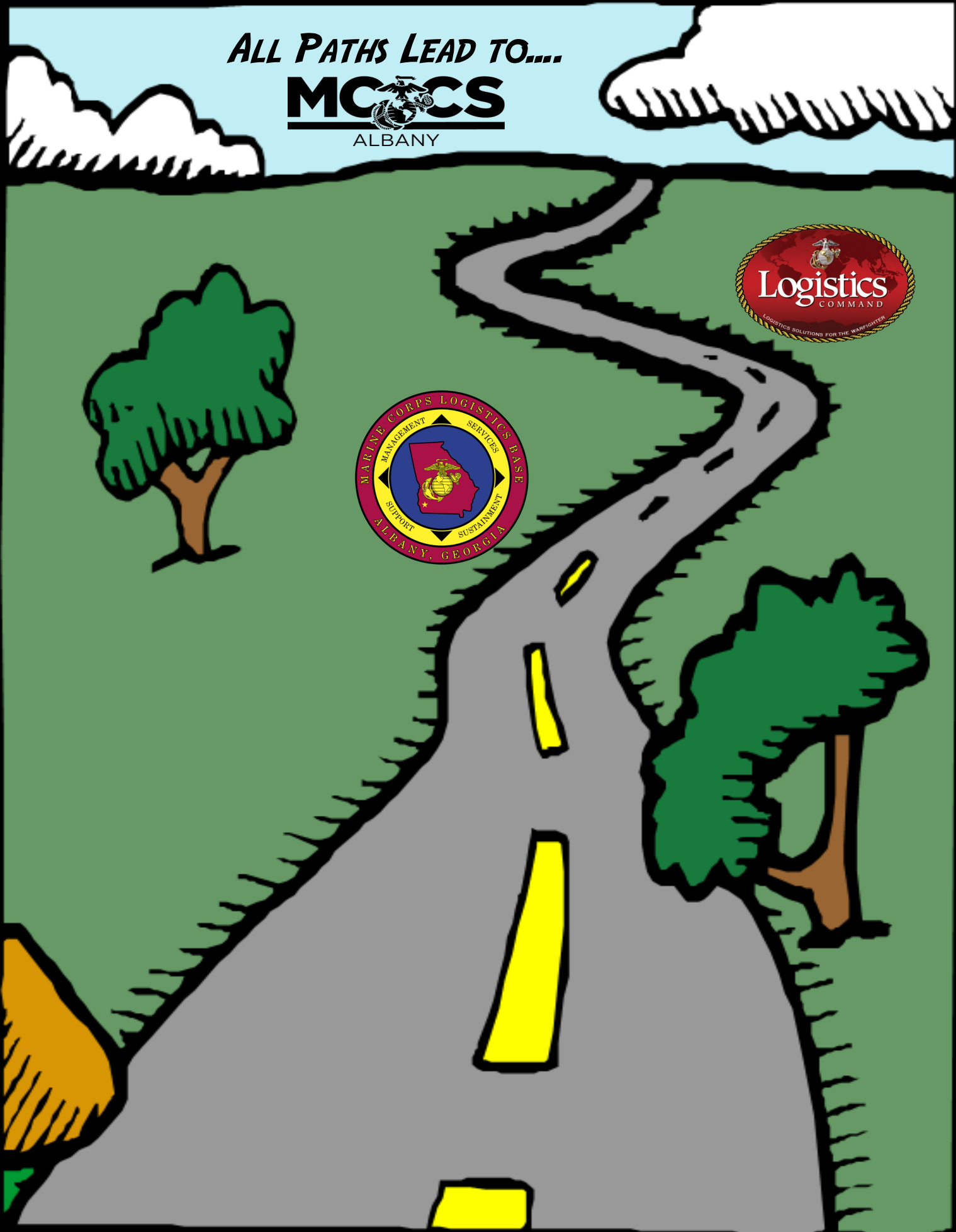


ALL PATHS LEAD TO....

MCCS

ALBANY



Welcome to the “helpful hints” of Marine Corps Community Services (MCCS)

These helpful hints will provide you a quick snap shot of the valuable services we provide, along with important information. It is our pleasure and duty to maintain a well-trained, highly motivated staff, dedicated to consistently providing quality goods and innovative services and programs, while continuously improving the quality of life of our patrons.

We hope this booklet simplifies your daily planning and will be your pathfinder to navigating our programs and services. We look forward to serving you and strive to be #1 amongst the Marine Corps Community Services organization, providing quality services and programs, so exceptional, that we are your first choice. We do not take for granted your valuable time and patronage. Working together, we can help you become strong and resilient.

Thank you for your service!

