




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



Mon	Tue	Wed	Thu	Fri
	1 Closed in observance of New Year's Day	2 Job Search Strategies 10:00-12:00	3 WIC 9:00-12:00 Regrets and Resolutions 9:00-10:30 Pre-deployment Brief 9:00-12:00	4 
7 Hearts Apart Meeting 12:00-1:00 Building Effective Anger Management Skills (BEAMS-Part 1) 9:00-12:00	8 Sponsorship Training 9:30-11:30 Resume Writing 10:00-12:00	9 Job Search Strategies 10:00-12:00	10 Infant Care 9:00-11:00 New Spouse Orientation 10:00-12:00	11
14 BEAMS (Part 2) 9:00-12:00	15 Return and Reunion Brief 12:00-3:00 Infant Massage (Part1) 1:00-3:00	16 Transition Benefits Brief 9:00-2:00 Credit Management 10:00-11:30 Accessing Higher Education (2days) 8:00-4:00	17 SAPR Refresher Course 8:00-4:00 Consumer Awareness 10:00-11:30 Scream Free Parenting (Part1) 11:30-2:00	18
21 Closed in observance of Martin Luther King Jr. Day 	22 Infant Massage (Part 2) 1:00-3:00	23 Happy Baby 10:00-12:00	24 Scream Free Parenting (Part2) 11:30-2:00 Deployment Support Group 12:00-1:00	25 SAPR POC Training 8:00-4:00
28 	29	30	31 Scream Free Parenting (Part3) 11:30-2:00	

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

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 understanding their baby's needs. This class includes information about newborn appearance, newborn safety, immunizations, feeding, diapering, swaddling, and infant soothing techniques.

VA/POC Train the Trainer: This is an all-day training for certified Victim Advocates and POCs at WRNNMC. Come learn how to facilitate annual training for your command.

SAPR VA 40hr: 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.

Change the Culture: Learn how to change the way we think about how we treat one another and building a culture of dignity and respect.

SAPR VA Interviews: Interviews for prospective individuals interested in being a Victim Advocate.

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.

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 un your workplace.

Organizing Your Life: Focuses on de-stressing by helping achieve cleanliness and organization in the home or work environment.

Goal Setting: Let's make positive goals for the New Year! This class focuses on self-motivating strategies to work towards accomplishing the goals one sets for themselves.

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.

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.

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**

