

FFSC Little Creek/Fort Story
(757) 462-7563
JEB Little Creek/Fort Story
1450 D Street
Virginia Beach, VA 23459-2444

FFSC Newport News
(757) 688-6289
Newport News Shipyard
2600 Washington Ave., Suite 101
Newport News, VA 23607

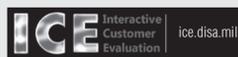
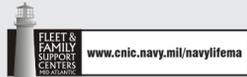
FFSC Norfolk/Portsmouth
(757) 444-2102
7928 14th Street, Suite 102
Norfolk, VA 23505-1219

FFSC Northwest
(757) 421-8770
NSA Hampton Roads Northwest Annex
4504 Relay Rd., Bldg. 374
Chesapeake, VA 23522-4102

FFSC Oceana/Dam Neck
(757) 433-2912
1896 Laser Rd., Suite 120
Virginia Beach, VA 23460-2281

FFSC Yorktown
(757) 887-4606
WPNSTA Yorktown
1949 Von Steuben Drive
Newport News, VA 23603

Military OneSource
militaryonesource.com
1 (800) 342-9647



DEPARTMENT OF THE NAVY
Fleet and Family Support Centers of Hampton Roads, Virginia
7928 14th Street
Norfolk, VA 23505-1219

Official Business

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

SIGNAL

www.cnic.navy.mil/navylifema

OCT

NOV

DEC

2012

Does your partner ever say...?

"I promise I'll never hit you again."
"You're so stupid."
"Nobody will ever love you like me."
"You can't make it on your own"

If so,

Do you ever think...?

"The physical and verbal abuse doesn't happen that often."
"If I leave, where am I going to live?"
"How will I make enough money?"
"If I leave, I'll lose my kids."

Reporting domestic violence doesn't mean you will lose your income, home, career or children. Help yourself, your family and your friends by taking a stand against domestic violence. Break the silence! Break the cycle! End domestic violence!

Call your FFSC or 1-800-799-SAFE (7233).



Scan this code or call 1-800-372-5463 to make a counseling appointment.



all agencies assisting a victim of sexual assault. Individuals certified as DCC will not have victim contact, but will ensure timely filing of initial, continuation, and final SITREPs. The DCC will obtain the data elements in a Sexual Assault Incident Data Collection Report.

SAPR Command Liaison Training

The Sexual Assault Prevention and Response (SAPR) Command Liaison training is 8 hours. The SAPR Command Liaison works for the Commander on behalf of a victim in a sexual assault case. Command Liaisons are appointed to specific sexual assault cases and serve as the victim's contact with command leadership. Command Liaisons are responsible for keeping victims apprised of developments in their cases and work closely with command leadership to ensure that victim needs are being met. The Command Liaison can also represent their command at the Sexual Assault Case Management Group (SACMG) meeting.

SAPR Command POC Training

Sexual Assault Prevention and Response (SAPR) POC Training initial training is 4 hours. The Command SAPR POC is responsible for coordinating mandated annual awareness, prevention and education training. The SAPR POC maintains and provides current information and referrals to base and community programs for victims. The SAPR POC ensures mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending this four-hour training will be designated by their command and will represent the command in all sexual assault cases.

SAPR Refresher Training

This single-session workshop is an advanced training that provides relevant information, opportunity for discussion, and SAPR program updates. Who should attend: Any individual previously trained as a SAPR POC or Advocate.

SAPR Victim Advocate Basic Training

This four-day, basic training prepares command SAPR personnel to facilitate training for the crew, fulfill reporting requirements, assist victims, and either manage or be a team member for the SAPR Program at their command. Who should attend: Command-appointed SAPR POCs and SAPR Advocates, approved by the command, who want to assist victims of sexual assault.

Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

Counseling/Support Programs

Changes

Changes is a support group for active duty military members experiencing an interpersonal separation/divorce. Goals include a reduction of confusion and anger, the rebuilding of positive self-esteem, and the identification of support resources. Call 444-2102 for a brief pre-screening and more information.

Couples Workshop

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem solve, and strengthen your relationship. Open to military beneficiaries and their partners.

Military Life Skills Education Programs

Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel, and their adult family members aged 18 and above. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships.

Topics include emotional record keeping, expectations, communication and developing healthy habits.

Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

Foreign-Born Spouses Support Group

Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign-born military spouses, network and share resources, discuss the American way of life, develop friendships, receive monthly newsletters, and learn about the many resources available to make your new life experience positive.

New Parent Resource Awareness Workshop

This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

Operation Prepare

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Operation Prepare public awareness program.

Art of Money Management This workshop provides in-depth instruction and information on developing successful money management skills. Topics include understanding and using credit, Navy pay and allowances, spending strategies, and how to save and invest.

Parenting in a Military Family This workshop explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

Parenting Teens This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

Personal Communications Would you like to improve your personal communication skills? This two-session, educational group can make a difference! Participants learn about different



Fleet & Family Support Center's Portsmouth Office is located at the Naval Medical Center in Bldg. 249, beside the Child Waiting Center. We offer Counseling, New Parent Support, Exceptional Family Member Program information, and FAP services. We can also connect you to Financial, Deployment, Relocation, and Military Life Skills programs. For more information, or to register for a class, call (757) 953-7801.

communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

Single Parenting in the Military

This single-session workshop explores ways for active-duty single parents to balance their military and parental responsibilities and looks at the opportunities and challenges of parenting alone in the military. Discussion topics include dealing with changes, co-parenting, talking with your child about their other parent, dating, resources for single military parents, and more.

Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children under six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills; developing skills for communicating effectively with young children; and much more.

Systematic Training for Effective Parenting (STEP): School-age

This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the goals of misbehavior, mutual respect, and family meetings.

Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, TRICARE, financial planning, and more.

Personal Financial Management Programs

Homeownership VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

How to Survive the Holidays Financially Learn how to reduce the financial stress of the holidays. This 90-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt. Make the most of the holiday season.

Identity Theft Protection This single session workshop explains the different types of identity theft, teaches ways to guard against identity theft, discusses ways to manage your personal information, and offers steps you should take if your identity is stolen. Open to military members and their families.

Million Dollar Sailor A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, command career counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

Command Financial Specialist (CFS) Refresher Training Review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your

Retirement Planning

This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the new Thrift Savings Plan (TSP). This is a must, if you are leaving the military.

Savings and Investments

This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable participants to save and invest wisely. Explore various investment options and learn which instrument best suits you and your individual goal.

SMART Start: Finances for Newlyweds

SMART Start Finances for Newlyweds provides financial information and guidance to single service members contemplating marriage and newly married service members. Topics covered are short and long-term financial goal-setting, spending plans, savings and investing, and effective communication on financial matters.

TSP - Your Key To Financial Independence

The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence in this ninety-minute workshop.

Relocation Assistance Programs

Overseas Transfer Workshop

Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty members, spouses, and dependents 12 years and older.

Smooth Move Workshop

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring, and separating military personnel, and their families.

Family Employment/Transition Assistance Programs

Career Planning

Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

Effective Resume Writing

These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop includes tips on translating military terminology.

The Federal Employment System

In this single-session workshop, gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process, and how to understand standard qualifications and testing requirements.

Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

Job Network

Job Network is a monthly one-hour employer panel of three human resource personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

Job Search Strategies

Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the Internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

Transition Assistance Program (TAP)

TAP is a workshop for separating military and pre-retirees. It covers resume writing, interviewing skills, salary negotiations, military benefits, and other topics that facilitate a smooth transition from the military to the civilian community. If space is available, spouses may accompany the transitioning member.

See your command career counselor for a quota to attend TAP.

Transition Assistance Services Available at all FFSCs:

- Workshops and counseling on all financial aspects of transition
- Survivor Benefit Program (SBP)
- Individual transition counseling
- Transition information and employment referral

VA Disability Benefits Review

This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.

A Virginia Employment Commission (VEC) representative is available for assistance at:

- FFSC Little Creek every Thursday 1:00-4:30 pm.
- FFSC Norfolk daily.
- FFSC Yorktown every first and last Wednesday.

The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by Law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publication and Printing Policy Committee. Opinions and statements are the personal views of the contributors. We authorize and invite the reproduction of any SIGNAL articles for use by Command, Ombudsmen, or spouse organization publications. We ask only that credit be given to the SIGNAL.

