



SPRING 2012

April-June

PORT HUENEME Bldg 1169 Ph 805-982-5037
<http://www.facebook.com/FFSC.NBVC>

POINT MUGU Bldg 225 Ph 805-989-8146
<http://cnic.navy.mil/ventura/index.htm>

**CHILDCARE
AVAILABLE FOR ALL
FFSC COUNSELING
SERVICES & CLASSES**

APRIL IS MONTH OF THE MILITARY CHILD

By Sharri Tucker, FFSC Clinical Counselor

In honor of April, the month of the military child, the FFSC would like to highlight one of our most popular and well-received programs: Military Kid's Club.

Deployments impact each child differently, but most children will experience some feelings of loss and go through a period of adjustment. Many studies have shown that children become more resilient to hardship when they have supportive relationships that foster care and understanding. Military Kid's Club (MKC) was developed to offer caring support to the children of military families by helping them cope with the stress of being separated from a parent. By using games and group activities, MKC leaders teach children how to express and share their feelings with each other and help children realize they're not alone in their experiences. MKC also fosters greater support and understanding with teachers and administrators by making them more aware of the stressors that can be associated with a military deployment.

Often, when Military Kids Club leaders arrive on campus they find the children are anxiously awaiting their arrival. The children can hardly wait to get inside the classroom and begin telling their stories. They love to talk about the places they've lived, the things they've done, and sometimes, the people they've left behind. They talk about loving and missing a parent who is far away and they share what they do to try to stay connected. Some of the activities the children may engage in include drawing pictures, making treasure boxes for special memories, and acting out plays that express what they are feeling. Then, with beaming faces, they gather up their projects that reflect the new skills they have learned and return to their classrooms.

The children tell us they love coming to Military Kids Club. For that reason, FFSC wants to offer every military child who attends our local elementary or middle schools the opportunity to participate in MKC. If you have any questions or would like more information about when MKC is offered in your child's school, please contact the Fleet and Family Support Center at 805.982.5037.

***FFSC, meeting your needs...
at home and at sea.***

Free Classes & Workshops on the following topics:

- Financial Management
- Counseling & Life Skills
- Employment
- New Parent Support
- Deployment
- Relocation
- Career Support
- Exceptional Family Member Program
- Sexual Assault Prevention & Response

Creative Connections For Couples

April 11, 5:30-7:00 pm

Ever feel like you've lost the spark?

Improve your connection & reignite your passion with an innovative and creative approach to rediscovering your partner.



Free
classes;
supplies
provided.

REGISTRATION REQUIRED....

call 982-5099 or 982-4117 to register today!

Sessions conveniently located at Catalina Heights in Camarillo

2 BRAND NEW CLASSES!

1-2-3 MAGIC!

FROM ANGRY & UNCOOPERATIVE...



...TO HAPPY & HELPFUL!

Learn easy & effective ways to stop your child's undesirable behaviors in seconds!

1-2-3 Magic (4-12 yr. olds)-

Monday, June 11, 1800-1930

More 1-2-3 Magic (4-12 yr. olds)-

Monday, June 18, 1800-1930.



Classes at FFSC Catalina Heights, Camarillo.

Refreshments & Childcare provided...childcare reservations required. Call 982.5037 for location & to register today!

Counseling Services & Life Skills Workshops

24/7 Toll-Free Appointment Line 1-866-923-6478

Couples Communication-Strengthen your connection as you juggle deployment, money, & parenting. Tues, May 1, 8, 15 & 22; 1130-1230. "Lunch 'n learn" sessions, so bring a lunch and learn some new skills!

Co-parenting-Learn how to protect your children both during and after a divorce. Tues, May 15, 22, 29, June 5, 12; 1630-1800.

Stress Management 101- Learn the basics of handling stress. This is a 'lunch & learn' session-bring a lunch and learn new skills! Thurs, Apr. 5, May 3, June 7; 1200-1300.

Stress Management (GPS)- GPS-Guiding Past Stress. Discuss how to navigate the minefield and learn strategies to cope with life's stressors. Thurs, Apr. 12, 19, 26, May 3; 1630-1800.

Anger Management Group-Interactive group, recognizing cues of anger & practicing healthy anger expressions. New students must attend individual appt with class facilitator prior to starting group. Wednesdays, Apr. 4, 11, 18, 25, May 2, 9; 1700-1830.

