

FFSC EVENTS

May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 TAP	3	4 Effective Communication 1200-1300	5 Maryland Workforce Employment Reg. 1000-1200	6 VFW Consultations 0800-1500 TAP	7
8	9	10 PFM Consultations 0800-1500 Employer Networking Event: Johns Hopkins 1100-1300	11 Time Management Workshop 1200-1300	12 ADECCO 1000-1200	13 VFW Consultations 0800-1500	14
15	16 TAP	17 EFM Orientation 1200-1230	18 Home Buying Workshop 1300-1430 Stress Management 1100-1200	19	20 VFW Consultations 0800-1500 TAP	21
22	23 	24 PFM Consultations 0800-1500 Resume Writing Workshop 1100-1300	25 Conflict Resolution 1200-1300	26 New Spouse Orientation 1000-1130	27 VFW Consultations 0800-1500	28
29	30 Memorial Day	31				

Fleet and Family Support Center, NSA Bethesda

Workshop Registration: 301-319-4087 or E-mail: ffsc@med.navy.mil
Bldg. 11, Room 148

- **Veterans of Foreign Wars (VFW)**: Medical records screening for transitioning service members. Appointments necessary.
Location: Bldg 50, Room 101 **Hours:** 8:00 am - 3:00 pm, **Friday only**
- **2-6 & 16-20 May - Transition Assistance Program ****For Separates and Retirees****** Registration required. Contact the Career Development Office at 301-295-6483/295-5210 to register.
Location: Bldg 11, Room 158 **Time:** 8:00 am - 4:00 pm
- **4 May - Effective Communication** - The main objective of this course is to educate the target audience about the benefits of effective communication, become aware of roadblocks and communication styles, and understand the four elements of good listening.
Location: Bldg 11, Room 158 **Time:** 12:00 pm - 1:00 pm
- **5 May - Maryland Workforce Employment Registration (MWE)** - Are you a military spouse or transitioning service member in need of Maryland job placement assistance or have unemployment questions? Register with the Maryland Workforce Exchange right here at NNNMC! Phone today to schedule your appointment.
Location: Bldg 11, Room 142b **Time:** 10:00 am - 12:00 pm.
- **10 & 24 May - Personal Financial Management (PFM) ****By appointments only****** Contact the FFSC to schedule your one hour confidential appointment.
Location: Bldg 11, Room 22 (10th) **Hours:** 8:00 am - 3:00 pm
Bldg. 11, Room 111 (24th)
- **10 May - Employer Networking Event** - Learn about Johns Hopkins employment opportunities! Presentation covers current vacancies and how to apply.
Location: Bldg 11, Room 158. **Time:** 11:00 am - 1:00 pm.
- **11 May - Time Management Workshop** - The main objective of this interactive training is to help participants look at how their time is spent and provide tips and resources on creating routines, schedules, and develop better overall organization in their lives.
Location: Bldg 11, Room 158 **Time:** 12:00 pm - 1:00 pm
- **12 May - Strong Navy Couples** – Attention all military couples! Learn how to reconnect after deployment!
Location: Bldg 11, Room 158 **Time:** 8:00 am - 9:30 am
- **12 May - ADECCO Staffing Employment Registration** – Schedule your hour appointment to register and interview for short-term, long-term, and direct hire permanent placement employment opportunities.
Location: Bldg 11, Room 158 **Time:** 10:00 am - 12:00 pm
- **17 May - EFM Orientation** – For military, families and providers new to the Exceptional Family Member program.
Location: Bldg 19, Room 1118 **Time:** 12:00 pm - 12:30 pm
- **18 May - Home Buying Workshop** - This course is designed new/first time home buyers. Learn the smart steps to prepare financially for a home purchase. Uncover the things you can do to make the loan approval process smoother. Walk away with resources to help you in the home buying process.
Location: Bldg 11, Room 14 **Time:** 1:00 pm - 2:30 pm
- **18 May - Stress Management** - The main objective of this course is to educate the target audience on stress management and reduction. This workshop targets protective factors such as the positive effect supportive relationships have on lessening stress and reducing risk of abuse.
Location: Bldg 11, Room 14 **Time:** 11:00 am - 1:00 pm
- **24 May - Resume Writing** – Focused on resume writing basics. Hands on time will be provided to begin building your resume outline. Bring your VMET, SMART transcript and supporting documents (evals. etc)!
Location: Bldg 11, Room 158 **Time:** 11:00 am - 1:00 pm
- **25 May - Conflict Resolution** - The main objective of this course is to help the target audience focus on ways to resolve conflict without letting anger take control. Participants will learn about what conflict is, where it comes from and constructive ways to resolve it.
Location: Bldg 11, Room 158 **Time:** 12:00 pm - 1:00 pm
- **26 May - New Spouse Orientation** - Welcome aboard!! This informative get together addresses the basics of being a military spouse, obtaining installation resources, and building a network in your new military family!
Location: Bldg 11, Room 158 **Time:** 10:00 am - 11:30 am