FLEET & FAMILY SUPPORT CENTERS (FFSC) OF HAMPTON ROADS — SITES & PHONE NUMBERS

L	Little Creek 462-7563	N	Norfolk 444-2102	NN	Newport News 688-6289	NW	Northwest 421-8770	O	Oceana 433-2912	Y	Yorktown 887-4606
---	--------------------------	---	---------------------	----	--------------------------	----	-----------------------	---	--------------------	---	----------------------



OCT • NOV • DEC 2012
PROGRAM CALENDAR

FFSC PROGRAMS	OCTOBER	NOVEMBER	DECEMBER
Individual Augmentee (IA) Deployment Readiness Brief	OCT 2, 1:00-3:00 pm (N) OCT 4, 1:00-3:00 pm (O)	OCT 19, 1:00-3:00 pm (N) OCT 25, 9:00-11:00 am (Y)	NOV 6, 5:30-7:30 pm (N) DEC 4, 9:00-11:00 am (N) DEC 4, 2:30-4:30 pm (O)
Individual Augmentee (IA) Family Discussion Group	OCT 10, 9:00-11:00 am (Y)	OCT 25, 6:00-8:00 pm (N)	NOV 14, 6:00-8:00 pm (O)
Individual Augmentee (IA) Homecoming Brief	OCT 4, 8:00-10:00 am (Y)	OCT 11, 5:30-7:30 pm (N)	NOV 15, 10:30 am-12:30 pm (O) NOV 20, 1:00-3:00 pm (N) DEC 5, 6:00-8:00 pm (L) DEC 13, 5:30-7:30 pm (N)
COMMAND SUPPORT PROGRAMS			
Career Options and Navy Skills Evaluation Program (CONSEP)	OCT 15-18 (M-TH) 8:00 am-4:30 pm (Mid Career) (O) OCT 22-25 (M-TH) 8:00 am-4:30 pm (First Term) (L) OCT 22-25 (M-TH) 8:00 am-4:30 pm (Mid Career) (N)	NOV 13-16 (T-F) 8:00 am-4:30 pm (First Term) (N) NOV 13-16 (T-F) 8:00 am-4:30 pm (Mid Career) (L)	DEC 10-13 (M-TH) 8:00 am-4:30 pm (Mid Career) (Y)
Deckplate Resource Awareness Training	OCT 11 & 12 (T&F) 8:00 am-4:00 pm (N) OCT 24 & 25 (W&TH) 8:00 am-4:00 pm (O)	OCT 29 & 30 (M&T) 8:00 am-4:00 pm (L) NOV 13 & 14 (T&W) 8:00 am-4:00 pm (N) NOV 14 & 15 (W&TH) 8:00 am-4:00 pm (NN)	NOV 28 & 29 (W&TH) 8:00 am-4:00 pm (O) DEC 10 & 11 (M&T) 8:00 am-4:00 pm (N)
Exceptional Family Member POC Training	OCT 11, 8:30 am-12:30 pm (N)	OCT 24, 8:00 am-noon (L)	NOV 2, 8:00 am-noon (NN) DEC 6, 8:30 am-12:30 pm (O) DEC 13, 8:30 am-12:30 pm (N)
FAP Command Leadership Training		NOV 1, 8:00 am-4:00 pm (Y)	
Family Readiness Group (FRG) Leadership Training	OCT 9, 6:30-9:00 pm (N)	NOV 3 & 4 (SAT&SUN) 8:30 am-4:00 pm (O)	DEC 4, 6:30-9:00 pm (Y) DEC 4, 6:00-9:00 pm (N) DEC 11, 6:30-9:00 pm (O)
Navy Family Ombudsman Basic Training	OCT 12-14 (F-SUN) 8:30 am-4:00 pm (O)	NOV 6-8 (T-TH) 8:30 am-4:00 pm (NN) NOV 16-18 (F-SUN) 8:30 am-4:00 pm (N)	DEC 7-9 (F-SUN) 8:30 am-4:00 pm (O)
PCO-PXO Spouses Workshop		NOV 27, 9:00 am-2:00 pm (O)	
