportunity to introduce some of the great services available to assist both you and your family during your stay with us.....*

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# Individual Counseling Services





- ◆ 24/7 Resource for Military Members and their families
- ◆ Counseling services that include:
  - Telephone consultations with licensed providers
  - Online consultations via instant messaging
- ◆ Website includes:
  - Locaters for education, child care and elder care
  - Free booklets, CD's, and DVD's
  - Relocation information
  - Financial recourses
  - Support during deployments
  - Tax services
  - Information for military member deploying and their families
  - Wounded Warrior Program

To start the process call or go on-line:  
Http://www.militaryonesource.com or  
Phone: 1-800-342-9647  
Dial 145 from any Okinawa Installation DSN phone

## *Military & Family Life Consultants (MFLC)*



- ◆ **Life Skills services include:**
  - Anger management
  - Conflict Resolution
  - Communication
  - Parenting
  - Relationship Issues
  - Decision Making Skills
  - Productivity at Work
- ◆ **Military Lifestyle services include:**
  - Deployment stress
  - Reintegration: Warrior to Citizen
  - Relocation Adjustment
  - Separation
  - Coping Skills
  - Building Resiliency
  - Homesickness
  - Loss & Grief
- ◆ **Description:**
  - Masters/Doctoral level counselors
  - Brief, solution focused (3-5 sessions)
  - Flexible hours to include weekends
  - Meeting at location of your choice
  - No documentation

Kadena:

To make an appointment call: 634-3915  
Cell Phone: 090-8518-0939 or  
080-3929-2486

Torii:

To make an appointment call: 644-4174  
Cell Phone: 080-334-05906

Foster:

To make an appointment call: 623-3035  
Cell Phone: 080-4083-4766 or  
080-4143-3803

## *Behavioral Health Optimization Program (BHOP)*



- ◆ Individual consultative services focused on improving your health and functioning. Your BHC will help you to develop a customized program to target:
  - Insomnia
  - Headaches (Migraine/Tension)
  - Obesity/Weight Management
  - Irritable Bowel Syndrome
  - Acid Reflux
  - Hypertension
  - Diabetes
  - Stress Management
  - Chronic Pain
  - Temporomandibular Joint Disease
  - ADHD (Pediatric Clinic)
  - Encopresis/Enuresis (Pediatric Clinic)
  
- ◆ Sessions are 3-5 visits (20-30 minutes)

Eligibility: Services limited to patients empanelled to Air Force Family Practice and Pediatrics Clinics

Located: Bldg. 626 (Kadena AB Family Practice Clinic)  
See your Primary Care Manager for an appointment:  
630-4817

*Kadena Mental Health Clinic  
Chaplain Services*



**Mental Health services provided:**

- ◆ Individual and Group Therapy
- ◆ Psychiatric Medication Services
- ◆ Command Directed Mental Health Evaluations
- ◆ Psychological Evaluations and Testing
- ◆ Special Duty Evaluations

Located: Bldg. 90 on Kadena AB  
For more information call: 634-1266



**Consulting services include:**

- ◆ Spiritual guidance and direction
- ◆ Individual and couples counseling
- ◆ Confidentiality (covered under UCMJ)

For more information call : 634-1288  
[www.kadenachapel.org](http://www.kadenachapel.org)

## *Employee Assistance Program (Civilians)*



**Services provided to civilian employees and their family members to assist with life issues:**

- ◆ Stress Management
- ◆ Improve Coping Skills
- ◆ Improve Work Performance
- ◆ Substance Abuse and the Family
- ◆ Relocation and Transitional Assistance
- ◆ Deployment Related Issues

Eligibility: All civilian employees and their family to include: AAFES, Non-Appropriated Fund, Appropriated Fund, Temporary, Part-Time, Retirees and their family members, and family members of active-duty personnel.

Located: Bldg. 236 (Torii Station)  
For more information or to set up an appointment call:  
644-4114

# Substance Abuse Counseling



*Adolescent Substance Abuse Counseling Services  
Kadena Alcohol/Drug Abuse  
Prevention and Treatment (ADAPT)*



A main objective of ASACS is to prevent teens from becoming involved with alcohol or other drugs. Our focus is on helping teens make healthy and safe choices and then teaching parents and community members how to support them and those choices.

Richard Petersen  
ASACS Supervisor  
Kubasaki High School  
DSN: 645-7117

David Leon  
ASACS Counselor  
Kubasaki High School  
DSN 645-6878

Lisa A. Levin,  
ASACS Counselor  
Lester Middle School  
DSN 645-0585

Cherine Nelson  
ASACS Counselor  
Ryukyu Middle School  
DSN 634-8851



**ADAPT services provided (AF & AF FM only)**

- ◆ Outreach/Education Programs
- ◆ Substance Abuse Evaluations
- ◆ Outpatient Treatment
- ◆ Referrals to Intensive Outpatient Program (IOP)
- ◆ Referrals to Inpatient Treatment
- ◆ For local AA information go to: [www.12stepokinawa.com](http://www.12stepokinawa.com)

Located: Bldg. 90 on Kadena AB  
For more information call: 634-1266

*Army Substance Abuse Program (Torii Station)  
Employee Assistance Program (Civilians)*



**Army Substance Abuse Program**

- ◆ Outreach/Education Programs
- ◆ Substance Abuse Evaluations
- ◆ Outpatient Treatment
- ◆ Referrals to Intensive Outpatient Program (IOP)
- ◆ Referrals to Inpatient Treatment

Located: Bldg. 236, Room 120 on Torii Station  
Phone: 644-4926



**Services provided to civilian employees and their family members to assist with life issues:**

- ◆ Improve Coping Skills
- ◆ Improve Work Performance
- ◆ Substance Abuse and the Family

Eligibility: All civilian employees and their family to include: AAFES, Non-Appropriated Fund, Appropriated Fund, Temporary, Part-Time, Retirees and their family members, and family members of active-duty personnel.

Located: Bldg. 236 (Torii Station)  
For more information or to set up an appointment call:  
644-4114

## *Substance Abuse Counseling Center*



**The Substance Abuse Counseling Center (SACC) provides care for active duty military members and other eligible beneficiaries with substance abuse and/or gambling disorders.**

### **Services Include:**

- ◆ Screening Assessments for active duty or through medical provider for adult dependants and civilians.
- ◆ Substance abuse treatment for individuals who have been diagnosed with substance abuse or gambling issues.
- ◆ Continuing Care Group weekly for people who have completed treatment. Meetings are Tue, Wed, Thu 1500-1600.
- ◆ Outreach and Education for military commands are available to meet their individualized needs.
- ◆ Fostering Friends and Family Program will help you learn different dimensions of families affected by alcohol. Workshop held first week of every month and open to all.

For more information call:  
Camp Foster: 645-3009/3568  
Camp Hansen: 623-5784/645-5795  
Location: Bldg. 440 (Camp Foster)

## *Substance Abuse Counseling Center (Continued)*



**The Substance Abuse Counseling Center (SACC) provides care for active duty military members and other eligible beneficiaries with substance abuse and/or gambling disorders.**

### **Services Include:**

- ◆ Alcohol Awareness one day class offering tools for people who may be high risk for having an alcohol related incident or have had an alcohol related incident. Drug & Alcohol screening required.
- ◆ Alcohol IMPACT class educates individuals about the effects of alcohol on the body and brain and teaches responsible drinking. Offered to those who have experienced an isolated alcohol related incident or are in need of alcohol education. Drug & Alcohol screening required.
- ◆ New Join Alcohol Awareness Workshop offers insight on Low risk vs. high risk choices and understanding of both. Workshop open to those who have NOT been through treatment and NOT had an alcohol related incident.

