



Force and Family Readiness program:

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Follow us on facebook:

<https://www.facebook.com/ussocomffrp>

<https://www.socom.mil/ffrp/default.aspx>

HQ USSOCOM

Force and Family Readiness Web page: has links to help you and your family stay connected and safe:

<https://www.socom.mil/ffrp/default.aspx>

Emergency Plan - **<http://www.ready.gov/family-communications>**

Evacuation Route - **<http://floridadisaster.org/publicmapping/>**

Emergency Kit - **<http://www.ready.gov/build-a-kit>**

Family Reintegration: 9 July 1000-1130

After a deployment the adjustment can be difficult. In many cases the signs may take over 6 months to rise to the surface. Come and Join us as we talk about ways to open the lines of communication. The seminar will be held at SOCOM HQ. Please rsvp by 7 July @ socomfrg@socom.mil Parking and escorts will be provided.

Important News from the SOCOM Clinic:

*****NEW PROCESS*****

Using Urgent Care/ER Facilities

To avoid any out of pocket expenses. Please read the instructions below and adhere to them moving forward with your Urgent Care/ER visits:

1. Life, limb, or eyesight--go to the ER, and approval will be almost automatic. YOU must call and notify us the next business/duty day to obtain a retro referral.
2. During clinic hours, patients must contact the SOCOM Clinic to be seen by a provider.
3. After hours, YOU must call the Nurse Advice Line at 1-800-TRICARE (1-800-874-2273) BEFORE going to a Urgent Care/ER. The nurses will be able to:
 - a. Give medical advice to help patient care for symptoms, until the Clinic opens
 - b. Recommend patient go to Urgent Care/ER

*** This will save YOU money!!!!***

We are here to serve you! If you have any questions, please contact the clinic at 827-9870/9872.

New HQ Resource:

FOCUS (Families OverComing Under Stress) Millions of service members and their loved ones face challenges related to a family member's military service. Although these challenges are completely normal they can cause many couples and families to go through emotional ups and downs that affect the family as a whole. FOCUS is a program designed to help families thrive in the face of challenges by learning new skills that support their resilience. Melissa Pierce, L.C.S.W. is a FOCUS (Families OverComing Under Stress) provider at HQ USSOCOM. She is trained to support couples and families while also providing techniques and activities that encourage family closeness and strengthen other skills. Couples and families who participate in FOCUS experience a renewed sense of confidence by recognizing their strengths and building on them. Contact Melissa today for a consultation and see how FOCUS can help strengthen and build resiliency in the home unit. Melissa can be reached at 813-826-0143 and is located on Base.

On MacDill

Log onto www.macdillfss.com for information about all the programs and services they offer

New Base Bay and Beyond: http://www.macdillfss.com/images/AllImages/BBB/BBB_Jul-Sep15.pdf

The 6th Dental Squadron Clinic will be closed from 1200-1600 on Wednesday, 1 July 2015 for an official squadron function. For all Dental Urgent Care Emergencies, please call 827-9400 to be connected to the Dentist On-Call. Normal operating hours will resume Monday, 6 July 2015 at 0700.
8 JULY – NEW! MACDILL EFMP KIDS (KIDS IN DEVELOPMENTAL SPORTS)

CHAPEL MARRIAGE CARE

Saturday, 11 July

0800-1600

Chapel Annex II

Breakfast and Lunch will be provided

Childcare will be provided inside Chapel

To RSVP, please click the follow "e-invite" link

<https://einvitations.afit.edu/inv/anim.cfm?i=251593&k=0064430C7254>

The Youth Center would like your and your child's opinion on Youth Programs on MacDill...Please take a few moments to complete this short survey, which will run through 24 July. Thanks so much!

www.surveymonkey.com/r/79KPVTB

MACDILL COUNCIL FOR EDUCATIONAL EXCELLENCE

DATE: July 7, 2015

TIME: 5:00-6:00PM

LOCATION: Tinker Elementary School ALL MacDill families (on and off base) are cordially invited to a Council for Educational Excellence meeting with Colonel Andre Briere, 6 AMW/CV and Hillsborough

County Public School Officials. From 5:00 to 6:00pm, families may present unresolved educational issues to the Council for Educational Excellence. This form is your opportunity for leadership to hear directly from you, as parents, on problems presented. Unresolved issues will be elevated to Col Tulley and the Hillsborough county Public schools Superintendent for higher level resolution.
Please note change of location*

EFPM Program: Beginning 8 July MacDill EFMP will partner with the Youth Center to bring "MacDill EFMP KIDS". EFMP children ages 5-12 will meet once a week for five weeks with a parent to learn developmental skills in sports. Each parent and child will receive a shirt at registration, and medal once the program is complete. 8 July -5 Aug, once a week (Wednesdays) at the MacDill Youth Center from 5-6 pm. Price: \$40.00. For registration and questions, please call Mrs. Venetia D Waters (813) 828-0122 or Chris Hug (813) 828-7438. View flyer: <http://tinyurl.com/ngd9qcr>

Amazing Resource: PTSD Online Coach: There are many helpful resources all around us to assist our members in times of need. The link below provides great resources not just for PTSD it is full of great tools to master everyday life <http://www.ptsd.va.gov/apps/PTSDCoachOnline/>

Need an ID Card? make an appointment
<https://rapids-appointments.dmdc.osd.mil>

6th Force Support Squadron Magazine: Jan-Feb Base, Bay & Beyond
http://www.macdillfss.com/images/AllImages/BBB/BBB_Jul-Sep15.pdf
MacDill AFB Home page
<http://www.macdill.af.mil/>

Hours of operation and phone numbers for AFFES services on MacDill
<http://www.shopmyexchange.com/exchangelocations/MacdillAFBStore.htm>

Airman and Family Readiness Center
<http://www.macdillfrc.com>

MacDill Chapel
<http://www.macdill.af.mil/macdillchapel/>

MacDill Education Center
<http://www.macdill.af.mil/news/story.asp?id=123119912>

MacDill Health and Wellness Center (HAWC)
<http://www.macdillafb.bestofhealth.com>

MacDill 6th Medical Group

<http://www.macdill.af.mil/units/6thmedicalgroup>

MacDill 6th Medical Group Patient Information Handbook

<http://www.bing.com/search?q=6th+AMW+Brandon+Clinic&form=IE8SRC&src=IE-SearchBox>

Facebook Contacts:

[MAFB - Facebook](#)

[Airman & Family Readiness Center6 FSS - Facebook](#)

[Short Fitness Sports Center - Facebook](#)

[MAFB Best of Health](#)

[MacDill HAWC - Facebook](#)

[Outdoor Rec - Facebook](#)