



Fleet & Family Support Center
Building 554, Child Street
Naval Air Station, Jacksonville
(904) 542-5745

Revised: 15 DEC 2011

FFSC NAS JAX Workshops - 2012

All workshops are FREE and open to all active duty, reserve, and retired personnel and their family members. DOD civil service employees are NOT eligible to attend these workshops unless they have received a reduction in force notice under BRAC. **PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS.** FACILITIES FOR CHILDCARE ARE NOT AVAILABLE in the FFSC. If special accommodations or handicapped access is required, please notify us upon registration. (Class descriptions listed on last three pages for classes with *.)

TRANSITION ASSISTANCE PROGRAM (TAP)

(NOTE: TAP Quotas Granted Through Your CCC Only)
 Workshop hours are 0730-1615, Mon-Thu for 9-12 JAN and Tue-Fri for 17-20 JAN. All other workshops are Monday-Friday. **(Check-in is between 0645-0725.)**

TAP Separation

Jan 9-12
 Jan 17-20 (Tues.-Friday)
 Feb 13-17
 Mar 12-16
 Apr 9-13
 May 7-11
 Jun 4-8
 Jul 9-13
 Aug 6-10
 Sep 10-14
 Oct 15-19
 Nov 5-9
 Dec 3-7

TAP Retirement

Jan 23-27
 Feb 27 – Mar 2
 Mar 26-30
 Apr 23-27
 May 21-25
 Jun 18-22
 Jul 23-27
 Aug 20-24
 Sep 24-28
 Oct 22-26
 Nov 26-30
 Dec 17-21

Executive Transition Seminars

Jan 30 – Feb 2 (O-5 and above only)
 Jul 30 – Aug 2 (O-5 and above only)

CAREER OPTIONS AND NAVY SKILLS EVALUATION PROGRAM (CONSEP)

(NOTE: CONSEP Quotas Granted Through Your CCC Only)
 Workshop hours are 0730-1530.

CONSEP – 1st Term

Apr 2-5

CONSEP – Mid Career (6-12 years of active duty)

Jun 25-28

EMPLOYMENT READINESS

To register please call 542-5745.

Job Search and Interviewing Techniques

Workshop hours are 0800-0930.

Jan 5	Mar 19	May 2
Jul 18	Sep 4	Nov 19

Resumes and Cover Letters

Workshop hours are 0940-1200.

Jan 5	Mar 19	May 2
Jul 18	Sep 4	Nov 19

Federal Employment

Workshop hours are 0900-1200 except 4 JAN which is 1300-1600

Jan 4	Feb 22	Mar 21
Apr 18	May 3	Jun 1
Jul 19	Aug 3	Sep 5
Oct 12	Nov 14	NO DEC

OMBUDSMAN PROGRAM

To register please call 542-2776.

*Ombudsman Basic Training

Feb 27-29: 0800-1600 (Feb 27-28); 0800-1230 (Feb 29)
 May 14-17: 1730-2200 (Mon – Thurs)
 Aug 13-15: 0800-1600 (Aug 13-14); 0800-1230 (Aug 15)
 Nov 13-16: 1730-2200 (Tues – Fri)



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PERSONAL FINANCIAL MANAGEMENT

To register please call 542-4976.

***Command Financial Specialist Training**

Workshop hours are 0730-1600.

Mar 5-9 Jun 11-15
Sep 17-21 Dec 10-14

***Command Financial Specialist Training Refresher**

Workshop hours are 0730-1600.

Jul 17

Million Dollar Sailor Workshop

Workshop hours are 0730-1600.

Feb 23-24 Apr 30 – May 1
Aug 27-28 Nov 20-21

Money, Debt & Credit Management Workshop

Workshop hours are 0800-1100.

Jan 4 Apr 20
Jul 16 Oct 3

Strategies for 1st Time Home Buyers

Workshop Hours are 1300-1530.

Mar 20 May 30
Sep 6

Strategies for Best Deals in Car Buying

Workshop hours are 0900-1030.

Feb 21 May 4
Aug 29 Nov 13

RELOCATION ASSISTANCE

To register please call 542-5745.

***Welcome Aboard Training (Indoc)**

Training is available upon command request.

***Sponsor Training**

Workshop hours are 1330-1500.

Feb 7 Apr 3 Jun 5
Aug 7 Oct 2 Dec 4

***Smooth Move Workshop**

Workshop hours are 1330-1600.

Jan 10 Mar 13 May 8
Jul 10 Sep 11 Nov 13

***Cultural Adaptation Workshop**

Training is available upon command request.

DEPLOYMENT SUPPORT

To register please call 542-2776.

***Command Pre-Deployment Brief**

Training is available upon command request.

***Return and Reunion**

Training is available upon command request.

***Single Sailors and Pre-Deployment**

Training is available upon command request.



