

BUILD YOUR TRIBE WITH MCCS



Marine Corps Community Services (MCCS) and other Marine Corps programs help you build a network of support.

LEARN. LEAD. LEVEL UP —TOGETHER

Attend workshops as a team:

- Bridging the Generation Gap
- Attitudes and Actions
- Four Lenses
- Real Relationships (including Family Edition)
- Say What? (Communication workshop)
- Bond with colleagues or loved ones while gaining tools to thrive.

WELLNESS. LEADERSHIP. CAMARADERIE IN ACTION.

Benefits of the [Single Marine Program \(SMP\)](#):

- Become an SMP unit rep: Be a voice for your unit and promote quality of life.
- Join SMP life skills workshops: Grow together—topics include finance, nutrition, and more.
- Volunteer as a team: Give back and build purpose-driven connections.
- Participate in SMP events: Create lasting bonds with peers through shared experiences.

SUPPORT. STRENGTH. SHARED PURPOSE.

Marine Corps Community Services (MCCS) and other Marine Corps programs help you build a network of support:

- [Operational Stress Control and Readiness \(OSCAR\) Team](#): Seek out fellow Marines trained to help you build Marine Corps Total Fitness and resilience.
- [New Parent Support's Baby Boot Camp](#): Connect with other expecting Marine families and grow your parenting tribe early.



STRONGER TOGETHER.

Benefits of playing [Intramural Sports](#):

- Find a team: Play in leagues like basketball, flag football, and soccer.
- Relieve stress together: Use sports to sharpen resilience and morale.
- Compete with purpose: Events like Battle of the Barracks build unit pride and unity.



Wherever you are in your journey, your tribe is waiting. Explore [MCCS's](#) Behavioral Health, Personal & Professional Readiness, and Semper Fit opportunities at your local installation.