



An FFSC Command Newsletter

# CURRENTS

SUBASE NEW LONDON

OCTOBER 2012

EFMP

Hours of Operation are: **Mon-Fri, 0700 – 1600. Call (860) 694-3383**  
or email the Center at [ffscnewlondon@navy.mil](mailto:ffscnewlondon@navy.mil) for a complete list of weekly classes  
and to register.

**Classes are free.**



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DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
● ● IA Brief	Mon – Fri By Appointment	0800 - 1600	Call For Appointment
● ● IA Spouse Discussion Group	Thurs, 18 Oct	1800 - 1930	FFSC, Main Classroom
● ● Children and Deployment	Thurs, 25 Oct	0930 - 1100	FFSC, Main Classroom
FINANCIAL EDUCATION AND ASSISTANCE	DATE	TIME	LOCATION
● ● Basic Money Management	Tues, 2 Oct	0900-1030	FFSC, Main Classroom
● ● Consumer Awareness	Fri, 19 Oct	0900 - 1000	FFSC, Main Classroom
● ● Understanding TSP	Wed, 10 Oct	1400-1530	FFSC, Main Classroom
● ● Command Financial Specialist Training for E-4's	Mon-Tues 9-10 Oct	0730 -1600	FFSC, Main Classroom
● ● Home Buying Seminar	Wed, 3 Oct	1700 -2000	FFSC, Main Classroom
● ● Money and the Move	Tues, 30 Oct	1330 -1530	FFSC, Main Classroom
● ● Budgeting for Baby	Mon, 15 Oct	1330-1530	Call 860-694-3285 for more info and to register
EXCEPTIONAL FAMILY MEMBER PROGRAM	DATE	TIME	LOCATION
● ● Exceptional Family Member Program (EFMP) Brief	Wed, 3 Oct	1330 - 1430	FFSC, Main Classroom
CAREER/EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
● ● TAP/DTAP	Mon – Thurs, 1-4 Oct	0730– 1600	Groton Inn & Suites
● ● Interview Techniques/Resume Writing Skills	Fri, 19 Oct	0800 - 1100	FFSC Room B-31
● ● 10 Steps to Federal Job Search	Fri, 19 Oct	1300-1600	FFSC, Main Classroom
● ● Retirement Seminar	Mon – Fri 22-26 Oct	0730– 1600	Groton Inn & Suites
● ● Resume Writing	Mon – Fri By Appointment	0800 - 1600	Call For Appointment
● ● Networking and Job Search Strategies	Mon – Fri By Appointment	0800 - 1600	Call For Appointment
FAMILY ADVOCACY TRAINING/ASSISTANCE	DATE	TIME	LOCATION
● ● CDO Brief for FAP and SAPR	Tues, 2 Oct	1300 – 1500	FFSC, Main Classroom
● ● FAP/SAPR Command Leadership Training	Wed, 3 Oct	0800 – 1100	FFSC, Main Classroom
● ● ● Anger Management Group	Wed, 3, 10, 17 & 24 Oct	1400 - 1600	Call 860-694-4034 or 4961 for more info and to register
● ● Individual, Couple and Family Counseling	Mon – Fri By Appointment	0730-1600	Call For Appointment