Domestic Violence: How Are The Kids? Increase your awareness of & learn about the effects of domestic violence on children. Wed, May 2, 9, 16 & 23; 1600-1730. Call 982-5326 for information or to register.

General Parenting-Parenting skills training that helps good parents become even better parents. Childcare available with reservation, refreshments provided. Mon, Apr. 9, 1730-1900.

1-2-3 Magic! (4-12 Yr. Olds)-How to stop your child's undesirable behaviors in just seconds! Childcare available with reservation, refreshments provided. Mon, June 11, 1800-1930 at Catalina Heights, Camarillo.

More 1-2-3 Magic! (4-12 Yr. Olds)-Easy, effective ways to gain your child's cooperation. Childcare available with reservation, refreshments provided. Mon, June 18, 1800-1930 at Catalina Heights, Camarillo.

Communication Skills-learn tools to help you become a more effective communicator. Thurs, Apr. 12, May 31; 1100-1200. May session at Mugu.

Creative Connections For Couples-Ever feel like you've lost the spark? Improve your connection, ignite your passion with an innovative approach to rediscovering your partner. Wed, April 11, 1730-1900; Catalina Heights, Camarillo.

H.E.R. Healthy Emotional Relationships-group for women only. Meet new friends, relax & connect with other women. Childcare available, must register to attend: Call 805.982-5326.

The 5 Love Languages-Learn the secret to creating a loving relationship that will last a lifetime. Childcare available with reservation, refreshments provided. Mon, Apr. 2, 1800-1930 at Catalina Heights, Camarillo.

Ombudsman Events

OMBUDSMAN MEETINGS- Ombudsman program updates and training. Tues, May 22, June 26; 1800-2000. June meeting at Mugu.

OMBUDSMAN ASSEMBLY-Tues, Apr. 24; 1800-2000, Mugu.

Financial Management

FINANCIAL COUNSELING BY APPOINTMENT

Are you juggling your bills? Need financial advice? An FFSC financial counselor is available Monday-Friday at the Hueneme or Mugu FFSC. 982-3640 (Port Hueneme); 989-8844 (Mugu).

HOME BUYING SEMINAR- If you are thinking of buying a home-learn some very important aspects of the purchase process, including: selecting the right Realtor/Lender, & understanding the jargon (closing costs, appraisals, home inspections, discount points). Wed, May 23, 1730-2130.

COMMAND FINANCIAL SPECIALIST

TRAINING- E6 & above, must attend all sessions. Call 982-3640 or 989-3640 to register. Mon.-Fri, June 18-22. Mon.-Thurs. 0730-1630; Fri. 0730-1000.

FINANCIAL CLASSES AT YOUR COMMAND SPACES: Money Management, Home buying, Car Buying, TSP, Retirement Planning, Financial Planning for deployment and various other financial topics.

Relocation

Welcome Aboard Workshop-For incoming service members and their family: Receive information on military & community resources on & near NBVC. Wed, May 30, 1000-1130.

Married to the Military- Learn about military benefits, family programs, Navy jargon & customs. Wed, Apr. 18, 1600-1800 & June 20, 0930-1130.

Sponsor Training- Ensure that designated command personnel have the necessary training to successfully fulfill their role as command sponsors. Wed, May 23, 1500-1600. Please contact 982-5037 to set up a training for your command.

Smooth Move- Make your PCS move easy, simple & smooth. Save \$\$ Learn about all your entitlements. Wed, Apr. 25, 1300-1530; May 16, 0900-1130; June 27, 1300-1530.

Operation Prepare

Disaster Preparedness-information & hands-on activities to help you prepare for disasters. Thurs, Apr. 19, June 28; 1130-1230. April workshop at Mugu. Classes also available in command spaces, call 982-3159.

Are you living paycheck to paycheck?

Discover ways to pay down your debt and increase your savings.



DISCOVER FINANCIAL FREEDOM TODAY!!

Call 982-3640 or 989-8844 to speak with one of our financial counseling specialists today!



ARE YOU PREPARED?



DISASTER Preparedness

THURSDAY, APRIL 19 OR JUNE 28; 1130-1230.

CALL 982-2646 FOR MORE INFORMATION.

