

# FFSC August Events

*To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please make sure you sign up if you're interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.*

**Welcome Aboard: Aug. 5 from 8-11:30 a.m.** FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical/dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community service, chapel & other area religious services, MWR, School Liaison Program, and more!

**Car Buying Strategies: Aug. 9 from 1-2:30 p.m. or Aug. 31 from 9-10:30 a.m.** Are you in the market for a new or used car this holiday season? Attend this workshop for useful strategies to help you avoid getting swindled or stuck with a "lemon." We'll cover topics such as: the car purchase, financing, trade-ins, fair price and negotiations, your legal rights, and insurance.

**Controlling Anger: Aug. 10 from 9:30-10:30 a.m. or Aug. 30 from 2-3 p.m.** Everyone gets angry every now and then from normal frustrating life events, but some people handle angry feelings better than others. If you frequently "blow up" or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

**Résumé Clinic: Aug. 11 from 9-11 a.m.** A well-written résumé can get you the foot in the door you need to land a job interview and potentially be hired. This workshop will cover the major résumé formats -- chronological, functional, combination, and targeted -- as well as the pros and cons of each to help you decide which one is right for you. Also, the step-by-step process of composing a résumé (and its accompanying cover letter) will be detailed. Bring your résumé (if you already have one) to revise, or simply come prepared to start a new résumé and jump-start your job search!

**Emergency Preparedness for Families: Aug. 11 from 3-4:30 p.m.** With hurricane season in full swing, now is a good time to evaluate your family's emergency plan. NAS Meridian's Emergency Management department is providing this workshop to make sure our military families are prepared for the worst.

**Deployment & Teens: Aug. 12 from 3-4 p.m.** Deployment is emotionally challenging for everyone concerned, but can be especially tough for teenagers. Many adolescents believe they are already adults, equipped to handle anything that comes their way, so they may be reluctant to admit that the deployment of a parent affects them. If your teen is acting out, showing decreased self-esteem and/or increased self-criticism, displaying personality changes, or is experiencing other reactions to deployment, attend this workshop to learn how to help ease the strain.

**IA Spouse Discussion Group: Aug. 13 from 9:30-11 a.m.** FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

**Mid-Term CONSEP Training: Aug. 16-19 from 8 a.m.-3:30 p.m.** FFSC is presenting the Career Options and Navy Skills Evaluation Program (CONSEP), a mid-career training for Sailors with 6-12 years of active duty who are within 18-24 months of EAOS. The class will assist Sailors in making educated career decisions in order to be competitive, thereby maximizing their potential in the Navy. Participants will learn to market themselves, evaluate their individual skills, set goals, compare civilian and military careers, explore Navy upward mobility options, and enhance financial stability. Spouses are invited.

**Command Financial Specialist (CFS) Training: Aug. 23-27 from 8 a.m.-4:30 p.m.** Each command with at least 25 active duty service members is asked -- in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 -- to select individuals to attend CFS Training. Commands are required to maintain a ratio of 1 CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every 3 years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please contact the FFSC.