SAPR Command Data Collection Coordinator Training	OCT 10, 1:30-3:30 pm (L)	OCT 18, 1:30-3:30 pm (N)	NOV 8, 1:30-3:30 pm (O) NOV 19, 1:30-3:30 pm (Y) DEC 18, 1:30-3:30 pm (N)
SAPR Command Liaison Training	OCT 15, 8:00 am-4:00 pm (Y)		NOV 27, 8:00 am-4:00 pm (N) DEC 3, 8:00 am-4:00 pm (O) DEC 12, 8:00 am-4:00 pm (L)
SAPR Command POC Training	OCT 10, 8:00 am-noon (L)	OCT 18, 8:00 am-noon (N)	NOV 8, 8:00 am-noon (O) NOV 19, 8:00 am-noon (Y) DEC 18, 8:00 am-noon (N)
SAPR Refresher Training	OCT 3, 9:00-11:30 am (N)		NOV 15, 9:00-11:30 am (L) NOV 16, 9:00-11:30 am (Y) DEC 5, 9:00-11:30 am (N)
SAPR Victim Advocate Basic Training	OCT 2-5 (T-F) 8:00 am-4:00 pm (O)	OCT 22-25 (M-TH) 8:00 am-4:00 pm (N)	NOV 6-9 (T-F) 8:00 am-4:00 pm (L) NOV 13-16 (T-F) 8:00 am-4:00 pm (N) DEC 4-7 (T-F) 8:00 am-4:00 pm (L) DEC 10-13 (M-TH) 8:00 am-4:00 pm (Y)
Sponsor Training	OCT 10, 2:00-4:00 pm (L)	OCT 16, 1:00-3:00 pm (O)	NOV 5, 1:00-3:00 pm (L) DEC 11, 2:00-4:00 pm (O)
COUNSELING/SUPPORT PROGRAMS • Call 1-800-372-5463 to make a counseling appointment			
Changes	OCT 4-25 (TH) 1:30-3:30 pm (N)	NOV 1-29 (TH) 1:30-3:30 pm (N)	DEC 6-27 (TH) 1:30-3:30 pm (N)
Couples Workshop	OCT 18 & 25 (TH) 6:00-8:30 pm (N) OCT 29 & NOV 5 (M) 5:00-7:30 pm (L)	NOV 6 & 13 (T) 2:00-4:30 pm (O) NOV 8 & 15 (TH) 6:00-8:30 pm (N)	NOV 13 & 20 (T) 4:00-6:30 pm (Y) DEC 13 & 20 (TH) 6:00-8:30 pm (N)
MILITARY LIFE SKILLS EDUCATION PROGRAMS			
Building Effective Anger Management Skills (BEAMS)	OCT 2-11 (T&TH) 9:00-noon (L) OCT 2-18 (T&TH) 9:00-11:00 am (NN)	OCT 3-19 (W&F) 9:00-11:00 am (N) OCT 9-25 (T&TH) 2:00-4:00 pm (O)	NOV 6-15 (T&TH) 8:30-11:30 am (N) NOV 26-DEC 7 (M,W&F) 9:00-11:00 am (L) NOV 26-DEC 12 (M&W) 2:00-4:00 pm (NN) DEC 3-14 (M,W&F) 9:00-11:00 am (N)
Building Healthy Relationships	OCT 1, 6:00-8:30 pm (L) OCT 9, 6:00-8:30 pm (N)	OCT 25, 3:30-6:00 pm (NW)	NOV 6, 4:00-6:30 pm (Y) NOV 13, 6:00-8:30 pm (N) DEC 4, 5:00-7:30 pm (O) DEC 11, 6:00-8:30 pm (N)
Children and Divorce	OCT 2, 3:00-7:00 pm (O) OCT 9 & 11 (T&TH) 2:00-4:00 pm (NN)	OCT 16 & 17 (T&W) 3:00-5:00 pm (N) OCT 31, 12:30-4:30 pm (O)	NOV 20, 8:30 am-12:30 pm (L) DEC 12 & 13 (W&TH) 9:30-11:30 am (N)
Dads and Discipline	OCT 24, 2:30-5:00 pm (N)		DEC 13, 2:00-4:30 pm (O)
Enhancing Stepfamilies			DEC 4, 2:30-5:00 pm (N) DEC 5, 2:00-4:30 pm (O)
Foreign-Born Spouses Support Group	OCT 26, 10:00 am-noon (O)		NOV 9, 10:00 am-noon (O) DEC 7, 10:00 am-noon (O)