New Parent Support

'NEWBORN 411'

Information & Support
for Parents of Newborns



*CRYING &
COLIC
*SCHEDULE &
ROUTINES
*DEVELOPMENTAL
STAGES

*AM I SPOILING
MY NEW BABY?
*NORMAL SLEEP
FOR NEWBORNS
*BREASTFEEDING
& NUTRITION

Drop-In Wednesdays for tea & conversation!
Infants & friends welcome!

FFSC, Port Hueneme, Bldg. 1169, 1030-1130
Call the FFSC's New Parent Support Program
at 982-4130 for more information



Your Baby Shower- Introduction to New Parent Support Program. Get important info on Tri-care, NMCR's Budget for Babies, seat belt safety, & more!! Infants welcome!
Thurs, May 10, 1800-2030.

Super Saturday Birth Class- Learn what every expecting mama needs to know: labor starts, stages of labor, labor support, breathing & ways to reduce pain. Sat, May 12, 0900-1700.

Infant & Baby Massage- Connect with your baby. Massage improves digestion, brain development & sleep routines. (Ages 3 weeks- 5 months). Dads & family members welcome! Mon, May 7, 14, 21, & 28; 1400-1500.

Brand New Baby-45 Reasons why babies cry & how to sooth your newborn . Thurs, May 17, 24, 31; 1800-2030.

Breastfeeding 101 -Making milk, latch, position, soreness. Community resources available. Thurs, June 7, 1800-2030.

Breast Feeding: Pumps, Solids & Weaning-pumping & storing breast milk, breast to bottle. Thurs, June 21, 1800-2030.

Boot Camp For New Dads- Get *real* answers to real concerns. From other dads. Thurs, June 7, 1800-2030.

Before Birth - Common discomforts & remedies. Preparing for your labor day: hospital tours, labor support, breathing techniques & labor overview. What you "must have" for baby.! Thurs, June 28, 1800-2030.

1st Steps: Accident Awareness & Prevention-Learn common accidents, how to baby-proof your home, the top 10 choking hazards, and go on a poison patrol! Tues, Apr. 5, 1800-2030.

Deployments: Birth, Bonding & Beyond- Deployments with babies in the home can be challenging. Get support & information. Tues, May 3, 1800-2030.

0-4 Nurturing Parent Education Series-raising an independent, smart baby; 0-4 years. Your REAL challenges: mealtimes, discipline, toilet training, bedtimes & more!! Thurs, Apr. 5, 12, 19, 26 & May 3; 1800-2030.

1-2-3 Magic! (0-4 Year Olds)- Easy, effective ways to gain your baby's cooperation. Thurs, May 3, 1800-2030.

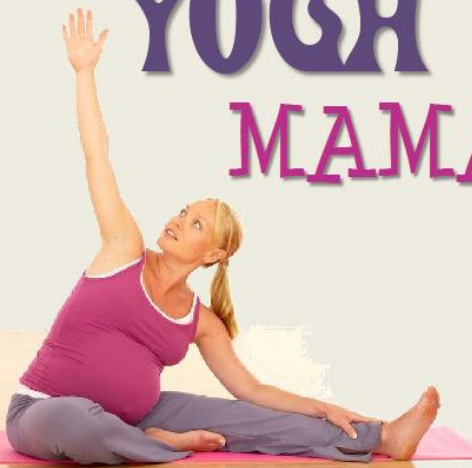
Playtime For Toddlers - Parent-toddler playgroup for babies (15-36 mos); support growth & independence. Every Thurs, 1000-1100.

Newborn 411- Info & support for parents of newborns 0-16 Weeks. Wednesdays, 1030-1130. Drop-ins welcome!

New Mamas- For expecting mamas & moms with babies 0 - 15 months. Meet other moms, get info & support! Drop-in every Wed; PH FFSC, 1130-1330; no registration needed.

Yoga Mamas-a gentle stretch to rest & refresh; expecting & new mamas. Drop-in every Tues, 1230-1345; Bee Fit Ctr.

YOGA MAMA'S



A gentle stretch to rest & refresh.
Perfect for expecting & new mamas.

Drop-in every Tuesday, 1230-1345
NBVC Bee-Fit Center



Call 982-4130 for more information!

