



Upcoming FFSC Classes/Workshops OCTOBER 2011

Come and learn new skills, new ways of dealing, and much, much more!



Parents of Teenagers Support Group: - This support group is designed to be a place where parents of teenagers can come and get encouragement and receive resources. **This group will meet 3, 17 & 24 Oct, Monday nights this month from 1615 to 1730 in the FFSC Meeting room.**



Playgroup for Toddlers & Preschoolers: Playgroups offer children the opportunity to develop their socialization and language skills. They are also beneficial for parents! Feel free to join us for a short time or the entire two hours. **This group meets every Wednesday from 10-1200 at the FFSC Neighborhood Center.**



Home Schooling Info Meeting: Whether you are new to Home Schooling or experienced, when you move to a new area it helps to get in touch with other Home-Schooling families to learn about what is going on in your area. Please come to an informational meeting to hear about a Co-op and events and opportunities in our area. Children are welcome! **This group will meet the 2nd Wednesday of every month, from 14-1500 at the FFSC Neighborhood Center.**



Marriage & Money: How many of you think that men and women think the same about money? Is money a touchy subject with your spouse or significant other? This is a class designed to bring about communication with your spouse or soon to be spouse about finances. Learn ways to talk to each other and get on the same page of where you want the money to go and your dreams for the future. **This workshop will meet on 4 Oct, from 14-1530 in the FFSC Training room.**



Writing Your Best Resume: This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included in them. This training will also discuss the essential elements of cover letters used in conjunction with the resume and how to market your resume effectively in the current job market. Participants will draft their resume and cover letter and be provided with additional options for resume and cover letter support. **This workshop will meet on 6 Oct, from 12-1500 in the FFSC Training room.**



CFS Quarterly Mtg: This meeting is for current CFS's. This meeting will be held **11 Oct** from 14-1500 in the FFSC Conference room.



Federal Employment Process & Resume: This workshop will focus on the federal employment process. It will review the many types of jobs available through the Federal government, preferences given to the military community, and how to locate and apply for government jobs. Participants will write a Federal resume and practice completing other steps in applying for a job with the Federal government. **This class will meet on 13 Oct, from 12-1500 in the FFSC Training room.**



Spouse Orientation Tour: If you are new to the base or are still unsure where to find everything, please join us for a tour of the major commands and services on NAS Fallon. Please make arrangements for child care in advance. **This tour will run on 14 Oct, from 0900-1130. We will meet at the Neighborhood Center and take a van around the base.**



Active Parenting for Toddlers: This is an interactive 90 minute, 3 session class for parents of toddlers ages 1-4. These classes address basic parenting skills, stages and development and more. **This class will be held on 17, 24 & 31 Oct, from 09-1030, at the FFSC Conference room.**



TAP for Separatees: Are you thinking of getting out of the military or are you being separated within a year? Then you need to attend this class and learn what your entitlements are, how to submit your VA claims, basic job hunting skills and more! **This five-day class will meet 17-21 Oct, from 08-1600 in the FFSC Training room. YOUR COMMAND CAREER COUNSELOR MUST CALL TO SIGN YOU UP.**



College Bound Information Meeting: This meeting will meet the 3rd Wednesday of each month, **19 Oct, from 15-1600 in the FFSC Conference room.**



Smooth Move (CONUS): This workshop is designed for those who are anticipating PCS orders in the next 6-12 months. We will discuss the before, during, and after phases of the move and provide you with some tips and tricks to making your next move the Smoothest yet. **This workshop will meet on 21 Oct, from 0800-1200 in the FFSC Training Room**



Command Financial Specialist Workshop: Would you like to become your command financial specialist? It is available to E6 and above in good financial standing, and with at least one year remaining at your current duty station. Every command should have a least one, and commands over 75 people are required to have two. This 5- day workshop for E-6 and above will quickly qualify you as your command CFS. **This workshop will meet 24-28 Oct, from 08-1600 in the FFSC Training room.**



Ombudsman Basic Training: OBT is an important factor of a successful Ombudsman Program. This training provides the foundational information necessary for Ombudsmen to properly execute their duties. OBT is required for all Ombudsmen and must be documented. Class is scheduled for Oct 25-26, from 09-1600 and Oct 27, from 09-1200. Please note this training is for perspective Ombudsmen officially appointed by the command. Registration is required.



Job Search Strategies: Reviews effective job search methods, both in-person and online. It covers the importance of setting goals and having a job search plan, allowing learners to develop their own career plan. Effective strategies and resources for researching jobs and companies are discussed. **This workshop will meet 28 Oct, from 14-1500 in the FFSC Conference room.**

MEETINGS:

Sexual Assault Prevention & Response (SAPR) Advocate Training: Monthly training for current advocates. **This training will be held the 2nd Tuesday of each month from 13-1500 in the FFSC Training room.**

Ombudsman Assembly: Meets *the 2nd Tuesday* of the month, from 1800-1900 at the Neighborhood Center.

To sign-up or for more information please call 426-3333, or email us and give us suggestions of classes you would like to see given at ffscfallon@navy.mil. All classes/workshops are subject to change.

