



# OCTOBER 2016 FLEET AND FAMILY SUPPORT CENTER PROGRAMS



Meeting Your Needs. At Home. At Sea.

Fleet and Family Support Center, Building 30  
 5301 Snead Street, Gulfport, MS 39501  
 (228) 871-3000 or (800) 342-3525

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

- October is Domestic Violence Awareness Month. Contact us to schedule a presentation!
- The November Transition GPS class for separating/retiring service members begins on 31 October at 0800.
- Please pre-register for classes you plan to attend so we can notify you of any schedule changes. Thanks!

2	3 Transition GPS Class, 0800 Daily All Week. Next class begins 31 Oct.	4 Cool Under Pressure, 1230-1400 Tuesdays for <b>Four Weeks</b> DVIP 1500 Tuesdays	5	6	7	8
9		11 Command Financial Specialist Training, 0800 Daily for Four Days	12 Parenting with Love and Logic, 1000-Noon	13 Sponsor Training, 0900-1000	14	15
16	17	18 V.A. Benefits 0800-1000 CAPSTONE Event, 1000-Noon	19 Stress Management 1100-1145	20 Baby Boot Camp, 0800-Noon	21 NMCRS Budget for Baby; Call 228-871-2610	22
23	24	25 Smooth Moves Class, 0900-1130	26 FAP Command Leadership Training, 0800-Noon I.A. Family Mtg 1600	27 Career Fair, 1000-1300	28	29

Hours of Operation: Monday-Thursday 0700-1630 and Friday 0700-1530  
 Later Counseling Appointments are Available Upon Request

We'll be closed on Monday, October 10th in celebration of Columbus Day.

30  
November's  
TGPS Class  
Begins  
Tomorrow!!



**October 2016 FFSC Programs: Please call Fleet and Family Support Center at (228) 871-3000 to pre-register for classes!**

**24/7 Dad**, *Mondays and Wednesdays at 1100*. Any father is invited; call 871-3000 for more information and to sign up.

**Anger & Stress Management**, by appointment, call 871-3000.

**Baby Boot Camp**, *20 October, 0800-Noon*. For expecting individuals/couples and those who has a baby six weeks old or less. This class discusses—among other things—shots, feeding, car seats, safety, Keesler Air Force Base Medical Center Labor and Delivery, etc. *Please call (228) 871-3000 to sign up.*

**CAPSTONE Event**, *18 October, 1000-Noon*. For separating or retiring personnel, this session is when you get your “required” paperwork signed off by a Transition specialist.

**Career Fair**, *27 October, 1000-1300*. Several hiring employers will be present, and attendees are encouraged to dress in preparation for an interview and bring a resume. *Pre-registration is not required for this event.*

**Cool Under Pressure**, *Tuesdays, beginning 4 October, 1230-1430*. This four-session class meets weekly to discuss anger management principles and how to apply them to your life. *Please call (228) 871-3000 to sign up*

**Command Financial Specialist Training**, *11-14 October, 0800 daily*. This four-day class trains command-nominated personnel to serve as first-line financial counselors for members of the command.

**DVIP** (Domestic Violence Intervention Program), *Tuesdays at 1530*. This class focuses on self-regulation.

**I. A. Family Meeting**, *26 October 1600*. Provides support/information to families of Individual Augmentees. *Please all (228) 871-3000 to sign up.*

**NMCRS Budget for Baby**, *21 October*. Call Navy-Marine Corps Relief Society at 871-2610 to sign up and obtain class time.

**Parenting Class**, by appointment, call 871-3000.

**Parenting with Love and Logic**, *12 October, 1000-Noon*. This DVD-driven course provides expert advice from other parents to help hone parenting skills. *Please call (228) 871-3000 to sign up.*

**Resiliency Training**, *Thursdays, 1100-1200*. This class is a six-week course in which participants will receive information about how to cope with life’s challenges. *Please call (228) 871-3000 to sign up*

**Smooth Moves**, *25 October, 0900-1130*. This class is a must for anyone who has orders to move within the next six months. It addresses timelines, the moving process, housing options, entitlements, and mistakes to avoid. *Please call (228) 871-3000 to sign up.*

**Sponsor Training**, *13 October, 0900-1000*. This class trains command personnel to assist new command gains who will join the command. This class is also available to groups in your spaces upon request. *Please call (228) 871-3000 to sign up*

**Stress Management**, *19 October, 1100-1145*. This class will focus on how to best cope with ongoing, chronic stress. *Please call (228) 871-3000 to sign up.*

**Transition Assistance Program GPS Class for Separatees and Retirees**, *3-7 October, 0800 daily and again 31 October-4 November*. For members who are separating or retiring, this class covers “need-to-know” items relevant to leaving the service. **Members must be enrolled by their Command Career Counselors.**

**V. A. Benefits**, *18 October, 0800-1000*. This class provides additional information about benefits of the V. A. system, its procedures and paperwork. *Please call (228) 871-3000 to sign up.*