



Military and Family Support Center Naval Support Activity Bethesda

JANUARY 2024



The Fleet & Family Support Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2	3	4 Pre-Deployment Brief 9am-12pm DoD SkillBridge 11am-12pm	5
8 TAP 8am-4pm	9 TAP 8am-4pm Sponsorship Training 9-11am Job Search & Interviewing Skills 10am-12pm	10 TAP 8am-4pm New Year's Resolutions 930-1030am	11 DoL Employment Track 8am-4pm Return & Reunion Brief 9am-12pm Developing Your Spending Plan 1-2pm	12 DoL Employment Track 8am-4pm
15 	16 Resume Writing 10am-12pm	17 Time Management 930-1030am	18 DoD SkillBridge 11am-12pm	19
22 40-Hour Initial SAPR Victim Advocate Training 730am-430pm TAP 8am-4pm	23 40-Hour Initial SAPR Victim Advocate Training 730am-430pm TAP 8am-4pm	24 40-Hour Initial SAPR Victim Advocate Training 730am-430pm TAP 8am-4pm	25 40-Hour Initial SAPR Victim Advocate Training 730am-430pm DoL Vocational Track 8am-4pm	26 40-Hour Initial SAPR Victim Advocate Training 730am-430pm DoL Vocational Track 8am-4pm
29 Pre-Separation Counseling 9-11am Goal Setting 1-2pm	30	31 		

For more information or to sign-up for a class, please call (301)319-4087.

Military and Family Support Center, NSAB Building 11, Room 111

Open Monday to Friday, 7:30 AM — 4:00 PM

Pre-Deployment Brief

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

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.

DoL Employment Track

A comprehensive two-day curriculum that covers emerging best practices in career development. The workshop is engaging and relevant in light of the unique challenges facing transitioning service members. Service members receive vital skills in this DoL-led work-shop, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

DoD Skill Bridge Program

Discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.

DoL Vocational Track

Boots to Business (B2B) is an entrepreneurial education and training program offered by the US Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program. The curriculum includes steps for evaluating business concepts, the foundational knowledge required to develop a business plan and information on SBA resources available to help access start-up capital and additional technical assistance.

Pre-Separation Counseling

Pre-Separation Counseling provides a lot of information on the many benefits, services, resources, and programs available during and after transition. This guide provides you with the basic information including hyperlinks, to start you on your journey and research programs that may be beneficial to you as you transition. Knowing about these benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty.

Job Search Strategies and Interviewing Skills

Interviewing is a key step in getting a job. Learn how to conduct yourself, communicate, dress, and other valuable information.

Resume Writing

Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

Navy Spouse in Transition

Are you a Military Spouse who's service member will be getting out of the military? This class will go over transition from the military to civilian life and all that it entails.

New Year's Resolutions

New Year, New Life. Showcases letting go of mistakes from the past while embracing the future.

Time Management

Determine what's urgent, what's important, and what can safely be put on the back burner for another day.

Goal Setting

Let's make positive goals for the New Year! This class focuses on self-motivating strategies to work towards accomplishing the goals one sets for themselves.

40 Hour Initial SAPR Victim Advocate Training

Mandatory for individuals providing support to victims of sexual assault. Content: Learning characteristics of offenders and victims, risk factors, victim care, and understanding the function of the Navy SAPR program. Candidates need to complete Certification after training and received certification before serving as a SAPR VA.

Smooth Move Training

Provides information to relocating service members and their families with PCS orders within CONUS.

Sponsorship Training

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

Developing Your Spending Plan

Take control of your spending. Make a plan.

Transition: 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. Pre-separation briefings are held on day 1 of the TAP class.

Capstone: Required for all transitioning service members within 90-120 days of separation.

Credit Can Be Both Good and Bad

Credit can be a valuable part of your long-term financial plan. It can help you make large purchases that would be difficult to pay for with cash, like a new vehicle, a home, or a college education. However, credit can also be dangerous if misused. It can cost you a lot of money, increase your stress, and even damage your career if you can't get or keep security clearances as a result of a poor credit.

Understand how credit works and get tips in this handout: <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Understanding%20Credit%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@health.mil.

All active-duty military, wounded warriors, NMAs, dependents, retirees, reservist, and DoD civilians **are** eligible to participate in programs.

For more information or to register, please contact us at (301)319-4087 or usn.bethesda.nsabethesdamd.list.NNMC-FFSC@health.mil.

some exceptions may apply