For more information call:  
Camp Foster: 645-3009/3568  
Camp Hansen: 623-5784/645-5795  
Location: Bldg. 440(CampFoster)

# Family & Youth Services



## *Military & Family Life Consultants (MFLC)*



- ◆ **Life Skills services include:**
  - Anger management
  - Conflict Resolution
  - Communication
  - Parenting
  - Decision Making Skills
  
- ◆ **Military Lifestyle services include:**
  - Relocation Adjustment
  - Separation
  - Coping Skills
  - Building Resiliency
  - Homesickness
  - Loss & Grief
  
- ◆ **Description:**
  - Masters/Doctoral level counselors
  - Brief, solution focused (3-5 sessions)
  - Flexible hours to include weekends
  - Meeting at location of your choice
  - No documentation

Kadena:

To make an appointment call: 634-3915

Cell Phone: 090-8518-0939 or

080-3929-2486

Torii:

To make an appointment call: 644-4174

Cell Phone: 080-334-05906

Foster:

To make an appointment call: 623-3035

Cell Phone: 080-4083-4766 or

080-4143-3803

# *Families OverComing Under Stress (FOCUS) Project*



## **Services Include:**

- ◆ Resiliency-building programs for military families and children facing the challenges of multiple deployments during wartime.
- ◆ FOCUS Trainers will work with the family to highlight strengths and identify areas in need of growth and change to build family resiliency.
- ◆ Group and individual family service settings
- ◆ Conduct briefs and workshops upon request
  - Feeling's Regulation
  - Goal Setting
  - Family Communication
  - Problem Solving
  - Age Appropriate Education

## **Service Description:**

- ◆ Family Sessions (6-8 Sessions)
- ◆ Skill Building Workshops (1.5-2 hours)
- ◆ Deployed Spouse and Children Skills Building (3-4 sessions)

Location: Bldg 99 - Room 17 (Kadena)

Location: Bldg 439 (Camp Foster)

Location: Bldg 4408 (Courtney)

For more information, please contact FOCUS at:  
email: [fsims@focusproject.org](mailto:fsims@focusproject.org) or 645-6077



**Family Advocacy Strength Based Therapy (FAST):**

- ◆ Short-Term, Prevention Services
- ◆ Stress & Anger Management Training
- ◆ Family Counseling
- ◆ Tools of Parenting

**Groups, Classes & Workshops:**

- ◆ Family Advocacy Safety Education Seminar (FASES)
- ◆ Fatherhood Academy: For New Parents (3-hour)
- ◆ Parent Café (4-12 Years): Parent Networking And Education
- ◆ Positive Parenting: 3-Session Class for Parents of Challenging Children
- ◆ Kids In the Middle: Parenting Through Divorce

**(FAP Prevention Services are Open to All Ranks/Services)**

For more information call: Kadena at 634-0433  
or Foster at 645-2915

Located: Bldg. 90 (Kadena AB)

Torii:

To make an appointment call: 644-5919

## *Airman & Family Readiness Center*



### **Services include:**

- ◆ Personal and Family Readiness Programs: Offers assistance to military members and families with the challenges of deployments and extended TDYs.
- ◆ Air Force Aid Society: Emergency financial assistance, educational programs, community support programs and spouse tuition assistance.
- ◆ Relocation Assistance: Provides programs and resources from Newcomers' Orientation, Newcomers Island Excursion, Loan Locker, Sponsorship Training, and Smooth Move Workshops for PCSing personnel.
- ◆ Family Life Education: Provides family members with tools to thrive in the military environment.

The Airman and Family Readiness Center is an agency who is here to help families stationed overseas in Okinawa adapt, understand and thrive throughout their military careers. For more information:

634-3366, Bldg 220.  
<http://kadenaservices.com/afrc/>

# Kadena Youth Mentor Program



*A mentor provides adolescents with someone who can offer friendship, support for day-to-day issues as well as planning for the future*

## **A Mentor can:**

- ◆ Help a young person achieve his or her own goals
- ◆ Help a young person improve in school
- ◆ Nurture a young person's self-confidence and positive self-esteem
- ◆ Listen to a young person and help them solve problems
- ◆ Introduce new ideas, activities, and opportunities
- ◆ Support newcomer teens or those experiencing a PCS transition
- ◆ Provide support to those who have deployed parents

Eligibility: Open to all branches

Located: Bldg. 99 (Kadena)  
For more information call: : 634-2231 or 634-4472



The Kadena Youth Center, located in Bldg. 1849, is affiliated with the Boys and Girls Club of America.

The Youth Center sponsors activities, events, and services designed to meet the recreational, social, psychological, and educational development of youth ages 6-12. This facility offers a wide range of educationally enhanced programs, instructional classes, and events for children on Kadena. The Youth Center provides a safe and fun environment supervised by caring and well-trained staff.

**Kadena Youth Center features:**

- Dinners, games & social activities
- Special events for the entire family
- Educational enhanced programs
  - Computer lab
  - Nightly programs
- Classes in areas such as ballet, gymnastics, martial arts & more

**Registration Hours:**

Mon-Thur  
9:30 a.m.- 7 p.m.  
Friday  
9:30 a.m. - 6 p.m.  
Saturday  
9 a.m. - 5 p.m.

**Recreation Room hours  
(school days)**

Mon - Fri  
2 p.m. - 6 p.m. Saturday  
12 p.m. - 6 p.m.

**For questions or for more information about the Kadena Youth Center, e-mail: [18fss.youthcenter@kadena.af.mil](mailto:18fss.youthcenter@kadena.af.mil)  
Phone: 634-0500**

## *Teen Center Millennium (FSS)*



The Teen Center Millennium is located inside Nakayoshi Youth Program Complex, bldg. 499 at the Kuter/Vincent intersection. The teen center offers opportunities for teens to develop their physical, social, emotional and cognitive abilities and to experience achievement, leadership, enjoyment, friendship and recognition. Our daily program activities are diverse, engaging, and appealing to teens of all ages and backgrounds.

### **Being a teen has never had such great benefits:**

- ◆ **Cyber Café** - equipped with 14 computers accessible to the internet, 2 designated homework computers with printer, and 2 technology enhancing computers for digital art.
- ◆ **Multi-Purpose room** - equipped with D.J. counter, X-Box 360 systems, Game Cube systems, WII system, and Playstation systems. A selection of over 200 video games, DDR system, Karaoke system and four interactive gaming bikes.
- ◆ **Keystone Café and Keystone Lounge** - areas that provide teens with a place to chill out with their friends.
- ◆ **Keystone Theater 2** - is a mini theater inside the teen center that offers movies for teens to enjoy.
- ◆ **Basketball Court, Dance Room**

**Location:** Bldg. 499

**Phone:** 634-3866

### **Open Recreation Hours:**

Monday-Thursday 12 p.m.-6p.m.

Friday 12p.m.-9p.m. Saturday 2p.m.-7p.m.

### **Office:**

Monday-Friday 1p.m.-6p.m. Saturday 12.p.m.-6p.m.

## *Army Community Services (ACS)*



### **Services include:**

- ◆ **Readiness Programs:** Offers assistance to military members and families with the challenges of deployments and extended TDYs.
- ◆ **Army Emergency Relief:** Emergency financial assistance, educational assistance programs, retirement, saving, and investing programs, along with Army family tuition assistance.  
<http://www.aerhq.org>
- ◆ **Relocation Assistance:** Provides programs and resources from New Comers' Orientation through Smooth Move workshop for PCSing personnel.
- ◆ **Army Family Team Building:** Provides training and knowledge to spouses and family members, soldiers and DA civilians so that they may understand the benefits, opportunities, and how to meet challenges of today's Army family.

Army Community Services is an agency who is here to help families stationed overseas in Okinawa adapt, understand and thrive throughout their military careers. For more information:

Located: Bldg 236, 105 Torii Station  
Phone: 644-4110

## *Counseling and Advocacy Program Personal Services Center*



### **Services Include:**

- ◆ Domestic Violence Intervention Program, Phase I
  - Monday, 1400-1600
- ◆ Domestic Violence Intervention Program, Phase II
  - Friday, 0900-1100
- ◆ Stress & Anger Management
  - Tuesday or Wednesday, 0900-1100
- ◆ Nurturing Parent Group
  - Thursday, 1400-1600

### **Scheduled as needed:**

- ◆ Four Lenses Personality Assessment Workshop
- ◆ Teen Process Group

For more information on individual and counseling, workshops, classes and groups, please call 645-2915  
Location: Bldg. 439 (Camp Foster)



### **Services Include:**

- ◆ Exceptional Family Member Program:
  - Coffee & Tea with EFMP
  - Exceptionally Sunny Series Summer Clubs

For more information on individual and counseling, workshops, classes and groups, please call 645-2915  
Location: Bldg. 439 (Camp Foster)

## *Youth & Teen Programs (MCCS)*



A variety of leisure time activities and programs for youth and teens ages 5 (attending kindergarten) through 12th grade.

This program provides age appropriate life skills, career opportunities/work force preparation, mentoring, citizenship and leadership, recreation/arts and instructional programs (ballet, karate, dance etc.) that support the needs of our youth and teens.