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LIFE SKILLS EDUCATION

***Military Spouse 101**

To register please call 542-5745 or 542-2776.
 Workshop hours noted below.

Jan 11, 0900-1100	Mar 28, 1700-1900
May 19, 1000-1200	Jul 16, 1300-1500
Sep 12, 1700-1900	Nov 17, 1000-1200

***Stress Management 101**

To register please call 542-5745.
 Workshop hours are 0900-1000.

Jan 4	Feb 1	Mar 7
Apr 4	May 2	Jun 6
July 11	Aug 1	Sep 5
Oct 3	Nov 7	Dec 5

***Extended Stress Management (4 Module Workshop)**

To register please call 542-5745.
 Workshop hours are 0800-1200.

Feb 7 & 14	Apr 10 & 24	Jun 12 & 26
Aug 7 & 20	Oct 9 & 23	Dec 4 & 17

***Anger Management Workshops**

To register please call 542-5745.
 Workshop hours are 0800-1200.

Jan 17	Feb 21	Mar 20
Apr 17	May 15	Jun 19
Jul 17	Aug 21	Sep 18
Oct 16	Nov 20	Dec 18

LIFE SKILLS EDUCATION (CONT)

***Personal Anger Control Group**

To register please call 542-5249 or 542-5239.
 Workshop hours - Thursday's from 1100-1300. Must attend all 6 meetings.

Jan 19 – Feb 23	Mar 22 – Apr 26
May 24 – Jun 28	

***What About the Kids**

To register please call 542-5745.
 Workshop hours are 0900-1100.

Jan 9	Feb 13	Mar 12
Apr 9	May 14	Jun 11
Jul 9	Aug 6	Sep 10
Oct 15	Nov 19	Dec 10

***Couples Communication**

Training is available upon individual request.
 Workshop is 2 hours. Please call 542-5745 for more information.

***Individual Communication**

To register please call 542-5745.
 Workshop hours are 1100-1300. (Training is also available upon command request.)

Jan 10	Mar 13	May 8
Jul 10	Sep 11	Nov 13

***Parenting with "Love & Logic"**

To register please call 542-5745.
 Workshop hours are 1300-1500.

Jan 4, 11, 18, 25	Mar 7, 14, 21, 28	May 2, 9, 16, 23
July 3, 11, 18, 25	Sep 5, 12, 19, 26	Nov 7, 14, 21, 28



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LIFE SKILLS EDUCATION (CONT)

***Active Parenting of Teens**

To register please call 542-5745.

Workshop hours are 1300-1600.

Feb 1, 8, 15, 22 Apr 4, 11, 18, 25 Jun 6, 13, 20, 27

Aug 1, 8, 15, 22 Oct 3, 10, 17, 24

***Power 2 Change Women's Support Group**

No registration required. Meets every Wednesday at FFSC from 0900-1030.

***Expectant Families**

To register please call 542-5745.

Workshop hours 0900-1500.

Mar 5 Jun 4 Sep 17 Dec 3

***Tiny Tots Play Group**

To register please call 542-5745.

Workshop hours are 1000-1200. Held at Base Chapel, Bldg 749.

Jan 10, 24 Feb 7, 21 Mar 6, 20 Apr 3, 17

May 1, 15 Jun 5, 19 Jul 10, 24 Aug 7, 21

Sep 11, 15 Oct 9, 23 Nov 6, 20 Dec 4, 18

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

***EFMP Orientation**

To register please call 542-5640.

Workshop hours are 1330-1500.

Jan 5 Mar 1 May 3

Jul 5 Sep 6 Nov 1

***EFMP Command POC Training**

To register please call 542-5640.

Workshop hours are 1330-1500.

Feb 2 Apr 5 Jun 7

Aug 2 Oct 4 Dec 6

***EFMP Overview**

Training available upon request. Please call 542-5640 to schedule this training.



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***Class Descriptions**

Ombudsman Basic Training (OBT): Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses and other key command personnel are also encouraged to sign up for this training. Ombudsman attendees must have their designation letter in order to attend.

Command Financial Specialist Training: This workshop is designed to educate senior personnel how to conduct financial counseling and education. Attendees must be E-6 or above, highly motivated, financially stable, and have 12 months remaining onboard their command following completion of the workshop. They must also have command approval for appointment as Command Financial Specialist or Assistant Command Financial Specialist upon completion.

Command Financial Specialist Training Refresher: This workshop is for CFSs who have not attended a CFS workshop within the last 3 years and is required to maintain designation as a CFS.

Welcome Aboard Training (Indoc): This training provides incoming service members and their families with current information on military and civilian resources available to them at their new duty station.

Sponsor Training: This training stresses the importance of sponsorship and educates sponsors how to assist incoming personnel to ease relocation difficulties and reduce the apprehension normally associated with a PCS move.

