



PARENT RESOURCES WELCOME

KADENA AIR BASE, JAPAN



Looking for 24/7 or Extended Child Care?

MilitaryChildCare.com (MCC) is the one stop shop to capture your family's need for mission-related 24/7 and Extended child care. Follow these easy steps to start the process:

1. Visit MilitaryChildCare.com (MCC) and login to your existing account or create an account if you are a first time visitor.
2. Click Find Child Care.
3. Select the child in need of care, the date care is needed, and the location(s) where care is needed.
4. If 24/7 Care and/or Extended Care are available, select the care needed from the list of care types and describe your work schedule.
5. Select Next to view the list of family child care providers offering 24/7 Care and/or Extended Care and submit a request for care. You will receive an offer for care when space becomes available to meet your needs.

If 24/7 Care or Extended Care are not available at your location:

1. Use the link provided onscreen to complete an interest form for 24/7 or Extended Care and describe your work schedule.
2. The installation Community Child Care Coordinator or Family Child Care Coordinator will then contact you to provide assistance in locating child care to meet your needs.



The M&FRC assists Airmen and Guardians with vouchers for free childcare for PCS. These vouchers are good for 20 hours of free childcare per child. The only document required is the service member's orders within 60 days of PCS, with the dependent children's names on it. Child care is provided through an FCC provider.

Please email the M&FRC for assistance at 718fss.fsh.mfrc@us.af.mil or 634-3366.

Childcare options
Register for childcare at:
www.militarychildcare.com

**DAF Family Child Care
Expanded Child Care Program**

Spouse Appointments
PCS Care
Extended Duty Care
Deployment Care
Emergency Medical Care
and more...

For more information:
<https://www.dafchildandnyouth.com/expanded-childcare>

Family Child Care Coordinator FCC:
Ms. Geraldine Horton
Geraldine.horton@us.af.mil
DSN: 634-0514

CHILD CARE

Child Development Centers

Two child development facilities on Kadena serve children of active duty military members and Department of Defense civilians.

Niko Niko CDC

Located: Bldg. 334 (next to the USO)
Phone: 634-5263

Wakaba CDC

Located: Bldg. 132
(near the Olympic Mall)
Phone: 632-7420

Hours of operation

[all Kadena CDCs and SACS]:
Monday-Friday 5:45am-6pm

All child development centers and school age facilities are accredited by the National Association for the Education of Young Children (NAEYC). NAEYC or Council on Accreditation (COA) Accreditation meets the highest quality of Early Childhood Programs Standards and Accreditation Criteria.

There are a variety of programs offered to meet the needs of families on Kadena. The Child Development Centers and School Age Care offer full-day care, hourly care, and Give Parents a Break/Parent's Night Out for children ages 6 weeks to 5 years.

School Age Care (SAC)

Himawarai SAC Bldg 439
Phone: 632-0202 or 634-0382

Shima No Ko (SAC)

Bldg 4081
Phone: 632-0265 or 634-1314

The School Age Care also offers affordable, quality care during out-of-school time to facilitate youth development for children 5-12 years old from 0545-1800 Monday through Friday.

*Other options for older children are the:

Youth Center

Bldg. 1849
Phone: 634-0500

Teen Center

Bldg. 439
Phone: 634-3866

DAF Family Child Care Expanded Child Care Program



For more information, contact
18 FSS Family Child Care Program
Kadena AFB, Building 1850
DSN: 314-634-0514

PROGRAM	PURPOSE	ELIGIBILITY
DAF FCC Extended Duty Care	For parents that require care for non-traditional hours (i.e. mission related duty, temporary shift changes, rapid mobilization) on an occasional basis, not to exceed 3 days	Active Duty Service Member Reserve/Guard Member in FT AD Status or DoD Civilian. Must already be purchasing full time or B/A care at CDC, FCC or SAC, be scheduled to work, and have no one available to care for child at home
DAF 24/7 Child Care	For personnel who are required to work overnights, weekends, and holidays (i.e. SFS, Command Post, FD, Medical, Force Support, ISR) on a regular basis	Active Duty Service Member, Reserve/Guard Member in FT AD Status or DoD Civilian; Must already be purchasing full time or B/A care at CDC, FCC or SAC, be scheduled to work, and have no one available to care for child at home
DAF FCC Military Spouse Appointment Care	For military spouses to attend approved appointments related to aspects of military life (i.e. Key Spouse and Ombudsmen appointments, job interview, initial job training/new employee orientation, Medical appointments, AFRC/FAP/Chaplain/MDG classes)	For military spouses only. ADM are not eligible unless attending appointment with spouse. No requirement to purchase care; Appointment documentation required.
DAF FCC Deployment Care	Child Care for families whose sponsor is deployed in support of a contingency operation or on a remote assignment	Active Duty Service Member, Reserve/Guard Member in FT AD Status or DoD Civilian; Sponsor must be active duty status at all times to use care; No requirement to purchase full time care; Deployment/TDY orders required
DAF FCC Permanent Change of Station Child Care	20 hours of childcare at a licensed FCC home to help families during PCS (inbound and outbound) or transition from the military	Active Duty Service Member assigned to DAF-led installation or Retiring/Separating Active Duty Service Member, Reserve/Guard Member. No requirement to purchase full time care. PCS orders or appointment documentation required. [Vouchers for USAF families provided through AFRC]
DAF FCC Emergency Medical Care	Designed to provide 48 hours of child care for families who are experiencing an "emergency" medical issue with an immediate household member	Active Duty Service Member, Reserve/Guard Member in FT AD Status, or DoD Civilian. No requirement to purchase full time care. Physician's statement required
DAF Exceptional Family Member Program Respite Child Care	Designed to provide DAF families short term, specialized child care	Air Force ADM or Air Force Reserve/Air National Guard Member in an active duty status Airman must be Q-Coded EFMP Verification Form must be submitted for approval

Kadena's New Parent Support Program

The New Parent Support Program is designed for Army & Air Force expecting parents and families with children from birth to three years old.

NPSP provides:

- Tailored home visits by a registered nurse to address your needs and concerns
- Increasing knowledge about pregnancy
- Assistance with breastfeeding needs
- Managing the stress and challenges of parenting
- Understanding and accessing resources in the military community
- Support for single parents
- Increasing knowledge of age appropriate expectations
- Learning techniques to calm babies and promoting early learning skills
- Increasing knowledge of age appropriate discipline strategies and understanding challenging behaviors
- Referral to resources such as WIC



**For more information, please contact:
Kadena Family Advocacy
at 634-0433**



NPSP 0-3 PLAYGROUP

For Army & Air Force Families

COME AND JOIN US!

EVERY 1ST MON. OF THE MONTH:

0930-1100

KADENA AFB, BUILDING 90

- MAREK PARK

EVERY 3RD WED. OF THE MONTH

1400-1530

TORII STATION CHAPEL



WHY PLAY WITH US?

- Socialize your infants and toddlers to help them grow and meet their growth and developmental milestones
- Meet and connect with other military mothers and military spouses
- Connect with the nurses and ask questions and receive support

CALL KADENA FAMILY ADVOCACY FOR
MORE INFORMATION AT 634-0433

Woman, Infant and Children

Eligibility

The WIC Overseas Program is available to eligible participants living overseas* including:

- Civilian employees
- Department of Defense contractors
- Family members
- Members of the uniformed services

**If you're using WIC in the U.S., you can continue your participation in the WIC Overseas program without having to re-qualify. Once you transfer overseas, contact your local WIC Overseas office to make plans to switch to WIC Overseas drafts.*

WIC Overseas counselors determine eligibility for the program by evaluating income, family size, and certain other criteria. Once a WIC Overseas counselor certifies you or a family member, you or the family member can enroll in the program. Your WIC Overseas counselor will determine how long you can participate in the program. Those who may be eligible for the WIC Overseas Program include:

- Expectant mothers during pregnancy and throughout the first six weeks after giving birth*
- Mothers until the infant is six months old if bottle-feeding or one year old if breast-feeding
- Infants and children until the end of the month in which they turn age five

**After six weeks, mothers must contact a WIC Overseas counselor and reapply under either the bottle-feeding or breast-feeding category.*

Contact your local WIC Overseas office to see if you and your children are eligible for WIC Overseas nutritional benefits. A WIC Overseas counselor will help you determine if you qualify and, if so, will help get you started.



**Kadena WIC
Overseas Program
Unit 5268 FM 270
Davis Ave,
Building 428
Kadena Air Base**

**011-81-98-938-1111
or 632-9427**

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CULTURAL ADAPTATION



As guests in a foreign country, we should be on our best behavior as unofficial ambassadors of the U.S. Understanding Japanese laws, customs, and courtesies is the first step towards showing our respect to our host nation. There is no better way to enrich your life and make the most of your tour than by embracing the culture and learning the language.

The M&FRC provides several classes geared towards learning more about the local culture, all free of charge. From language workshops to Okinawan instrument lessons and Immigrant Visa information, the Cultural Coordinator is ready and willing to answer all your questions about living in Okinawa.

Japanese is a challenging language to learn, so let us help you! The M&FRC offers a Japanese and English Language Exchange Group and various classes to suit your needs. The Language Exchange Group is a unique opportunity to meet, converse, and immerse yourself in authentic day-to-day conversation with native Japanese speakers.

To register:

www.tockify.com/kadenamfrc

Are you interested in musical and cultural classes? Sanshin Club will teach you to play the traditional Okinawan 3-stringed folk instrument. Are you feeling crafty?