New Parent Resource Awareness Workshop	OCT 1, 8:00 am-noon (Y) OCT 3, 8:00 am-noon (L)	OCT 19, 8:00 am-noon (N)	NOV 9, 8:00 am-noon (N) DEC 7, 8:00 am-noon (O)
Operation Prepare			NOV 26, 9:00-11:00 am (L)
Parenting in a Military Family	OCT 2 & 3 (T&W) 2:30-5:00 pm (N) OCT 16 & 18 (T&TH) 2:00-4:30 pm (NW) OCT 17 & 18 (W&TH) 2:00-4:30 pm (O)		NOV 1 & 2 (TH&F) 9:00-11:30 am (Y) NOV 6 & 7 (T&W) 2:30-5:00 pm (N) NOV 6 & 8 (T&TH) 9:00-11:30 am (NW) NOV 14 & 15 (W&TH) 2:00-4:30 pm (O) NOV 19, 9:00 am-2:30 pm (L) DEC 5 & 6 (W&TH) 9:00-11:30 am (N) DEC 11 & 12 (T&W) 9:00-11:30 am (O)
Parenting Teens	OCT 11, 2:00-4:30 pm (O)		NOV 29, 2:30-5:00 pm (N)
Personal Communications	OCT 2, 5:30-7:30 pm (O) OCT 10, 8:30-10:30 am (L)	OCT 29, 9:00-11:00 am (NN)	DEC 14, 9:00-11:00 am (NN)
Single Parenting in the Military	OCT 19, 8:00-10:30 am (NN)		NOV 14, 2:30-5:00 pm (N) DEC 3, 2:00-4:30 pm (O)
Systematic Training for Effective Parenting (STEP) — Early Childhood	OCT 29-NOV 19 (M&TH) & NOV 13 (T) 4:00-6:00 pm (N)		
Systematic Training for Effective Parenting (STEP) — School-age	OCT 22-NOV 1 (M&TH) 2:30-4:30 pm (O)		
Stress Management	OCT 9-18 (T&TH) 1:00-3:00 pm (N) OCT 23 & 25 (T&TH) 8:00 am-noon (NN)		NOV 6 & 8 (T&TH) 12:30-4:30 pm (NW) NOV 6-15 (T&TH) 9:00-11:00 am (O) NOV 6-15 (T&TH) 1:00-3:00 pm (N) NOV 27 & 29 (T&TH) 8:00 am-noon (Y) DEC 3-12 (M&W) 2:00-4:00 pm (O) DEC 4-13 (T&TH) 1:00-3:00 pm (N)
Welcome to the Military	OCT 24, 5:30-8:30 pm (N)		NOV 28, 8:30-11:30 am (L)
PERSONAL FINANCIAL MANAGEMENT PROGRAMS			
Art of Money Management	OCT 11, 8:00 am-4:00 pm (Y) OCT 16, 8:00 am-4:00 pm (N)	OCT 29, 8:00 am-4:00 pm (L)	NOV 20, 8:00 am-4:00 pm (O) NOV 27 & 28 (T&W) 4:00-8:00 pm (N) NOV 29, 8:00 am-4:00 pm (NN) DEC 13, 8:00 am-4:00 pm (O) DEC 17, 8:00 am-4:00 pm (N)
Car Buying Strategies	OCT 10, noon-1:30 pm (N)		NOV 5, 2:30-4:00 pm (O) NOV 14, noon-1:30 pm (N) DEC 19, noon-1:30 pm (N)
CFS Forum and Financial Town Hall Meeting	OCT 5, 8:30-10:00 am (O)		NOV 2, 8:30-10:00 am (O) NOV 2, 9:30-11:00 am (Y) DEC 6, 1:00-2:30 pm DEC 14, 8:00-9:30 am (L)(N)
Command Financial Specialist (CFS) Refresher Training			NOV 1, 8:00 am-4:30 pm (N) NOV 13, 7:30 am-4:00 pm (O)
Command Financial Specialist (CFS) Training	OCT 1-5 (M-F) 7:30 am-4:00 pm (N)(O) OCT 15-19 (M-F) 7:30 am-4:00 pm (L)	OCT 29-NOV 2 (M-F) 7:30 am-4:00 pm (O)(Y)	NOV 5-9 (M-F) 7:30 am-4:00 pm (L)(N) DEC 3-7 (M-F) 7:30 am-4:00 pm (N) DEC 10-14 (M-F) 7:30 am-4:00 pm (L)
