



# Fleet and Family Support Center Naval Support Activity Bethesda February Events 2019



Mon	Tue	Wed	Thu	Fri
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	<b>February is Teen Dating Violence Awareness Month!</b> Please join us for "Brown Bag" Lunch and Learns at FFSC every Tuesday in February.			
4	5	6	7	8
<b>Hearts Apart Meeting</b> 12-1 pm	<b>Pre-deployment Brief</b> 9 am-12 pm <b>Car Buying</b> 10 am-12 pm <b>Scream Free Couples (Part 1)</b> 12-2 pm		<b>WIC</b> 9 am-12 pm	
11	12	13	14	15
<b>Resume Writing</b> 10 am-12 pm  <b>Effective Communication</b> 1-2:30 pm	<b>Sponsorship Training</b> 9:30-11:30 am  <b>Scream Free Couples (Part 2)</b> 12-2 pm	<b>Job Search Strategies</b> 10 am-12 pm	<b>Infant Care</b> 9-11 am <b>Finance for Couples</b> 10 am-12 pm <b>Return &amp; Reunion Brief</b> 12-3 pm	
18	19	20	21	22
<b>Center Closed in observance of President's Day</b>	<b>Interviewing Skills</b> 10 am-12 pm  <b>Scream Free Couples (Part 3)</b> 12-2 pm	<b>New Spouse Orientation</b> 10 am-12 pm  <b>Boots to Business (2 days)</b> 8 am-4 pm	<b>BEAMS (Part 1)</b> 9 am-12 pm <b>Deployment Support Group</b> 12-1 pm	
25	26	27	28	
<b>Resume Writing</b> 10-12 pm	<b>Building Healthy Relationships</b> 10-11:30 am	<b>Job Search Strategies</b> 10 am-12 pm <b>Happiest Baby on the Block</b> 10 am-12 pm  <b>Million Dollar Service Member (2 days)</b> 8 am-3 pm	<b>BEAMS (Part 2)</b> 9 am-12 pm <b>Interviewing Skills</b> 10 am-12 pm	

**FFSC Building 11, Room 111      Monday-Friday 7:30 am-4 pm**

**Ongoing Classes:**

**Men's Group:** Every Tuesday 9-11 am

**Women's Empowerment Group:** Every Thursday 9:30-11:30 am .

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

**Pre-separation Briefings** are held in Building 17A , 2nd Floor, Room 2025 every other Thursday at 8:30 am.

**Capstone:** Required of all transitioning military within 90-120 days of separation.

**For more information or to sign-up call (301)319- 4087.**

**Credit Management:** Are you looking for answers to basic consumer credit management? Are you looking to buy a car or home? Have you experienced trouble with credit debt in the past and you're trying to clean it up? Are you aware that your security clearance, employment and car insurance may be impacted by your credit report and credit score? Come find out how your use of credit is impacting your financial life in the Credit Management class.

**Consumer Awareness:** The Consumer Awareness workshop will teach you how to be a savvy consumer. Participants will learn three key elements for becoming a knowledgeable consumer, avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

**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.

**Transition Benefits Brief:** Active Duty & Reservists will learn about available post-separation/retirement healthcare options, Financial planning strategies, & Details about the Survivor Benefit Program

**Accessing Higher Education:** Accessing Higher Education (AHE) guides and assists service members pursuing college education with preparation for the college application process. This course will guide you through the variety of decisions involved in choosing a program, preparing for the college admissions application process, and securing funding. The expected outcome is that participants will create a customized plan for successful transition to a higher education institution.

**Men's Group-United for Change:** DV anger management and behavior change group -Command supported for 26 weeks

**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.

**Men's Support Group-Fix My Life:** Trauma group designed specifically for men who are victims of DV

**Couples Communication:** 6 weeks couples communication workshop dealing with conflict, agreement and commitment.

**Self Discovery Book Club:** Discussion group focusing on daily life stressors for self improvement and personal growth.

**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.

**Infant Care:** This 2 hour class prepares parents to understand their baby's needs. This class includes information about newborn appearance, newborn safety, immunizations, feeding, diapering, swaddling, and infant soothing techniques.

**Infant Massage:** Learn to calm and soothe your baby through nurturing touch. For parents, care-givers and their babies up to one year of age.

<https://www.apps.capmed.mil/PrenatalClasses/Default.aspx>

**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.

**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.

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

**Hearts Apart Group:** For Spouses with extended TDY/members unaccompanied restricted deployments.

**SAPR Refresher Course:** This is an all-day training for certified Victim Advocates. CEU's are provided during these refresher courses to stay up-to-date and to allow for continued credentialing.

**SAPR POC Training:** This is an all-day training for certified Victim Advocates and POCs. Come learn how to facilitate annual training for your command.

**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  
[usn.bethesda.nsabethesdamd.list.NNMCFFSC@mail.mil](mailto:usn.bethesda.nsabethesdamd.list.NNMCFFSC@mail.mil)**

**Regrets and Resolutions:** New Year, New Life. Showcases letting go of mistakes from the past while embracing the future.

**BEAMS:** This 6 hour class which is divided into two interesting and interactive three hour sessions, will help you better understand and manage your anger.

**Scream Free Parenting:** This video and discussion group will help parents learn how to: discipline without yelling and communicate more positively.