Sign up for our Kimono Bottle Cover Class, where you can create beautiful décor for your home.

Suppose you're PCSing back to the States with a foreign spouse and need assistance preparing an immigrant visa. In that case, the U.S. Consulate in Naha offers a Virtual Session for I-130 Petition information and an Immigrant Visa Briefing. To register for these sessions, please send an email to NahaIV@state.gov. If you need a computer or a space to attend the sessions, please let the M&FRC know.

Other agencies on Kadena that offer Japanese language classes are the Schilling Community Center and the Kadena USO. For these options, you will have to pay a monthly fee.

The Schilling Community Center offers a weekly Japanese Conversation Class on Wednesdays or Saturdays. There are also private language classes held at the Kadena USO. The Schilling has a Japanese Flower Arrangement Workshop for flower enthusiasts for a fee. The art of flower arrangement, or Ikebana, is a 3-class course.

EDUCATION CENTER

If you are considering taking your education a step further, stop by the Kadena Education and Training Center. They provide information on the local colleges and classes offered on Kadena and can tell if you're eligible for tuition assistance. Staff can also help you decide if obtaining an advanced degree is right for you.

The Education Center also has a National Test Center. Testing is offered by appointment at the UMGC National Test Center. For more information or to schedule your test, please visit: <https://ntc.asia.umgc.edu/AsiaNTC/Web/> or call 634-2206.

Military spouses are welcomed and encouraged to speak with education and career coaches through the Department of Defense's Spouse Education and Career Opportunities program (SECO). Their coaches can assist you with exploring resources and gathering information in an organized way to reach your educational goals. For more information, please visit: <https://myseco.militaryonesource.mil/portal>

Kadena Education Center

DSN: 634-1500 [Option 1]
Located in Building 59
<https://www.kadenafss.com/education-training-center>

SCHOLARSHIPS & GRANT INFORMATION

- General Henry H. Arnold Education Grant (HAP Arnold Grant (application period starts in January):
<https://afas.org/haparnoldgrant>
- My Career Advancement Account Scholarship (MyCAA):
<https://mycaa.militaryonesource.mil/mycaa/>
- National Military Family Association:
<https://www.militaryfamily.org/programs/spouses-scholarships/>

Local Scholarships

- Kadena Officers Spouses Club:
<https://www.kadenaofficersspousesclub.com/scholarships>
- Okinawa Enlisted Spouses Club:
<https://www.okinawaesc.com/scholarship>

NEVER STOP LEARNING

ESL Resources

ESL Classes

The University of Maryland Global Campus (UMGC) offers ESL classes on base at all levels. Visit UMGC at the Base Education Center, Building 59 2nd Floor, visit their website at asia.umgc.edu/online-degrees/esl, or call 03-4545-1450 for more info.

Free Study Resources

Stop by the Kadena Base Library in Building 451 for access to free resources. Check out their website at www.kadenafss.com/library for their online database including Mango Languages with 21 free English courses and Learning Express Library featuring free English exam prep.

Visit Tutor.com at military.tutor.com/home for 1:1 help from expert tutors.

Try Duolingo's free English course available online at www.duolingo.com/ or download the free app.

Language Exchange Groups

The Military & Family Readiness Center (M&FRC) offers language exchange groups to practice your conversation skills. You can interact with native speakers and get first-hand experience with authentic language and culture. View schedule and register at <https://tockify.com/kadenamfrc/pinboard> or call 634-3366 for more info.

English Proficiency Tests

TOEFL (Test of English as a Foreign Language) is a popular standardized proficiency test to measure reading, listening, speaking, and writing skills.

TOEFL may be used when applying for employment, immigration, or academic institutions in English speaking countries. Visit the Educational Testing Service (ETS) website at ets.org/toefl.html for more information on TOEFL or to register for a test.

Duolingo English Test offers the ability to test online anytime, anywhere with results accepted by over 4000 universities. For more information visit their website at englishtest.duolingo.com/applicants.

Not sure where to start?

Schedule an appointment with a Work/Life Consultant at the M&FRC by calling DSN 634-3366/098-961-3366 or stop by to schedule in Building 220 on Douglas Blvd.

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- Visit Tutor.com at military.tutor.com/home for 1:1 help from expert tutors.
- Try Duolingo's free English course available online at www.duolingo.com/ or download the free app.

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- TOEFL may be used when applying for employment, immigration, or academic institutions in English speaking countries. Visit the Educational Testing Service (ETS) website at ets.org/toefl.html for more information on TOEFL or to register for a test.
- Duolingo English Test offers the ability to test online anytime, anywhere with results accepted by over 4000 universities. For more information visit their website at englisht-est.duolingo.com/applicants.

Not sure where to start?

Schedule an appointment with a Work/Life Consultant at the M&FRC by calling DSN 634-3366/098-961-3366 or stop by to schedule in Building 220 on Douglas Blvd.

GETTING YOUR GED

About the GED

The GED (General Educational Development) exam is a series of tests to demonstrate high school academic knowledge in four subjects: Math, Science, Social Studies, and Reasoning Through Language Arts. Earning a GED diploma is the equivalent to a U.S. high school diploma.

Exam Prep

- Access study resources including practice questions and tests on GED.com
- Online classes with flexible timing accessible from any mobile device. Both live and on-demand recorded courses are available starting at \$69: ged.com/study/online-classes
- You are not required to take classes prior to taking GED exams
- Visit the Kadena Based Library for study guided: Building 451, DSN 634-1502
- Visiting the library website at www.kadenaafss.com/library for online resources



Getting Started

Create a free account on GED.com for access to study materials, tips, and classes. You can also learn more about the test subjects and schedule your test.



Take the Test

- You can take all four subject tests together or individually
- Log in to your GED.com account to schedule
- Costs range from \$20-\$80 per subject depending on your state; test fees apply for each retest
- If you do not pass a test after three attempts, you will need to wait 60 days before retesting
- Call 1-877-EXAM-GED (877-392-6433) or email help@ged.com for more information
- Visit the Kadena National Test Center in Building 59 for information on proctored exams



American Red Cross

For as little as two hours a week, you can make a difference! Contact us to find out how you can help not only your community, but communities around the world.

Volunteer Opportunities

Office Support
Emergency Message Services
Training Services
Special Events
Marketing/Publicity
Mass Care Team
U.S. Naval Hospital & Clinics
Highschool Youth Programs



**SCAN TO
SIGN UP TODAY**

Contact Info

www.americanredcrossokinawa.org

Camp Foster,

Bldg 5710 2nd Floor | DSN: 623-2133 CELL: 098-970-3800

Kadena AB

Bldg 6800 | DSN: 634-1979 | CELL: 098-961-1294

Camp Hansen

MCCS Education Center | DSN: 623-2133

EMERGENCY MANAGEMENT

Natural Disasters Include

- Earthquakes
- Tsunamis
- Tornadoes
- Thunderstorms/Lightning
- Typhoons
- Flooding



Typhoon

- A hurricane in the Western Hemisphere
- Typhoon Season
01 Jun- 30 Nov
- Tropical Cyclone Conditions of Readiness (TCCOR)-
Protective measure taken to ensure safety of DoD personnel

Emergency Management Website:

<https://www.kadena.af.mil/About-Us/Emergency-Actions>

Prepare in advance!

MAKE A SURVIVAL KIT

- Water
- Non-perishable food
- Manual can opener
- Flashlight
- Batteries
- First aid kit
- Cell phone and charger
- Diapers and Formula
- Pet Food



Make a plan for what to do in case of an emergency! Discussing ahead of time helps reduce fear, particularly for younger children.

American Red Cross

Okinawa@redcross.org

DSN: 634-1979

Located in Bldg 6800

(near Gate 1)

Hours: Mon- Fri 0800-1630

<https://www.americanredcrossokinawa.org/>

Emergency Communication

Message: 877-272-7337

Emergency Management

<https://www.kadena.af.mil/>

About-Us/Emergency-Actions/

Kadena Emergency Dispatch

098-934-5911

Kadena Shogun Weather

<https://www.kadena.af.mil/>

Agencies/Local-Weather/

Off-Base Emergency Dispatch

Dial '119'



**KADENA
CONNECT APP**

Cycle of Domestic Violence

The Cycle of Violence shows how domestic violence is a pattern made up of three stages



NONVIOLENCE



NONVIOLENCE

Domestic Abuse Victim Advocate

Provides 24/7 emergent, non-clinical services to those who are victims of domestic abuse as well as ongoing or scheduled Victim Advocate services. Our DAVA helps to develop safety plans, conduct risk assessments, and link clients to needed installation and community services. This can empower victims to take necessary, difficult steps toward safer alternatives. The DAVA offers unrestricted and restricted reporting (when appropriate) as well as assists clients in finding legal services for divorce, custody and/or any legal matter connected to the domestic abuse including a Military Protective Order or No Contact Order. Additionally, the DAVA can assist with CONUS (stateside) resources and information as needed. The DAVA can also accompany the victim to appointments or court proceedings when requested by the victim

Additional Resources

Kadena Command Post	634-1800
Kadena Base Information	634-11110
Legal/JAG	634-2179
SARC	634-7272
Office of Special Investigations (OSI)	
Red Cross (Kadena)	632-7000
MDG Appointment Desk	634-1294
Mental Health	630-4817
Base Chapel Center	634-3272
Airman & Family Readiness Center	634-1288
Camp Foster Emergency Room	646-7311
Military Family Life Consultant (MFLC)	
Adult & Youth	634-3915/4451
FOCUS	645-6077
TELL	050-4560-1082
OKINAWA.INTAKE@TELLJP.COM	

National Domestic Victim Hotline (24/7):
1-800-799-7233

Points of Contact After Duty Hours

Your Commander/First Sergeant

Security Forces Squadron:
634-2475 or 634-2476

Ambulance Services:
Cell: 098-911-1911

Calling a Kadena base number from local cell:

- 1) Dial 098-938-1111 then you will hear a dial tone
- 2) Dial the 7-digit number

Family Advocacy Victim Advocate

GIVING OUR COMMUNITY RESOURCES FOR A SAFER PLACE
Located in the Mental Health Building, 90
Family Advocacy Program
DSN: 634-0433
24/7 Hotline: 070-1428-0987

Reporting Options

A report of adult maltreatment can be "Restricted" or "Unrestricted" depending on the specifics of the situation.

