



# LEARNING TO ADJUST TO CHANGE

Marine Corps Community Services offers free skill-building resources to Marines and their families in a variety of areas. For information on additional offerings available, contact your installation's [Information, Relocation & Referral \(IR&R\)](#) line.

## GENERAL

- **COMMUNITY COUNSELING:**  
Build skills to successfully manage life's challenges (e.g., coping skills, stress management strategies, effective communication skills, and healthy relationship skills).
- **PREVENTION IN ACTION NEWSLETTER:**  
Quarterly newsletter providing skill-building strategies to expand strengths. This resource can be found here: [usmc-mccs.org/prevention](https://usmc-mccs.org/prevention).

## PARENTING

- **BABY BOOT CAMP:**  
Prepares expectant parents for baby's arrival.
- **NEW PARENT SUPPORT PROGRAM:**  
Builds resilience and knowledge for parents (birth to age five).
- **PARENTS AS TEACHERS:**  
Assists parents in reaching parenting goals.
- **PERIOD OF PURPLE CRYING:**  
Helps parents manage new parent stress and newborn crying.
- **TRIPLE P - POSITIVE PARENTING PROGRAM:**  
Teaches parenting skills

## HEALTHY RELATIONSHIPS

- **TRIPLE P:**  
Positive Parenting Program: Teaches parenting skills
- **WITHIN MY REACH:**  
Builds couples' communication and conflict-management skills.
- **MARRIED AND LOVING IT:**  
Aims at improving relationship skills for couples.

## COPING WITH EMOTIONS / PROBLEM-SOLVING SKILLS

- **ANGER MANAGEMENT FOR THE 21ST CENTURY:**  
Builds eight core anger management skills.
- **ANGER MANAGEMENT FOR ADOLESCENTS:**  
Builds anger management and stress management skills.
- **OPERATIONAL STRESS CONTROL AND READINESS (OSCAR):**  
Helps manage stress and recognize when it's overwhelming.
- **WARRIOR MAINTENANCE:**  
Stress management for Marines and families: Improves stress management skills.

## CAREER DECISION-MAKING, PLANNING, AND COACHING

*\*These are courses outside of the Transition Readiness Program curriculum and are not offered at every installation.*

### • **CAREER DECISION-MAKING AND PLANNING**

- Create a cover letter
- Federal job search strategies
- Federal job search resources
- Federal resume
- Interview techniques
- Dress for success
- Job offer and salary negotiation
- Job search strategies
- LinkedIn basics:
  - Optimizing Your LinkedIn Profile For Your Job Search
- Resume Writing:
  - Resume Overview
  - Create a Master Resume
  - Create a Target Resume
- Entrepreneurship
  - Spouse Transition and Readiness Seminar (STARS)
  - Spouse Relicensing/Recertification Reimbursement Program: pays relicensing/recertification expenses due to PCS.
  - DoD Skillbridge Info Sessions
    - Pursue employment opportunities before transition