Semper Fit provides all youth and teen sports and fitness and organized team sports such as baseball, basketball and soccer programs. Visit the Semper Fit Youth Sports page for more information.

Programs are nationally affiliated with the Boys and Girls Clubs of America expanding youth and teen development opportunities.

Note: Children ages 5 to 9 years old must be accompanied by a parent, guardian or babysitter 18 years or older at all times

**Kinsler Youth**  
Bldg. 1091  
Phone:637-3760

**Kinsler Teen**  
Bldg. 1316  
Phone: 637-1755

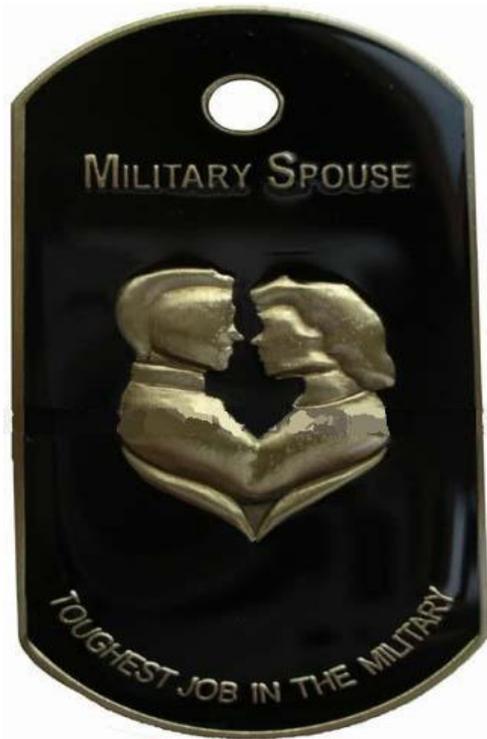
**Foster Youth**  
Phone: 645-8015

**Foster Teen**  
Phone: 645-8015

**Courtney Youth**  
Phone: 622-9709

**Courtney Teen**  
Phone: 622-9709

# Spouse Support Services



# *Airman & Family Readiness Center Personal Services Center*



## **Services include:**

- ◆ Heartlink: Spouses orientation to learn valuable tools for successfully adapting to the military lifestyle.
- ◆ Spouse Tuition Assistance Program (STAP)
- ◆ Deployed Spouses Dinner
- ◆ Federal job search classes
- ◆ Job search assistance
- ◆ Resume assistance
- ◆ Job fairs
- ◆ Job experience & training program (J.E.T)

For more information:

634-3366, Bldg 220.

<http://kadenaservices.com/afrc>



## **Services Include:**

- ◆ Family Member Employment Assistance Program
  - Federal Government Application Workshop
  - KSA Writing Workshop
  - Interview Workshop
  - Professional Networking Online
  - Resume Writing Workshop

For more information on individual and counseling, workshops, classes and groups, please call 645-2915

Location: Bldg. 439 (Camp Foster)

# Airman & Family Readiness Center Japanese Bi-Cultural Marriage Workshop



アメリカの文化や軍の事、英語に関する疑問や質問があったら。。。。

毎月第4火曜日

時間： 午後1時～3時

場所： ビルディング #220

(Airman and Family Readiness Center/エアマン&ファミリーレ  
ディネスセンター)

- ◆ 日本人配偶者のためのクラス
- ◆ アメリカ文化の紹介
- ◆ 軍に関するインフォメーション
- ◆ 日本文化の知識の向上
- ◆ 世界に向けたネットワーキング

あなたの参加が 私達のコミュニティをかえる!

まずはお電話を! **634-7521/7530** まで

Every 4<sup>th</sup> Tuesday of the month  
1300-1500  
Bldg 220

- ◆ Designed for Japanese spouses
- ◆ Introduction to American culture
- ◆ Information on the military lifestyle
- ◆ Enhance your own culture

Build and expand your network!  
634-3366/7521/7530

## *Japanese Spouses Support Services*

### **Attention Japanese Spouses:**

ストレスマネジメント・カルチャーアウェアネスグループ

- ◆ Designed for SOFA Japanese spouses struggling with military life, intercultural issues or marital conflict.
- ◆ Helps Japanese spouses become aware of the cultural differences that may affect their marriages.
- ◆ Provides skills to cope with stress in everyday life while providing an opportunity to develop new friendships.

### **This group is offered in Japanese.**

- 夫婦関係をもっと良くしたい！
- 同じ悩みを持つ人に話を聞いてほしい！
- 楽しい結婚生活を取り戻したい！
- 夫婦間のコミュニケーションって難しい～っ！

そう思っている方はいませんか？ そんな貴方に朗報です！

このグループに参加して共感できる仲間と悩みをすべて解消しましょう。英語のレベルは全く問いません。この週一回のプログラム、ミリタリー生活にちょっととまどい気味な貴方も、私の悩みを聞いて～という方も、独りで考え込まずどうぞお気軽にご参加下さい！

あなたの参加をお待ちしています。

For more information call:  
Location: Bldg 439 (Camp Foster)  
645-2915

## *Counseling and Advocacy Program*



### **Services Include:**

- ◆ Deployed Spouse Support Group
  - Monday, 0900-1100
- ◆ Domestic Violence Intervention Program, Phase I
  - Monday, 1400-1600
- ◆ Domestic Violence Intervention Program, Phase II
  - Friday, 0900-1100
- ◆ Local National Spouses' Group
  - Thursday, 0900-1100
- ◆ Women's Healing & Empowerment Group
  - Tuesday, 1430-1600

### **Scheduled as needed:**

- ◆ Women's Domestic Violence Intervention Program
- ◆ Four Lenses Personality Assessment Workshop
- ◆ Women's Education Group

For more information on individual and counseling, workshops, classes and groups, please call 645-2915  
Location: Bldg. 439 (Camp Foster)

# Youth Mental Health Services





- ◆ 24/7 Resource for Military Members and their families
- ◆ Counseling services that include:
  - Telephone consultations with licensed providers
  - Online consultations via instant messaging
- ◆ Website includes:
  - Locaters for education, child care and elder care
  - Free booklets, CD's, and DVD's
  - Relocation information
  - Financial recourses
  - Support during deployments
  - Tax services
  - Information for military member deploying and their families
  - Wounded Warrior Program

To start the process call or go on-line:  
[Http://www.militaryonesource.com](http://www.militaryonesource.com) or  
Phone: 1-800-342-9647

# *Educational & Developmental Intervention* *(EDIS)*



## **Educational & Developmental Intervention Services:**

A department of the U.S. Naval Hospital, EDIS offers help to children with special needs, through federally mandated Individuals with Disabilities Education Act (IDEA) programs and non-IDEA services. The mission of EDIS is to maximize the potential of children who are identified or at risk for delays and intervene in their development. EDIS promotes family-based care, closely involving families in the development of treatment plans. The staff of EDIS comes from a variety of fields to include: audiology, physical therapy, occupational therapy, speech-language pathology, psychology, social work, community health nursing, and early childhood special education.

There are two programs within EDIS: **Early Intervention**, for children from birth to age 3, and **Related Services**, for children from ages 3 to 21. Care is provided in the least-restrictive environment; in the home for Early Intervention and in the school for Related Services.

## **What do I do if I have concerns about my child's development?**

A referral for Early Intervention (0-3yr. Old) made be made by a parent, physician, or other community member. If your child is 3-21 years old, a referral for Related Services can be made through your child's school

Location: Kadena AB, Bldg 9497

Phone: 634-2740/2747

Calling from off-base: 098-961-2740/2747

# *Military & Family Life Consultants (MFLC)*



- ◆ **Life Skills services include:**
  - Anger management
  - Conflict Resolution
  - Communication
  - Parenting
  - Relationship Issues
  - Decision Making Skills
  - Productivity at Work
- ◆ **Military Lifestyle services include:**
  - Deployment stress
  - Reintegration: Warrior to Citizen
  - Relocation Adjustment
  - Separation
  - Coping Skills
  - Building Resiliency
  - Homesickness
  - Loss & Grief
- ◆ **Description:**
  - Masters/Doctoral level counselors
  - Brief, solution focused (3-5 sessions)
  - Flexible hours to include weekends
  - Meeting at location of your choice
  - No documentation

Kadena:

To make an appointment call: 634-3915  
Cell Phone: 090-8518-0939 or  
080-3929-2486

Torii:

To make an appointment call: 644-4174  
Cell Phone: 080-3340-5906

Foster:

To make an appointment call: 623-3035  
Cell Phone: 080-4083-4766 or  
080-4143-3803