RESTRICTED REPORTING:

This process allows an adult victim of domestic abuse the option of reporting an incident of domestic abuse to selected individuals for the purpose of receiving medical care, supportive services, and/or advocacy and information without initiating the investigative process or notification to the victim's or alleged offender's chain of command. Restricted Reporting further ensures that the victims have access to medical care, counseling services, and supportive services.

UNRESTRICTED REPORTING:

This process allows a victim of domestic abuse to report an incident using chain of command, law enforcement, or AFOSI to Family Advocacy for clinical intervention. Victims of domestic abuse who choose to pursue an official command or criminal investigation of an incident should use these reporting channels. Victims of domestic abuse who want to pursue an official investigation can report to chain of command, Family Advocacy Program (FAP), healthcare providers, or law enforcement. FAP clinical services will be offered to the individual, couple, or family upon notification of a reported domestic abuse incident. Details regarding the incident will be limited to only those personnel who have a legitimate need to know.

A victim cannot change from
unrestricted to restricted reporting

A DAVA IS A MANDATED REPORTER OF
CERTAIN INCIDENTS.

Rights of Domestic Abuse Victims A victim has the right

- To have full control of their body and sexuality
- To be treated with financial equality within a relationship
- To appropriate restitution, when available
- To be advised on all legal options and court proceedings which may take place
- To notification of any and all court proceedings
- To reasonable protection from a spouse/ partner or the accused
- To be informed of and accompanied to available base and community resources
- To receive support and counseling from a victim advocate on a 24/7 basis
- To be treated with fairness and respect for the victim's dignity and privacy
- To expect and receive trust, honesty, and support within a relationship

Everyone has the right to feel safe within their home and within their relationship"

SUICIDE PREVENTION

THE DEPARTMENT OF DEFENSE IS **STRONGLY** COMMITTED TO PREVENTING SUICIDE WITHIN OUR MILITARY COMMUNITY THROUGH SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION INITIATIVES. IF YOU ARE IN CRISIS, OR YOU KNOW SOMEONE WHO IS, THERE ARE **IMMEDIATE RESOURCES** **AVAILABLE** TO SUPPORT YOU OR YOUR LOVED ONES.

THE MILITARY CRISIS LINE CONNECTS THOSE IN NEED TO A TRAINED COUNSELOR WITH A SINGLE PHONE CALL OR CLICK OF A MOUSE. THIS CONFIDENTIAL, IMMEDIATE HELP IS AVAILABLE 24/7 AT NO COST TO ACTIVE-DUTY, GUARD AND RESERVE MEMBERS, THEIR FAMILIES, AND FRIENDS. CONTACT THE MILITARY CRISIS LINE AT 988, THEN PRESS 1, OR ACCESS ONLINE CHAT BY TEXTING 838255.

SUICIDE IS A PUBLIC HEALTH ISSUE THAT AFFECTS AMERICANS ACROSS ALL COMMUNITIES AND WALKS OF LIFE, INCLUDING THE MILITARY. ITS CAUSES ARE COMPLEX AND INVOLVE SEVERAL FACTORS, INCLUDING BIOLOGICAL, PSYCHOLOGICAL, ENVIRONMENTAL, AND SOCIAL INFLUENCES. A KEY GOAL OF SUICIDE PREVENTION IS TO REDUCE RISK FACTORS AND INCREASE RESILIENCE AND WELLNESS. SUICIDE IS NOT INEVITABLE FOR ANYONE. BY STARTING THE CONVERSATION, PROVIDING SUPPORT, AND DIRECTING HELP TO THOSE WHO NEED IT, WE CAN PREVENT SUICIDES AND SAVE LIVES.

SOMETIMES JUST TALKING TO SOMEONE IS A CRITICAL FIRST STEP TOWARDS WELLNESS AND RESILIENCE.

ENCOURAGE YOUR FELLOW SERVICE MEMBERS, FAMILY MEMBERS, AND THOSE YOU LEAD TO **ASK FOR HELP BEFORE ISSUES BECOME A CRISIS.** RESOURCES FROM THE DOD CAN GUIDE YOU AS YOU SUPPORT THOSE WHO MAY BE STRUGGLING. **MILITARY ONESOURCE** CAN HELP SERVICE MEMBERS AND FAMILIES ADDRESS LIFE'S DAILY STRESSORS AND GET SUPPORT FOR REBUILDING CRITICAL RELATIONSHIPS. THE DOD EMBRACES THE PUBLIC HEALTH APPROACH TO SUICIDE PREVENTION.

THIS EVIDENCE-BASED APPROACH SHOWS THAT PROVIDING SUPPORT SERVICES, TALKING ABOUT SUICIDE, REDUCING ACCESS TO MEANS OF SELF-HARM, AND FOLLOWING UP WITH LOVED ONES ARE JUST SOME OF THE ACTIONS WE CAN ALL TAKE TO HELP OTHERS.

IF YOU ARE FEELING ALONE, TAP INTO THE STRENGTH OF YOUR FELLOW MEMBERS OF THE MILITARY COMMUNITY.

PEOPLE ARE THE MILITARY'S GREATEST RESOURCE – EVERYONE IS A PART OF SOMETHING BIGGER THAN THEMSELVES, PROTECTED AND UNDERSTOOD. YOU CAN ALSO TURN TO MILITARY ONESOURCE 24/7 FOR **FREE RESOURCES** AND COUNSELING TO HELP YOU THROUGH CHALLENGES AND DAILY STRESS BEFORE THEY BECOME A CRISIS.

EACH MEMBER OF THE MILITARY COMMUNITY HAS A RESPONSIBILITY TO LOOK AFTER ONE ANOTHER. IF A SERVICE MEMBER OR FAMILY MEMBER DISTANCES HIMSELF OR HERSELF FROM THE COMMUNITY OR BEGINS TO SHOW ANY WARNING **SIGNS OF SUICIDE** – SUCH AS **THREATENING TO HURT THEMSELVES,** **EXPRESSING FEELINGS OF HOPELESSNESS** **OR INCREASING ALCOHOL OR DRUG USE** – CALL THE MILITARY CRISIS LINE OR 988 SUICIDE & CRISIS LIFELINE.

RESOURCES

- DOD SAFE HELPLINE
 - WWW.SAFEHELPLINE.ORG
 - 877-995-5247
- SUICIDE & CRISIS LIFELINE
 - 988
 - 988LIFELINE.ORG
- VETERANS CRISIS LINE
 - 1-800-273-8255
- MILITARYCRISISLINE.NET

TCCOR CONDITIONS

***Typhoon season is from June 1 to November 30 Tropical Cyclone Conditions of Readiness (TCCOR):** When a change in TCCOR is made, announcements will be made on the radio and will be visible in the corner of the TV screen. **TCCOR 4:** Destructive winds of 50 knots (58 MPH) or greater are possible within 72 hours. Below is a general TCCOR Guide, for more information visit Kadena.af.mil.*

TCCOR 4 will be continuously in effect as a minimum condition of readiness from 1 June to 30 November annually. THIS is the time to stock-up on food and Typhoon Supplies.

TCCOR 3: Destructive winds of 50 knots (58 MPH) or greater are possible within 48 hours. Initiate a general cleanup around homes and office.

TCCOR 2: Destructive winds of 50 (58 MPH) knots (or greater are anticipated within 24 hours. Remove or secure all outside items.

TCCOR 1: Destructive winds of 50 knots (58 MPH) or greater are anticipated within 12 hours. No school for DoDDS students. Staff and teachers will work normal hours, unless changed by DoDDS superintendent. Fill any containers you can use for water storage. If you live in low lying quarters, make arrangements to stay with a friend. Make final check of food and other supplies.

TCCOR 1 Caution: Destructive winds of 50 knots or greater are anticipated within 12 hours. Actual winds are 34-49 knots. All nonessential personnel will be released to their quarters at this time. DoDDS schools will close at this time. Staff and teachers return home or remain home. Base exchange, shops, Commissary, Shoppettes, Gas Station, Services facilities, Clubs, Restaurants, Recreational Facilities and Post Office will close. Movement about the base should be kept to a minimum. SFS will enforce "essential vehicles only" policy.(Reference Base O-Plan 32- 1 "Base Disaster Operations Plan")

TCCOR 1 Emergency: Actual winds of 50 knots or greater. All outside activity is prohibited.

TCCOR 1 Recovery: Destructive winds of 50 knots are no longer occurring. Actual winds are 34-49 knots. Nonessential functions remain closed unless directed by the commander. All but emergency essential personnel remain in their quarters.

Storm Watch: The winds are not forecast to exceed 50 knots sustained (the criteria for "destructive winds") but there still exists a probability of high winds due to the proximity of the storm.