Consumer Awareness	OCT 10, 10:00-11:30 am (N)		NOV 14, 10:00-11:30 am (N) DEC 19, 10:00-11:30 am (N)
Credit Management	OCT 10, 8:30-10:00 am (N)		NOV 5, 1:00-2:30 pm (O) NOV 14, 8:30-10:00 am (N) DEC 3, 2:30-4:00 pm (O) DEC 5, 2:30-4:00 pm (NW) DEC 19, 8:30-10:00 am (N)
Developing Your Spending Plan			DEC 3, 1:00-2:30 pm (O)
Division Officer Financial Leadership Seminar	OCT 1, 8:00 am-noon (L) OCT 4, 8:00 am-noon (NN)	OCT 10, 8:00 am-noon (N)	NOV 6, 8:00 am-noon (Y) DEC 6, 8:00 am-noon (L) DEC 20, 8:00 am-noon (N)
Homeownership	OCT 17, 9:00 am-3:00 pm (N)		NOV 29, 8:30 am-2:30 pm (L) DEC 4, 8:30 am-2:30 pm (O)
How to Survive the Holidays Financially	OCT 5, 9:00-10:30 am (Y)		NOV 13, 1:00-2:30 pm (N) NOV 20, 8:00-9:30 am (NN) DEC 5, 1:00-2:30 pm (NW)
Identity Theft Protection	OCT 3, 8:30-10:00 am (NW)		
Million Dollar Sailor			DEC 5 & 6 (W&TH) 8:00 am-4:00 pm (Y) DEC 27 & 28 (TH&F) 8:00 am-4:00 pm (N)
Retirement Planning	OCT 3, noon-1:30 pm (N)	OCT 16, 8:30-10:00 am (O)	NOV 7, noon-1:30 pm (N) DEC 5, noon-1:30 pm (N) DEC 19, 1:00-2:30 pm (L)
Savings and Investments	OCT 3, 8:30-10:00 am (N)		NOV 7, 8:30-10:00 am (N) NOV 19, 8:00-9:30 am (NN) DEC 5, 8:30-10:00 am (N) DEC 7, 8:00-9:30 am (NN) DEC 17, 8:30-10:00 am (O) DEC 19, 8:30-10:00 am (L)
Smart Start: Finances for Newlyweds			NOV 7, 9:00-10:30 am (Y)
TSP – Your Key to Financial Independence	OCT 3, 10:00-11:30 am (N) OCT 16, 10:00-11:30 am (O)		NOV 7, 10:00-11:30 am (N) NOV 7, 3:00-4:30 pm (NW) NOV 19, 9:30-11:00 am (NN) DEC 5, 10:00-11:30 am (N) DEC 7, 10:00-11:30 am (NN) DEC 17, 10:00-11:30 am (O) DEC 19, 10:00-11:30 am (L)
RELOCATION ASSISTANCE PROGRAMS			
Overseas Transfer Workshop	OCT 10, 9:00 am-4:00 pm (N) OCT 16, 9:00 am-4:00 pm (NW)	OCT 17, 9:00 am-4:00 pm (O) OCT 31, 9:00 am-4:00 pm (L)	NOV 1, 9:00 am-4:00 pm (N) NOV 14, 9:00 am-4:00 pm (O) NOV 27, 9:00 am-4:00 pm (L) DEC 5, 9:00 am-4:00 pm (O) DEC 17, 9:00 am-4:00 pm (N)
Smooth Move Workshop	OCT 2, 9:00 am-noon (O) OCT 16, 9:00 am-noon (N)	OCT 26, 9:00 am-noon (N) OCT 30, 9:00 am-noon (L)(NW)	NOV 5, 9:00 am-noon (NN) NOV 8, 1:00-4:00 pm (O) NOV 20, 9:00 am-noon (N) DEC 3, 9:00 am-noon (L) DEC 4, 9:00 am-noon (NW)(O) DEC 6, 9:00 am-noon (NN) DEC 18, 9:00 am-noon (N)
FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS			
Career Planning	OCT 2, 9:00 am-noon (NW) OCT 3, 9:00 am-noon (O)	OCT 10, 1:00-4:00 pm (N) OCT 22, 9:00 am-noon (O)	NOV 5, 9:00 am-noon (O) NOV 7, 9:00 am-noon (NW) NOV 28, 8:30-11:30 am (N) DEC 4, 1:00-4:00 pm (L) DEC 5, 1:00-4:00 pm (N) DEC 10, 9:00 am-noon (O) DEC 28, 9:00 am-noon (L)