# *Families OverComing Under Stress (FOCUS) Project*



## **Services Include:**

- ◆ Resiliency-building programs for military families and children facing the challenges of multiple deployments during wartime.
- ◆ FOCUS Trainers will work with the family to highlight strengths and identify areas in need of growth and change to build family resiliency.
- ◆ Group and individual family service settings
- ◆ Conduct briefs and workshops upon request
  - Feeling's Regulation
  - Goal Setting
  - Family Communication
  - Problem Solving
  - Age Appropriate Education

## **Service Description:**

- ◆ Family Sessions (6-8 Sessions)
- ◆ Skill Building Workshops (1.5-2 hours)
- ◆ Deployed Spouse and Children Skills Building (3-4 sessions)

Location: Bldg 99 - Room 17 (Kadena)

Location: Bldg 439 (Camp Foster)

Location: Bldg 4408 (Courtney)

For more information, please contact FOCUS at:  
email: [fsims@focusproject.org](mailto:fsims@focusproject.org) or 645-6077

*Pediatric Behavioral Health Optimization Program  
(BHOP)*



**Child and Youth consultative services focused on improving health and functioning. Your BHC will help you to develop a customized program to target:**

- ◆ Insomnia
- ◆ Encopresis/Enuresis
- ◆ Obesity/Weight Management
- ◆ Asthma
- ◆ Diabetes
- ◆ Stress Management
- ◆ Depression
- ◆ Anxiety
- ◆ Attention Deficit/Attention Deficit Hyperactivity Disorder
- ◆ Family Conflict and Stress
- ◆ Deployment Stress
- ◆ Adjustment Problems
- ◆ Social Skill Challenges
- ◆ Learning Challenges
- ◆ Behavioral Difficulties
- ◆ Pervasive Developmental Disorder Screening

Sessions are 3-5 visits (20-30 minutes)

Eligibility: Services limited to patients empanelled to Air Force Family Practice and Pediatrics Clinics

Located: Bldg. 626 (Kadena AB Pediatric Clinic)  
See your Primary Care Manager for an appointment:  
630-KIDS (5437)

## *Kadena Mental Health & Alcohol/Drug Abuse Prevention and Treatment (ADAPT)*



### **Mental Health services provided:**

- ◆ Individual therapy
- ◆ Commander Directed Mental Health Evaluations
- ◆ Psychiatric medication services
- ◆ Psychological evaluations and testing
- ◆ Special duty evaluations
- ◆ Group services
  - Coping with Emotions
  - Stress Management
  - Depression Group
  - Anxiety Group
  - Survivors of Sexual Assault

### **ADAPT services provided (AF & AF FM only)**

- ◆ Outreach/Education Programs
- ◆ Substance Abuse Evaluations
- ◆ Outpatient Treatment
- ◆ Referrals to Intensive Outpatient Program (IOP)
- ◆ Referrals to Inpatient Treatment
- ◆ School Adolescent Substance Abuse Counselors (contact school to initiate services)
- ◆ For local AA information go to: [www.12stepokinawa.com](http://www.12stepokinawa.com)

Note: For Army, ASAP services may differ. Please contact:  
644-4149.

Located: Bldg. 90 on Kadena AB  
For more information call: 634-1266

# Child Care & Parent Support Services



# *Educational & Developmental Intervention* *(EDIS)*



## **Educational & Developmental Intervention Services:**

A department of the U.S. Naval Hospital, EDIS offers help to children with special needs, through federally mandated Individuals with Disabilities Education Act (IDEA) programs and non-IDEA services. The mission of EDIS is to maximize the potential of children who are identified or at risk for delays and intervene in their development. EDIS promotes family-based care, closely involving families in the development of treatment plans. The staff of EDIS comes from a variety of fields to include: audiology, physical therapy, occupational therapy, speech-language pathology, psychology, social work, community health nursing, and early childhood special education.

There are two programs within EDIS: **Early Intervention**, for children from birth to age 3, and **Related Services**, for children from ages 3 to 21. Care is provided in the least-restrictive environment; in the home for Early Intervention and in the school for Related Services.

## **What do I do if I have concerns about my child's development?**

A referral for Early Intervention (0-3yr. Old) made be made by a parent, physician, or other community member. If your child is 3-21 years old, a referral for Related Services can be made through your child's school

Location: Kadena AB, Bldg 9497  
Phone: 634-2740/2747  
Calling from off-base: 098-961-2740/2747

# *Families OverComing Under Stress (FOCUS) Project*



## **Services Include:**

- ◆ Resiliency-building programs for military families and children facing the challenges of multiple deployments during wartime.
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- ◆ Group and individual family service settings
- ◆ Conduct briefs and workshops upon request
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  - Age Appropriate Education

## **Service Description:**

- ◆ Family Sessions (6-8 Sessions)
- ◆ Skill Building Workshops (1.5-2 hours)
- ◆ Deployed Spouse and Children Skills Building (3-4 sessions)

Location: Bldg 99 - Room 17 (Kadena)

Location: Bldg 439 (Camp Foster)

Location: Bldg 4408 (Courtney)

For more information, please contact FOCUS at:  
email: [fsims@focusproject.org](mailto:fsims@focusproject.org) or 645-6077

## *Women, Infants, & Children (WIC) Overseas Program*



- ◆ Offers nutritional programs to eligible participants and their family members
- ◆ Education on nutritious food that will contribute to a healthier diet
- ◆ Tips on how to prepare a balanced diet
- ◆ Nutrition and health screening
- ◆ Access to other resources that will help participants lead healthier lives

Office locations and contact numbers are:

Kadena Air Base:	632-9427	bldg 428
Camp Foster:	645-9419	bldg 5674
Camp Courtney:	622-9424	bldg 4408
Camp Kinser:	637-4899	bldg 2424

# *New Parent Support Program (Kadena) Health And Wellness Center*



## **Services Include:**

- ◆ Tailored Home Visits by a Registered Nurse
- ◆ Education on :
  - Pregnancy
  - Managing the challenges of parenting
  - Connecting in the military community
  - Supporting single parents
  - Guidance with difficult infant or toddlers
  - Colic, fussy, or high needs baby
  - Discipline strategies
  - Potty training or sibling rivalry

## **Playgroups:**

- ◆ Structured Education on Child Development
- ◆ Niko Niko Child Development Center (12:15-1:15 p.m.)
  - Mondays: Walkers - 24 Months
  - Wednesdays: 24 - 36 Months
  - Fridays: Newborns - Walkers
  -

For more information call: Kadena at 634-0433  
or Foster at 645-2915

Located: Bldg. 90 (Kadena AB)



## **Pregnancy Class**

- ◆ Provides nutritional and fitness education during pregnancy.

Location: Bldg. 428 (Kadena AB)

For more information call: 634-8197

## *Child Development Centers (CDC)*



Child Development Centers  
Mon-Fri \* 0545-1800

Resource & Referral  
Mon-Fri \* 0800-1700

Commercial:  
011-81-611-732-7693  
DSN: 315-632-7693  
Fax: 315-634-1402

Niko Niko: Bldg. 334, 634-5263  
Shima No Ko: Bldg. 4081, 632-0265  
Wakaba: Bldg. 132, 632-7420

Kadena's Child Development Programs offer top quality developmental child care services. The early childhood curriculums goal is to help children become enthusiastic learners. Children are allowed to learn at their own pace and in ways that are best for them. Children of all active duty military and civilians assigned to or supported by Kadena Air Base have priority consideration for placement.

Kadena offers three centers on base:

- Niko Niko CDC is located in Bldg.334 next to the USO.
- Shima No Ko CDC is located in Bldg.4081 just inside Gate 3
- Wakaba CDC is located in Bldg.132 near the Olympic Mall.

Each center provides both full and hourly care services. Full day care is provided for children 6 weeks to 5 years old. Hour care is provided for ages 6 months to 5 years old.

Contact the Resource and Referral Coordinator at 632-7693 or [childcaresolutions@kadenaforcesupport.com](mailto:childcaresolutions@kadenaforcesupport.com) for information about registering children into the child development centers.