From June 1st to November 30th Okinawa will remain in TCCOR 4.

BASICS CLASS

NUTRITION

101

Class covers:

- **Basic nutrition**
- **How to eat a well-balanced diet**
- **Your health and weight goals**
- **Food strategies to help form better habits**
- **Come ready with questions!**

**WHEN: Every 3rd or 4th Thursdays,
1300-1430**

**WHERE: Health Promotion
Bldg 108 next to Risner Gym**

SIGN UP: scan QR code



KADENA FAMILY ADVOCACY PROGRAM

Coparenting Building

*Learn skills to increase communication and
build healthy boundaries with your co-parent*

Discover the right skills to:

- balance military lifestyle while co-parenting
- co-habiting effectively while co-parenting
- collaborate on parenting decisions
- maintain a healthy co-parenting relationship
- support children as they navigate co-parenting

**To sign-up please call
Family Advocacy at 634-0433**

Class Location: Education and Training

Building 59, Room 109

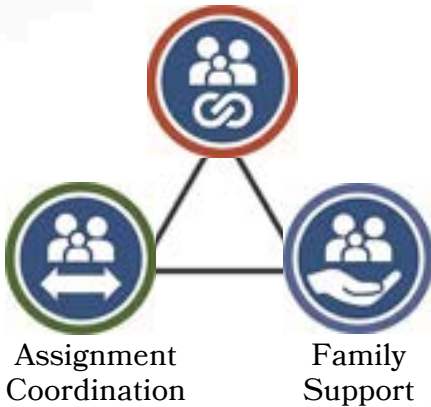
3 Part Course

Exceptional Family Member Program

Mandatory Enrollment

- Medical / Educational / Psychological Special Needs -

Identification
& Enrollment



Key Services from EFMP-FS

- Non-Medical Case Management
- Quality of Life Activities
- Information & Referral
- Family Needs Assessment
- Educational Activities
- Education Tour of Island



Kadena EFMP-FS Coordinators

Contact EFMP-FS by phone at 634-3366, or
email us at: 18FSS.FSH.EFMP-FSorg@us.af.mil

Kadena EFMP-Medical

Email: usaf.kadena.18-mdg.mbx.efmpm@health.mil

By appointment only; please call the
Appt Line at 630-4817

How do YOU feel?

No/Minimal Distress

PREVENTION

★IOS (Integrated Operational Support) programs: TN, POTFF
Availability/access varies by unit

Chaplains (100% confidential)
634-1288

Military & Family Life Counselors
Availability/access varies by unit

★Alcohol and Drug Abuse
Prevention and Treatment (ADAPT)
634-3272

Friends, peers, supervisors, mentors,
coaches

Focus areas at this level:

- Self-care
- Sleep
- Exercise
- Nutrition
- Social Support
- Stress Management
- Cognitive Restructuring
- Substance use education

Low Distress

★SHARE with a Friend
or Supervisor

★IOS (Integrated Operational Support) programs: OST, TN, POTFF, ART, etc.
Availability/access varies by unit

★MilitaryOneSource.mil
1-800-342-9647

Options: In-person counseling, by phone, or online chat

Chaplains
634-1288

Military & Family Life Counselors
080-7995-2035
080-4810-7679

AF Employee Assistance Program
AF Civ (APF & NAF), Guard,
Reserve, and Family Members
1-866-580-9078
www.afpc.af.mil/EAP

Common concerns at this level:

- Sadness/Feeling down
- Anger/Frustration
- Relationship difficulties
- Job stress/School stress
- Anxious about future
- Life transition stress

Moderate Distress

★IOS (Integrated Operational Support) programs: TN, POTFF,
ADAPT
Availability/access varies by unit

★Primary Care Behavioral Health
(PCBH)
630-4817/Ask your PCM

★Family Advocacy Program
634-0433

Domestic Abuse Victim Advocate
070-1428-0987
24/7 Hotline: 800-273-8255 opt #1

★ADAPT
634-3272

Common concerns at this level:

- Persistent Sadness
- Major relationship changes
- Sleep difficulties
- Significant life transitions
- Anxiety affecting performance
- Notable negative events occur
- Deployment stress
- Family difficulties
- Alcohol/substance use issues

High Distress

★Specialty Mental Health Clinic
Group and Individual Therapy
634-3272
ADAPT
634-3272

★Crisis Walk-in (Bldg 90 0730-1530)
If after hours: Nearest ER
or call 911

Military Crisis Line (24/7)
DSN Phone Dial 118
1-800-273-8255 (Press 1)
Text 838255
Chat Online at
www.veteranscrisisline.net

Common concerns at this level:

- Thoughts about death/Dying
- Thoughts about suicide
- Thoughts of killing others
- Severe anger
- Persistent Depressed mood
- Lack of energy/Motivation
- Hopelessness/Helplessness
- Social isolation
- Severe nightmares
- Anxiety or panic most days
- Alcohol or substance problems

Sexual Assault Victim Advocate Local: 634-7272/098-961-7272 DoD Safe Helpline (24/7): 1-877-995-5247

★ These venues, under specific conditions, have the potential to report limited information to Command to ensure safety is a priority. Chaplains have 100% privileged communication and are not mandated reporters.

Kadena NPSP Breastfeeding Basics

Class taught by a RN BSN CLC




*Are you interested in breastfeeding
once your baby arrives, but aren't sure
what to expect?*

- Learn how breast milk works
- How to achieve the perfect latch
- How to know your baby is getting enough
- Supplies needed
- and more!

**Kadena AB
Bldg. 90**

**Call
DSN 634-0433
to sign up**



Kadena New Parent Support Program

Breastfeeding
SUPPORT

**When: Last Monday of
the Month 0930-1100**

Open to ALL Branches

A gentler and warmer approach to assisting
mothers in their breastfeeding journey

Bldg. 90 (MAREK PARK) Kadena
AB
DSN 634-0433

KADENA NUTRITIONAL MEDICINE CLINIC

**When: Tuesdays &
Wednesdays**

**Where: Health
Promotion, Building 108,
next to the Risner Gym**

**For Who: Weight
management, cardio-
metabolic disorders, GI
concerns, eating
disorders, sports
nutrition, pediatrics,
special diets, those
interested in a functional
nutrition approach to
their health, mental
health issues (anxiety,
depression), insomnia
and much more!**

**Referral Process: PCM
enters a referral to KA
HAWC, and Referral
Management will call the
patient to schedule after
the referral is reviewed**

**Contact: Vacant
DSN: 634-9513**



MEDICAL CARE FACILITIES

US Naval Hospital Okinawa (USNHO)

<https://med.navy.mil/sites/nhoki>

Front desk

DSN # 643-7555/7509

Cell # 0958-971-7555

Appointment Line

DSN # 646-WELL

Cell # 098-971-7517

Tricare DSN # 646-WELL

Emergency Department

Phone:

DSN # 646-7312

Cell # 098-971-7312

Location: 1st Floor of the Hospital.

Off-base or

Poison Control

DSN # 646-7311

Cell # 098-971-7311

1-800-222-1222

COVID Care Line

DSN # 630-4817

Cell # 098-960-4817

Current requirements & instructions:

<https://www.kadena.af.mil/coronavirus/>

Kadena Family Practice

The 18th Medical Group provides outpatient medical care at the Kadena Medical Clinic located in Bldg 626.

Book Appointments:

<https://www.tricareonline.com> or

<https://mil.relayhealth.com>

Main Appt Line: DSN 630-4817

Cell # 098-960-4817

Nurse Advice Line

DSN: 94-888-901-7144,

Cell-012-099-6985,

Japanese toll free-0066-3382-1820

Emergency Care:

Emergency Care: DSN # 911

Cell # 098-934-5911

Dispatch: Cell # 098-911-1911



What is the MFLC Program?

Military families face unique challenges and stresses. MFLCs are among the benefits available to help service members and their dependents overcome challenges and thrive in their military lives. The MFLC Program provides free, short-term, confidential non-medical counseling to service members and their families. Licensed master's or doctorate-level counselors are available for one-on-one, couple or group sessions to help with the many unique pressures military members and their families face. MFLCs also available for children and youth with parental consent. The service includes help with issues such as family relationships, school issues, adjustment to deployment or separation, grief and loss, and more.

How MFLCs can help

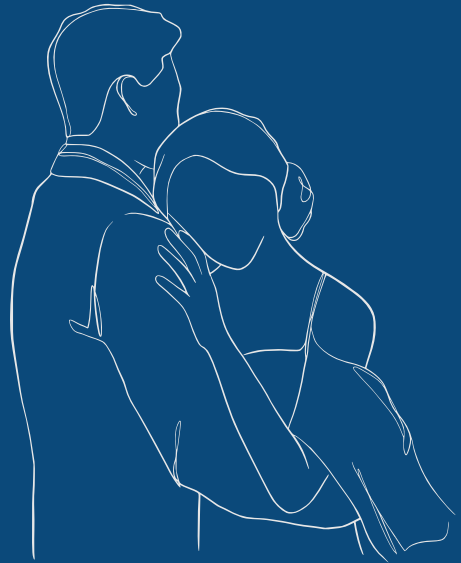
In addition to being available by appointment for individual, family or couple counseling, the program is an important tool for leaders, who may request a unit briefing and grief counseling for its members if the unit experiences a loss or other difficult event. Leaders may also call upon the MFLC program for briefings and presentations on topics including:

- *Anger management
- *Parent and Family workshops
- *Assertiveness training
- *Communication
- *Deployment survival
- *Stress management
- *Grief and loss
- *Social skills
- *Reintegration
- *Divorce/Transitions
- *Building healthy marriages
- *Mindfulness/Self care
- ...And many more.



