



Military and Family Support Center Naval Support Activity Bethesda



The
Fleet & Family Support
Center

October



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 DVAM: Flower Wall Project for Victims/ Survivors of Domestic Violence 10am-12pm
5 E- TAP 8am-4pm	6 E- TAP 8am-4pm Sponsorship Training 9-11am (VIRTUAL) Deployment Support Overview 9am-12pm	7 E- TAP 8am-4pm How's Your Credit 10-1045am (VIRTUAL) Job Search & Interviewing Skills 10am-12pm Effective Communication 1-230pm	8 Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL)	9
12 	13 DoD SkillBridge 12-1pm (HYBRID)	14 Resume Writing 10am-12pm Conflict Resolution 1-2pm	15 DoL Employment Track 8am-4pm DVAM: Clothesline Project—Painting T-Shirts 10am-12pm ABC's of EFMP 11am-12pm (VIRTUAL)	16 DoL Employment Track 8am-4pm
19 TAP 8am-4pm	20 TAP 8am-4pm Smooth Move 9-11am (VIRTUAL) Return & Reunion Brief 9am-12pm	21 TAP 8am-4pm	22 My Education 8am-4pm	23 My Education 8am-4pm
26	27 Pre-Deployment Brief 9am-12pm DoD SkillBridge 12-1pm (HYBRID)	28 FAP Overview Brief 12-1230pm SAIL Brief 1230-1pm	29 DVAM: Canvas for a Cause 10am-12pm EFMP Grounds for Discussion 11am-12pm (VIRTUAL)	30

For more information or to register, please contact us at (301) 319-4087
or MFSCBethesda@us.navy.mil.

Open Monday to Friday, 7:30 am - 4:00 pm

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

some exceptions may apply



ABC's of EFMP (VIRTUAL)

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Bethesda's EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program.

Command EFMP Point of Contact (POC) Training (VIRTUAL)

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP.

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.

Deployment Support Overview

Military deployment support covers resources, counseling, and logistical guidance provided to service members and their families across the four deployment phases: pre-deployment, deployment, post-deployment, and reintegration.

DoD SkillBridge (HYBRID)

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 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 workshop, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

Domestic Violence Awareness Month (DVAM):

Flower Wall—The flower wall is a public art memorial symbolizing survival, healing, and remembrance of domestic violence. Please join us as we welcome the service members and their families, reservists, contractors, and civilians to join us in the creation of the flower wall to bring awareness and promote resilience honoring our survivors of domestic violence. All materials will be provided for this project. Photos are welcome to be added to the flower wall. The flower wall will serve as a visual reminder that our loved ones of domestic violence will never be forgotten.

Clothesline Project—T-shirts will be provided for participants to decorate for visual display in honor of survivors' victims of domestic violence to raise awareness, break the silence, celebrate their strength, and to educate the public. The participants will create their own personal artwork sharing their own stories through their art which will be displayed for the month of October and then given to the participants.

Canvas for a Cause—Create your own personal canvas painting in recognition of Domestic Violence Awareness Month. All materials will be provided for this project at no charge. These paintings will be yours to keep following the event.

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.

EFMP Grounds for Discussion (VIRTUAL)

Find community and support with other EFMP families of those with chronic illness or disability. Coffee, Tea and light snack provided. **Last Thursday of every other month

FAP Overview Brief

The Family Advocacy Program (FAP) provides clinical assessment, treatment and services for service members, their intimate partners, and family members involved in allegations of domestic abuse and child abuse. The goal of the Family Advocacy Program is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice healthier behaviors. The FAP provides a variety of interventions and treatment services to meet the needs of individuals and families. It provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate.

How's Your Credit?

Review and improve your credit

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.

My Education

My 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.

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.

Resume Writing

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

Return and Reunion Brief

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.

SAIL Brief

Sailor Assistance and Intercept for Life (SAIL) is a voluntary program that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a linkage between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery. SAIL is designed around a series of caring contacts within the first 90 days after an SRB, the period of highest risk.

Smooth Move (VIRTUAL)

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

Sponsorship Training (VIRTUAL)

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

Transition (TAP): This week-long seminar is designed to prepare service members for their transition to civilian life. If you are **SEPARATING** within 12 months, or **RETIRED** within 24 months, please call to register. Pre-separation briefings are held on Day 1 of the TAP class.

Executive TAP (E-TAP): Open only to O-4, E-8, WO-4 and above.

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

PFM Two Cents: Spending Plan Worksheet

Need to reconsider your spending and budgeting habits? Use this worksheet to record your cash flow this month, then use the information to help you plan next month's cash flow.

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Spending%20Plan%20Worksheet%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.