*** The address to the new FFSC Neighborhood Center is 725-A Cottonwood, located in base housing.**



Upcoming FFSC Classes/Workshops NOVEMBER 2011

Come and learn new skills, new ways of dealing, and much, much more!



Parents of Teenagers Support Group: - This support group is designed to be a place where parents of teenagers can come and get encouragement and receive resources. **This group will meet every Monday night (unless a holiday or noted) this month from 1615 to 1730 in the FFSC Meeting room.**



Playgroup for Toddlers & Preschoolers: Playgroups offer children the opportunity to develop their socialization and language skills. They are also beneficial for parents! Feel free to join us for a short time or the entire two hours. **This group meets every Wednesday from 10-1200 at the FFSC Neighborhood Center.**



Home Schooling Info Meeting: Whether you are new to Home Schooling or experienced, when you move to a new area it helps to get in touch with other Home-Schooling families to learn about what is going on in your area. Please come to an informational meeting to hear about a Co-op and events and opportunities in our area. Children are welcome! **This group will meet the 2nd Wednesday of every month, from 14-1500 at the FFSC Neighborhood Center.**



Active Parenting for Toddlers: This is an interactive 90 minute class for parents of toddlers ages 1-4. This class will address basic parenting skills, stages and development and more. **This class will be held on 3 Nov, from 09-1200, at the FFSC Conference room.**



New Spouse Orientation: Are you a new military spouse or a spouse still trying to figure out the “military life” or lingo? Then this class is for you! Learn about your benefits and rights as a spouse. Learn to use the chain of command. **This class will meet on 4 Nov, 09-1130 in the FFSC Training room.**



Thrift Savings Plan - Want to retire someday? Do you think you will have enough money later in life to live how you decide? Not sure how a TSP works? Come learn how this investment option works and can provide you with financial peace of mind. **This class will meet on 8 Nov, 11-1200 in the FFSC Conference room.**



Writing Your Best Resume: This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included in them. This training will also discuss the essential elements of cover letters used in conjunction with the resume and how to market your resume effectively in the current job market. **This workshop will meet on 8 Nov, from 12-1500 in the FFSC Training room.**



Active Parenting for 5-12 yr olds: Active Parenting is an entertaining and informative program using video, activities, and discussion to show you ways to raise responsible, cooperative children in today's society. **This class will be held on 10 Nov, from 09-1200, in the FFSC Conference room.**



TAP for Separatees: Are you thinking of getting out of the military or are you being separated within a year? Then you need to attend this class and learn what your entitlements are, how to submit your VA claims, basic job hunting skills and more! **This five-day class will meet 14-18 Nov, from 08-1600 in the FFSC Training room. YOUR COMMAND CAREER COUNSELOR MUST CALL TO SIGN YOU UP.**



Holiday Planning: The holidays are creeping up fast. Learn to set money aside now, so that in January you aren't being revived at the hospital over huge credit card bills! **This class will meet on 15 Nov, 14-1500 in the FFSC Conference room.**



Spouse Orientation Tour: If you are new to the base or are still unsure where to find everything, please join us for a tour of the major commands and services on NAS Fallon. Please make arrangements for child care in advance. **This tour will run on 15 Nov, from 0900-1130. We will meet at the Neighborhood Center and take a van around the base.**



Smooth Move (CONUS): This workshop is designed for those who are anticipating PCS orders in the next 6-12 months. We will discuss the before, during, and after phases of the move and provide you with some tips and tricks to making your next move the Smoothest yet. **This workshop will meet on 18 Nov, from 0800-1200 in the FFSC Training Room**



Retirement Planning: When you think about your retirement are you excited? Are you planning to travel? Or are you terrified that you may end up never retiring because there are bills to be paid? Will you have enough money to live comfortably on in retirement? Come learn how to make your retirement the best time of your life. **This class will meet on 22 Nov, 11-1200 in the FFSC Conference room.**



Federal Employment Process & Resume: This workshop will focus on the federal employment process. It will review the many types of jobs available through the Federal government, preferences given to the military community, and how to locate and apply for government jobs. Participants will know how to write a Federal resume and apply for a job with the Federal government. **This workshop will meet on 22 Nov, from 12-1500 in the FFSC Training room.**



Car Buying: Need a new set of wheels? First time buying a car? Buying a shiny new car straight from the lot can be thrilling, but also a drain on your finances. What are you going to need? What is the financing person going to look for? What about insurance and maintenance? If you have questions, this is the class for you. **This class will meet on 29 Nov, 14-1500 in the FFSC Conference room.**



Job Search Strategies: Reviews effective job search methods, both in-person and online. It covers the importance of setting goals and having a job search plan, allowing learners to develop their own career plan. Effective strategies and resources for researching jobs and companies are discussed. **This workshop will meet 29 Nov, from 14-1500 in the FFSC Conference room.**

MEETINGS:

Sexual Assault Prevention & Response (SAPR) Advocate Training: Monthly training for current advocates. **This training will be held the 2nd Tuesday of each month from 13-1500 in the FFSC Training room.**

Ombudsman Assembly: Meets the 2nd Tuesday of the month, from 1800-1900 at the Neighborhood Center.

College Bound Information Meeting: This meeting will meet the 3rd Wednesday of each month, from 15-1600 in the FFSC Conference room.

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