MILITARY & FAMILY LIFE COUNSELING

Military and Family Life Counselors



How to find an MFLC:

- List of Kadena MFLCs is at the MFRC
- Call Military OneSource at 800-342-9647 for contact information
- Search the MFLC Locator on Military One Source to find a counselor nearby.

KADENA AB MFLC HEADQUARTERS

DSN: 634-????

KADENA MFLC SUPERVISOR

080-4134-1920 OR
+1-571-568-1849

KADENA ADULT ROTATIONAL MFLCs

080-7995-2035 OR 080-4447-4315



PERINATAL Depression

Kadena NPSP & Kadena Mental Health team up to support you!

What is Perinatal Depression?

Perinatal Depression is a mood disorder that can affect any woman during pregnancy and after childbirth

Know the signs & symptoms

- Sense of sadness
- Change in appetite
- Changes in sleep patterns and/or trouble sleeping
- Lack of concentration
- Loss of interest in previously enjoyable activities
- Feelings of worthlessness
- Thoughts of harming yourself or your baby is a medical emergency, immediately go to Camp Foster Emergency Room

You have access to support!

All Tri-care eligible AD and dependent enrollees are eligible for supportive services & classes offered through Family Advocacy.

- Peer Support Groups
- Convenient Psychotropic management options for those enrolled in
- NPSP services





How to Make Phone Calls



Making Phone Calls Calling Kadena from the US: To call an office or residence on Kadena from the US, simply dial (011) 81-6117-XX-XXXX, replacing the Xs with the last six digits of the DSN telephone number.

Calling on base from off base (or your cell phone): To call on base from off base, you must first access the base switchboard. Dial the Kadena base operator at 098-938-1111, wait for a dial tone, and then dial the number you wish to reach, 632/3/4-XXXX. If you don't know the on-base phone number, you can wait for the operator to assist you.

Calling off base from on base: Dial the appropriate access code to get connected with the off-base line. For Kadena, that access number is 99, but keep in mind only select phones are designated for use to an off-base line. After the access code, punch in the off-base phone number you wish to call.

Base-to-base calls: Dial the 7-digit phone number. If you need operator information, dial 113 for Kadena.

Residential Phone Options Kadena AB does not offer residential phone service in base housing. Options for residential phone over the internet include:

- MagicJack
- Vonage
- Skype phone

Cell Phone Providers

There are 3 major cell phone carriers on Okinawa to choose from:

Located in the BX:

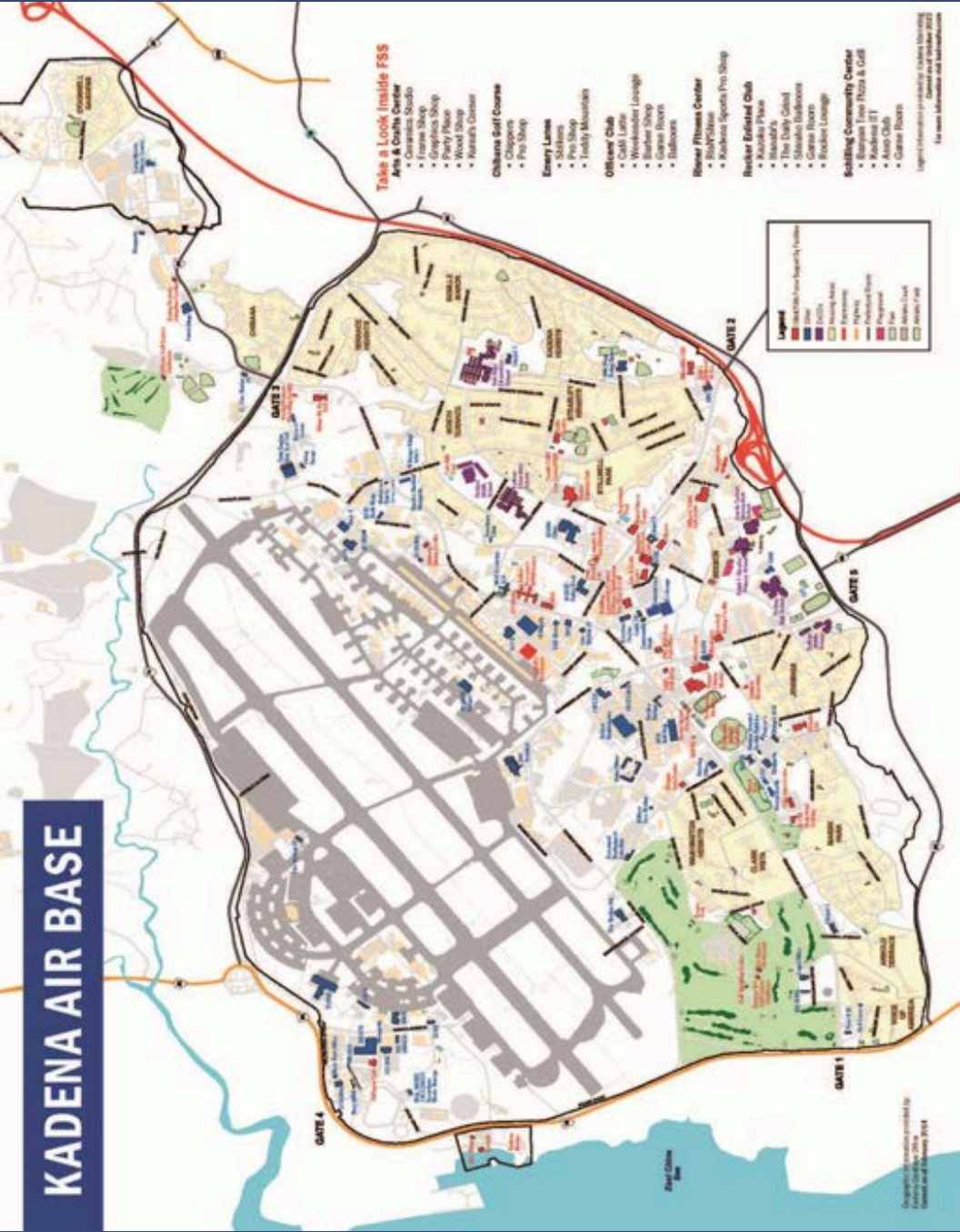
- Softbank
- AU

Located off base:

- DoCoMo



KADENA AIR BASE



Take a Look Inside FSS

- Arts & Crafts Center**
- Ceramic Studio
 - Graphics Shop
 - Party Place
 - Wood Shop
 - Knit & Sew

Children Golf Course

- Pro Shop

Emery Lounge

- Skittles
- Pro Shop
- Lucky Mountain

Officer's Club

- Club Larder
- Workcenter Lounge
- Barber Shop
- Game Room
- Ballrooms

Recreational Fitness Center

- Softball
- Baseball Sports Pro Shop

Recreational Club

- Karaoke Place
- Theater Club
- Shuffle Ballrooms
- Game Room
- Recreational Lounge

Scouting Community Center

- Scouting Troop 113 & 611
- Scout Club
- Scout Shop
- Game Room

Legend

- Air Force Exchange Station (AFES)
- Club
- Dining Area
- Entertainment
- Fitness
- Game Room
- Program
- Pro Shop
- Retail Store
- Rental Unit

Useful Websites

- **OkinawaHai.com:** One Stop Shop — Contains almost everything you will need to know...andmore!!
- **OkinawaYardSales.com:** The Craigslist of Okinawa!
- **JapanUpdate.com:** News and classifieds
- **Kadena.af.mil/newcomers:**Kadena's Newcomers Page
- **Mccsokinawa.com/welcomeboard:** Okinawa's Marine Corps Community Services Recreation & Leisure, Dining & Entertainments, Jobs...
- **Kadenafss.com:** 18FSS - Kadena recreational information
- **Toriiimwr.com:**Torii Station MWR
- **TotalOkinawa.com**
- **Kadena.af.mil/home/amc:** Kadena's AMC Terminal
- **Pepperd.com:** Space A Travel Tips

There are many Facebook pages but here are just some FSS squadron only ones

- **718th & 18th FSS Families, Kadena AB Okinawa, Japan**
- **Spouses of the FSS, Kadena AB, Okinawa, Japan**
- **Nothing Less...718 Force Support**

There is also an "APP" for that which is a must have "**Kadena Connect**"



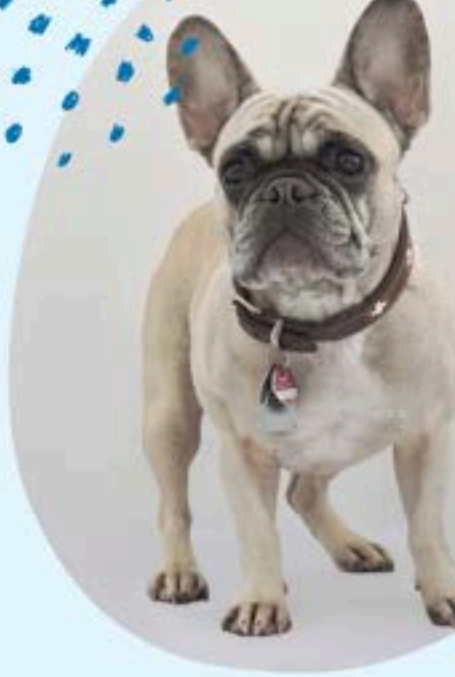
Veterinary Clinics

Kadena Vet Clinic

To make an appointment, please call:
036-868-2263
okinawavet@kadena.af.mil

Off-base English-speaking vet clinics

- Noah Animal Clinic 98-934-4477
www.noahanimalhospital.com ·
- Hospital 22 98-983-8822
<http://en.animalhospital22.jp/home>



Dog Friendly Beaches

South

- Bibi Beach (Tomishiro City)
- Azama Sansan Beach (NanjyouCity)
- Nibaru Beach (Nanjyou City)
- Mabuni kaigan (Itoman City)
- Oudo kaigan (Itoman City)
- Kitanashiro Beach (Itoman City)
- Naminoue Beach (Naha City)

Central

- Kaichudouro (Uruma City)
- Oudomari Beach (Uruma City)

North

- Ishikawa Beach (Uruma City)

Need a new ID Card?

