



MARSOC is a lifestyle

Just like being a Marine, MARSOC is a lifestyle. The mission is important and ever-changing. It can be a big commitment. If your Marine is considering a move to MARSOC, you may have some questions. But with preparation and good communication, your family can adjust to and thrive in the MARSOC community.

Still have questions?

How much time will my Marine spend away from home?

Operational tempo can vary widely depending on the mission your Marine's team is performing. A MARSOC Marine trains—sometimes away from home—to prepare for deployment and to ensure mission success. There is no “typical deployment,” but most pre-deployment training is 10-12 months followed by a 6-9 month deployment. After a deployment, time with family is a command priority for MARSOC Marines.

Throughout your Marine's career at MARSOC he will have the opportunity to break up his operational tempo with schools and non-deployable billets.

Will I know where my spouse is going?

MARSOC deploys Special Operators throughout the world as needed. MARSOC has a great community support system for families while their Marine is deployed, with several programs devoted to keeping families up to date with as much knowledge as possible on the location and status of their Marine.

What will my Marine do on his deployments?

MARSOC carefully screens, selects and trains special operators to perform specialized missions throughout the world.

Your Marine will operate in a small, highly-skilled and immaculately-trained team of Marines. MARSOC teams are bound by trust and cohesion and work effortlessly together—giving them an advantage over many military units.

Here are some basic facts about MARSOC family programs:

MARSOC is a team that takes care of its own.

Marines are our most important resource. We take excellent care of them, providing world-class training to prepare Marines for deployments, including dealing with stress. MARSOC looks out for Marines' physical, psychological, and spiritual needs with a cadre of fitness trainers, nutritionists, medical personnel, psychologists and chaplains dedicated to the total well-being of the Marines of MARSOC.

MARSOC families are part of the team.

Flexibility, trust, and communication hold a MARSOC family together. As a spouse, you may find yourself taking on new responsibilities. Trust your ability to keep yourself and your family happy and healthy while your Marine is serving. You are a full and active part of your family—and of MARSOC. Families who take advantage of MARSOC's resources and spouse network can thrive.

MARSOC puts family first.

MARSOC supports a robust network of Family Readiness Officers (FROs) and volunteers who provide support for families, whether it be a spouse, parent, or significant other. MARSOC has tools to support and help you—and help you support your Marine. No question is too small for the FROs or MARSOC counselors.

In the MARSOC family, someone who's been where you are is never more than a phone call away.

For more info and resources, visit or call

<http://www.marsoc.marines.mil/UnitHome/FamilyReadiness.aspx>

MARSOC Family Readiness (910) 440-0779

MARSOC recruiting 1-800-93-MARSOC

