

October 2010 Fleet & Family Support Center Events

To register for any of the following workshops, please call the FFSC at 601-679-2360.

The class may not be presented if no one registers, so make sure you call if you're interested! Can't make the scheduled time? Call anyway – the workshop facilitator may be able to work with you one-on-one, give you materials, or let you know when the class will be offered again.

All classes held at FFSC (Building 405) unless otherwise noted.

Understanding Domestic Violence Victims

5 October 0930-1030
OR 26 October 1600-1700

Domestic violence is a serious issue that affects millions of people in one way or another. In fact, even if you are not the victim of domestic violence, you likely know someone who is. Therefore, whether you are the victim or the friend of someone being abuse, it is important for you to know how to find help and break the cycle of abuse. Come learn about domestic violence, why some victims stay in spite of the abuse, and how you can help break the cycle of abuse.

Why Sexual Assault in the Navy is a Big Deal

6 October 1600-1700
OR 25 October 0930-1030

Sexual assault is a terrible crime with serious consequences. You may think, "But sex feels good and people have sex all the time, so why is sexual assault such a big deal?" Sexual assault isn't about sex. It's about fear and control, and it changes victims for the rest of their lives. It robs them of their sense of security, something that may never fully come back. So, yeah, it IS a big deal. In fact, it's just about as big a deal as deals can get. Even if a person is not physically hurt during these crimes, the emotional scars left by sexual assault last a long time, and people who have been assaulted often continue to be afraid, anxious, or have trouble sexually throughout their lives. This workshop will focus on how sexual assault in the Navy affects everyone, not just victims and offenders, and the negative impacts on readiness caused by sexual assault amongst shipmates.

Welcome Aboard & New Spouse Orientation

7 October 0800-1130 (NSO 1130-1230)

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- & off-base driving regulations, legal services, community services, Chapel & other religious services, MWR, things to do at NAS & in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses. Whether you're a spouse new to military life or just new to Meridian, you'll be able to pick up important information and meet other spouses.

Bystander Intervention 101

13 October 1500-1600
OR 26 October 0900-1000

You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time but it is clear that the woman has had too much to drink. At one point your friend walks by you and you hear him say he is just going to get her "one more" and "that should be enough." A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do? Have you ever found yourself in a similar situation and not known what to do, even though you knew you needed to do something? This seminar will discuss various reasons why individuals who witness a range of inappropriate behaviors may or may not take action, and present ways to encourage and develop greater bystander involvement.

Effects of Domestic Violence on Children

14 October 0900-1000
OR 27 October 1600-1700

Family violence is not a topic people generally like to discuss; however, since October is Domestic Violence Awareness Month, FFSC is offering this workshop to explore the impact of family violence on children. Topics will include: tips on understanding the damage caused by family violence, how to recognize the warning signs of domestic violence, and how to offer support efforts to help end family violence.

IA Readiness Fair ★

15 October 0900-1100

FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information.

IA Spouse Discussion Group ★

15 October 0930-1100

FFSC hosts an IA Spouse Discussion Group over coffee (or tea). 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 & chat!

1st-Term CONSEP 18-21 October 0800-1530

This version of the Career Options and Navy Skills Evaluation Program (CONSEP) targets Sailors with 1-5 years of active duty service. The four-day class will present you with information and involves a series of practical applications that will help you identify your knowledge, skills, and abilities, pinpoint areas of career interest, organize your financial goals, and develop a specific plan to move you in the direction of the success you desire. *Registration is required.*

Home Buying Basics

22 October 0900-1030

This workshop, instructed by Mr. Sonny Toms of the Meridian Board of Realtors, will cover home-buying basics for first-time buyers and seasoned homeowners alike. Some topics will include: where to start when buying a home, choosing a lender, getting pre-approved for a mortgage loan, working with a realtor to find the right home, various home inspections, and what to do once you've found your dream home. *Space may be limited in this popular workshop, so make sure you call the FFSC to register today!*

Halloween Crafts for Kids

27 October 1430-1600

All children, ages 3-12, are invited to the FFSC to create spooky Halloween crafts! *Registration is required for preparation of materials!*

Ombudsman Basic Training

28, 29 & 30 October 0800—1430

An Ombudsman (the spouse of an active duty Sailor) volunteers to support the command by providing communication, outreach, referrals, information, and advocacy to and for command family members. *Every command, afloat and ashore, is required to appoint an Ombudsman.* This class is the required training for all command-appointed Ombudsman candidates. For more information, please call the FFSC. *Registration is required.*

★ Denotes special Individual Augmentee (IA) events. These events are intended for service members who are, or will be, deployed as IAs and their families. However, anyone interested is welcome to attend. Childcare is usually provided for IA families to attend these events – call FFSC for details.