We got your bCACK!

Schedule an appointment:

<https://waitwhile.com/locations/718fss-mpf>

ID TYPE	Retiree/Dep	CAC- CIV/CON	Birth/Marriage
Required Docs: ID	2 forms of ID *one must have photo	2 forms of ID *one must have photo	2 forms of ID *one must have photo
DD Form 1172-2 https://www.cac.mil/portals/53/documents/	DD Form 1172-2 if no sponsor present – must be digitally signed by sponsor	DD Form 1172-2 if no sponsor present – must be digitally signed by employer/supervisor	
MISC:	Blocks 1-23 and 44-57 dept information	LOA for Contractors	Original or certified copy of birth certificate

All documents must have official English translation

Cards can be renewed up to 90 days prior to expiration



Kadena DEERS office

DSN: 634-4510

Bldg. 721-b



Family Advocacy Program

Prevention Services
Call DSN 315-634-0433

Family Advocacy Strength Based Therapy (FAST)

Counseling for family-related matters focusing on Happy and Safe families (designed for individuals, couples, and families).

Stronger Together

Focusing on cultivating strong relationships through communication, resolving conflicts and building mutual respect.

Keep Calm & Move On

Build skills to manage stress & frustrations.

Teens & Tweens

For parents of children age 13-16. To help develop positive & healthy relationships with your tween/teen

Love & Logic

For parents of children 3-12 To help parents learn ways to allow their children to make smart choices & be responsible.

Prevention visits are not reported to leadership

Attendance for each service is voluntary treated as medical appointment. with no medical record generated, cannot be used for court ordered prevention, and (if needed) certificates are issued as proof of attendance.

Additional Resources

Kadena Counselor Post	634-1800
Kadena Base Information	634-1118
Legal/JAG	634-2179
SARG	634-7272
Red Cross (Kadena)	634-1294
MEDG Appointment Desk	630-4817
Pharmacy Retail	630-4817
Mental Health	634-3772
Base Chapel Center	634-1288
Base Library	634-1302
Animals & Family Residence Center	
	634-2360
Family Child Care (FCC)	634-2464
Child Development Center	632-7893
Youth Center	634-6330
Naval Hospital Bath Registration	
	646-7807/7888
Camp Porter Emergency Room	646-7311

Military Family Life Counselor

(MFLC)

Adult & Youth	634-3813/4401
FOCUS	645-6877

National Suicide Prevention Hotline

(24/7)
800-273-8255 (TALK, opt #1)

Contact Information:

Referrals are accepted and appointments scheduled at:
634-0433
Monday-Friday: 0730-1630

Remember, AFI 40-201 states, all suspected incidents of maltreatment must be reported by all Active Duty members and civilian employees.

Points of Contact After Duty Hours

Your Commander/First Sergeant

Security Forces Squadron
634-2475 or 634-2476

Ambulance Services:
Cell: 090-911-1911
DIN: 911

Domestic Abuse Victim Advocate (DAVA):
870-1420-0907

Calling a Kadena base number from local cell:

- 1) Dial 098-938-1111 then you will hear a dial tone
- 2) Dial the 7-digit number



Kadena Family Advocacy Program



WE ARE THE BEST OFFICER. COME SAY HI TO US TODAY!

Located in the 3rd/4th/5th Building, 4th
Air Force AF, Okinawa, Japan
2025-321-634-0022



Family Advocacy Program

Family Advocacy provides preventive and intervention services to couples and families with alleged or substantiated maltreatment, as well as recognize and families that are at risk for such maltreatment.

FAMILY ADVOCACY TREATMENT

Options offered for a dual diagnosis or a psychiatric issue will be assessed and treated by licensed mental health professionals. Services provided include:

- Initial Assessment
- Safety & Treatment Planning
- Individual Counseling
- Couples Counseling
- Family Counseling
- Self-Defeating Thoughts Treatment

FAMILY ADVOCACY THERAPIST-BASED THERAPY (FATT)

Voluntary services for Active Duty members and their families who do not have an open maltreatment report and who are participants in their Parent Support Program. A determination that the family is at risk for maltreatment is prerequisite.

FAMILY ADVOCACY OUTREACH

The FAP Information Specialist offers an array of support geared to meet the needs of our base population. The following is a list of issues offered throughout the year. Please contact us with questions for specific dates.

Classes We Offer

New Life & New Me: A Stress & Coping Management class designed to teach daily strategies to assist with managing military stress and transitions.

Parenting with Love & Logic: For the back-to-school parent! This is a multi-session, research-based class that will only require home work to allow time for you to work on these concepts outside of class time.

Parenting Teens & Young Adults: Building positive and healthy relationships with your teenagers. Identify the factors to communication and learn techniques for positive style of dealing with and disciplining the new generation.

Respectful Families: A couple's seminar focusing on cultivating strong relationships. Topics include communication, resolving conflict and building respectful love and respect.

Domestic Abuse Victim Advocate (DAVA)

Provides 24/7 emergency, non-judicial services to those who are victims of domestic violence as well as assisting or scheduled family violence services for the DAVAs to develop safety plans, medical risk assessments, and link clients to medical facilities and community resources. This service requires no police involvement, difficult case removal after observations. The DAVAs offer confidential and court-ordered restraining orders, as well as assist clients in finding legal services for divorce, custody and/or any legal matter connected to the domestic abuse including Military Protective Order or the Domestic Order. Additionally, the DAVAs can assist with DVAR (Domestic Violence Restraining Order) as needed.

Types of Reporting

A report of adult maltreatment can be "reported" or "detected" depending on the specifics of the situation.

Unintentional Reporting

Reports of domestic abuse often occur to persons in official capacities such as report to those of command, Family Advocacy Program (FAP) healthcare providers, or law enforcement. FAP clinical services will be referred to the individual, couple, or family upon notification of suspected domestic abuse incident. Details regarding the incident will be limited to only those personnel who have a legitimate need to know.

Reported Reporting

Reported reporting occurs an adult victim of domestic abuse to disclose the details of abuse to specifically identified individuals in Family Advocacy staff, other officials or healthcare personnel. A victim's disclosure of domestic abuse to persons other than Family Advocacy staff, health care providers or health care personnel will limit the options of extended reporting. Victim's disclosure to reporting FAP staff, law enforcement or medical personnel will not diminish the domestic abuse reporting to command or law enforcement. Reported reporting can only be done through the Family Advocacy Program. Those who decide to bring abuse to other personnel reporting. Please speak with a FAP staff member to discuss these options. Victims who receive extended reporting can receive medical treatment, FAP clinical and on-site advocacy services.

New Parent Support Program

This is a new parent program for supporting parents and families with children from birth to three years old. The services are primarily provided in the family's home by the New Parent Support Team, which includes a Registered Nurse and a Licensed Social Worker.

NPSP families receive individual home visits from a registered nurse to address any needs and determine the parent's top five expectations. Topics can include:

- Increasing knowledge about pregnancy
 - What to expect throughout pregnancy and the early developmental years
 - Managing the challenges of parenting
 - Support for single parents
 - Increasing knowledge of age appropriate expectations
 - Understanding color blindness
 - Age appropriate discipline
- The NPSP program can also offer families the benefit of other community resources to assist their parenting.

NPSP offers classes and resources like:

- Newborn 101: What You Need to Know
- Pregnancy Diagnostic Support Group and 4th Step
- 0-3 Play group



FITNESS CENTER

JOIN NOW



RISNER FITNESS CENTER

BLDG 109 L II DSN: 634 - 5128
MONDAY - SUNDAY 0500-2200
MONDAY - SUNDAY 24/7
(UNMANNED ACCESS)

HABU FITNESS CENTER

BLDG 449 L II DSN: 634-3866
MONDAY - FRIDAY 0500-1400
MONDAY - SUNDAY 24/7
(UNMANNED ACCESS)



RISN' SHINE SMOOTHIE AND JUICE BAR

MONDAY - FRIDAY 0700-2000
SATURDAY & SUNDAY 0700 - 1500



KADENA PRO SHOP

MONDAY - FRIDAY
1100 - 1900
SATURDAY & SUNDAY
0700 - 1500

FITNESS ASSESSMENT CELL

DSN: 634-8818
TESTING TIMES: 0530 AND 0700
718FSS.FSVSFITNESS.ASSESSMENTCELL@US.AF.MIL



EVENTS

HABU HASHIDE 5K
INDEPENDENCE DAY 5K
COLOR RUN
OKTOBERFEST 5K
JINGLE JOG 5K



PROGRAMS

- BRAZILIAN JIU-JITSU
- FITNESS CAMPS
- PERSONAL TRAINING
- MARTIAL ARTS / KARATE
- TENNIS LESSON
- MASSAGES
- AEROBICS & GROUP FITNESS CLASSES
- 1000/500 LBS. CHALLENGE



INTRAMURAL SPORTS

FLAG FOOTBALL: OCTOBER - DECEMBER
SOCCER: DECEMBER - FEBRUARY
BASKETBALL: FEBRUARY TO APRIL
VOLLEYBALL: MAY - JULY
SOFTBALL: AUGUST - OCTOBER



CONTACT US @ 718FSS.FSVS.FITNESSSPORTS@US.AF.MIL
VISIT US @ [HTTPS://WWW.KADENAFSS.COM/FITNESS](https://www.kadenaFSS.com/FITNESS)
FACEBOOK: KADENA FITNESS & SPORTS



EMBEDDED TEAMS THAT
ARE NORMALIZING HELP
SEEKING BEHAVIORS

MISSION

INCREASE

RESILIENCE OF THE
FORCE AND THEIR
FAMILIES

DECREASE

NEGATIVE AND VIOLENT
OUTCOMES.

