

THE BEACON

NOVEMBER 2012
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NAS PATUXENT RIVER FLEET AND FAMILY SUPPORT CENTER NEWSLETTER

What the Fleet and Family Support Center Can Offer You ...

The Fleet and Family Support Center should be your first stop for learning about living in the military or about a new installation when you relocate. The Family Support Center can help with relocation information, employment opportunities in the local area, personal financial education, information about local resources and services, personal skills-building classes, deployment-planning assistance, volunteer opportunities, outplacement assistance when your service member leaves the military, and assistance with crisis situations. Here are some of the specific services we offer:

Transition Assistance Program

- Resume construction classes
- Interviewing skills classes
- Help with job searching
- VA Consultation
- Myers-Briggs Type Indicator
- Strong Interest Inventory
- Career Coaching

Family Employment Readiness Program

- Resume construction classes
- Interviewing skills classes
- Help with job searching
- Information and referral on educational opportunities for spouses

Personal Financial Management

- Money management workshops
- Credit and debt management
- Raising financially fit kids
- One-on-one financial counseling
- Command Financial Specialist Training

New Parent Support Service

- Home Visitation and support
- Parenting Instruction
- Lactation Instruction/Assistance
- Free Breast Pump Loan Program
- (4) On-Base Lactation Stations
- Prenatal/Postpartum Instruction
- Hospital Visitation
- Parent/Child Play Group

Life Skills

Classes/workshops topics include:

- Stress management
- Anger management
- New spouse orientation
- Couples communication
- Personal communication
- Myers-Briggs Personality Type
- Suicide prevention and awareness

Sexual Assault Prevention & Response (SAPR)

- Immediate 24/7 advocacy services to victims of sexual assault
- Victim Advocate accompaniment during medical, investigative and legal process

Family Advocacy & Counseling

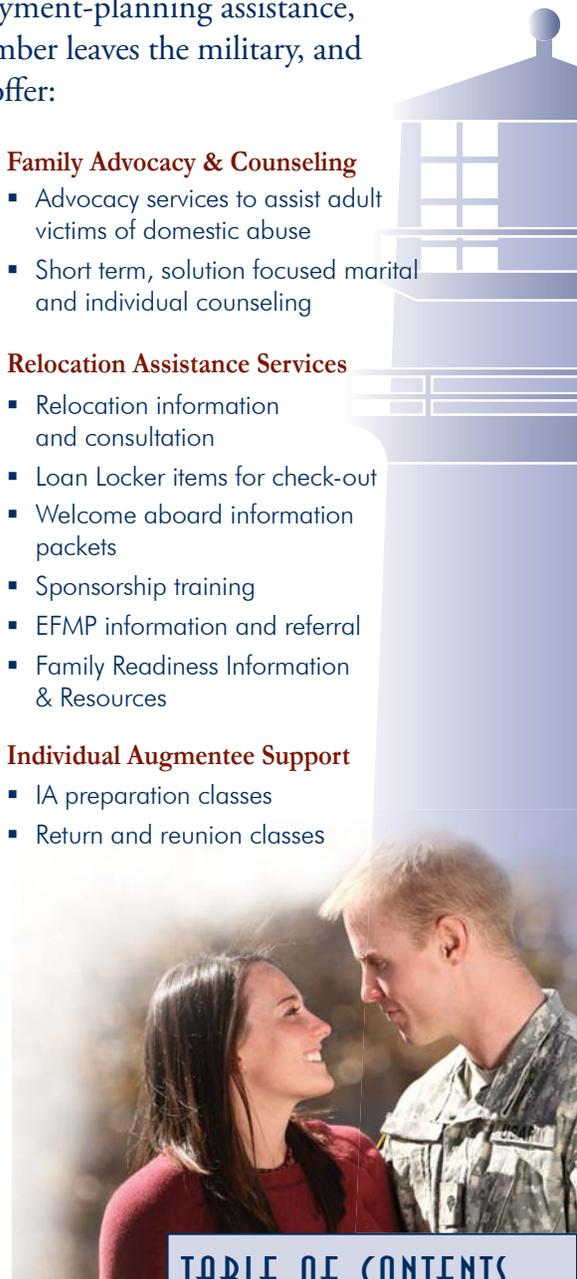
- Advocacy services to assist adult victims of domestic abuse
- Short term, solution focused marital and individual counseling

Relocation Assistance Services

- Relocation information and consultation
- Loan Locker items for check-out
- Welcome aboard information packets
- Sponsorship training
- EFMP information and referral
- Family Readiness Information & Resources

Individual Augmentee Support

- IA preparation classes
- Return and reunion classes



(301) 342-4911



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CALENDAR

NOVEMBER 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Smooth Move-Home or Abroad, 9-11 am Playgroup@GF Center, 10-11 am Anger Management (Session 2 of 3) 2-4 pm	2 Holiday Fitness 11:30 am-12:30 pm	3
4	5 Sponsor Training 9-10 am	6 Interviewing Techniques, 1-4 pm	7 Scream Free Parenting (Session 3 of 4) 12-1:30 pm	8 Playgroup@GF Center, 10-11 am Anger Management (Session 3 of 3) 2-4 pm	9	10
11	12 CLOSED	13 Ten Steps to a Federal Job, 1-4 pm	14 Credit Management 9-10 am Holiday Stress 9-10 am Scream Free Parenting (Session 4 of 4) 12-1:30 pm	15 Playgroup@GF Center, 10-11 am Suicide Awareness/Prevention, 3-4 pm SAPR Refresher Training, 1-3:30 pm	16	17
18	19	20	21 Welcome to Pax 1-3 pm	22 CLOSED 	23 CLOSED	24
25	26	27	28 Budgeting for Baby 10 am-12 pm CARIT Brief 1-2:30 pm	29 Return and Reunion 9 am-12 pm Playgroup@GF Center, 10-11 am	30	

Transition Assistance Program (TAP), 8 am- 4 pm, November 26-30

Hours of Operation: Mon.-Thur. 7:30 am - 4:30 pm/ Fri. 7:30 am - 4 pm

 Reservations are Necessary! (301) 342-4911

The FFSC is always looking for a few good volunteers!



