

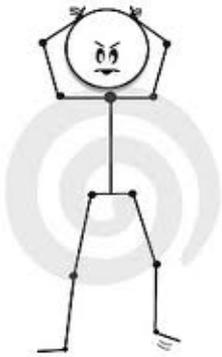


# FEBRUARY 2012



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
						
<b>For more information or to register call FFSC: 333-2056/57</b>						
5	6	7	8	9	10	11
			Stress Management 1400-1600 FFSC Bldg. 106	Disaster Preparedness 1300-1400 FFSC Bldg. 106		
12	13	14	15	16	17	18
Money Management 0900-1030 FFSC Bldg. 106		Happy Valentines Day 			SAPR CDO Training 1400-1600 FFSC Bldg. 106	
<b>Transition Assistance Program (TAP) 0745-1600, NBG</b>						
19	20	21	22	23	24	25
Presidents Day 			Command Sponsorship Workshop 1700-1900 FFSC Bldg. 106		Interview Techniques 1400-1600 FFSC Bldg. 106	
26	27	28	29	March 01	02	
<b>Sexual Assault Prevention and Response (SAPR) Academy 0830-1530 NBG Camp Covington, Service Center</b>						

# Stress Management



**February 08, 2012  
1400-1600  
NBG FFSC Bldg. 106**

***Stress is a part of everyday life and may have long-standing negative consequences. Learn new ways to cope with stress in an effective manner.***



**The**  
Fleet & Family Support  
**Center**

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

# Disaster Preparedness

February 09, 2012

1300-1400

NBG FFSC Bldg. 106

*No matter what your  
disaster may be...be  
prepared!*



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

# Transition Assistance Program (TAP)



February 13 - 17, 2012  
0745-1600  
\*NBG



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.

\*Location TBD

For more information, contact your Command Career Counselor or call FFSC at 333-2056/57.



# MONEY MANAGEMENT



February 13, 2012

0900-1030

NBG FFSC Bldg. 106

*Learn the importance of saving money, using credit and debt responsibly, building wealth over time and stressing the importance of encouraging family, friends, and neighbors to do the same.*



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



# Sexual Assault Prevention and Response Command Duty Officer Training

February 17, 2012  
1400-1600  
NBG FFSC Bldg. 106

This two hour course will provide Command Duty Officers with standardized essential instruction in order to offer effective support and services to victims of rape and sexual assault in their respective commands. 



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

# Command Sponsorship Workshop

*February 22, 2012*

*1700-1900*

*NBG FFSC Bldg. 106*

**Designed to provide specific guidelines and information to Command Sponsor Coordinators and to those assigned as sponsors.**

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



# ***Interview Techniques Workshop***

February 24, 2012  
1400-1600  
NBG FFSC Bldg. 106



**Learn positive answers to difficult questions, dressing for success, importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed. Spouses are welcome to attend.**



**The**  
Fleet & Family Support  
**Center**

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

# Sexual Assault Prevention and Response (SAPR) Victim Intervention Training Academy

*February 27-March 02, 2012*

*Monday- Friday*

*0830-1530*

*Camp Covington*

*Service Center*



*Make a difference, become a SAPR Advocate!*

*Sexual assault prevention begins with you...*



*Call FFSC at 333-2056/57 for an application and interview schedule.*