

January 2012



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>1</p>	<p>2</p>	<p>3</p> <p>Military OneSource 1-800-342-9647</p>	<p>4</p>	<p>5</p> <p>Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104</p>	<p>6</p>	<p>7</p>
<p>Million Dollar Sailor 0800-1600, FFSC Bldg. 106</p>						
<p>8</p>	<p>9</p>	<p>10</p> <p>Building Your Credit 0900-1030 FFSC Bldg. 106</p>	<p>11</p>	<p>12</p> <p>Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104</p>	<p>13</p>	<p>14</p>
<p>Transition Assistance Program (TAP) 0745-1600, NBG</p>						
<p>15</p>	<p>16</p> <p>the DREAM Martin Luther King's Day</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104</p> <p>Systematic Training for Effective Parenting (School Age) 1700-1900 FFSC Bldg. 106</p>	<p>20</p> <p>SAPR Training-Sexual Assault Survivors in the Military 1300-1400, FFSC Bldg. 106</p>	<p>21</p>
<p>Command Financial Specialist (CFS) E4 Program Training 0730-1200, NBG</p>						
<p>22</p>	<p>23</p> <p>SAPR Refresher Training 0830-1530, FFSC Bldg. 106</p>	<p>24</p> <p>SAPR Refresher Training 0830-1530, HSC-25</p>	<p>25</p>	<p>26</p> <p>Welcome to Guam Orientation 0800-1630 NBG</p> <p>Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104</p>	<p>27</p> <p>Island Tour 0800-1630 NBG</p> <p>SAPR Refresher Training 0830-1530 U.S. Naval Hospital</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>The Center Flot & Family Support</p>			
<p>For more information or to register call FFSC: 333-2056</p>						

Million Dollar Sailor Workshop

**January 05 & 06, 2012
0800-1600
NBG FFSC Bldg. 106**



This seminar is designed to educate and assist Sailors and their families in their quest to have a better quality of life and more financial choices through sound money management principles.



For more information or to register call FFSC at 333-2056/57.

Couple's Communication Class

What will be covered in the class:

- Communication Styles
 - Caring and Communication issues
 - "The Awareness Wheel" includes: Sensory Data; Thoughts, Feelings, Wants, Actions
 - "Self Talk" to help resolve issues
 - Use of Awareness Wheel Skills Mat
 - Improving Talking Skills
 - Improving Listening Skills
- ❖ **GOAL:** Building a loving and caring relationship through communication
- ❖ **NOTE:** This is a 4-session workshop. Must complete all 4 sessions to obtain a completion certificate.
- **Where:** FFSC, Bldg. 104
 - **When:** Jan 5th, 12th, 19th, 26th
 - **Time:** 1600-1800



The
Fleet & Family Support
Center

Call to sign up: 333-9827/8
(limited class size)

TRANSITION ASSISTANCE PROGRAM (TAP)



January 09-13, 2012
0745-1600
***NBG**

***Location TBD**

This class is designed to assist service members in making the change from military to civilian life, by transferring military experiences into a worthwhile career choice.



The
Fleet & Family Support
Center

For more information or to register contact FFSC at 333-2056/57.

Building Your Credit

January 10, 2012

0900-1030

NBG FFSC Bldg. 106



Learn what credit is, how to use it, repair bad credit and how it accumulates. Also, how to manage and build your credit while keeping debt under control.



For more information or to register call FFSC at 333-2056/57.

Effective Communication



January 11, 2012

0900-1100

NBG FFSC Bldg. 106

Learn to express feelings and ideas accurately and effectively, with specific tips on communicating more clearly at home and work.

COMMAND FINANCIAL SPECIALIST (CFS) E4 PROGRAM TRAINING

This five day E4 Program will provide the training skills required by Command Financial Specialists (CFS) in order to effectively assist service members in establishing and maintaining sound money management techniques.

*January 17 - 20, 2012
0730 - 1200
NBG Barracks #4*



For more information or to register call FFSC at 333-2056/57.



Systematic Training for Effective Parenting (School Age)

January 19, 2012
1700-1900
NBG FFSC Bldg. 106



Parents will gain an understanding of why kids misbehave, learn to communicate in a way that encourages kids to listen, learn effective discipline techniques and learn to prevent problems before they become unmanageable.



The
Fleet & Family Support
Center

For more information or to register call FFSC at 333-2056/57.



SAPR Training

Sexual Assault Survivors in the Military

January 20, 2012

1300-1400

NBG FFSC Bldg. 106

This class is intended for SAPR Victim Advocates and first responder group, focusing on military victims of sexual assault and how to better serve them.



For more information or to register contact FFSC at 333-2056/57.

Job Search Process

Family Employment Readiness Program Workshop

January 20, 2012
1700-1900
NBG FFSC Bldg. 106



Participants will identify job options that are of interest to them, as well as work arrangements that best suit their family situation.



For more information, or to register contact FFSC at 333-2056/57.

SAPR Refresher Training

January 23
FFSC Bldg. 106

January 24
HSC-25

January 27
US Naval Hospital



This 6 hour **(0830-1530)** class is a 1 day course offered at various locations for Victim Advocates:

- 6 hrs credited to Victim Advocates applicable to required annual training.
- Subject matter/topics varies and based on the needs of the installation, commands and community.
- Overview of SAPR program and/or review of any new changes in Policies, Protocol and laws if applicable.
- Aspects of the Victim Advocacy process

For more information and to register call 333-056/57.



Welcome to Guam Orientation And Island Tour



→ Two days of fun filled information and facts service members and families should know about Guam.

January 26 & 27, 2012
0800 - 1630
*NBG



→ Day two is a bus tour of the Island; group will be visiting several museums and many different places of interest.



*Location TBD

For information or to register call FFSC at 333-2056/57.

