

September 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.

Welcome Aboard 1 September 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!

Stress Management 6 September 1000-1100 OR 22 September 1500-1600

Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental & physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

Sex Signals 8 September 1000 (NTTC), 1300 & 1500 (MATSS-1/All Hands) NOSC Auditorium

This popular touring sexual assault awareness program incorporates improvisational comedy, education, and audience interaction to provide a provocative look at dating, sex, and the core issue of consent. Are you getting the signal?!

Command Financial Specialist (CFS) Training 12-16 September 0800-1630

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 call 601-679-2360.

Help for Parents of Children with ADHD 20 September 1700-1800

Research over the last 25 years has shown that medication and behavior management are the most effective treatments for Attention Deficit Hyperactivity Disorder (ADHD). Of course, a physician must determine the need for and appropriateness of medication, but you can do a great deal to help your child by creating the best possible environment for learning. This workshop will highlight specific techniques that can help children with ADHD get along better with others, learn to follow directions and complete activities more consistently, and build self-esteem.

Suicide Prevention 21 September 1400-1530

Did you know that more people die from suicide than homicide? How about that suicide has been the second or third leading cause of death among active duty Sailors and Marines for the past 10 years? September is National Suicide Prevention Month, and awareness about suicide can help prevent the number of men and women our military family loses to suicide each year. Topics of discussion will include: why people kill themselves, warning signs, what YOU can do, and places to get help. Don't miss this opportunity to gain information that might save a life!

IA Spouse Discussion Group ★ 23 September 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!

Transition Assistance Program (TAP) Seminar 26-29 September 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, TRICARE, emotional transition to separation, financial planning, forms & documents, benefits & services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job 27 September 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.