Military & Family Support Center

NOVEMBER

The Fleet & Family Support Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Pre-Separation Counseling Brief** 9-11am	**3** **Sponsorship Training** 9-11am **Job Search & Interviewing Skills** 10am-12pm **DoD SkillBridge** 12-1pm (HYBRID)	**4** **Develop Your Holiday Spending Plan** 12-1245pm	**5** **BEAMS** 10am-12pm	**6**
9 **Return & Reunion Brief** 9am-12pm	**10** **Resume Writing** 10am-12pm	**11** 	**12** **Command EFMP POC Training** 10-11am (VIRTUAL) **BEAMS** 10am-12pm	**13**
16 **TAP** 8am-4pm	**17** **TAP** 8am-4pm **DoD SkillBridge** 12-1pm (HYBRID)	**18** **TAP** 8am-4pm **Ombudsman Quarterly Advanced Training** 9-10am (VIRTUAL)	**19** **DoL Vocational Track** 8am-4pm **ABC's of EFMP** 11am-12pm (VIRTUAL)	**20** **DoL Vocational Track** 8am-4pm
23 **Pre-Deployment Brief** 9am-12pm	**24** **Hands-On Baby Care** 12-2pm	**25** **FAP Overview Brief** 12-1230pm **SAIL Brief** 1230-1pm	**26** 	**27**
30 **Pre-Separation Counseling Brief** 9-11am				

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.

Building Effective Anger Management Skills (BEAMS)
This interactive workshop teaches techniques for reducing and managing anger. Participation certificate awarded at completion of full 6 hours.

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.

Develop Your Holiday Spending Plan (VIRTUAL)
Create a realistic holiday spending plan that protects regular bills, savings goals, and the start of the new year.

DoD SkillBridge Program (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 Vocational Track
The Career Exploration and Planning Track (formerly CTTT) workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Participants will complete personalized career development assessments and receive a variety of tailored job recommendations aligned with their interests and aptitudes, including some classified as "high demand" or "high growth" occupations. Facilitators will guide participants through several career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements to help narrow down their choices and identify achievable career goals.

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.

Hands-On Baby Care
Diapering, swaddling and dressing… OH MY!!! Come learn infant care with the NPSP. This crash course was created to support new parents with a hands-on learning opportunity to learn how to diaper, dress and swaddle a newborn. Other topics include soothing holds, infant massage, Safe Sleep and Baby Shaken Syndrome.

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.

Ombudsman Quarterly Advanced Training (VIRTUAL)
Training on a variety of topics to enhance Ombudsman knowledge and response capabilities.
deployment.

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.

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.

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.

Sponsorship Training
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 ***RETIRING*** 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.

Thrift Savings Plan (TSP)
The Thrift Savings Plan is a retirement savings and investment plan for federal employees and uniformed service members. It can provide you an additional source of retirement funds even if you don't retire from the military.
For more details, go to https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Thrift%20Savings%20Plan%201220E1R1.pdf. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.