



April 2012

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1  Building Healthy Relationships 1300-1500 FFSC Bldg. 106	2 	3 Sexual Assault Awareness Month	4	5  APRIL is  Child Abuse Prevention Month	6	7
8 	9 	10	11 	12	13 	14
Stress Management-Multi Session, 0900-1100, FFSC Bldg. 106						
15	16 	17	18 	19 IA-Pre-Deployment Fair 1030-1130 FFSC Bldg. 106 Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104 	20	21
Transitional Assistance Program (TAP) Workshop 0745-1600 NBG						
22 	23 Managing Your Credit 1000-1130 FFSC Bldg. 106 	24	25  Welcome to Guam Orientation 0800-1630 NBG  Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104 	26	27 Island Tour 0800-1530 NBG 	28
29	30 	May 01	02 	03 Couple's Communication Workshop 1600-1800 NBG FFSC Bldg. 104 	 The Center Fleet & Family Support For more information or to register call FFSC 333-2056/57	

Building Healthy Relationships



April 02, 2012

1300–1500

NBG FFSC BLDG. 106

Participants will learn how to enhance relationships and successfully nurture intimate relationships.

Love



The
Fleet & Family Support
Center

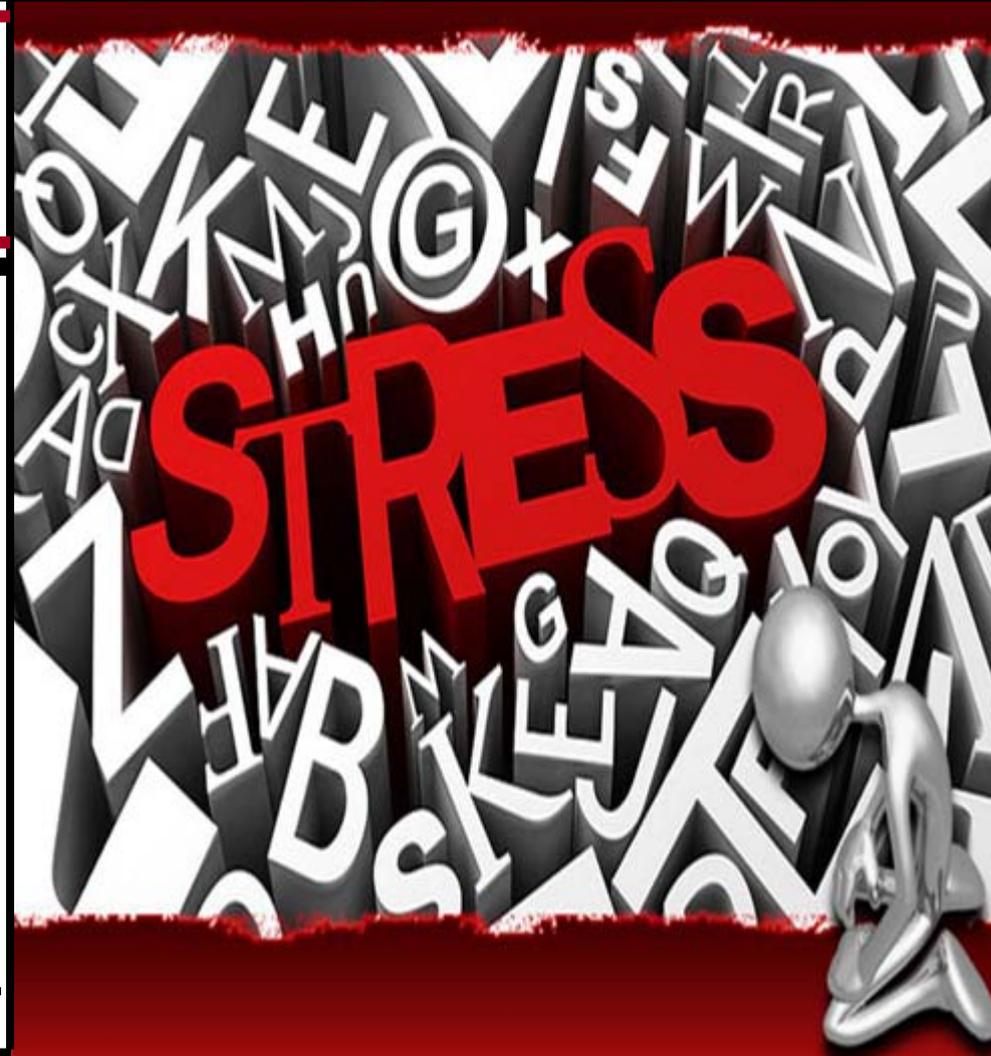
For more information or to register call FFSC at 333-2056/57.

Stress Management

Multi-Session

April 10-13, 2012
0900-1100
NBG FFSC Bldg. 106

This multi-session program will provide opportunities for participants to better manage stress, show how to transform negative thinking into positive beliefs, and apply universal and unconventional stress management strategies to enhance their overall quality of life.



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: Apr. 19th, 26th, May 3rd, & 17th

Time: 1600-1800



For more information or to register call FFSC at 333-9827/28.
(class size is limited)



The
Fleet & Family Support
Center

Transition Assistance Program (TAP)

April 16-20, 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.



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



*Location TBD

Individual Augmentee Pre-Deployment Fair

FOR ALL POTENTIAL IA CANDIDATES & SPOUSES

April 19, 2012

1030-1130

NBG FFSC Bldg. 106

Learn more about the IA process. Housing, Chaplain, Legal & PSD representatives will be available for questions. It is also a great opportunity to meet other IA Sailors and family members.



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



Managing Your Credit

April 24, 2012
1000-1130
FFSC Bldg. 106



**Understand what credit is,
how to repair bad credit,
how it accumulates and
how to manage and keep
debt under control.**

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



Welcome To Guam Orientation & Island Tour

April 26-27, 2012

0800-1630

*NBG

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

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.