◆ **Program Guidelines:**

Give Parents A Break program will be conducted in two new locations:

Ages 6 weeks - 5 years not in Kindergarten: Niko Niko CDC  
Ages 5 - 12: Kadena Youth Center

- Please note that children who are five and attending kindergarten will be required to use the Youth Center for Give Parents a Break program.
- Due to limited space availability, the Kadena Give Parents a Break program is solely for the use of families who live or work on Kadena. This is to include Chibana Housing, Camp Shields, and Torii Station.
- Families with referral vouchers from the Kadena Airman and Family Readiness Center will receive priority consideration when registering for available child care slots.
- Families must register with the Resource and Referral (R&R) Office in Bldg 1850 on Fairchild Avenue, prior to the established deadline for the upcoming Give Parents a Break session. All registration paperwork (including current immunizations, emergency contact info, credit card authorization, etc.) must be submitted to the R&R office prior to the established deadline, in order for families to be properly registered.
- Child care services will be refused if proper paperwork is not on file prior to established deadlines.
- No on-site or late registrations will be accepted.
- Youth Programs will offer special programming for the older children.

For further questions or assistance, please contact Resource and Referral at 632-7693.



The care offered by Kadena's licensed FCC providers is based on current knowledge of child development and early childhood education. Providers offer a nurturing home environment that supports each child's development in a family setting located in the Kadena AB community. Our homes offer life experiences where children learn through play and active hands-on involvement with a caring professional guiding the daily activities. Care options include: full-time, part-time, hourly/drop-in, before and after school, weekend, overnight and care for shift workers.

### Family Child Care Special Programs

- ◆ **Extended Duty Care (EDC)** - Offers FREE additional care hours during the day, night or weekend as you fulfill your extra duty requirements.
- ◆ **PCS Care** - Twenty hours of FREE care for your children by a licensed provider as you prepare to depart/arrive. Open to all ranks. Contact the Airman and Family Readiness Center, Bldg. 99 for more information at 634-3366.
- ◆ **Care for Volunteers** - FREE care for your children by a licensed provider while you volunteer your time. Contact the Airman and Family Readiness Center, Bldg. 99 for more information at 634-3366.
- ◆ **Returning Home Care (RHC)** - Offers 16 hours of FREE care per child in an EDC home for military members returning from deployment.
- ◆ **FCC Subsidy Program** - Offers full time care in a licensed FCC home at the same fees as the CDC/SAP. Weekly fees are determined by total family income.

### Family Child Care

Bldg. 1850

634-3464

Mon-Fri · 0800-1700

### New Parent Assistance

8 am - 9 am

Monday to Friday

## School Age Programs (SAP)



The School Age Programs offer before and after school programming as well as full day programming during holidays and school breaks. Available to students grades 1 - 6, the facility is supervised and provides a safe and healthy environment for children. The program is affiliated with the Boys and Girls Clubs of America and is recognized by the National After School Association as an accredited program.

### **Programs include:**

- Field Trips
- Enrichment Programs
- Clubs

- ◆ The Himawari School Age Program (SAP) is located in Bldg. 439 across from the Kadena Base library.
- ◆ The Shima No Ko School Age Program is located inside Gate 3, next to Karing Kennels.

### **Himawari School Age Program**

Bldg. 439, 632-0202, 634-0382

Mon-Fri · 5:45 am - 6 pm

### **Shima No Ko School Age Program**

Bldg. 4081, 632-0257

Mon-Fri · 5:45 am - 6 pm

Contact us at

[childcaresolutions@kadenaforcesupport.com](mailto:childcaresolutions@kadenaforcesupport.com)

for more information

## *New Parent Support Program (Camp Foster)*



**The New Parent Support Program (NPSP) provides support to expecting, new or experienced Marine and Navy parents with children ages five and under.**

- ◆ **Baby Boot Camp:** This is a one-day class that focuses on everything you need to know to take care of your new baby. \*
- ◆ **Breast Feeding Support Group:** This group provides an opportunity for mother-to-mother support, encouragement, information, and education to provide a better understanding of breastfeeding. \*
- ◆ **Parenting Classes:** Classes are designed to address the challenges of parenting, discipline techniques, and the needs of children at various stages of development. \*
- ◆ **Home Visitation:** Home visitors work with families on a “one on one” setting to enhance their parenting skills, and provide support to parents on an individual basis.
- ◆ **Moms In The Military:** Informational briefing offered quarterly that will assist single, active duty pregnant women. Topics covered are legal, housing, childcare. \*

\*Pre-registration required

Location: Building 439 - First Floor (Camp Foster)

Phone: 645-0396

*Child Development Centers (CDC)  
Family Child Care (FCC)*



The Child Development Center (CDC) offers facility based quality full-day, part-day, and hourly care programs for children 6 weeks to 5 years old. These programs, staffed by trained care giving professionals, meet accreditation standards of the National Association for the Education of Young Children.

**Foster**                      **Kinser**                      **Courtney**  
645-2549/3846 637-2296/2293 622-7751/7761

All centers operate from 0630 to 1800, Monday thru Friday. PT care offered on Monday, Wednesday and Friday from 0500!

**Family Child Care Office**

Home-based childcare options in addition to center based programs. Offers full-day, part day, PT mornings, hourly, deployment, before & after school, overnight, weekend and holiday care for children 4 weeks to 12 years of age. FCC homes on base are certified by the installation. Prior to certification, all providers and their family members must pass a series of background checks and participate in a comprehensive Early Childhood Education training program. This program also offers subsidy to patrons with children under 3 years of age that work non-traditional hours or have children with special needs.

Building 495, 1st Floor, Room 100, Camp Foster  
Phone: 645-2174  
Monday-Friday 0730-1630 (Closed on Federal Holidays)  
FCC child registration information is available at the  
Resource & Referral Office.

## *School Age Centers (SAC)*



Available care for children 5 - 12 yr. who are enrolled in kindergarten through 6th grade during duty hours before & after school, teacher in-service day, and vacation periods. SAC provides a safe, supervised, healthy, age-appropriate environment while parents are at work. We have programs at Camp Foster, Camp Kinser and McTureous. Bus transportation is provided by MCCS. Contact your nearest Resource and Referral Specialist for more information.

### **Foster SAC**

Killin Elementary/Zukeran Elementary

Phone: 645-7301

Building #1620 (located behind Popeyes on Camp Foster)

0500-0800 & 1345-1800: Mon, Wed & Fri

0630-0800 & 1345-1800: Tue & Thu

### **McTureous SAC**

Bechtel Elementary

Phone: 622-9049/9051

Building #5206

0500-0800 & 1500-1800: Mon, Wed & Fri

0630-0800 & 1500-1800: Tue & Thu

### **Kinser SAC**

Kinser Elementary

Phone 637-3760/3713

0500-0800 & 1500-1800: Mon, Wed, & Fri

1345-1800: Wed (Early Out Day)

0630-080 & 1500-1800: Tue & Thu

# Chaplain Services



## *Chaplain Counseling Services*



### **Consulting services include:**

- ◆ Spiritual guidance and direction
- ◆ Individual and couples counseling
- ◆ Confidentiality (covered under UCMJ)
- ◆ Marriage Retreats (those returning from deployment)

### **Additional services:**

- ◆ AWANA
- ◆ Officers' Christian Fellowship
- ◆ Protestant Women of the Chapel
- ◆ Religious Education Sunday School
- ◆ Adult Faith Formation
- ◆ Baptism Seminar
- ◆ CCD
- ◆ Catholic Women of the Chapel
- ◆ Cursillo
- ◆ Extraordinary Ministers of Holy Communion
- ◆ Knights of Columbus
- ◆ Youth Group - Life Teen (9-12)
- ◆ Youth Group - The Edge (6-8)

For more information call : 634-1288  
[www.kadenachapel.org](http://www.kadenachapel.org)

*Marine Corps Family Team Building  
Torii Station Chapel*



**Services include:**

- ◆ Protestant Service Sundays at 1030

Location: Bldg 206, Torii Station Chapel  
Phone: 644-5107



**Services include:**

- ◆ CREDO: Marriage enrichment, spiritual growth and personal growth retreat workshops are available for married couples, individuals and teens. Free and open to all DOD ID cardholders. Call CREDO Chaplain for more details.
- ◆ Prevention & Relationship Enhancement Program: Offered by MCB Chaplains for couples and individuals who want to improve their communication skills.

Location: Bldg. 5677 (Camp Foster)  
Phone: 645-3689

# Fitness & Nutrition Services





### **Fitness Opportunities:**

- ◆ Group Exercise:
  - ◆ Daily group exercise classes are offered throughout the day in a variety of disciplines including step aerobics, Turbo Kick™, total body conditioning, cardio funk, indoor cycling, yoga, and more.
  
