Quantico

Family Advocacy Program

Newsletter

Family, Food & Fun

Although the meaning of Thanksgiving has changed over the years, one thing remains the same. Thanksgiving is meant to serve as a reminder of all the things we should be grateful for. Family, friends, colleagues and any relationships we hold close. It gives us the opportunity to focus on those relationships through food, fellowship and traditions.

We also increase our positive thinking through our gratitude of good things in our lives, rather than focusing on the bad. However, Thanksgiving and other holidays are not always joyful for everyone. Some people are experiencing separation from their loved ones or other circumstances that can cause unhappiness. If you know someone who is struggling with this season, reach out to them and share your appreciation of them. It may make a difference in their lives.

Marine Corps' Birthday

Every November 10th, Marines, everywhere, and every age, celebrate their birthday. It's a joyous occasion for friends and families of proud Marines. The times have changed but the traditions remain alive and strong.

Here at the Family Advocacy Program, we're proud to serve Marines and their families and want to wish them all a happy, fun birthday! We want you to have the best time and remember to celebrate responsibly, so you can enjoy these festivities for years to come!

Low Risk Choices & High Risk of Fun

For some people, the Marine Corps Ball and the holiday season can be very stressful. People are away from their loved ones or stressed about affording all of the festivities. For others, these are joyous times, and they want to make it the best time ever. Our friends at the **Consolidated Substance Abuse Counseling Center (CSACC)** gave us a few tips for the season.

First, it's helpful knowing the standard drinks and then making low risk alcohol and drug choices is as easy as 0,1,2,3!

Standard drinks:
1= 12 oz. beer

1= 5 oz. glass of wine

1= 0.5 oz. shot liquor

With the standard drink choices, you can make low risk choices for alcohol:

ZERO drinks - either this is your choice, you're under 21 or you're taking medication.

ONE drink - No more than ONE standard drink an hour.

TWO drinks: TWO standard drinks per day.

THREE drinks: Not exceeding THREE standard drinks any one day.

ZERO ILLICIT DRUGS!

*Make sure to use over the counter and prescribed medications as directed.

If you have any questions or need more information about low-risk choices, please contact CSACC at (703) 784-3502.

"The Marine Corps Ball should be a fun and exciting experience, but too much fun and a lack of planning could ruin the night and have significant long term consequences. Engage in self-care by planning ahead and eating a snack before arriving to keep your mood balanced. If you plan to drink, limit yourself to keep your behavior in check. Most importantly, celebrate each other, live in the moment, and enjoy!"

- Community Counseling Program (CCP)

Upcoming Classes/Workshops

IDC/FAP Training
Friday, November 3
8:15 am - 4:00 pm
Little Hall, 2034 Barnett Ave.
This training focuses on domestic violence and child abuse prevention and the IDC process when allegations are reported to FAP. It is required for all commanders within 90 days of assuming command, newly appointed IDC voting members, and for annual refresher training requirements.

One Day Stress Management
Wednesday, November 8th
9:00 am - 3:30 pm
Barber Physical Activities Center
This workshop includes Four Lenses (personality/temperament assessment tool) which helps individuals understand themselves/others; stress 101; positive coping strategies; diet and nutrition; self-care techniques; sleep hygiene; yoga, breathing and relaxation.

Stress Management Course
Tuesdays, Nov. 28 – Dec. 19
1:00 pm - 3:30 pm
Little Hall, 2034 Barnett Ave.
This course is for Service Members, Retirees, and Family Members. It is designed to educate individuals about the most effective strategies used to manage controllable and uncontrollable stressors.

Scan QR code for more information about FAP