Sincerely,
Deborah D. Bouyer
Director, Marine Corps Community Services



Semper Fit

Daniels Family Fitness Center

- We have certified Personal Trainers
- We offer the Micro-Fit testing system at no charge. This fitness assessment program can determine your current level of fitness in 20 minutes
- We have a Nutritional Educator who can assist in menu planning to help meet your needs

High Intensity Tactical Training (H.I.T.T.)

- H.I.T.T. is offered for active duty and reserves only at Boyett Park Monday-Friday from 5:30 - 7:30 a.m. and 11 a.m. - 1 p.m. We also offer H.I.T.T. Level 1 and 2 certification training throughout the year

Thomason Gym

- We offer a variety of Intramural Sports throughout the year to include: football, basketball, softball, soccer, volleyball, dodgeball, and kickball

Helpful Hints

- Racquetball Court
- Bosma Skeet/Pistol Range is open with reservations only
- The base pool is open Memorial Day through Labor Day. We have lap swim, Aquatics Maximum Power -Intense training (AMP-IT), swim lessons, lifeguard certification, and private instruction
- The Single Marine Program (SMP) offers events, trips, volunteering, and fundraising opportunities monthly

Family Care Branch

Provides stability for military children through programs that reduce the impact of a mobile military lifestyle

Marine Corps Family Team Building (MCFTB)

Provides Marines and their families with the skills and tools necessary to fully embrace and enjoy their Marine Corps careers

Core Training Programs

- Family Readiness Program
- Readiness and Deployment Support
- Life Skills Training
- Lifestyle, Insights, Networking, Knowledge, and Skills (L.I.N.K.S.)
- Located within the Life Long Learning Center, Bldg. 7122

Children and Youth Programs

Provides child care and recreational programs for children 6 weeks to 18 years of age

Family Care Branch (cont.)

Child Development Center

- Offers nurturing, developmentally-appropriate care for children from 6 weeks to 5 years of age on full-time, part day, or drop-in basis
- Certified by the Department of Defense and accredited by the National Association for the Education of Young Children and the National Afterschool Association
- Professional preschool curriculum and learning programs, delivered by a highly-qualified staff, foster the social, emotional, physical, and intellectual growth of each child
- One FREE pre-kindergarten classroom (availability is first-come, first-served), funded by Bright from the Start, open to eligible children who turn 4 on or before September 1st of the current school year (limited capacity of 22 children)
- Located at Bldg. 7600

School Age Care

- Available for children from 5 to 12 years of age
- Certified by the Department of Defense and accredited by the Council on Accreditation
- Boys and Girls Club of America affiliate incorporating relevant learning, character, and leadership programs within daily curriculum
- Dynamic summer camp programs available during school breaks
- Activity calendar includes a busy schedule of field trips to local attractions, movies, bowling, and swimming
- Located at Bldg. 7600

Exceptional Family Member Program

- Assists Headquarters with assignment coordination to ensure enrolled families are stationed at a duty location that is able to provide special services for exceptional family members
- Ensures qualifying families have access to these services at all points during the transition process
- Provides social networking opportunities, support, and information pertaining to medical and educational needs
- Located within the Life Long Learning Center, Bldg. 7122

School Liaison Program

- Assists school-aged children with maintaining academic success during relocations
- School Shopping tours
- Provides a wide range of resources that facilitate successful school transitions for parents, students, schools, commanders and communities
- Located within the Life Long Learning Center, Bldg. 7122

Helpful Hints

- April is Month of the Military Child
- November is Month of the Military Family

Business Operations

Marine Corps Exchange (MCX)

- We offer five cents off each gallon of gas when you pay by cash or Military Star Card
- Price match guarantee and special orders

Information, Tickets and Tours (ITT)

- We offer discounted tickets to theme parks, sporting events, and NASCAR racing
- Hotel discounts! We make the reservations for you
- Customized vacations to meet your needs and budget
- Balloons and gift items for your special occasions
- Fresh flowers for Special Occasions

Outdoor Adventures

- Rental camping gear to include, canoes, campers, and trailers
- Rental party equipment such as tables, chairs, bouncy houses, coolers, water slides, and more
- Reservations may be taken 30 days in advance

Theater

- Movies are shown on Thursday, Friday, and Saturday at 7 p.m.
- Occasional Saturday children's movies at 1 p.m.

Auto Skills Center

- We offer state of the art equipment, five indoor bays, and an outside work area for Do-It-Yourself enthusiasts
- Comprehensive repair manuals are available along with assistance from our professional staff
- We offer minor repair services from tires and oil changes to radiator and air conditioning servicing
- Please contact the Auto Skills Center for a more complete list of services and pricing
- All Base employees are eligible to utilize this facility

Pin City Bowling Alley

- Available by reservation, to schedule call 639-5227

Helpful Hints

- The MCX has Western Union, UPS, and postage stamps
- The MCX is open on all Federal Holidays, excluding Thanksgiving and Christmas Day
- ITT hosts a Travel and Recreation Trade Show every March
- Is your vehicle fading in the south Georgia sun? Try out the paint booth at Auto Skills Center and your car will look brand new
- The theater and bowling center offer parties for any occasion

Food and Hospitality

Town and Country Restaurant and Catering

- Town and Country has a full catering menu to assist in planning events. Our staff can customize any menu to taste or budget
- We can provide catering services to any location on base (including housing) and package "To Go" food for off base residents
- We have rental items: warmers, linens, tables, chairs, and more. Patrons pick up/return items to Town and Country

Helpful Hints

- Short on Time? Call in your order for the Grill at 639-9490 during regular operating hours (debit/credit cards only)
- Daily \$5 specials in the Bar & Grill for lunch and dinner
- All \$5 specials offered on Saturdays
- Three facilities available for rental: SNCO Lounge, Officer's Club Conference Room, and Grand Ballroom
- We offer vouchers that can be paid in advance and used as a gift card to either one of our restaurants

Prices and Hours are subject to change without notice.

Marine & Family Programs

Lifelong Learning Center / Bldg. 7122

Assisting Marines and their families in the preparation, development, and achievement of personal and professional goals to help them succeed in life.

Education and Career Assistance

- Advisors are available to provide information and guidance on post-secondary schools, technical schools, and certificate programs
- Your point of contact for tuition assistance and testing (ASVAB, SAT, ACT, AFCT, DLPT, DLAB)

Personal Financial Management

- Classes and one-on-one counseling sessions on a wide range of financial topics: from home and car buying to investment in Thrift Savings Plans

Family Member Employment Assistance

- Assists military spouses and other dependent family members in a proactive approach to employment through career and skill assessments, job search guidance, resume writing workshops, educational guidance and referrals

Marine and Family Programs (cont.)

Transition Readiness

- Training includes Military Occupational Code (MOC) Crosswalk - how to translate military skills, training, and experience into civilian sector language
- Veteran's Affairs briefings. Learn what your benefits options are
- Department of Labor Employment Workshop
- Individual Transition Plans (ITP) - tailored plans to identify, organize, and execute your transition and post-separation goals
- Additional resources based on a personal assessment needs

Library Services

- Providing a balanced, unbiased collection of print, non-print, and virtual resources to support the life-long learning, enrichment, and recreational needs of the Marine Corps community

Information and Referral (I & R)

- Everything you need to know about arriving or departing MCLB Albany
 - ◊ Welcome Aboard Briefs and Checkouts
 - ◊ PCS Sponsorship Training
 - ◊ PCS Workshops
 - ◊ Installation/Community Specific Information
 - ◊ Retiree Affairs

Prevention, Education & Counseling Center / Bldg. 7260

Behavioral Health

Our goal is to keep Marines and their families mentally and emotionally strong

Community Counseling & Prevention

- Teaches stress management techniques, coping skills, and how to detect the early warning signs of distress
- Suicide Prevention programs and training
- Combat Operations Stress prevention and treatment to promote Marine Total Fitness

Substance Abuse

- Provides wellness oriented treatment and aftercare for individuals with substance abuse and dependency disorders, especially those which interfere with mission readiness and interpersonal functioning
Promote prevention through training and awareness

Family Advocacy Program

- Addresses child and domestic abuse within the Marine Corps Community through prevention, intervention, and treatment
- Counselors and Victim Advocates assist in protecting victims and supporting families
- Registered nurses offer parenting education and counseling to expectant parents and families with children up to 5 years of age

Marine and Family Programs (cont.)

New Parent Support Program

- The 'New Parent Support Program' is a professional team of nurses who provide supportive and caring services free of charge to Marine Corps families with children under six years of age.
- Home Visits - This service assists families during significant periods of their lives. Families are met in their home to provide a safe and familiar environment.
- Breast Pump Loaner Program - This program enables clients to use the Medulla breast pump for the duration of breast feeding. All supplies as well as training from a certified lactation counselor.
- Classes - These classes provide “hands on” information for parents to make informed, responsible decisions about their children’s needs.

Sexual Assault Prevention & Response

- Works to prevent and eliminate incidents of sexual assault through awareness, training, and education
- Provides essential support and care to victims, including Confidential Restricted Reporting, Unrestricted Reporting, crisis intervention, and resource referrals

Victim Advocate 24/7 Helpline (229) 347-2651
Sexual Assault 24/7 Helpline (229) 881-3883

Helpful Hints

- April is Child Abuse Awareness Month
- October is Domestic Violence Month as well as Red Ribbon Week
- Library Summer Reading Program begins a week after school is out and continues through the summer. Special craft and reading days for Valentine’s Day, Easter, Mother’s and Father’s Day

Human Resources

- We provide recruitment, services, and training for Non-Appropriated Fund (NAF) employees.
- We are located in the MCCS Main Office, Bldg. 3600.
- Human Resources and Training Information: <http://crossroads/MRG/Pages/HRMS.aspx>
- Applications are accepted online only for open positions.
- For job vacancies, please visit: <http://usmc-mccs.org/careers>
- For questions or issues applying, contact: albany.vacancies@usmc-mccs.org

Marketing Venues

Facebook

MCCS Website

Military Welcome Aboard Brief

Electronic Marquees

Flyers/Posters

Wildcards

Civilian Human Resources Employee Orientation

Previews at the Theater

MCCS Operating Hours

Auto Skills Center 229-639-5226

- Tuesday - Friday 11:30 a.m. - 7:30 p.m.
- Saturday 9 a.m. - 4:30 p.m.
- Sunday, Monday, and Federal holidays closed

American Clippers Barber Shop 229-432-9485

- Monday-Friday 7 a.m. - 5 p.m.
- Saturday 9 a.m. - 2 p.m.
- Sunday and Federal holidays closed

Bowling Center 229-639-5227

- Reservations only; must be made 1 week in advance

Child Development Center

229-639-5765

- Monday—Friday 6 a.m. - 6 p.m.
- Saturday, Sunday, and Federal holidays closed

Daniels Family Fitness Center

229-639-6234

- Monday-Friday 4 a.m.- 10 p.m.
- Saturday and Sunday 9 a.m. - 3 p.m.
- Federal holidays hours may vary

MCCS Operating Hours

Marine & Family Programs 229-639-5252 Bldg. 7260

- Monday-Friday 8 a.m.- 4:30 p.m.
- Saturday, Sunday, and Federal holidays closed
- ◇ Prevention & Education 229-639-7935
- ◇ Victim Advocate 229-639-8896
- ◇ Family Advocacy 229-639-7939
- ◇ Sexual Assault Response Coordinator 229-639-7938
- ◇ Substance Abuse Counselor 229-639-7941
- ◇ New Parent Support 229-639-6257

Marine Corps Exchange 229-888-6801

- Monday-Friday 8 a.m. - 7 p.m.
- Saturday, Sunday, and Holidays 10 a.m. - 6 p.m.
- Closed Thanksgiving and Christmas Day

Officer's Lounge 229-639-5571

- Wednesdays 4:30 - close.

OOHRAH CAFÉ - Near Bldg 1431

- Monday - Friday Breakfast 7 a.m. - 9:30 a.m.
- Monday - Friday Lunch 11 a.m. - 1:30 p.m.
- Closed Saturday, Sunday, and Federal Holidays

MCCS Operating Hours

Pool 229-639-5195

- Lap Swim (Active Duty only)
Monday - Friday 11 a.m. - 1 p.m.
- Recreational Swim (In season)
Tuesday - Friday 1-7:30 p.m.
Saturday – Sunday 11 a.m. - 7:30 p.m.
(open Federal holidays)

RV Park 229-639-5234

- Reservations and Information call 639-5234

SNCO Lounge 229-639-5571

- Thursdays 4:30 –close

Subway 229-432-5000

- Monday - Friday 7 a.m. - 7 p.m.
- Saturday 9 a.m. - 6 p.m.
- Sunday and Holidays 10 a.m. – 6p.m. (Closed Thanksgiving and Christmas Day)

Theater 229-639-5166

- Thursday, Friday and Saturday - 7 p.m.
- Occasional Saturday Matinee's at 1 p.m.
- Movie schedule listed at www.mccsalbany.com

Thomason Gym 229-639-5246

- Monday – Thursday 6:00 a.m. - 7 p.m.
- Friday 6:00 a.m. - 4 p.m.
- Saturday, Sunday 9 a.m. - 3 p.m., Federal holiday hours may vary

MCCS Operating Hours

Town & Country Restaurants 229-639-5571

- **Restaurant**

- ◇ Monday-Friday 11 a.m. - 2 p.m.
- ◇ Saturday and Sunday closed

- **Pin City Bar and Grill-229-639-9490 (call in orders)**

- ◇ Breakfast: Monday - Friday 7- 9 a.m.
- ◇ Lunch:
 - Monday-Friday 11 a.m. – 2 p.m.
 - Saturday 11:30 a.m. - 3 p.m.
- ◇ Dinner: Tuesday-Friday 5-7 p.m.
- ◇ Sunday, Monday, and Federal Holidays closed

Wings & More Café Bldg 2248 229-639-6461

- Monday - Saturday Breakfast 6:30 a.m. - 10:00 a.m.
- Monday - Friday Lunch 11:00 a.m. - 1:30 p.m.
- Closed Sunday, and Federal holidays

