

May 2011 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.

Controlling Anger

3 May 1330-1430 OR 18 May 1000-1100

Everyone gets angry every now & then from normal frustrating life events, but some people handle angry feelings better than others. Your upbringing, personality, and other factors affect how you display anger and how you argue with others. However, you aren't a slave to those patterns, and you CAN learn better ways to express angry feelings and argue constructively. 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.

Welcome Aboard

5 May 0800-1200

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 service, Chapel & other area religious services, MWR, things to do at NAS & in Meridian, School Liaison Program, and more!

IA Spouse Discussion Group ★

6 May 0930-1100

FFSC hosts this 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!

Military Spouse Appreciation Day Celebration!

6 May 1000-1130

Join the FFSC in honoring military spouses and their sacrifices and contributions to family & military readiness! Refreshments will be served.

Acing the Job Interview

12 May 0900-1030 OR 17 May 1400-1530

You've landed a job interview – the hard part of your job search is over, right? Wrong! The interview will definitely "make or break" your chances of actually getting the job. Join us for this hands-on clinic to learn helpful techniques that can turn your job interview from a nerve-racking ordeal to a chance to really sell yourself to your potential employer. We'll cover dos and don'ts, tough questions, the STAR (situation, task, action, result) method for responses, and conduct some mock interviews for practice!

Ombudsman Basic Training

19, 20 & 21 May 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.*

Transition Assistance Program (TAP) Seminar

23-26 May 0800-1600

Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. *It is highly recommended that spouses attend.* You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state & federal), veterans' benefits, pay & travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms & documents, benefits & services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job

24 May 1600-1800

The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding & analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more!

★ *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.*