

# OCTOBER 2012



NEWPORT

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <b>TAMP</b> 08-1600	<b>2</b> <b>TAMP</b> 08-1600  <b>New Spouse Orientation</b> 0930-1130	<b>3</b> <b>TAMP</b> 08-1600	<b>4</b> <b>TAMP</b> 08-1600	<b>5</b> <b>TAMP</b> 08-1600	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> <b>Resumes that Work</b> 1130-1300  <b>Reading Your Credit Report</b> 1430-1600	<b>10</b> <b>Exceptional Family Member Command POC Training</b> 08-1000	<b>11</b> <b>Acing the Interview</b> 1130-1300  <b>Thoughts and Feelings Seminar: Healing Your Past</b> 13-1500	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>SAPR Victim Advocate Training</b> 08-1600	<b>16</b> <b>SAPR Victim Advocate Training</b> 08-1600	<b>17</b> <b>SAPR Victim Advocate Training</b> 08-1600	<b>18</b> <b>SAPR Victim Advocate Training</b> 08-1600	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>Goal Setting</b> 13-1500	<b>23</b> <b>How to Financially Survive the Holidays</b> 1430-1600	<b>24</b> <b>Communication: We Can Work It Out</b> 13-1500  <b>Homebuyers Workshop</b> 18-2000	<b>25</b> <b>Thoughts and Feelings Seminar: Problem Solving</b> 13-1500	<b>26</b>	
<b>28</b>	<b>29</b> <b>Stepparenting</b> 13-1500	<b>30</b> <b>SAPR Refresher Training</b> 09-1200  <b>Disaster Preparedness for Families</b> 13-1430	<b>31</b> <b>Stress: Unwind Your Clock</b> 08-1200			



# NOVEMBER 2012



NEWPORT

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 <b>Ombudsman Basic Training</b> 09-1600	6 <b>National Election Get out and Vote!</b>  <b>Ombudsman Basic Training</b> 09-1600	7 <b>Ombudsman Basic Training</b> 09-1600	8 <b>Network to Land That Job</b> 1130-1300  <b>Surviving Infidelity</b> 13-1600	9	10
11	12 <b>Veterans Day</b> <b>FFSC Closed</b>	13 <b>SAPR Refresher Training</b> 09-1200  <b>Ombudsman Assembly Meeting at NAPS</b> 18-2000	14 <b>Homebuyers Workshop</b> 18-2000	15 <b>Take the Mystery Out Of Federal Employment</b> 1130-1300	16	17
18	19 <b>Communication: Blinded by a Blizzard</b> 13-1500	20 <b>Sponsor Training</b> 0930-1030	21	22 <b>Thanksgiving Holiday</b> <b>FFSC Closed</b>	23	
25	26	27 <b>How to Financially Survive the Holidays</b> 1430-1600	28 <b>A Day at the Beach When the Cold Wind Blows ; Guided Imagery for Relaxation</b> 08-1200	29 <b>Thoughts and Feelings Seminar: Testing Core Beliefs</b> 13-1500	30	



# DECEMBER 2012



NEWPORT

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <b>TAMP</b> 08-1600	4 <b>TAMP</b> 08-1600  <b>Smooth Move Workshop</b> 0930-1030  <b>CFS Meeting</b> 13-1400	5 <b>TAMP</b> 08-1600  <b>Focus on the Solution</b> 08-1200	6 <b>TAMP</b> 08-1600	7 <b>TAMP</b> 08-1600	8
9	10	11 <b>Anger: The Way Out</b> 08-1200	12	13 <b>Thoughts and Feelings Seminar: Stress Inoculation for Anger Control</b> 13-1500	14	15
16	17 <b>Communication: From Repair to Revival</b> 13-1500	18	19	20	21	
23	24	25 <b>Christmas Day</b> <b>FFSC Closed</b>	26	27	28	