Effective Resume Writing	OCT 1, 1:00-4:00 pm (Y) OCT 4, 1:00-4:00 pm (N) OCT 10, 9:00 am-noon (NW)(O) OCT 18, 1:00-4:00 pm (N)	OCT 23, 9:00 am-noon (O) OCT 29, 1:00-4:00 pm (O)	NOV 1, 1:00-4:00 pm (O) NOV 6, 8:30-11:30 am (NN) NOV 6, 9:00 am-noon (O) NOV 14, 9:00 am-noon (Y) NOV 15, 1:00-4:00 pm (O) NOV 19, 9:00 am-noon (O) NOV 20, 8:30-11:30 am (N) NOV 26, 9:00 am-noon (O) DEC 4, 8:30-11:30 am (NN) DEC 4, 9:00 am-noon (L) DEC 6, 1:00-4:00 pm (NW)(O) DEC 11, 9:00 am-noon (O) DEC 12, 1:00-4:00 pm (N) DEC 17, 9:00 am-noon (L) DEC 18, 9:00 am-noon (O)
The Federal Employment System	OCT 2, 1:00-4:00 pm (Y) OCT 9, 1:00-4:00 pm (L) OCT 16, 8:30-11:30 am (N) OCT 19, 9:00 am-noon (O)	OCT 24, 9:00 am-noon (NW) OCT 30, 9:00 am-noon (O) OCT 31, 8:30-11:30 am (N)	NOV 1, 9:00 am-noon (L) NOV 5, 1:00-4:00 pm (N) NOV 7, 8:30-11:30 am (NN) NOV 8, 9:00 am-noon (O) NOV 16, 8:30-11:30 am (N) NOV 19, 1:00-4:00 pm (O) DEC 3, 1:00-4:00 pm (NW) DEC 5, 8:30-11:30 am (NN) DEC 11, 8:30-11:30 am (N) DEC 13, 9:00 am-noon (O) DEC 18, 1:00-4:00 pm (O) DEC 20, 9:00 am-noon (L)
Interview Techniques	OCT 3, 1:00-4:00 pm (N)(Y) OCT 10, 1:00-4:00 pm (O)		NOV 7, 9:00 am-noon (O) NOV 8, 8:30-11:30 am (NN) NOV 14, 1:00-4:00 pm (N)(NW) DEC 4, 1:00-4:00 pm (NW) DEC 12, 9:00 am-noon (O) DEC 18, 9:00 am-noon (L) DEC 19, 8:30-11:30 am (N)
Job Network	OCT 23, noon-1:00 pm (O)		NOV 6, noon-1:00 pm (L) DEC 17, noon-1:00 pm (L)
Job Search Strategies	OCT 2, 8:30-11:30 am (N) OCT 4, 9:00 am-noon (O)	OCT 12, 9:00 am-noon (L) OCT 22, 1:00-4:00 pm (O)	NOV 5, 8:30-11:30 am (N) NOV 5, 9:00 am-noon (NW) NOV 5, 1:00-4:00 pm (O) NOV 7, 8:30-11:30 am (N) DEC 10, 1:00-4:00 pm (O) DEC 18, 1:00-4:00 pm (L) DEC 19, 9:00 am-noon (O) DEC 28, 1:00-4:00 pm (L)
Transition Assistance Program (TAP)	Executive Retirement (E-9, W-4, W-5, O-5 and Above), Retiree Classes, Separatee Classes.		
VA Disability Benefits Review	OCT 4, 8:30 am-5:00 pm (Y) OCT 11, 7:30 am-4:00 pm (L)	OCT 18, 7:30 am-4:00 pm (O) OCT 25, 7:30 am-4:00 pm (L)	NOV 1, 7:30 am-4:00 pm (O) NOV 8, 7:30 am-4:00 pm (L) DEC 6, 7:30 am-4:00 pm (O) DEC 13, 7:30 am-4:00 pm (L)

Call or visit www.cnvc.navy.mil/navylifema for more information or to register. You can also use your smart phone to access the FFSC website by scanning this code:

