

MCAS Yuma EFMP...December 2025...Newsletter

...Exceptional News For Exceptional Families...



Wishing you and your
family a bright and
merry holiday season.

-EFMP Staff-



Monday thru Friday
8:00 am to 4:30 pm
Building 693-Hart Street
Phone: 928.269.2949

Email: yumaefmp@usmc.mil

For the latest on our upcoming events
please like and visit our
MCCS Yuma EFMP Facebook Group Page
by scanning the QR Code.



🧩 Connection Support Club 🧩

This is an open forum discussion
for patrons to come together to talk
about related issues.

This months topic
"Holiday Travel Tips for
families with Special Needs"
Wednesday December 10, 2025
4:30 pm to 6:30 pm
Sunset Lanes
Registration Required
by calling 928.269.5233





MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons
borrow~grow~return



Kids only, no adults allowed!
This makes for the perfect "top secret" hangout for your child and their best pals. This tent features doors that can be tied back with hook and loop and No-See-Um mesh allows for ventilation while keeping unwanted guests (i.e. Bugs) at bay. There's also a tunnel port for little ones to crawl through .

STOP by and visit our Library today!
We have a wide variety of items available for
COMPLIMENTARY 2 week check-out.
Please note that all items must be returned
cleaned and in good condition.



MAINTAINING FAMILY PEACE DURING THE HOLIDAYS

MCCS Yuma FAP
928.269.6561



It is very common to feel both stress and excitement while celebrating with family and friends during the holidays. Sometimes our expectations and striving for holiday perfection result in disappointment.

HERE ARE FIVE TIPS FOR LOWERING STRESS AND FINDING PEACE THIS HOLIDAY SEASON:



SET REALISTIC EXPECTATIONS

Consider priorities for the upcoming holidays and plan accordingly. Stick to your budgets, practice gratitude, and be flexible if your plans have to change.



KNOW WHAT MIGHT CAUSE FRUSTRATIONS

Are there topics to avoid at gatherings? Feeling pressured to attend multiple family events? Short on money? Pay attention to your mood, practice self-care for balance, and try creative gift giving ideas like offering to babysit.



KNOW HOW TO COPE WITH HOLIDAY STRESS

Talk to a friend, take a walk, or practice deep breathing. Have a plan to deal with stress before it happens.



MAINTAIN HEALTHY HABITS

Make sure to get plenty of rest, exercise, and eat well. When stressed, people lose sleep, eat too much, or do not eat enough.



SET HELPFUL BOUNDARIES

Discuss boundaries with loved ones. Try to set aside personal differences and accept people as they are. Contact a counselor for additional support or information if needed.

FOR MORE INFORMATION AND SUPPORT, CONNECT WITH YOUR INSTALLATION'S FAMILY ADVOCACY PROGRAM



EFMP Exceptional Family Member Program

December Events...

EFMP has complimentary admission tickets to the children's museum YUMA COUNTY for children under 18. Stop by the EFMP Office-Building 693 to pick up your tickets today! (while supplies last)

That's a WRAP!

Fri, Dec 5...Thurs, Dec 18...Mon, Dec 22...9:00 am to 3:00 pm
Marine Corps Family Team Building...Building 598

Gift yourself time to wrap your presents.

Join Marine Corps Family Team Building for a Jolly Good Time.

Wrapping paper, bows, ribbon, tape and gift bags will be available while supplies last.

This event is open to all Active Duty and their families.



Child & Youth Programs-Friday Night Care Friday December 5, 2025...6:00 pm to 12:00 am

Children must have a current CYP Registration Packet and Immunization records on file to attend. Care is open to all Active Duty families and DoD employees. Reservations can be made up to 2 weeks in advance.

AGE: 6 weeks to 12 years...Pricing: \$8 per child, per hour.

For more information, or to make reservations, please call CYP Resource & Referral at 928.269.3251/3234.

EFMP Holiday Party

Wednesday December 10, 2025...4:30 pm to 6:30 pm...Sunset Lanes

The best way to spread holiday cheer is rolling strikes for all to hear!

Enjoy complimentary bowling and chicken strip baskets.

This is a FREE event and open to all MCCS Patrons.

Don't Miss out on the fun!

Registration is required by calling 928.269.2949

Limited spaces available.



MCFTB Family Series...Hot Cocoa and Holiday Fun Thursday December 11, 2025...5:00 pm to 7:00 pm Marine Corps Family Team Building 598

Join Marine Corps Family Team Building for a night of holiday games and hot chocolate!

Registration required, for more information contact 928.269.6550.



Scan QR code

"Oatmeal Butterscotch Muffins"

This is another family favorite, a wonderful holiday treat.

Ingredients

- 2 cups old-fashioned oatmeal or quick oats.
- 1 1/3 cups buttermilk-how to substitute buttermilk:
<https://www.bing.com/search?q=how+to+substitute+buttermilk&form=ANNNB1&ref=690500cab28b4278bf1d5c8b0dfdcc11&pc=U531>
- 3/4 cup brown sugar
- 1/2 cup melted butter, cooled (1/4 pound)
- 2 eggs, slightly beaten
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup butterscotch chips



Directions

1. In a large bowl, combine oats, buttermilk and brown sugar. Set aside and let stand for 1 hour.
2. Preheat oven to 400 degrees.
3. Spray muffin tins with nonstick cooking spray.
4. Combine melted, cooled butter and eggs. Add to oat mixture.
5. Sift flour, baking powder, salt and baking soda.
6. Add dry ingredients to oat/egg mixture.
7. Stir to combine.
8. Stir in butterscotch chips.
9. Pour batter into prepared pans.
10. Bake for 15-20 minutes or until tops spring back when touched.
11. Remove from pan and cool a bit before serving (these freeze well).