



### Resources for Counseling Services

Camp Lejeune CCP:  
**910.451.2864**  
 New River CCP:  
**910.449.6110**  
 Cherry Point CCP:  
**252.466.3264**  
 Beaufort CCP:  
**843.228.6126**



### Inside the Crosshairs

#### Building the Warrior Within

#### Suicide Prevention through Wellness

MCCS is hosting an **Interactive and Empowering** event for Suicide Prevention Month. This event is open to all Marines, Sailors, and their families.

**22 Sept: MCAS New River**  
 0900-1500  
 Chapel Annex, Bldg AS-207,  
 Curtis Road

**24 Sept: MCB Camp Lejeune**  
 0900-1500  
 Paradise Point Officers' Club,  
 Seth Williams Blvd

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 Prevention Specialist, G-10

# PROTECTING OUR OWN



Force Preservation II MEF, G-10, Newsletter

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## Protect What You've Earned Campaign

The mission of our "Protect What You've Earned" campaign is to positively reinforce the fact that the majority of Marines and Sailors do make responsible decisions and choices.

The initial and main focal point of this campaign is substance use, with an emphasis on alcohol. Alcohol has proven to be a key factor across the spectrum of force preservation issues impacting the readiness of our forces. The idea has evolved to promote responsible decisions, actions, and choices in all facets of life for our Marines, Sailors, and their families. The focus of the educational message is to emphasize the majority and the norm within the Marine Corps, versus, focusing on the negative by highlighting the small percentage of irresponsible Marines and Sailors within the Corps.

The purpose of the "Protect What You've Earned" campaign is to promote and inculcate a culture of making responsible decision to help ensure our Marines and Sailors protect what they have earned as service members by avoiding destructive behaviors that place them at great personal and professional risk.

**Defining your Legacy starts with a Choice. Make the Responsible Decision!**

## Upcoming Educational Courses for Marines, Sailors, and families

### 3 HOUR INTRODUCTION TO THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

The Seven Principles for Making Marriage Work is the acclaimed culmination of four decades of research, made widely available for couples that long for better relationships. The principles teach partners new and startling strategies for making their marriage or relationship work. If interested please call 449-9563 to register for the next session.

**WHO:** Couples Only

**WHEN:** 18 September 2015

**WHEN:** 19 October 2015

**WHERE:** Bld 797 Room 5

**WHERE:** Bldg. 40 Auditorium

**TIME:** 8:30 – 11:30

**TIME:** 8:30 – 12:30

### **NEW!!\*\*DIALECTICAL BEHAVIOR SKILLS GROUP\*\*NEW!!**

Enhance your capabilities to control your emotions through learned behavioral skills:

**Mindfulness:** The practice of being fully aware and present in this one moment.

**Distress Tolerance:** How to tolerate pain in difficult situations, not change it.

**Interpersonal Effectiveness:** How to ask for what you want and say no while maintaining self-respect and relationships with others.

**Emotion Regulation:** How to change emotions that you want to change.

**CONTACT PREVENTION AND EDUCATION FOR LOCATIONS & TIMES**

**New River:** 449-5245

**Camp Lejeune:** 451-6060/5960 or 3536