Career Support & Retention

Job Listings/Labor Market Information- Check the FFSC Resource areas for local, national, & international job listings!

What Employers Want- International HR Specialists reveal what companies are looking for before they hire you! Thurs, Apr. 5, May 3 & June 7; 1100-1200.

Executive Transition Assistance Program (XTAP)- E-7 & above, all retirees; bring Medical Record & DD2648 on 1st day. **Register via Command Career Counselor.** Apr. 2-5, Apr.30-May3, Jun. 4-7; Daily, 0730-1600.

Transition Assistance Program (TAP)- E-6 and below; Appropriate Civilian Attire /Bring Medical Record and DD2648 on 1st day. **Register via Command Career Counselor.** Apr. 9-12, May 7-10, Jun. 11-14; daily 0730-1600

Cross-functional TRACC/PFM Meeting- Transition/Relocation/Financial/PFM quarterly focus group meeting. Thurs, May 10, 1300-1400.

Federal Employment- Resumes, websites, and the application process. Fri, Apr. 20, May 18, June 29; 0900-1100.

Corporate Resume-Learn cutting-edge resume techniques! Call 982-2646 to register. Fri, Apr. 20, May 18 & June 29; 0730-0900.

Spouse/Family Employment- Learn job search skills and strategies, tips on resume writing, & more! Wed, Apr. 18, 1400-1600 @ Mugu; Tues, May 15, 1400-1600 @ PH; Fri, June 15, 0900-1100 @ Mugu. Call 982-2646 to register.

Interview Skills- Prepare for your job interview: Learn the interview process, salary negotiation, conduct a mock interview and more. Fri, Apr. 20, 1300-1500 @ PH; Mon, Apr. 23, 1400-1600 @ PM; Thurs, May 24, 0900-1100 @ PH; Thurs, June 21, 1400-1600 @ Mugu.

Goal Setting- Learn how to identify, prioritize and achieve long & short-term goals through planning & organizational strategy. Thurs, Apr. 26, 0900-1030 @ Mugu; Fri, May 4, 0900-1030 @ PH; Fri, June 1, 1300-1430 @ Mugu.

Va Assist/Paperwork Turn-in- Hands-on assistance in filing, re-opening, or appealing your VA claim. Active duty/veterans/widows/walk-ins welcome! Wed, Apr. 18, May 23, Jun. 27; 0900-1200.

Enlisted Advancement Exam Seminar- Do you need help to prepare for the advancement exam? Learn general test-taking tips & study skills. Offered in Command Spaces or at the FFSC. Call 805-982-4073.

An interview will be an intimidating experience, IF you're not prepared...



Come learn the dynamics of the interview process, how to negotiate salary, conduct a mock interview, and more!

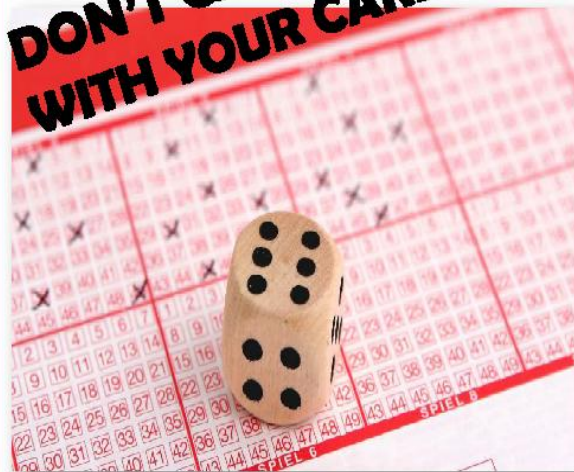
INTERVIEW SKILLS WORKSHOPS



FRIDAY, APRIL 20, 1300-1500 @ PH
MONDAY, APRIL 23, 1400-1600 @ MUGU
THURSDAY, MAY 24, 0900-1100 @ PH
THURSDAY, JUNE 21, 1400-1600 @ MUGU



DON'T GAMBLE WITH YOUR CAREER....



Do you need help to prepare for the enlisted advancement exam? We can teach you general test taking tips & study skills to improve your chances of success!
Offered in Command Spaces or at the FFSC.
Call 982-4073 for more information.

