



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



Mon	Tue	Wed	Thu	Fri
 4 Hearts Apart Group 12:00-1:00 Time Management 1:00-2:30	5 Resume Writing 10:00-12:00	6 Building Effective Anger Management Skills (BEAMS) 9:00-12:00 Job Search Strategies 10:00-12:00	7 WIC 9:00-12:00 Pre-deployment Brief 9:00-12:00	1  8
11  VA 40 Hour Class this week 7:00-5:00	12 Sponsorship Training 9:30-11:30 Resume Writing 10:00-12:00 Return and Reunion 12:00-3:00	13 BEAMS 9:00-12:00 Job Search Strategies 10:00-12:00	14 Planning for Military Retirement 10:00-12:00	15
18 Suicide Prevention 9:00-10:30	19 Federal Resume Writing 10:00-11:00	20 Transition Benefits Brief 9:00-2:00 Understanding FERS for New Federal Employees 10:00-12:00 Career Exploration and Planning (2days) 8:00-4:00	21 22 	
25 Conflict Resolution 9:00-10:30	26 New Spouse Orientation 10:00-12:00 Deployment Support Group 12:00-1:00	27 Happy Baby 10:00-12:00	28 Interviewing Skills 10:00-12:00	29

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

Planning for Military Retirement: Learn details about the Survivor Benefit Plan (SBP). What it is. How to decide which options to choose. How to protect your loved ones after you are gone.

Understanding FERS for Federal Employees: Bring your lunch and get a basic overview of your health, life, dental, vision, TSP and flexible spending account. Learn specifics on life insurance options and long term care plans.

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

Career Exploration and Planning: Conducted by the Department of Labor, this class assists service members in transitioning to civilian life, while navigating through the choices and decisions involved in selecting a technical career. Participants will receive assistance in identifying required credentials and investigating training options to pursue those qualifications. During CTTT, participants will define their personal technical career goals; identify required credentials; find technical training opportunities; identify local Veteran resources; and create a plan to utilize their VA education benefits.

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.

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.

SAPR 40 VA Class- 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.

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.

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

Suicide Prevention: Identify suicide warning signs, how to respond and resources to support anyone who may be contemplating suicide.

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.

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