TRUE NORTH PARTNERS

MILITARY & FAMILY
READINESS

INTEGRATED
PREVENTION &
RESPONSE

18 MDG MENTAL
HEALTH CLINIC

MILITARY FAMILY LIFE
CONSULTANTS

FAMILY ADVOCACY
PROGRAM

WING CHAPEL

WHO WE ARE...

We are a network of "cross functional teams" comprised of licensed and highly qualified embedded helping agents that are intentionally placed to serve you and your families. We serve in most Groups and Squadrons via the Religious Support Teams, and Embedded Mental Health Teams.

The overall purpose of the True North program is to implement and test different multidisciplinary (health domains) intensities of support to enhance resilience, increase help-seeking behaviors, prevent violence, and respond to Airman needs.

Airmen and their Families have a variety of needs, and the Air Force typically considers these needs in terms of the "Physical, Mental, Spiritual, and Social aspects of everyday life". When these needs are not met, challenges such as physical injuries, mental health stressors, moral dilemma's, and difficulties in relationships can emerge.

The True North program promotes trust in and access to professional who are trained to help effectively deal with these challenges and more.

TRUE NORTH TEAM LOCATIONS

MXG, CEG, OG, MSG, MDG, & SOW

EMBEDDED PERSONNEL

Embedded Mental Health

Your embedded Licensed Clinical Social Workers (LCSWs) and Psychologists provide counseling and education that enhances mental health.

- Anger Management
- Anxiety & Worry
- Building Resiliency
- Communication
- Depression
- Grief & Loss
- Relationship Problems
- Relocation Adjustment
- Stress Management

Religious Support Team

Your Spiritual Health Team provides spiritual care and the opportunity for Airman and their dependents to exercise their constitutional right to the free exercise of religion.

- Religious accommodation
- 100% confidential communication
- Individual, marital, family, & relationship counseling
- Advice to leadership
- Spiritual, ethical, moral, & morale advice
- Spiritual fitness

TRUE NORTH PROGRAM MANAGEMENT

634-7447



OKINAWA

OKINAWA.USO.ORG

USO Schwab

Building 3418

DSN: 625-3834

FB: @USOSchwab

USO Camp Foster

Building 5710 2nd Floor

DSN: 645-2539

FB: @USOCampFoster

USO Hansen

Building 2214

DSN: 623-5011

FB: @USOHansen

MCAS Futenma

Building 401

DSN: 636-2113

FB: @USOFutenma

USO Kadena

Building 337

DSN: 634-3889

FB: @USOKadena

USO Kinser

Building 1308

DSN: 637-3113

FB: @USOKinser

*To call from a cell phone dial: 098-970-5555
Once you hear the dial tone, dial the DSN number*

AIRMEN CAN VOTE. WHEREVER THEY ARE.

Kadena, AB JAPAN

**FEDERAL Voting
Assistance Program**



FVAP.GOV

Kadena, AB JAPAN

EMAIL US at:
vote.kadena@us.af.mil

**Military & Family Readiness for all
your Voting Needs!**



Child and Youth Programs (CYP) are essential to keep children busy and entertained on this small island. Kadena has a Youth Center and a Teen Center to provide a positive place for your child to hang out. Membership for both the Youth and Teen Centers is required.

Contact Information

Youth Sports- 634-9126
Mon-Fri 1000-1630

Youth Center- 634-0500
Mon-Fri 0930-1800
Weekends: Closed

Teen Center- 634-8443
Mon-Fri 1300-1800

Both the Youth and Teen Centers offer the Youth Sponsorship Program. So, if you're PCSing to or from Kadena and would like a Youth Sponsor, call 634-0500 for assistance.

Child and Youth Programs

The Teen Center is a home away from home for teenagers on Kadena seeking independence to learn new skills, build self-confidence, volunteer, and make friends in a safe and relaxed setting. The center has a volleyball court, snack bar, and three recreational areas where teens can play music, watch movies, work on homework and art projects, and play games.



Keystone Club

Are you a leader? Do you want to have input into the programming here at the Teen Center? Do you want to make a difference in your community? If you answered yes to any of these questions join us for our Keystone meetings. Be heard and make a difference.

Cooking Club

Join us on as we teach basic cooking techniques and explore the foods around the world.

Fine Arts Club

Find your inner Picasso with the Fine Arts Club. We'll teach you the basics of painting, drawing, and other forms of arts.

Teen Support Group (Every 3rd Thursday)

Stuck in a sticky situation? Need some advice? Come meet with others and the MFLC, talk about your week and get out all your stressors!

Be Fit

We'll select an activity. Then we'll turn off the video games and movies and just play! Following the activity, teens get a healthy snack and refreshing drink!



Instructional Music classes are available at the Youth Center. Piano is for ages 7-18, Violin for ages 5+ and Sanshin for ages 9+. There may be a waitlist for instructional classes, so register your child as soon as possible.





We also have the Youth Sports and Fitness Program for those interested in recreational leagues. Our Youth Center offers programs, instructional classes, and events that improve and maintain the physical and mental well-being of youth ages five to twelve. Supervised by well-trained and attentive staff in the Recreation Room, youth can play games, hang out with their peers, or participate in various clubs or social activities.

Child and Youth Programs

The Rec Room has a computer lab, reading area, gaming TV, pool and ping pong table, various games, socializing tables, and much more space. Some of the weekly clubs offered are the Art Club, Culture Club, Smart Girls, S.T.E.A.M. Club, and Torch Club, to name a few.

Outside the Rec Room are classrooms and a gymnasium for instructional classes. Gymnastics for ages 5 – 18 is available for all levels. Gymnastics level 1 is for beginners, and levels 2-5 are placed based on skillset. Tumbling classes are offered for ages 5+. Mommy, Daddy, & Me classes are for children 18 months – 5 years. This class requires a parent to be on the mats with the child during instruction.



Dance has many classes, including Ballet, Hip Hop, Jazz Theatre and Jazz, Cheer, Lyrical/Modern, and Flexibility. Some dance classes are based on placement and have minimum age requirements.

If you want to contribute to our military community, look no further, as Youth Sports always accepts volunteer coaches. The volunteer coaches create a positive, supportive, and challenging environment for youth sports participants.

Youth Sports and Fitness provides various organized sports activities to foster physical skills and promote social development for youths aged 3 – 18. Youth sports offer talent and team-building opportunities for children while remaining active.

The seasonal sports offered are baseball, basketball, cheerleading, softball, soccer, and volleyball.



dodea

PACIFIC

DoDEA Pacific South District operates 13 schools located in Okinawa, Japan across 4 communities. There are nearly 900,000 military connected children of all ages worldwide, of which more than 6,000 are enrolled in DoDEA Pacific South District schools and served by thousands of teachers and educational aides. The Kadena AB Schools are part of the DoDEA Pacific South District with a total of 7 schools to serve students from Sure Start through Grade 12. All schools within DoDEA are fully accredited by U.S. accreditation agencies. Follow this link to find more: <https://www.dodea.edu/pacific/pac-south>.

Become a DODEA Substitute Teacher!

For more info visit:

<https://www.dodea.edu/pacific/pacific-seeks-hire-substitute-teachers>

Apply through USAJobs!

Useful Tip: The M&FRC can help with a Federal Resume.

Okinawa Student Transportation

- Okin-bus@dodea.edu
- 645-7820
- <https://www.dodea.edu/pacific/pac-south/okinawa-south-district-transportation>

School Liaison Officer

With each move, military children face many school related challenges. The School Liaison Program helps ease the transition from one school to another and helps families navigate the school system, ensuring our military youth have the opportunity to achieve academic success. The School Liaison Program is the central point of contact for commanders, military families, and local school systems on school-related matters for grades K-12.

18msg.kadenaslo@us.af.mil

634-2231

Located in Bldg 99

<https://www.kadenafss.com/school-liasion-program>





DAF School Liaison Program

Moving with a Military-Connected Student Checklist

As you transition, please use this checklist to ensure that you have all the required information and documents to help make your student's educational transfer smooth!
Please remember to **HAND CARRY** all documents with you.

TO DO PRIOR TO LEAVING:

If you have any issues with obtaining records from your losing school, contact your current Installation School Liaison.