PROGRAMS FOR EDUCATION AND TRAINING

FLEET AND FAMILY SUPPORT CENTER

HOURS OF OPERATION

Mon.-Thur. 7:30 a.m.-4:30 p.m.
Fri. 7:30 a.m.-4 p.m. CLOSED Nov. 12, 22 & 23
Reservations are Necessary 301-342-4911

THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.

If interested please give us a call.



RELOCATION

Smooth Move - Home or Abroad *November 1, 9-11 a.m.*

This class is designed for those moving anywhere in the U.S. or overseas. Receive expert information about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

Sponsor Training, *November 5, 9-10 a.m.*

This training is for the active duty military person who has been assigned to "SPONSOR" another active duty military service member who will be arriving at this duty location. Sign up please.

Welcome to Pax, *November 21, 1-3 p.m.*

Take a windshield tour of the NAS Patuxent River complex, and attend a class jam-packed with information about the base and surrounding communities. Local information packet provided.

CAREER DEVELOPMENT

Interviewing Techniques, *November 6, 1-4 p.m.*

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank-you letters, and negotiating job offers.

Ten Steps to a Federal Job, *November 13, 1-4 p.m.*

Learn how to navigate the federal job system. 137 pg. training guide provided.

DEPLOYMENT PROGRAMS

Return and Reunion, *November 29, 9 a.m.-12 p.m.*

Return and Reunion is designed to facilitate a smooth transition for military personnel from the combat environment to family, community and workplace. Spouses are encouraged to attend.

FINANCIAL MANAGEMENT PROGRAMS

Credit Management, *November 14, 9-10 a.m.*

In this single session we discuss the who, what, when, and how of personal credit rating and how to make intelligent use of that credit awareness as a consumer.

LIFE SKILLS EDUCATION PROGRAMS

Holiday Stress, *November 14, 9-10 a.m.*

The extra time with family and loved ones, elaborate meals, gift-giving and flurry of activity can be fun, heartwarming and exciting. However, the holiday season is also well-known for causing stress! Join us to learn some helpful techniques to manage holiday stress so it doesn't manage you.

Suicide Awareness/Prevention, *November 15, 3-4 p.m.*

This program is designed to raise awareness about the issues surrounding suicide. Learn to identify the warning signs, how to respond to a suicidal person and information on how to access local resources. A video is utilized which combines narration and scenarios to illustrate the above topics.

PROGRAMS FOR PARENTS & CAREGIVERS

Playgroup @ Glen Forrest Community Center

November 1, 8, 15, 22, and 29, 10-11 a.m.

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and family members.



Scream Free Parenting (Sessions 3 and 4)

November 7 and 14, 12-1:30 p.m.

Are you a screamer? Or do you employ the “Silent Treatment?” Are you looking for ways to better connect with your children? Come join us for a 4 week class designed to equip you for your most Important job . . . PARENTING! Scream Free Parenting can be used with children of all ages.

Budgeting for Baby @ Bldg. 401

November 28, 10 a.m.-12 p.m.

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

SEXUAL ASSAULT

SAPR Refresher Training

November 15, 1-3:30 p.m.

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level.

Sexual Assault Prevention and Response (SAPR)

Sexual Assault Response Coordinator is available for General Audience Training, Supervisor’s Training, and Commander’s Training. Please contact Gloria Arteaga @ 301-342-4911



TRANSITION ASSISTANCE PROGRAM (TAP)

Transition Assistance Program (TAP)

November 26-30, 8 a.m.-4 p.m.

TAP is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans’ benefits. Please see your Career Counselor to sign up. Seating is limited.

CARIT Brief, November 28, 1-2:30 p.m.

The Atlantic Fleet Career Information Team from Anacostia conducts a mandatory CARIT brief to all honorably separating military members to receive the necessary page 13 required for separation out processing.

All classes/seminars are held at the FFSC unless otherwise noted.

Workshops and seminars are open to active duty and retired military personnel and their family members.

The facilitators are from the FFSC Staff or from professional organizations and are not permitted to solicit or promote their business.

Clinical Counseling Services

FFSC Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today’s military. Stress can be caused by such things, as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. If you would like to make an appointment with a counselor, please call (202) 685-6019.

Financial Counseling Services

The Personal Financial Educator at the Fleet & Family Support Center (FFSC) can help you and your family work towards managing your finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. With the help of the FFSC Financial Educator, you can take control of your finances, reduce money-related stress and overcome the financial challenges of military life. Open to active duty, retirees and family members. If you would like to make an appointment with a counselor, please call (301) 342-3432 for more information.

General Military Training

The FFSC will bring seminars and workshops to your Command. Call the FFSC at 301-342-4911 for more info.

School Liaison Program

School Transitions – Deployment Support – Home School Linkage – Special Education Navigation – Post Secondary Support Command/School, Communications – Partnerships in Education

The School Liaison Officer (SLO) helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children and youth. SLOs help Navy families be the best advocates for their child’s education. Parents and community members with questions on school-age military/DOD child education may contact Dawn Simpson, School Liaison Officer, NAS Pax River at dawn.simpson@navy.mil or 301-757-1871.