Smooth Move Workshop: Learn how to apply for a travel allowance, plan a relocation budget, and get helpful tips on personal property shipping and storage.

Cultural Adaptation Workshop: Cultural Adaptation is an introductory, pre-overseas departure training designed to minimize the severity and duration of cultural adaptation stress. This training helps service members and their families become more aware of the impact of culture on their own behavior and behavior of local nationals. This training is designed for service members and family members in receipt of orders to an overseas location.

Command Pre-Deployment: This 30 minute brief describes services and assistance offered by the FFSC. Focuses on how these services can benefit single sailors, married members and families before and during deployment.

Return & Reunion: This workshop is for active duty service members and their families. It is designed to help them better understand and be prepared for the changes and adjustments of military deployment.

Single Sailors and Pre-Deployment: This 30 minute brief focuses on the emotional and financial aspects of deployment as they apply specifically to the Single Sailor.

Military Spouse 101: Workshop designed for the new military spouse that has never been around the military and will familiarize them with military customs, terminology, etc.



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***Class Descriptions (Cont)**

Stress Management Workshops: Stress is a normal and natural part of life. The alarm clock “stresses” you out of bed in the morning. Work, kids, traffic....even winning a million dollars can be stressful! Stress is also a motivator. It helps you get things done. FFSC offers two types of Stress Management workshops:

Stress Management 101 is a 1 hour workshop that helps learners measure the effect of the stressors in their lives against the symptoms and behaviors of the Operational Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.

Extended Stress Management is a 4 Module series of 2 hours per module. To manage stress effectively, one must understand what it looks like, how it affects the body and mind, and what tools and resources are available in order to cope with challenging life events.

- Module 1 provides attendees with an opportunity to recognize stress, experiment with the effects of stress, and activate aspects of the Operational Stress Control (OSC) Continuum Model.
- Module 2 builds upon Module 1’s discovery that “thoughts are things” by showing attendees how to transform their negative thinking into positive beliefs and paint a different picture of stress.
- Module 3 builds on those new perceptions by helping attendees apply universal and unconventional stress management strategies to enhance their overall quality of life.
- Module 4 is the culmination of Modules 1, 2, and 3. Attendees will leverage the knowledge, skills, and abilities acquired through each of the previous sessions to detect the source of problems that create stress in their lives, establish problem-solving goals and create greater self-awareness to help make decisions that minimize stress by aligning with personal value systems.

Anger Management Workshop: Anger as a feeling is neither “good” nor “bad”. It’s your behavior that can get you in trouble when you are angry. If you need help managing your anger you should consider attending one of these workshops.

Personal Anger Control Group: This six week program will help participants learn their triggers, develop their own tools for anger management, and help them begin to develop self control.

What About the Kids: The purpose of this workshop is to define domestic abuse, introduce parents to the effects of violence on children and to challenge the notion that children are ignorant of domestic violence in the home.

Couples Communication: The purpose of this workshop is to assist couples in building communication skills and problem solving techniques.

Individual Communication: The purpose of this workshop is to help you understand your listening style and thought process, learn to properly convey messages, build better relationships, become more approachable, and learn to provide positive feedback.



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***Class Descriptions (Cont)**

Parenting with “Love & Logic”: Parenting class for parents of children ages 1-10. Parents will learn ways to effectively manage behaviors while increasing positive parent-child interaction.

Active Parenting of Teens: Parenting class for parents of children ages 11-18. Parents will learn the skills needed to prepare their adolescents for responsible adulthood through sensible, effective parenting.

Power 2 Change Women’s Support Group: This group serves victims of abuse in a supportive, educational group format to deal with the abuse that has occurred in their lives.

Expectant Families: During this workshop you will learn basic baby skills, infant massage techniques, gain knowledge about SIDS, car seat safety and much, much more.

Tiny Tots Play Group: FFSC has partnered with the NAS Chaplain’s Department on this workshop and it was designed to provide all parents and their children a place to find moral support and build lasting relationships. It is for children ages 0 – 3 and their parents. This play group also offers a wide variety of activities for you and your children to enjoy such as infant massage, tummy time, story time, etc. This workshop is held at the Base Chapel (Religious Education Facility, Bldg 749).

EFMP Orientation: Have questions about the Exceptional Family Member Program? This 90 minute training provides a program overview as well as information on eligibility criteria, the enrollment process, myths versus realities, and application tips to help ensure successful use of the program. It is open to service members and family members.

EFMP Command Point of Contact Training: This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, Enrollment Process, and Eligibility Criteria, as well as an outline of responsibilities for their role as the POC. Certificate is provided upon completion of the training.

EFMP Overview: This training provides incoming service members and their families with an overview of the Exceptional Family Member Program.