



Mon	Tue	Wed	Thu	Fri
<b>3</b> 	<b>4</b> 0900-1100 The Parent Aspect (CEC) 1000-1100 English as a 2nd Lang. (CEC) 1130-1230 Japanese Phrases (CEC)	<b>5</b> 0900-1100 Job Search Strategies (H)	<b>6</b> 0900-1100 Childbirth Class (CEC)	<b>7</b> 1000-1130 Savings & Investing 1100-1300 Lunch Hunting
<b>0830-1600 AOB/ICR Class Signup at FFSC</b>				
<b>10</b> 0830-1600 CFS Workshop (CEC) 0830-1230 1 on 1 Consultation (H)	<b>11</b> 0900-1100 The Parent Aspect (CEC) 1000-1100 English as a 2nd Lang. (CEC) 1130-1230 Japanese Phrases (CEC)	<b>12</b> 0830-1230 Pre-Marital workshop	<b>13</b> 0900-1130 Baby Basics (CEC) 1130-1330 How to teach English to Japanese	<b>14</b> 0900-1130 Smooth Move 1330-1500 FAP Leadership Trng
<b>0830-1600 AOB/ICR Class Signup at FFSC</b>				
<b>0830-1600 CFS Workshop (CEC)</b>				
<b>17</b> 	<b>18</b> 0900-1100 The Parent Aspect (CEC) 1000-1100 English as a 2nd Lang. (CEC) 1130-1230 Japanese Phrases (CEC)	<b>19</b> 1000-1200 Federal Emp System (H) 1000-1130 Credit Mgmt (CEC)	<b>20</b> 0900-1030 Breastfeeding (CEC)	<b>21</b> 1800-2000 Dinner Hunting
<b>0830-1600 AOB/ICR Class Signup at FFSC</b>			<b>0800-1130 Stress and Anger Management</b>	
<b>0830-1630 TAP Class</b>				
<b>24</b> 1000-1200 Job Search Strategies	<b>25</b> 0900-1100 The Parent Aspect (Hario) 1000-1100 English as a 2nd Lang. (CEC) 1130-1230 Japanese Phrases (CEC)	<b>26</b> 1000-1130 Thrift Savings Plan	<b>27</b>	<b>28</b> 0830-1600 Babysitting workshop 0900-1130 Sponsorship Trng 1330-1530 FAP POC Training
<b>0830-1600 CONSEP Workshop (CEC)</b>				
<b>0830-1600 AOB/ICR Class Signup at FFSC</b>				
<b>31</b> 0815-1130 Avenger Pre-Deployment Fair		All classes/workshops/trainings will take place at Main Base FFSC unless otherwise noted. (H) Hario FFSC / (CEC) Community Education Center. Calendar subject to change.		

***First class on 4th, 5th, and 6th next class on 11th, 12th, and 13th following class on 18th, 19th, and 20th and Final Class of the month on 25th, 26th, and 27th AOB / ICR Class (0830-1600)*** Area Base Orientation and Intercultural Relations is for all new to the Sasebo Fleet Activity Base.

**4th, 11th, 18th, 25th, The Parent Aspect (0900-1100)** A Structured Playgroup that involves discussion, crafts and fun with children & parents.

**4th, 11th, 18th, 25th, English as a Second Language (1000-1100)** Learning to communicate in Japanese through Listening and Comprehension.

**4th, 11th, 18th, 25th Japanese Phrase Class (1130-1230)** How to communicate with local community using common Japanese phrases.

**5th, 24th Job Search Strategies (0900-1100) & (1000-1200)** Introduction on strategies to use in your job search & overview of job market.

**6th Childbirth Class (0900-1100)** Come and join other mummies-to-be in preparing for labor, delivery and much more.

**7th Savings & Investing (1000-1130)** Explore various investment options and learn which instrument best suits you and your individual goals.

**7th Lunch Hunting (1100-1300)** Discover a new location to enjoy your lunch with Eriko Kawahara.

**10th One on One Employment Consultation (0830-1230)** Walk-in or schedule an appointment to receive individualized assistant with labor market or life skills concerning employment readiness.

**10th 11th, 12th, 13th, and 14th Command Financial Specialist Workshop (CFS) (0830-1600)** To better assist with financial strategies and enhance the education of Sailors and commands.

**12th Pre-Marital Workshop (0830-1230)** Diversity and Marriage in the Military, Management, Healthy relationships and much more.

**13th Baby Basics (0900-1130)** Learning how to take care of your infant for the first six weeks.

**13th How to Teach English to Japanese (1130-1330)** Participants will receive basic information and resources on how to get started teaching English to Japanese.

**14th Smooth Move (0900-1130)** Get moving advise from PSD, Housing, and Personal Property in one stop.

**14th FAP POC Leadership Training (1330-1500)** Come and join our training on being a Family Advocacy Program point of contact for domestic violence in your command.

**18th, 19th, 20th, and 21st TAP Class (0830-1600)** Make an informed & effective decision concerning your transition from Military to Civilian life.

**19th Federal Employment System (1000-1200)** Gives participants an explanation of the process and practical information to help them apply for a federal job.

**19th Credit Management (1000-1130)** Provides valuable information on establishing a credit history and effectively managing your credit and much more.

**20th Breast Feeding (0900-1030)** Teaching new mothers techniques on how to properly breast feed your newborn child.

**20th & 21st Stress & Anger Management (0800-1130)** Providing the best tools to cope with Stress and Anger.

**21st Dinner Hunting (1800-2000)** Expand your taste buds and make a new friend tonight while hunting for a new cuisine.

**26th Thrift Savings Plan (1000-1130)** Learn about various investment options available through TSP and much more.

**26th, 27th, and 28th CONSEP Workshop (0830-1600)** This class will empower you to view your military career as your own company (TML – This is My Life). So we will be comparing TML (you) to a business.

**28th Babysitting workshop (0830-1600)** Complete a one day course of training in babysitting policies and safety certification for children ages 12-18.

**28th Sponsorship Training (0900-1130)** Support Sasebo Fleet & Families by becoming a Sponsor.

**28th FAP POC Training (1330-1530)** Come and join our training on being a Family Advocacy Program point of contact for domestic violence in your command.

**31st Avenger Pre-Deployment Fair (0815-1130)** This event prepares the service members & their families by providing the necessary understanding of resources available for everyone involved in a deployment.