DEPLOYMENT



- Deployment Preparation
- Homecoming
- Discussion Groups

All offered monthly.
Call 982-5037
for specific
dates and times



Did you know...

...If you are the victim of sexual assault **RESTRICTED REPORTING** may be an option?

To make a restricted report, abuse must be reported to:

- SARC
- SAPR Victim Advocate
- Chaplain

- You can have access to counseling and victim advocate services.
- Command, law enforcement, and the offender are NOT notified.

Exceptions may require disclosure of limited information. If at all possible, victim is notified prior to such disclosure.

For more information, call the FFSC and ask to speak to the SARC (805)982-5037



Deployment

IA Family Connection- Whether this is your 1st or 21st experience with IAs, join others family members and meet with spouses of deployed service members. Share your knowledge of how to thrive during this experience. Thurs, Apr. 19, May 17 & June 21; 1500-1600.

Quarterly CIAC Meeting-Are you a command CIAC? Meet & network with other CIAC's! Thurs, May 3, 1300-1430.

Deployment Readiness- Learn how to thrive, not just survive deployments. Wed, Apr. 11, 1000-1100, May 16, 1300-1400; June 13; 1000-1100.

Deployment Homecoming- Your spouse is coming home! Learn what to expect & how to help both of you make this a rewarding reunion. Tues, Apr. 10, May 8, June 12; 1300-1400.

Exceptional Family Member

EFM POC Training- Training for Command POC's to learn about the new NFAAS enrollment process, the different EFMP categories, and local resources. Thurs, Apr. 5, June 7; 0900-1100. June training at Mugu. Call 982-3159 to sign up!

Parents Support Network-Meet with other EFMP families and share resources. Meets 2nd Wednesday of every month.

EFMP Overview- Come learn about the EFM Program and how it can benefit you and your family! Wed, Apr. 25 ; 1100-1200 @ Mugu & Jun. 27, 1100-1200 @ Hueneme. Classes are also available in command spaces, call 982-3159.



Sexual Assault Prevention & Response (SAPR)

Command Liaison Training- Training for Command SAPR Liaisons. **Required training for liaisons.** Mon, May 14, 0800-1630.

Point of Contact Training- Initial training for Command SAPR POC's. **Required training for new POCs.** Mon, May 14, 0800-1200.

POC Quarterly Meeting-**Required meeting for all SAPR POC's.** Thurs, Apr. 19, 1000-1100.

Initial Victim Advocate Training- Training for new Command advocates and for those needing a refresher course. Apr. 16-19, 0800-1600.

Advocate Annual Refresher Training- **Required annual training for all Command Advocates.** Mon, May 7, 0900-1400.

SAPR Advocate Monthly Refresher Meeting- **Required for all command advocates.** Thurs, Apr. 19, May 31 & June 28; 1000-1100.

Data Collection Coordinator Training- Training is for new SAPR Data Collection Coordinators. **Required training for DCC's.** Mon, June 25, 0900-1100.



1000 23rd Ave, Bldg. 1169
 Port Hueneme, CA
 (805)982-5037
 1-866-923-6478
 (24/7 Appointment Line)



Find us on
Facebook

Facebook.com/FFSC.NBVC

MILITARY SPOUSE APPRECIATION EVENT



Refreshments

Massages

Makeup
 Artists

Prizes

Hair Styling

Information &
 Resources

Thursday, May 3rd

10:00am-1:00pm

Midway Community Center,
 NBVC Port Hueneme
 (Enter Bard gate, left on Goodspeed)

Sponsored by:



No childcare available, but children are welcome!

Free Food



Distribution

April 21st May 19th June 23rd

0900-1400

Behind building 19 on Port Hueneme
 (Near the Pleasant Valley Gate)

Available to:

- ❖ Active duty and spouses E-6 and below
- ❖ Active duty E-7 with two or more dependents
- ❖ Custodian of a child who is a dependent of an active duty member who is currently deployed

YOU'RE HIRED!

Are you ready to hear these words?

RECEIVE ASSISTANCE WITH...

- Resume Writing Skills
- Job search skills & strategies
- How to prepare for an interview
- All free!

Family Employment Program

- Classes and workshops offered on a continuing basis.
- One-on-one assistance available.
- Walk-in's also welcome!



Call 982-2646 for
 information or to set up
 an appointment.