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SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)	DATE	TIME	LOCATION
● ● SAPR Victim Advocate Training	Mon-Fri 22-26 Oct	0800- 1600	FFSC, Main Classroom
OMBUDSMAN AND FRG PROGRAMS	DATE	TIME	LOCATION
● ● Ombudsman Assembly & Advanced Training	Thurs, 25 Oct	1800-2000	Bldg 439 Classroom
● ● Ombudsman Basic Training	Mon- Thurs 15-18 Oct	1700-2130	FFSC, Main Classroom
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
● ● PCS Workshop	Wed, 17 Oct	0900 – 1130	FFSC, Main Classroom
● ● Relocating With Children	Wed, 17 Oct	1330-1430	FFSC, Main Classroom
● ● Sponsorship Training	Thurs, 18 Oct	0900-1130	FFSC, Main Classroom
PERSONAL GROWTH AND DEVELOPMENT	DATE	TIME	LOCATION
● ● Pre-Marriage Information Class	Fri, 5 Oct	1400 - 1530	FFSC, Main Classroom
● ● Stress Management 101 Workshop	Thurs, 4 Oct	1400 – 1530	FFSC, Main Classroom
● ● Conflict Management Workshop	Thurs, 11 Oct	1400 – 1530	FFSC, Main Classroom
● ● Communications Skills Workshop	Thurs, 18 Oct	1400 – 1530	FFSC, Main Classroom
● ● Time Management Workshop	Fri, 12 Oct	1400 – 1530	FFSC, Main Classroom
● ● Stress Management Multi-Session	Mon, 1, 15, 22 & 29 Oct	1300-1500	FFSC, Main Classroom
● ● Positive Parenting Workshops (3 – 6 years old)	Thurs, 4 Oct	0930 - 1100	FFSC, Main Classroom
● ● Positive Parenting Workshops (6 - 12 years old)	Thurs, 11 Oct	0930 - 1100	FFSC, Main Classroom
● ● Positive Parenting Workshops (12 – 18 years old)	Thurs, 18 Oct	0930 - 1100	FFSC, Main Classroom
● ● Navy Spouse 101	Tues, 2 Oct	0930 - 1100	FFSC, Main Classroom
● ● Blended Families/ Systematic Training for Effective Parenting (STEP)	Thurs, 4, 11, 18 & 25 Oct	1100 - 1300	FFSC Room B-31

**Visit the FFSC weekdays in Building 83 for these services....**

**Individual Financial Counseling:**  
Mon - Fri by appointment

**Electronic Job Banks:**  
Mon – Fri, no appointment necessary. Client computers available.

**Job Resource Room:**  
Come in to view sample resumes, job search books, job postings, job search and interview videos. No appointment necessary.

*Supporting mission readiness through family readiness*

**Retired Activities Office:**  
Hours of operation: Mon – Fri, 0900 – 1500. Call (860) 694-3282 or email: raosubasenlon@navy.mil.

**Family Employment Readiness Program:** Mon - Fri by appointment.

**Exceptional Family Member Program Assistance:** Mon - Fri by appointment.

**FAP/SAPR Leadership Training** for COs, XO, CMCs and COBs available upon request.

**Sexual Assault Prevention and**

**Awareness Briefs and Annual GMT:** Available on request.

**Individual and Couple's Deployment including Return & Reunion Sessions:** Mon - Fri by appointment.

**Individual, Couple & Family Counseling:** Mon – Fri By appointment

**Resume and Federal Application Review:** Mon - Fri by appointment.

**Relocation Assistance:** Mon – Fri, by appointment. Learn the latest in PCS Entitlements.

**Veterans Affairs**  
The Veterans Affairs local military service coordinator is available on a limited schedule. All services are provided on a walk-in basis. Call 694-3383 for hours and more information.

**Individual Augmentee Training:** Mon-Fri by appointment for IA Coordinators, IAs and spouses. How to prepare, what to expect and how to survive.



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YOUR COMMAND & FAMILY COLOR COMPANION

# OSC OPERATIONAL STRESS CONTROL



**READY (GREEN)**  
Good to go  
Fit & Focused

Unit Leader  
Responsibility



**REACTING (YELLOW)**  
Worried, irritable  
or sad

Individual,  
Shipmate, Family  
Responsibility



**INJURED (ORANGE)**  
Persistent  
distress, fatigue,  
grief

Individual,  
Shipmate, Family  
Responsibility



**ILL (RED)**  
Impact of stress  
gets worse,  
gets better then  
worse

Caregiver  
Responsibility

THE GOAL OF OSC IS TO GET BACK TO GREEN!

Look for the following color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared and good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms.

- Ready
- Reacting
- Injured
- ILL