



Fleet and Family Support Center Naval Support Activity Bethesda June Events 2017

Building 11, Room 111 Mon-Fri 7:30-4:00



Mon	Tue	Wed	Thu	Fri
			1 Conflict Resolution 9-10:30pm Resume Writing for Military Spouses 10-12pm	2 Return & Reunion Brief 12-3pm
5 Job Search Strategies For Military Spouses 10-12pm	6 Pre-Deployment Brief 9-12pm Car Buying Workshop 10-12pm	7 Interview Skills For Military Spouses 10-12pm	8 Women, Infants, and Children (WIC) 9-12pm	9
12 Scream Free Couples (part 1) 12-2pm	13 Sponsorship Training 9:30-11am	14 BEAMS-Building Effective Anger Management (part 1) 9-12pm New Spouse Orientation 10-12pm Thrift Savings Plan (TSP) 10-12pm	15	
19 Scream Free Couples (part 2) 12-2pm	20	21 BEAMS (part 2) 9-12pm Boots to Business: Entrepreneurial Workshop 8:30-4pm	22 Deployment Support Group 6-7pm	23
26 Scream Free Couples (part 3) 12-2pm	27 Effective Communication 1-2:30pm	28 Happiest Baby on the Block 10-12pm		

Ongoing Classes:

VFW Medical Records Review for VA Benefits: Appointment Required. Tues - Fri 8:30-3pm

Transition GPS: This week long seminar is designed to prepare service members for their transition to civilian life. If you are SEPARATING within 12 months, or RETIRING within 24 months please call to register.

For more information or to sign-up call (301) 319- 4087 or email usn.bethesda.nsabethesdamd.list.NNMC.FFSC@mail.mil

Building Effective Anger Management- An interactive workshop that teaches techniques for reducing and managing anger. Must attend both classes and certificate is awarded for completion of the 6 hours.

Conflict Resolution: Every conflict, every negotiation ; even one that has been stuck for a while has opportunity for resolution. Learn simple techniques to reduce tension and resolve conflict at home or work

Effective Communication: Helps participants use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication

Scream Free Couples: This video and discussion group will focus on calming down and getting closer in your relationship. Partner can't come? Do it for yourself! It only takes one person to make a positive changes in themselves and in their relationships.

Happiest Baby On The Block: This 2 hour class is based on the best-selling parenting book and DVD, The Happiest Baby on the Block by pediatrician and child development expert Dr. Harvey Karp. This class

provides participants with the necessary tools to calm a crying baby. Come receive step by step instruction and practice the 5S's to soothe crying so your baby-and you-can sleep longer.

Women, Infants, and Children (WIC): Are you a pregnant woman, new mother, or have infants and children under age 5 and live in Montgomery or Prince George's County? The FFSC is partnering with the Community Clinic, Inc., WIC program to answer any questions/pre-certify you for participation in the WIC program.

Hearts Apart Lunch Connection: Geographical separation networking group, at Main Street Café.

Return and Reunion: Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

Pre-deployment brief: Designed to assist the IA service member in preparing for their deployment, presenters will focus on emotional, legal, financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

Car Buying Workshop: This class goes beyond how to pick the right car to how to get the right deal. This class will help you avoid the tricks and traps of today's car

buying maze. Learn how to research, shop, negotiate and finalize a car deal that is right for you.

Thrift Savings Plan (TSP): Learn details about the Thrift Savings Plan (TSP). How to set it up, how to make an investment selection, and how to manage it.

Women's Empowerment Group: This group provides the tools to develop a healthier sense of self. Our empowerment group will strengthen and build confidence, gives women the ability to exercise assertiveness, positive thinking, improves personal development, increase self-image, self-determination, autonomy, and assist with overcoming stigma, and feeling powerlessness. This group is open to all service members, federal employees, contractors, retirees, reservists and family members. Registration not required, but preferred.

Sponsorship Training: Learn important skills and resources to ease the transition of service members and their families as they move.

Boots to Business Entrepreneur Workshop: Is small business ownership for you? This 2-day workshop is offered in collaboration with the U.S. Small Business Association and DOD. If you have the passion and the drive to start a business, this intensive training workshop is a perfect fit for you

CAPSTONE: Bldg. 11 Required of all transitioning military within 90-120 days of separation. Call to schedule your appointment.

Interview Skills for Military Spouses: Interviewing is a key step in getting a job; learn how to conduct yourself prepare, communicate, dress, and other valuable information.

Job Search Strategies for Military Spouses: Design strategies and techniques for conducting an effective job search.

New Spouse Orientation: For new military spouses to support their entrance and ease their transition to the military

Resume Writing for Spouses: improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

All Active Duty military, Wounded Warriors, NMAs, Dependents, Retirees, Reservist, and DoD Civilians are eligible to participate in programs.

*some exception may apply

For more information or to register, please call (301) 319-4087 or email
usn.bethesda.nsabethesdamd.list.NNMCFFSC@mail.mil