
FLEET & FAMILY SUPPORT CENTER
Information and Classes



1 October 2012 and Beyond

FFSC Locations

NBVC Point Mugu

*Bldg 225
next to the chapel
805-989-8146*

NBVC Port Hueneme

*Bldg 1169
Near Subway, behind the NEX
805-982-5037*

Camarillo

*913B Calle La Roda,
Catalina Heights
805-982-5037*

*Personal, Marital, Family Counseling
Financial Management
Spouse Employment
Transition Assistance
Relocation Assistance
Life Skills Workshops*

Fleet and Family is on Facebook

Like us today! [Facebook.com/FFSC.NBVC](https://www.facebook.com/FFSC.NBVC)

Personal, Marital, Family Counseling

*Toll Free, Appointment Scheduling
866-923-6478
24 hours a day, seven days a week*

UPCOMING CLASSES

*Classes at Port Hueneme unless otherwise noted;
Call (805) 982-5037 to register*

*Workshops also available in command spaces, or one-on-one appointments;
Childcare option available with prior registration; Call for more info!*

EMPLOYMENT & CAREER

EXECUTIVE TRANSITION ASSISTANCE PROGRAM (XTAP)

Monday - Thurs, Oct 29 - 1 Nov daily; 0730 - 1600

Separatees E-6 and below: Civilian attire, bring medical record and DD2648 on Monday

TRANSITION ASSISTANCE PROGRAM

Mon - Thur, Oct 15 - 18 daily; 0730 - 1600

Civilian attire, bring medical record and DD2648 on Monday

VA ASSISTANCE/PAPERWORK TURN-IN

WED, OCT 24, 0900 - 1200

Hands-on assistance in filing, re-opening or appealing your VA claim. Active duty/veterans/widows/walk-ins welcome!

START A NEW BUSINESS

Thurs, Oct 11, 1700 - 1900

Small Business Administration will have information for you and start the thought process for beginning a small business.

HOLIDAY HIRING: FINDING TEMPORARY EMPLOYMENT

MON, OCT 29, 1800 - 1900

There are jobs out there for the Holidays come and learn how to job search!

INTERVIEW SKILLS

Fri, Oct 12, 1000 - 1130

Prepare for your job interview; learn the interview process, conduct a mock interview & more!

EXCEL THE BASICS

Wed, Oct 17, 1300 - 1430 (Personal laptop highly recommended)

Learn how to use Excel effectively for work or home use

FEDERAL EMPLOYMENT: HOW TO APPLY

Fri, Oct 19, 0915 - 1100

Learn key factors to navigate the federal application process.

CORPORATE RESUME WRITING

Learn cutting-edge resume techniques!

Tues, Oct 19, 0730 - 0900 or Tues, Oct 30, 1800 - 1930

RELOCATION

805-982-3726

WELCOME ABOARD

TUES, OCT 16, 1400 – 1530

Incoming service members and their families; Receive information on military and community resources.

MARRIED TO THE MILITARY

Learn about military benefits, family programs, And NAVY jargon & customs.

THURS, OCT 18, 0930 – 1130

Individual Augmentee (IA)/Deployment Support

IA FAMILY CONNECTION

Thurs, Oct 18, 1500 - 1600

Whether this is your 1st or 21st experience with IA's join other family members and meet the spouses of deployed service members. Share your own knowledge of the IA experience.

OMBUDSMAN

805-989-1682

OMBUDSMAN TRAINING

Mon - Fri; Oct 22 - 26, 1700 - 2100 Pt Mugu FFSC, Bldg 225

Great opportunities for new Ombudsmen to meet other Ombudsmen and learn the program.

OMBUDSMAN MONTHLY MEETING

Tues, Oct 30; 1800 - 2000, Chapel Fellowship Hall at Point Mugu

All Ombudsman welcome; New information each month and great networking opportunities!

NEW PARENT SUPPORT PROGRAM

805-982-5037

IN-HOME VISITS

Would you like an in-home visit? Just call for info! 805-982-5037

NEWBORN 411

Wed, 1030 - 1130 (ongoing)

Info & support for Parents of newborns 0 - 16 weeks; Drop-ins welcome!

