



Fleet and Family Support Center Naval Support Activity Bethesda April Events 2019



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Resume Writing 10:00-12:00</p> <p>Hearts Apart 12:00-1:00</p>	<p>2</p> <p>CAPM Proclamation Signing 10:00 USO</p>	<p>3</p> <p>Scream Free Parenting (Part1) 9:00-11:30</p> <p>SAPR Proclamation Signing USO 9:30</p>	<p>4</p> <p>WIC 9:00-12:00</p> <p>Pre-deployment Brief 9:00-12:00</p>	<p>5</p>
<p>8</p> <p>Resume Writing 10:00-12:00</p> <p>Balancing Work and Family Life 1:00-2:30</p>	<p>9</p> <p>Sponsorship Training 9:30-11:30</p> <p>Thrift Savings Plan 10:00-12:00</p> <p>CAPM Brown Bag Lunch and Learns Every Tuesday 12:00-1:00</p>	<p>10</p> <p>Scream Free Parenting (Part2) 9:00-11:30</p> <p>What's the Tea 10:30-12:00 USO</p>	<p>11</p> <p>New Spouse Orientation 10:00-12:00</p>	<p>12</p> <p>Developing Your Spending Plan 9:00-11:00</p> <p>Interviewing Skills & Job Search Strategies 10:00-12:00</p>
<p>15</p> <p>Resume Writing 10:00-12:00</p>	<p>16</p> <p>Infant Massage 1:00-3:00</p>	<p>17</p> <p>Scream Free Parenting (Part3) 9:00-11:30</p> <p>Catharsis 10:00-12:00</p> <p>Raising Financially Fit Kids 11:00-1:00</p>	<p>18</p> <p>Return and Reunion 12:00-3:00</p>	<p>19</p> <p>Relaxation Station 8:00-12:00</p> <p>Saturday April 20th is the Eggstravaganza MWR Sports Complex 11:00-2:00</p>
<p>22</p> <p>Resume Writing 10:00-12:00</p> <p>Effective Communication 1:00-2:30</p>	<p>23</p> <p>Infant Massage 1:00-3:00</p>	<p>24</p> <p>Happy Baby 10:00-12:00</p> <p>Denim Day 11:30-1:00 Bldg. 1</p> <p>Accessing Higher Education (2days) 8:00-4:00</p>	<p>25</p> <p>Deployment Support Group 12:00-1:00</p>	<p>26</p> <p>Interviewing Skills & Job Search Strategies 10:00-12:00</p> <p>Saturday April 27th SAAPM Relay Event 8:00- MWR Sports Complex</p>
<p>29</p> <p>Resume Writing 10:00-12:00</p>	<p>30</p> <p>EFMP Symposium 9:00-12:00</p>		<p>April is Month of the Military Child, Child Abuse Prevention Month and Sexual Assault Prevention Month. Many events will take place around the installation all month long! For more information call 301-319-4087.</p>	

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

Ongoing Classes:

Men's Group: Every Tuesday 9:00-11:00am

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

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. **Pre-separation Briefings** are held in Building 17A 2nd Floor , Room 2025 every other Thursday at 0830. **Capstone:** Required of all transitioning military within 90-120 days of separation.

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

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

Developing Your Spending Plan: Our Basic Budgeting Workshop provides education for identifying and developing money management skills necessary for achieving financial success.

Raising Financially Fit Kids: At the heart of teaching children about money are the financial behaviors of their parents. This program focuses on parent's financial skills, habits and values. Participants will explore their own financial management skills and learn techniques to teach their children sound financial habits.

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.

Accessing Higher Education 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.

Child Abuse Prevention Month Brown Bag Lunches will be held every Tuesday during the month of April beginning April 9th. The topics are:

Tuesday, April 9, 2019

Topic: What is Child Abuse & Neglect: Signs and Prevention
1200-1300

Tuesday, April 16, 2019

Topic: The Effects of Child Abuse on young children
1200-1300

Tuesday, April 23, 2019

Topic: Shaken Baby Syndrome
1200-1300

Tuesday, April 30, 2019

Topic: Reporting Child Abuse and Neglect on the Military Installation (NSAB)
1200-1300

EFMP Symposium: Resource fair for EFMP families.

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

Relaxation Stations: Give yourself 15 minutes in a soothing environment to just breathe. You and your customers will be better for it. Call us to have a station set-up in your workplace!

Balancing Work and Family Life: This session will help identify strategies to fulfill work, home and self-obligations.

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.

Happy Baby: This two hour 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.

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

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.

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.

What's the Tea?: For Military Spouses, discussing what the SAPR program is, who can utilize us, how they can contact us, etc. as well as answer any and all questions related to sexual assault.

Denim Day: Wearing jeans on Denim Day has become a symbol of protest against erroneous and destructive attitudes about sexual harassment, abuse, assault and rape. In this sexual violence prevention and education campaign we ask community members, elected officials, businesses and students to make a social statement with their fashion statement by wearing jeans on this day as a visible means of protest against the misconceptions that surround sexual violence. Please join the SAPR/SHARP Team by wearing denim!

Catharsis: Creating a culture of stepping up and stepping in. A new conversation designed for today's service members.

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