



# An FFSC Command Newsletter

# CURRENTS

## SUBASE NEW LONDON

SEPTEMBER 2015

Hours of Operation are: Mon-Fri, 0700-1600 | Call (860) 694-3383 or email the Center at [ffscnewlondon@navy.mil](mailto:ffscnewlondon@navy.mil) for a complete list of weekly classes and to register.

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
● ● IA Brief	Mon-Fri By Appt.	0800 - 1600	Call For Appt.
FINANCIAL EDUCATION AND ASSISTANCE	DATE	TIME	LOCATION
● ● Using Credit Wisely	Tues, 15 Sep	1500 - 1630	FFSC, Main Classroom
● ● TSP Information Seminar	Fri, 18 Sep	1300 -1430	FFSC, Main Classroom
● ● CFS Command Leadership Brief	Wed, 23 Sep	1000 - 1130	FFSC, Main Classroom
● ● Car Buying Seminar	Wed, 23 Sep	1800 - 1930	FFSC, Main Classroom
● ● Basic Budgeting	Fri, 25 Sep	1430 -1600	FFSC, Main Classroom
● ● Free FICO Score & Credit Report	Mon-Fri - Walk-in Basis	0730 - 1600	Walk-in Basis
EXCEPTIONAL FAMILY MEMBER PROGRAM	DATE	TIME	LOCATION
● ● Exceptional Family Member Program Assistance	Mon-Fri, By Appt.	0800 - 1500	Call for Appt.
● ● EFMP Command POC Training	Thurs, 10 Sep	1000 - 1200	FFSC, Main Classroom
CAREER/EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
● ● TGPS For Separating Service Members	Mon-Fri, 14-18 Sep	0730 -1600	Bldg 83, Room 102
● ● TGPS For Retiring Service Members	Mon-Fri, 28 Sep-2 Oct	0730 -1600	Bldg 83, Room 102
● ● Transition GPS Capstone Event	Tues, 8 Sep or Thurs, 24 Sep	0900 - 1100	Bldg 83, Room 102
● ● Deckplate Resource Awareness Training	Tues, 1 Sep	0730 - 1600	FFSC, Main Classroom
● ● TGPS Education Track	Wed - Thurs, 9-10 Sep	0730 - 1600	Bldg 83, Room 102
● ● Job Fair	Thurs, 24 Sep	1000 -1500	Groton Inn & Suites
● ● 10 Steps to Federal Job Search	Fri, 25 Sep	0900 - 1200	FFSC, Main Classroom
● ● Resume Writing	Mon-Fri, By Appt.	0800 - 1600	Call for Appt.
● ● Interview Skills	Mon-Fri, By Appt.	0800 - 1600	Call for Appt.
FAMILY ADVOCACY TRAINING/ASSISTANCE	DATE	TIME	LOCATION
● ● CDO Brief for FAP and SAPR	Tues, 1 Sep	1300 -1500	FFSC, Main Classroom
● ● FAP/SAPR Command Leadership Training	Wed, 2 Sep	0800 -1100	FFSC, Main Classroom
● ● ● Anger Management Group	Wed, 2, 9, 16, 23 & 30 Sep	1400 - 1600	Call 860-694-4961 or 2615 for more info and to register
● ● ● Changing Unhealthy Relationships Group	Tues, 1, 8, 15, 22 & 29 Sep	1400 - 1530	Call 860-694-3068 for more info and to register
● ● Understanding Birth & Parenting: A Class for Expectant Parents	Wed, 9, 16 & 23 Sep	1615 - 1815	Naval Branch Health Clinic Conference Room
● ● ● Individual, Couple and Family Counseling	Mon-Fri By Appt.	0730 - 1600	Call For Appt.

### Your Command and Family Color Companion

Look for the following color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state-focused, prepared and good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms.

Ready ● Reacting ● Injured ● ILL ●



# An FFSC Command Newsletter

# CURRENTS

## SUBASE NEW LONDON

SEPTEMBER 2015

Find us on Facebook at Fleet and Family Support Center New London. Classes are free.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)	DATE	TIME	LOCATION
●● SAPR Information and One-on-One Commander's Toolkit for CO's, XO's & CMC's	Mon-Fri By Appt.	0800 - 1600	Call 860-694-2791 For Appt.
OMBUDSMAN AND FRG PROGRAMS	DATE	TIME	LOCATION
●● FRG Lunch and Learn	Fri, 18 Sep	1100 - 1230	FFSC, Main Classroom
●● FRG Leadership Training	Mon-Tues, 31 Aug-1 Sep	1700 - 2130	FFSC, Main Classroom
●● Ombudsman Assembly & Advanced Training	Thurs, 24 Sep	1800 - 2000	Bldg 84, Chaplain's Center
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
●● PCS Workshop	Mon-Fri, By Appt.	0730 - 1500	Call for Appt.
●● Relocation With Kids Workshop	Mon-Fri, By Appt.	0800 - 1500	Call for Appt.
PERSONAL GROWTH AND DEVELOPMENT	DATE	TIME	LOCATION
●● Pre-Marriage Information Class	Fri, 4 Sep	1400 - 1530	FFSC, Main Classroom
●●● Stress Management 101 Workshop	Wed, 9 Sep	1400 - 1530	FFSC, Main Classroom
●●● Conflict Management Workshop	Wed, 16 Sep	1400 - 1530	FFSC, Main Classroom
●●● Communications Skills Workshop	Wed, 23 Sep	1400 - 1530	FFSC, Main Classroom
●● Navy Spouse 101	Wed, 24 Sep	1000 - 1200	FFSC, Main Classroom
●● Blended Families/ Systematic Training for Effective Parenting	Thurs, 3, 10, 17 & 24 Sep	1100 - 1330	FFSC, Main Classroom

### Visit the FFSC weekdays in Building 83 for these services....

**Individual Financial Counseling:** Mon-Fri by appt.  
Free FICO Score & Credit Report:  
Mon - Fri, walk in basis

**Electronic Job Banks:**  
Mon-Fri, no Appt. necessary.  
Client computers available.

**Job Resource Room:**  
Come in to view sample resumes,  
job search books, job postings,  
job search and interview videos.  
No Appt. necessary.

**Retired Activities Office:**  
Hours of operation:  
Mon - Fri, 0900 - 1200 or email:  
raosubasenlon@navy.mil.

**Family Employment Readiness Program:** Mon-Fri by appt.

**Exceptional Family Member Program Assistance:** Mon-Fri by appt.

**FAP/SAPR Leadership Training**  
for COs, XO's, CMCs and COBs  
available upon request.

**Sexual Assault Prevention and Awareness Briefs and Annual GMT:** Available on request.

**Individual and Couple's Deployment including Return & Reunion Sessions:**  
Mon-Fri by appt. .

**Individual, Couple & Family Counseling:** Mon-Fri by appt.

**Resume and Federal Application Review:**  
Mon-Fri by appt..

**Family Care Plan Assistance:**  
Mon-Fri, call 860-694-4378  
for an Appt..

**Relocation Assistance:**  
Mon-Fri, by appt. Learn the latest  
in PCS Entitlements.

**Veterans Affairs:**  
The Veterans Affairs local military  
service coordinator is available  
on a limited schedule. All services  
are provided on a walk-in basis.  
Call 694-3383 for hours and more  
information.

**Individual Augmentee Training:** Mon-Fri by appt. for  
IA Coordinators, IAs and spouses.  
How to prepare, what to expect  
and how to survive.



Call FFSC NLON (860) 694.3383  
for a counselling appt. or 1.800.372.5463

Scan QR Code to Phone