NEW MAMA'S GROUP

Wednesdays, 1130 -1330 (ongoing)

For expecting mamas & mamas with babies 0 - 15 months old; Information, education and support.

YOGA MAMAS

Tues, 1230 - 1345 (ongoing)

Bee Fit Center

For expecting and new mamas; a gentle stretch to rest and refresh

LITTLE EXPLORERS FOR TODDLERS

Thursdays, 1000 - 1100 (except 1st Thursday of month)

Call (805) 982-5037 for location

An interactive parent-toddler playgroup for toddlers 15 - 36 months

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

805-989-8844

PARENT SUPPORT NETWORK

Meets 2nd Wed, of every month

A support group for active and retired military families with special needs children.

Share local resources and get support.

FREE FOOD DISTRIBUTION DATES

3rd Sat of each month 0900 - 1300

Bldg 19 (near the Pleasant Valley Gate on Port Hueneme)

Food items vary from month to month

Requirements: Active duty E-6 and below or their spouses. Bring an LES and only one issue per family.

E-7 with two or more dependents may qualify. Income guideline statement available at distribution site

FINANCIAL WORKSHOPS AVAILABLE

One-on-one financial counseling available

Call 805-982-5037 for appointment

COMMAND FINANCIAL SPECIALIST TRAINING

Learn to be a Command Financial Specialist for your command.

Mon - Fri Oct 22 - 26, 0730 - 1630

UNDERSTANDING YOUR TSP ROTH OPTION

Tues, Oct 16, 1300 - 1500

HOW TO SURVIVE THE HOLIDAYS

Create a plan and work with it to aid you in your holiday season!

Mon, Oct 29, 1900 - 2000

VICTIM ADVOCATE

805-982-5037

Victim advocates can:

- *Conduct safety planning*
- *Assist with obtaining emergency shelter/housing*
- *Assist in obtaining protective orders*
- *Provide information on reporting options, as well as divorce or custody*
- *Provide information on transitional compensation*
- *Make referrals to community agencies*

Please call and ask to speak to an advocate

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

NBVC SARC 805-982-6139

If you are a victim of Sexual Assault, call the 24-Hour Safe Helpline at **1-877-995-5247**

Call for 2012 SAPR Training schedule or for more information about the SAPR Program

Counseling & Life Skills

GENERAL PARENTING SKILLS

Mon Oct 1 - Nov 26; 1700 - 1830

Increase the joy of parenting; learn effective ways to increase cooperation & decrease misbehavior.

COUPLES COMMUNICATION

(4 part series) Tues, Oct 2- 23, 1500 - 1830

Strengthen your communication & your connection as you juggle deployment, money matters, partnership & parenting.

ANGER MANAGEMENT

Wed's, Oct 3 - Nov 14; 1700 - 1830

Interactive class, recognizing cues of anger & practicing healthy anger expressions. New students must attend first session. (6 part series)

COMMUNICATION SKILLS

Wed, Oct 3; 1300 - 1400

Need help getting your point across or communicating with others? Learn tools to help you become a more effective communicator.

DV: HOW ARE THE KIDS? (4 PART SERIES)

Wed, Oct 3 - 24; 1600 - 1730

Increase your awareness of & learn about the effects of domestic violence upon children.

GOAL SETTING

Thurs, Oct 4; 0930

Learn how to identify, prioritize & achieve long & short-term goals through organizational strategy.

SETTING EFFECTIVE CONSEQUENCES FOR TEENS

Thurs, Oct 11; 1530 - 1700

STRESS MANAGEMENT 101

Mon, Oct 22, 1300-1400; Thur, Nov 8 1000-1100

Learn the basics of handling stress

Disaster Preparedness

805-989-1682

Disaster Preparedness

Thurs, Oct 11, 1300 - 1400

*For information & hands-on activities to help you prepare for disasters.
Call to schedule a brief in your command spaces*

COMMAND LIAISON

The Fleet and Family Support Center can provide our services at your location.

Call the FFSC Command Liaison at 805-982-6251 or email Sandra.Lyle@navy.mil