

Fleet and Family Support Center Programs September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Parenting Classes and Stress/Anger Management Classes are always available; call Paula Ingram at 871- 3457 for information. Effective Fatherhood classes are also available for Dads of any age; call Jim Soriano at 228-871-3499.						1
2	3 Labor Day Holiday	4 Ombudsman Basic Training, Day 1 of 3 Days, 0830-1400	5 Effective Fatherhood, 1100-1200 Combat Adjustment, 1600	6	7	8
9	10 Transition Assistance Program 5-Day Class ,0800-1530 (FFSC); SAPR Victim Advocate Trng,4-Day Class, 0800-1630 (Bldg 433). Effective Fatherhood 1100	11 Resume Writing Class, 1300-1500	12 Boundaries: A Communication, Relationship, & Stress Class, 1400-1530 Effective Fatherhood 1100 Combat Adj. 1600	13	14 Today is Ombudsman Appreciation Day Navy-wide!	15
16	17 SAPR POC Training, 0900-1300 Effective Fatherhood 1100 SAPR DCC Training, 1400-1600	18 MyFICO and My Finances, 1000-1100 Smooth Moves, 1000-1200	19 Effective Fatherhood, 1100-1200 Combat Adjustment, 1600	20 SAPR Command Liaison Training, 0800-1630	21	22
23	24 CONSEP for First Termers 4-Day Class Begins, 0800 Effective Fatherhood 1100	25	26 Effective Fatherhood 1100 Combat Adjustment, 1600; I.A. Family Gathering, 1600	27	28 Navy-Marine Corps Relief Society Budget for Baby Class. Call NMCRS for time and to sign up (228-871-2610)	29
30	Notes: 1. Please call Fleet and Family Support Center in advance to pre-register for any classes you want to take (228-871-3000). We want to keep you posted about any changes. 2. Coming up in October: Another “ <u>Smooth Moves</u> ” class for those planning a PCS move in the next six months and “ <u>Baby Boot Camp</u> ” for expectant parents and parents of infants up to 3 months old.					

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Please call Fleet and Family Support Center at 228-871-3000 to pre-register.

Anger Management, **by appointment**, call Paula Ingram at 871-3457.

Boundaries: A Communication, Relationship, Anger, and Stress Management Class, , 1400-1530. This class explains how the ability to set appropriate limits can enhance many aspects of your life, particularly in the areas of communication, relationships, stress, and anger.

Combat Adjustment Program, *Each Wednesday, 1600-1730*. Call Sarah Hopper at 228-871-3000 to sign up. This 6-session class discusses stress reactions to combat.

CONSEP for First Termers, *24-27 September, 0800 Daily*. Teaches first-term members about career development programs available.

DVIP (Domestic Violence Intervention Program), *Tuesdays at 1600*. Call Jim Soriano to sign up in advance at 228-871-3000. Designed to help end partner-on-partner abuse. NOTE: DVIP for WOMEN is available at a separate time; call Paula at 228-871-3000 for information.

Effective Fatherhood, *Mondays at 1100*. This is an on-going series for men and any father is invited; call Jim Soriano at 871-3000 for more information and to sign up. Attendees are welcome to bring a lunch and eat during the class.

Individual Augmentee Family Gathering, *26 September, 1600-1700*. Provides support/information to families of Individual Augmentees. Call Paula or Jean at 871-3000 for information.

MyFICO and My Finances, *18 September, 1000-1100*. Explains the MyFICO program to help attendees learn their credit scores at no cost.

NMCRS Budget for Baby, *28 September*. Call Navy-Marine Corps Relief Society at 871-2610 to sign up and obtain class time.

Ombudsman Basic Training, *4-6 September, 0830 Daily*. Teaches the Navy-required information to prepare a person to be an Ombudsman if selected.

Parenting Class, **by appointment**, call Paula Ingram at 871-3457.

Resume Writing Class, *11 September, 1300-1500*. Covers the basics of writing a positive, attention-grabbing resume. Call Jeff at 871-3000 for information.

SAPR Training this Month:

SAPR Victim Advocate Training, 10-13 September, 0800-1630 (Bldg 433).

SAPR POC Training, 17 September, 0900-1300

SAPR DCC Training, 17 September, 1400-1600

SAPR Command Liaison Training, 20 September, 0800-1630

Smooth Moves, 18 September, 1000-noon. This class covers requirements and entitlements for anyone PCS'ing within the next 6 months. For information about this class, call Judy Bradshaw at 871-3000.

Transition Assistance "TAP" Class for Separatees and Retirees, *10-14 September, 0800 Daily*. For members separating or retiring, this class covers job-hunting skills as well as "need-to-know" items relevant to leaving the service. Members must be enrolled by their Command Career Counselors.