- ◆ Special Events:
  - ◆ Monthly 5K fun run, our team of highly qualified fitness aerobathons, and invitational sports tournaments involving other services and our local national community are all examples of the “extras” we provide for our base community. Check our Sports and Fitness information board, your sports and fitness representative or our Venture magazine for the most current information on upcoming events.
  
- ◆ Customer Service:
  - ◆ On-call facility/equipment orientations and personalized fitness assessments are free and available 24-hours a day. We offer a full service front counter that is the hub of our operation.

**Risner Fitness Center**  
**Building #109**  
**Open Seven Days A Week**  
**24-Hours A Day**  
**634-5128/5129**



**Fitness Opportunities:**

◆ Customer Service:

Our staff can take reservations for all facilities, schedule personal trainers and massage appointments, and issue equipment and towels to more than 3,000 customers per day. Staff can also identify special priority classes for fitness improvement program members and assist patrons with basic strength training.

◆ Enhanced programs:

Massage, Martial arts, personal trainers, and the tennis center are fee based services offered by an experienced staff of practitioners certified in their area of expertise. One-on-one personal training instruction allows customers the opportunity to build a custom program to maximize fitness capabilities and healthy self-image. Massage therapy treatments include Lomi Lomi, Shiatsu, Aromatherapy, Swedish Massage, and more. Whether your motto is “no pain, no gain” or you need a little extra relaxation in your life, our specialists are here to serve you.

**Risner Fitness Center**  
**Building #109**  
**Open Seven Days A Week**  
**24-Hours A Day**  
**634-5128/5129**



**Sports Programs:**

- ◆ We offer various sports programs to meet the needs of the military community. The intramural/Extramural Sports Program consists of 13 individual and team sports throughout the calendar year. It is designed to promote unit cohesiveness through squadron level competitions and is available to all members of the Kadena community. Teams can earn participation and competition points based on various factors in an effort to win the annual Commander's Trophy. Intramural/Extramural Sports include: basketball, volleyball, soccer, softball, flag football, tennis, golf, bowling, and racquetball.
- ◆ In addition, a full component of enhanced sports programs for higher level athletes are offered, encompassing eight varsity level sports programs. Base varsity teams represent Kadena and the Air Force in invitational tournaments throughout Okinawa and the Pacific region. Teams participate in a variety of leagues, tournaments, and special events throughout the year that provide top-notch competition for athletes and quality morale-building entertainment for spectators within the base community.

**Risner Fitness Center  
Building #109  
Open Seven Days A Week  
24-Hours A Day  
634-5128/5129**

## *Risner Fitness Complex(cont)*



### **Facilities and Programs:**

- ◆ Risner Fitness Center Houses:
  - ◆ Three Basketball Courts
  - ◆ Seven Racquetball Courts
  - ◆ Free Weights and Selectorized Equipment Area
  - ◆ Three Cardiovascular Equipment Rooms
  - ◆ Three Group Exercise Rooms
  - ◆ Showers
  - ◆ Sauna
  - ◆ Active Parenting Room

The active parenting room allows parents to have a safe environment for their young children to play while being able to have a complete cardio workout. Risner Fitness Center offers refreshing drinks and snacks at the Juice Bar, which serves fruit, sport drinks, smoothies, and other refreshments.

**Risner Fitness Center**  
**Building #109**  
**Open Seven Days A Week**  
**24-Hours A Day**  
**634-5128/5129**

## *Risner Fitness Complex(cont)*



### **Facilities and Programs:**

- ◆ Group Exercise - Daily group exercise classes are offered throughout the day in a variety of disciplines including:
  - ◆ Cardio Blast and Conditioning
  - ◆ Circuit Training
  - ◆ Step
  - ◆ Group Cycle
  - ◆ Yoga
  - ◆ TurboKick TM
  - ◆ Cardio and Strength
  - ◆ Kick Boxing
  - ◆ Zumba
  - ◆ Jazzercise
  - ◆ Strength Training
  
- ◆ **The Risner Sports Pro Shop**
  - ◆ Offers a fantastic Selection of clothing, equipment, footwear, and accessories for the fitness and sports enthusiast. Whether its basketball, running, racquetball, or anything in between, the Risner Sports Pro Shop offers performance gear that fuels your inner drive to excel. They carry a diverse mix of brands and products that will help you achieve your fitness goals.

**Risner Fitness Center**  
**Building #109**  
**Open Seven Days A Week**  
**24-Hours A Day**  
**634-5128/5129**

# Risner Juice Bar

Hours of operation 5 am - 9 pm

<p><b>Healthy Heart Menu \$3.00</b></p> <p><b>Blueberry Balance</b> Low-fat yogurt, sugar-free fruit punch, orange or apple juice, with blueberries, bananas, raspberries, &amp; cherries</p> <p><b>Red, White, &amp; Blue Yogurt Parfait</b> Low-fat vanilla yogurt layered with your choice of strawberries, bananas, blueberries, raspberries, or pineapple, topped with low-fat granola</p>	<p><b>Shakes \$3.50</b> Made with low-fat California Cream yogurt</p> <p><b>Peach Yogurt Shake</b> Can also be made with raspberries, mangoes, strawberries, or bananas</p> <p><b>Raspberry Peach Yogurt Shake</b> Raspberries &amp; peaches with apple juice</p> <p><b>Banana Honey Yogurt Shake</b> Banana, honey, &amp; peanut butter</p> <p><b>Island Fruit Yogurt Shake</b> Banana, coconut, mango, &amp; strawberry juice</p> <p><b>Passion Fruit Yogurt Shake</b> Passion fruit, orange, &amp; coconut juice</p> <p><b>Mango Coconut Yogurt Shake</b> Mangoes, strawberries, &amp; coconut juice</p> <p><b>Banana Orange Yogurt Shake</b> Orange &amp; banana juice with bananas</p> <p><b>Banana Berry Yogurt Shake</b> Strawberry, raspberry, &amp; banana juice</p> <p><b>Mixed Fruit Yogurt Shake</b> Banana, peach, strawberry, &amp; orange juice with banana</p> <p><b>Orange Mango Yogurt Shake</b> Orange &amp; mango juice</p> <p><b>Cappuccino Banana Yogurt Shake</b> Cappuccino, banana, &amp; apple juice with banana</p> <p><b>Straw-raspberry Yogurt Shake</b> Raspberry, strawberry, &amp; apple juice</p>	<p><b>Regular Smoothies \$2.50</b> Choose from our daily specials</p> <p><b>Drinks</b></p> <ul style="list-style-type: none"> <li>Tully's Coffee \$1.00</li> <li>Galorade® \$1.25</li> <li>Water \$ .50</li> <li>Third Quarter® \$ .75</li> <li>Sunkist® \$1.00</li> <li>Monster Energy® \$2.00</li> </ul> <p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>Alocha Mix \$ .25</li> <li>Trail Mix \$ .25</li> <li>Oxek Mix \$ .25</li> <li>Granola Bar \$ .50</li> <li>Banana \$ .50</li> </ul> <p><b>Additional Add-ins</b></p> <ul style="list-style-type: none"> <li>Peanut Butter \$ .25</li> <li>Granola \$ .50</li> <li>Honey \$ .25</li> <li>Fruit \$ .50</li> <li>Whey Protein \$1.00</li> <li>Creatine \$1.00</li> <li>Glutamine \$1.00</li> <li>Frozen Yogurt (2 ounces) \$1.00</li> <li>Chocolate or Vanilla</li> </ul>
<p><b>Power Specialty Drinks \$4.00</b></p> <p><b>Endurance Ironman</b> Whey protein, glutamine, peanut butter, smoothie starter, &amp; chocolate yogurt</p> <p><b>Strength Champion</b> Whey protein, creatine, orange juice, coconut, smoothie starter, &amp; vanilla yogurt</p> <p><b>Antioxidant Berry Bonanza</b> Raspberries, blueberries, strawberries, smoothie starter, &amp; vanilla yogurt</p>	<p><b>Specialty Smoothies</b> Made with ice &amp; water</p> <p><b>Fruit Protein Smoothie \$2.50</b> Your choice of banana, strawberries, blueberries, pineapple, or raspberries with whey protein</p> <p><b>Fruit Smoothie \$2.50</b> Your choice of two fruits from bananas, blueberries, strawberries, pineapple or raspberries</p> <p><b>Protein Smoothie \$2.00</b> Whey protein</p>	

Enjoy a healthy smoothie after your workout or just stop by for a snack. Our juice bar offers a variety of power drinks, heart-healthy smoothies, snacks, coffees, electrolyte refresher, and more.

