

# August 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 August 0900-1000 OR 29 August 1500-1600**

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

**4 August 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 services, Chapel & other religious services, MWR, things to do at NAS & in Meridian, and more!

## Positive Parenting: Handling Behavior Problems

**9 August 1400-1530 OR 31 August 0900-1030**

Why do some children sail through childhood with few behavior problems while others seem to have constant struggles with behaving well? Both good and bad behaviors are shaped by the rewards the child receives from parents and other authority figures – and, sometimes, parents accidentally reward bad behavior. Attend this workshop to learn strategies to help guide your child to improved behavior.

## Gambling Awareness

**10 August 1000-1100 OR 23 August 1500-1600**

Gambling has become an acceptable form of entertainment in the United States and abroad. With more than 11,000 legal gambling casinos in the country and more than 2,000 online sites for gambling, it has become big business with big gains for the "house" . . . but not for the gambler. And, although there are no specific military directives that restrict Sailors and Marines from gambling, readiness and retention are threatened and negatively affected when gambling becomes a problem for service members (or their families). For more information about gambling awareness and the "house edge", attend this informative workshop.

## Ombudsman Basic Training

**11, 12 & 13 August 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.*

## Mid-Term CONSEP Training

**15-18 August 0800-1600**

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.*

## IA Spouse Discussion Group

**19 August 0930-1100**

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!

## Managing Workplace Conflict

**24 August 1000-1100**

Conflict is normal, even in the most high-functioning work groups. We all have different styles, points of view, and ways of communicating. However, when a conflict between two individuals or within a group lingers or goes unresolved, it can waste time, lower energy and morale, and leave those involved with hurt feelings that are hard to forget. If you need to improve your coping-with-conflict skills, come to this workshop to learn the mediation method and other tips to manage the sticky situations in your life.