1. Provide current school your official withdrawal date.
2. Request an **unofficial** copy of all of your records. Ask for a pick-up date, if not given.
3. Ensure records include the following documentations with clear annotations, if applicable.
 - a. State, Standardized, or Special Program Testing
 - b. Advanced Placement Courses/Dual Credit (1 or 0.5 credits)
 - c. IEP (be aware of expiration date and request a team meeting if applicable)
 - d. 504 Plan
 - e. Gifted & Talented Testing/Classes
 - f. Working outside of grade level (e.g., taking 8th grade math but in the 6th grade)
4. On the day of withdrawal - obtain an unofficial transcript/records (listed above) **with grades closed out** as of that day. If departing during summer break, ensure copy states passed/promoted. Call ahead and confirm registrar or administration duty hours during breaks. Make an appointment, if possible.
5. Other documents that are good to obtain or have, if applicable
 - a. Report card or course schedule
 - b. Course history, course description, title of textbooks, or syllabus
 - c. Counselor recommendations for special placement or college admissions
 - d. JROTC records
 - e. Listing of academic recognitions or competition participation
 - f. Academic grading system overview - weighted grade system (e.g., Scale 5.0, 4.0 - this can sometime be found on the back of official transcripts or found online - important for middle and high school)
6. If you are currently overseas and enrolled in a DoDEA Non-DoD Schools Program (NDSP) School please obtain a duplicate transcript from DoDEA that will transfer correctly into the U.S. public school system. DoDEA will pay for this transcript translation if you have not exhausted your funds. This will be particularly important if your student is in a secondary school.
7. Contact your School Liaison at your gaining and losing installation if there are any issues during the transition.

For a listing of worldwide School Liaison Program Managers, please visit <https://installations.militaryonesource.mil/search?program-service=12/view-by=ALL> or scan the QR code to the right. These professionals are standing by willing to assist you with your Pre-K through 12 educational needs for your military connected student.



CHECKLIST FOR A SMOOTH TRANSITION:

You will need some or all the items listed and will vary greatly with each school district. Please contact your local School Liaison for local requirements and assistance.

Needed for Registration at Your New Gaining School (with Registrar)

- Student's Birth Certificate (Original Certified Copy)
- Student's Social Security Card/Number
- Student's Current Health Record (Immunization, physical, etc.)
- Legal Documents (e.g., custody/guardianship, power of attorney)
- Military Orders with student's name listed as a dependent
- Parent & Student's Military ID Card or other picture ID
- Two Local Emergency Contact's Information
- Proof of Residency - Stating Physical Address
 - Light or Water Bill
 - Landline Phone Bill (certain districts will accept)
 - Property tax statement
 - Lease agreement or Buyers Contract
 - Intent to Reside Letter (on base housing within 30 days)
 - TLF (On base)/Fam Camp Receipt (On base schools only)
 - TLF (Off base) Receipt (must register in attendance zone for hotel/living arrangements)
- Withdraw paperwork from previous school
- Proof of Wounded Warrior Status (if using for Pre-K Determination - VA Status Letter)
- Prior Losing School Information
 - Address, Phone Numbers
 - Name and Contact Information for Counselor and Registrar
 - School Web Page (URL)

Needed for Course Selection or Placement at Your New School (with Counselor or Administrator)

- School Records (see 'Prior to Leaving' section on page 1)
 - Unofficial Copy of Cumulative Folder/Transcripts (only the copy mailed between schools is considered official)
 - Current Schedule
 - Report Cards, Withdrawal Grades or Progress Reports
 - Test Scores (Standardized or Special Program Testing, etc.)
 - JROTC Records
- Special Programs Records (if appropriate)
 - Individual Education Plan (IEP)
 - Individual Accommodation Plan (504 plan)
 - Behavioral Intervention Plan (BIP)
 - Gifted & Talented Program Description and Information
 - English as a Second Language (ESL) or Bilingual Education Functional Behavioral Assessment (FBA)
 - At-Risk or Other Action Plans for Classroom Modifications
- Other Documents and Examples
 - Writing Samples and Other Work Examples with Teacher Comments and Grades
 - Activities Records (co-extracurricular) Community Service or Service Learning
 - Other Work or Performance Examples
 - Academic Recognitions and Competition Participation

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MILITARY & FAMILY LIFE COUNSELING

CHILD AND YOUTH
BEHAVIORAL COUNSELORS

Resources for Service Providers and Leaders

Military and Family Life Counseling services are available on and off installations. Counselors offer non-medical counseling support to help service members and their families build skills and resilience.

Military service providers and leaders can request MFLC support at:

<https://supportrequest.militaryonesource.mil>

Get more information about MFLC and other helpful programs from Military OneSource.

Call or live chat any time.

800-342-9647

www.militaryonesource.mil



**MILITARY
ONE SOURCE**

**FOR WHEREVER
YOU ARE IN LIFE**



KADENA AIR BASE SCHOOL LIAISON PROGRAM

Website: <https://kadenafss.com/school-liaison/>

Email: 18msg.kadenaslo@us.af.mil

Physical Address: Kadena Air Base Bldg. 99

DSN: 634-2231

School age children living on/off post of Kadena Air Base can be zoned for the following schools in DoDEA Pacific South on Kadena Air Base. These are 7 schools on Kadena Air base: Ralph F. Stearley Primary School (SS-2), Amelia Earhart Intermediate School (3-5), Kadena Elementary School (SS-5), Bob Hope Elementary School (SS-5), Kadena Middle School (6-8), Ryukyu Middle School (6-8), Kadena High School (9-12). Families outside Kadena zoning could attend one of the 6 schools on surrounding Marine bases.

Amelia Earhart IS (AEIS)

DSN 634-1329

Office hours 0730-1530

School Hours 0850-1515

Tues. Early Release 1415

<https://www.dodea.edu/>

[Amelia EarhartIS/index.cfm](https://www.dodea.edu/AmeliaEarhartIS/index.cfm)

Ryukyu MS (RYMS)

DSN 634-1216

Office Hours 0700-1500

School Hours 0720-1405

Tues. Early Release 1310

<https://www.dodea.edu/>

[RyukyuMS/index.cfm](https://www.dodea.edu/RyukyuMS/index.cfm)

Kadena ES (KDES)

DSN 634-1550

Office Hours 0800-1600

School Hours 0845-1500

Tues. Early Release 1400

<https://www.dodea.edu/>

[KadenaES/index.cfm](https://www.dodea.edu/KadenaES/index.cfm)

Kadena HS (KDHS)

DSN 634-1216

Office Hours 0700-1500

School Hours 0720-1405

Tues. Early Release 1310

<https://www.dodea.edu/>

[KadenaHS/index.cfm](https://www.dodea.edu/KadenaHS/index.cfm)

Kadena MS (KDMS)

DSN 634-0217

Office Hours 0700-1500

School Hours 0725-1355

Tues. Early Release 1255

<https://www.dodea.edu/>

[KadenaMS/index.cfm](https://www.dodea.edu/KadenaMS/index.cfm)

Bob Hope ES (BHES)

DSN 634-4524

Office Hours 0730-1530

School Hours 0850-1505

Tues. Early Release 1405

<https://www.dodea.edu/>

[BobHopeES/index.cfm](https://www.dodea.edu/BobHopeES/index.cfm)

Ralph F. Stearley PS (RFSP)

DSN 634-0093

Office Hours 0800-1600

School Hours 0850-1505

Tues. Early Release 1415

<https://www.dodea.edu/>

[Bob HopePS/index.cfm](https://www.dodea.edu/BobHopePS/index.cfm)

SCHOOL REGISTRATION:

At what age can my child start school?

Children who turn 5 years old by September 1 may begin Kinder. Pre-K / Sure Start children must be 4 by Sept. 1 and parents that are service members must meet a certain eligibility by rank. With E1-E3 having highest priority.

What is required for enrollment?

1. Birth Certificate or passport
2. Immunization Record
3. IEP or 504 Plan
4. Lease/Housing assignment letter
5. Report Card/Records from previous school (if applicable)
6. Orders

How do I enroll for school?

- Enrollment can be done in person at zone school or pre-registration available at www.dodeasis.myfollet.com/asp/enroll
- Remember, where you live is where your child will be zone for school.
- There is an option for a transfer, but it is done on a case by case basis and a request form is required.

PRIVATE/INTERNATIONAL SCHOOLS: There are a number of private schools off base in Okinawa. Please visit <http://www.alljapanrelocation.com/living-guides/international-schools/Okinawa/> to view available schools.

HOME SCHOOLING: Families may elect to homeschool. Please visit <https://www.facebook.com/groups/okihomeschool>

Enroll your children as soon as possible. Avoid long delays when you transition to a new installation. Some Families have delayed enrolling their children up to a month and have risked their child being far behind their peers.

After you enroll, return to the school and provide the school with updated contact information. Schools often contact KAB School Liaison Program Manager trying to find a parent in an emergency because the parent failed to provide updated contact home/work info.

School Liaison Program Manager cannot supersede school policy. Be familiar with school policies and understand that the installation and Kadena Air Base Families cannot supersede school policies. Understanding school policies can assist you in advocating for your child.

OTHER SCHOOL DATA: AP/Dual Credit available at the high school. Sure Start is available in three elementary schools for youth 4 years old and parents meet eligibility requirements. Air Force JROTC is offered at Kadena High Schools

EMERGENCY NUMBERS

**SAVE THESE IN YOUR PHONE ASAP!
YOU NEVER KNOW WHEN YOU'LL NEED THEM!**

9-1-1 Kadena AB

098-934-5911

American Red Cross (Kadena)

634-1979

Camp Foster Emergency Room

646-9355

Domestic Violence

070-1428-0981

**Sexual Assault Prevention
& Reporting (SAPR)**

634-0180/3734

Security Forces

634-2475

Suicide Lifeline

1-800-273-8255 or 098-654-0123