Risner Fitness Center  
 Building #109  
 Open Seven Days A Week  
 24-Hours A Day  
 634-5128/5129



### **Nutrition Resources**

- ◆ Healthy Heart: (90 min)
  - Education: Risks associated with high cholesterol
  - Teaches 7 simple nutritional habits
- ◆ Hypertension: (60 min)
  - Education: Risks associated with high blood pressure
- ◆ Nutrition 101:
  - Explores challenges of losing weight and keeping it off
- ◆ One-on-One Diet Counseling for:
  - Weight loss, cholesterol, hypertension, diabetes, children's' nutrition/weight loss, eating disorders, gastric bypass, and general disorders of the digestive tract

### **Fitness Resources**

- ◆ Fitness 101: (60 min)
  - Education on how to exercise properly, effectively increase aerobic capacity and burn (lose) body fat
- ◆ Exercise Prescription: (provider referrals needed)
  - Customized individual exercise programs for specific needs conducted by our Exercise Physiologist

Location: Bldg. 428 (Kadena AB)  
For more information call: 634-8197

## *Health & Wellness Center (HAWC) Cont'd*



### **Tobacco Cessation**

- ◆ Day and evening classes are available monthly
- ◆ One on one appointments available through USNHO (6437906)
- ◆ Online course available—call the HAWC for details
- ◆ Zyban, Chantix, and the Patch offered w/ each option

### **Stress Management Class**

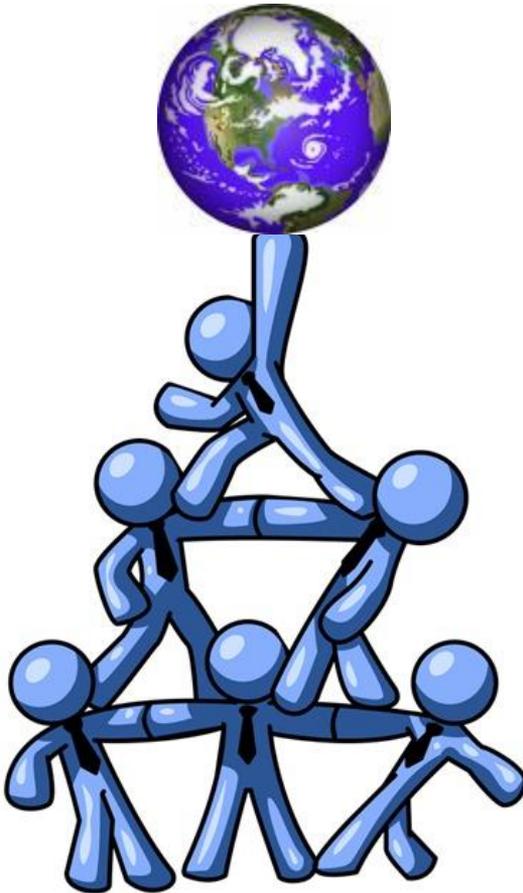
- ◆ Provides education on coping with stress

### **Pregnancy Class**

- ◆ Provides nutritional and fitness education during pregnancy

Location: Bldg. 428 (Kadena AB)  
For more information call: 634-8197

# Deployment Support Services



## *Military & Family Life Consultants (MFLC)*



### ◆ **Military Lifestyle services include:**

- Deployment stress
- Reintegration: Warrior to Citizen
- Relocation Adjustment
- Separation
- Coping Skills
- Building Resiliency
- Homesickness
- Loss & Grief

### ◆ **Description:**

- Masters/Doctoral level counselors
- Brief, solution focused (3-5 sessions)
- Flexible hours to include weekends
- Meeting at location of your choice
- No documentation

Kadena:

To make an appointment call: 634-3915

Cell Phone: 090-8518-0939 or

080-3929-2486

Torii:

To make an appointment call: 644-4174

Cell Phone: 080-3340-5906

Foster:

To make an appointment call: 623-3035

Cell Phone: 080-4083-4766 or

080-4143-3803

# *Military One Source* *Families OverComing Under Stress (FOCUS)*



- ◆ 24/7 Resource for Military Members and their families
- ◆ Counseling services that include:
  - Telephone consultations with licensed providers
  - Online consultations via instant messaging
- ◆ Website includes:
  - Free booklets, CD's, and DVD's
  - Support during deployments
  - Information for military member deploying and their families
  - Wounded Warrior Program

To start the process call or go on-line:

[Http://www.militaryonesource.com](http://www.militaryonesource.com) or

Phone: 1-800-342-9647

Dial 145 from any Okinawa Installation DSN phone



## **Services Include:**

- ◆ Resiliency-building programs for military families and children facing the challenges of multiple deployments during wartime.
- ◆ Group and individual family service settings

## **Service Description:**

- ◆ Deployed Spouse and Children Skills Building (3-4 sessions)

Location: Bldg 99 - Room 17 (Kadena)

Location: Bldg 439 (Camp Foster)

Location: Bldg 4408 (Courtney)

For more information, please contact FOCUS at:

email: [fsims@focusproject.org](mailto:fsims@focusproject.org) or 645-6077

# *Airman & Family Readiness Center Employee Assistance Program (Civilians)*



- Pre-Deployment Briefings
- Deployed Spouses Dinner
- Morale Calls
- Skoshi Warrior
- Re-integration Briefings
- Car Care Because We Care
- Give Parents A Break
- Air Force Wounded Warrior (AW2) Program

The A&FRC will provide mobility and deployment assistance to help single and married DoD personnel and families meet pre-deployment, sustainment, reintegration, and post-deployment challenges. Services will help reduce stress and deal with separation and reintegration, increase individual and family morale and unit cohesion, and support operational readiness.

For more information:

634-3366, Bldg 220. <http://kadenaservices.com/afrc/>



## **Services provided to civilian employees and their family members to assist with life issues:**

- ◆ Relocation and Transitional Assistance
- ◆ Deployment Related Issues

Eligibility: All civilian employees and their family to include: AAFES, Non-Appropriated Fund, Appropriated Fund, Temporary, Part-Time, Retirees and their family members, and family members of active-duty personnel.

Located: Bldg. 236 (Torii Station)

For more information or to set up an appointment call:  
644-4114

*Personal Services Center  
MCCS Family Team Building*



**Services Include:**

- ◆ Navy/Marine Corps Individual Augmentee Support
  - Individual Augmentee Pre-Deployment Brief
  - IA Warrior Transition I: Reset
  - Return & Reunion
  - Homecoming Workshop for Spouses
  - Family Connections Support Forum

For more information on individual and counseling, workshops, classes and groups, please call 645-2915  
Location: Bldg. 439 (Camp Foster)



**Services include:**

- ◆ Readiness and Deployment support: this program provides resources and support for all Marines and their families during each phase of the deployment cycle.
- ◆ LINKS: This is a mentoring program for Marine family members taught by marine spouses to provide insight into the military lifestyle. LINKS sessions for kids, teens, and Japanese spouses also available. \*

Location: Bldg. 5677 (Camp Foster)  
Phone: 645-3689

# Legal Services



# 18th Judge Advocate Office



## General Law Section

### Hours of Operation

Notaries, Power of Attorneys, Letter of Attorneys  
(For Vehicle Transfer) and Other Documents  
Mon-Fri 1000-1500

Legal Assistance Hours (Walk-in Basis)  
(Wills or to Speak with an Attorney for Legal Advice)  
Mon, Wed, Thurs 0900-1000  
And Tues 1300-1400

Who is eligible for assistance?

All active duty military members, appropriated and non-appropriated fund civilians accompanying the forces, retirees, and their family members are eligible for legal assistance. In addition, Reservists and National Guard members and their family members entitled to an ID card are also eligible. All persons requesting legal assistance services must present a valid ID card.

Air Force directives prohibit us from answering legal questions or giving legal opinions over the phone. Please come to our office for legal assistance. For general legal assistance questions please visit the Armed Forces Legal Assistance website at

<http://legalassistance.law.af.mil/>

Location: Bldg 15 (Kadena)

Phone: 634-3300/3309

Email: 18WG.JA.GeneralLaw@Kadena.AF.MIL



## **General Law Section**

### **Hours of Operation**

Legal Assistance Hours (Walk-in Basis)  
(Notaries, Power of Attorneys, Letter of Attorneys)

Mon, Tues, Wed, Fri 0900-1600

And Thurs 1300-1430

Closed daily for lunch 1100-1230

For all other legal questions/matters please call or schedule  
an appointment.

Location: Bldg 218, Torii Station

Phone: 644-4332

Website:

[http://www.usagts.jp.pac.army.mil/sites/installation/  
legal.asp](http://www.usagts.jp.pac.army.mil/sites/installation/legal.asp)



### **Hours of Operation**

Notaries, Power of Attorneys, Letter of Attorneys  
Mon-Thur 0800-1100 & 1300-1600  
Fri 0800-100

Legal Assistance Hours (Walk-in Basis)  
(Wills or to Speak with an Attorney for Legal Advice)  
Tue&Thurs 0800-1100

Who is eligible for assistance?

All active duty military members, appropriated and non-appropriated fund civilians accompanying the forces, retirees, and their family members are eligible for legal assistance. In addition, Reservists and National Guard members and their family members entitled to an ID card are also eligible. All persons requesting legal assistance services must present a valid ID card.

Marine Corps directives prohibit us from answering legal questions or giving legal opinions over the phone. Please come to our office for legal assistance.

Location: Bldg 437 (Foster)  
Phone: 645-1037

# Sexual Assault Assistance Services



## *Sexual Assault Prevention & Response (SAPR)*



### **Services provided to Active Duty, US Civilians, and their adult Dependents:**

- ◆ 24/7 On-call Response to victims of Sexual Assault (634-SARC)
- ◆ Coordination of Medical Services:
  - Pregnancy/STD Testing, Plan B, Forensic Evidence Collection
- ◆ Referrals to Mental Health Counseling & Support Groups
- ◆ Referrals to Chaplain Counseling
- ◆ Trained Victim Advocate volunteers to provide one-on-one assistance & support

For more information go to:

<http://www.kadena.af.mil/units/sexualassaultpreventionandresponse/index.asp>

Located: Bldg 428 (Kadena AB)

For more information call: 634-3791

24/7 Sexual Assault Hotline: 634-SARC (7272)

Torii Station:

To make an appointment call: 644-4908

Cell Phone: 090-6861-8042

## *Victim Advocacy Program*

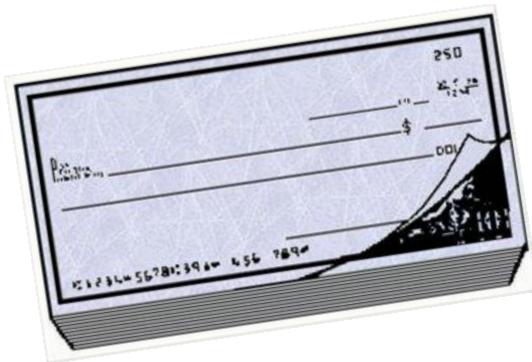


**Victim Advocacy Program** - Victim Advocates are available 24 hours a day to provide ongoing support services to victims of domestic violence, rape and sexual assault. Victim Advocates are also available to provide command briefs and training on issues related to sexual assault and domestic violence. Volunteer opportunities are available in the VA program

For more information, call: 645-2915  
Location: Bldg. 439 (Camp Foster)

Torii Station:  
To make an appointment call: 644-4908  
Cell Phone: 090-6861-8042

# Financial Services



# *Military One Source Airman & Family Readiness Center*



- ◆ 24/7 Resource for Military Members and their families
- ◆ Counseling services that include:
  - Telephone consultations with licensed providers
  - Online consultations via instant messaging
- ◆ Website includes:
  - Free booklets, CD's, and DVD's
  - Financial recourses
  - Tax services

To start the process call or go on-line:

[Http://www.militaryonesource.com](http://www.militaryonesource.com) or

Phone: 1-800-342-9647

Dial 145 from any Okinawa Installation DSN phone

For more information call:1-800-342-9647

Or visit: [www.militaryonesource.com](http://www.militaryonesource.com)



## **Services include:**

- ◆ Financial Management: Assistance with all areas pertaining to personal finance, identity theft, investing, Thrift Savings Plan and more

The Airman and Family Readiness Center will offer information, education, and personal financial counseling to help individuals and families maintain financial readiness.

For more information:

634-3366, Bldg 220 <http://kadenaservices.com/afrc/>

# *Army Community Services (ACS) Personal Services Center*



## **Services include:**

- ◆ Army Emergency Relief: Emergency financial assistance, educational assistance programs, retirement, saving, and investing programs, along with Army family tuition assistance.  
<http://www.aerhq.org>

Army Community Services is an agency who is here to help families stationed overseas in Okinawa adapt, understand and thrive throughout their military careers. For more information:  
Located: Bldg 236, 105 Torii Station  
Phone: 644-4110

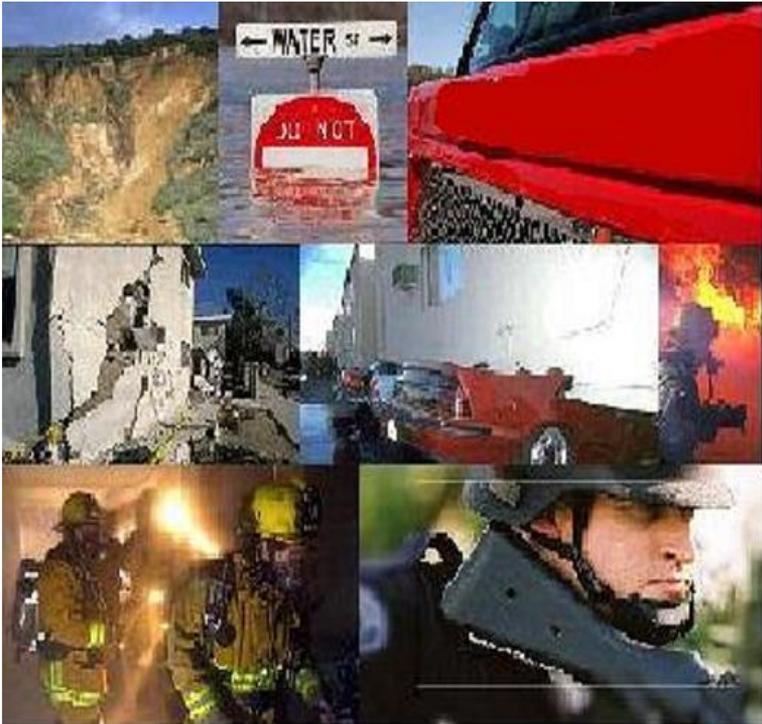


## **Services Include:**

- ◆ Personal Financial Management Program
  - Money Management Workshop
  - First Time Home Buying Workshop
  - Investment Workshop, Part I: The Basics
  - Car Buying Workshop
  - Basic Finances for Japanese Spouses - The American Credit System
  - Credit Report & Credit Score Analysis
  - Thrift Savings Plan Workshop
  - Estate Planning Class

For more information on individual and counseling, workshops, classes and groups, please call 645-2915  
Location: Camp Foster, Bldg. 439

# Emergency Services



*American Red Cross  
(Kadena AB/Camp Foster)*



**Mission Statement**

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies.

Stop by our office and shop the Red Cross Store for your  
Emergency Kit!

**American Red Cross**

Kadena AB Okinawa  
Bldg 220 Unit 5175  
APO, AP 96368  
Phone: 634-1294/1979  
Fax: 634-0198

MCB Camp Foster  
Unit 35032 Bldg # 5674  
FPO, AP 96373-5032  
645-3800  
645-3095

Kadena@USA.RedCross.org  
CampFoster@usa.redcross.org

**DO NOT USE E-MAIL FOR EMERGENCY  
COMMUNICATIONS**

CALL YOUR LOCAL RED CROSS  
OR CALL TOLL FREE 1-877-272-7337

## *Air Force/Army Emergency Numbers*



### **Air Force/Army Base Phone**

Dial 911

### **Off Base Phone**

Dial

098-934-5911

098-937-2951

098-937-2957

The above numbers connect you to  
Kadena Dispatch,  
which applies for:

Kadena K5  
Torii Station  
Okuma Rec. Center

## *USMC/Navy Emergency Numbers*



### **USMC/Navy Base Phone**

Dial 911

### **Off Base Phone**

Dial

098-911-1911

098-893-7911

The above numbers connect you to  
Foster Dispatch,  
which applies for:

Foster Fire Station  
Courtney Fire Station  
McTureous Fire Station  
Hansen Fire Station  
Schwab Fire Station  
Futenma Fire Station  
Kinser Fire Station



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