Greetings,

Thank you for taking the time to review this quarterly publication listing our programs. We are thankful for each and every one of you who utilize the services and programs provided by us throughout the year. Thank you for allowing us to be a part of your Navy life.

In addition to already scheduled classes, we offer portable classes. For command or family readiness group visits, as well as one-on-one consultations, contact us for an appointment. Please call the registration phone number at 243-FFSC (3373) / off base 046-816-3372, option 3 or stop by FFSC on the 4th floor of the Community Readiness Center.

We take great pride in providing the highest quality support to service members, retirees, reservists, and their families. We hope every interaction you have with us exceeds your expectations, and we always welcome your feedback.

Thank you for all that you do!
FFSC - Yokosuka Team

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FFSC Yokosuka
Community Readiness Center Building, 4th Floor
243-FFSC (3373)
Monday, Tuesday, Wednesday, Friday
8 am-4:30 pm
Thursday
8 am-3 pm

FFSC Ikego
Left of the Mini Mart
246-8052
Monday, Tuesday, Wednesday, Friday
7:30 am-4:30 pm (Lunch closure: 11:30 am-1 pm)
Thursday
7:30 am-11:30 am

Email questions or sign up for classes.
FFSCinfo@fe.navy.mil

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Mission Statement

**Mission**
To enhance operational readiness, strengthen resiliency and quality of life in the Forward Deployed Naval Forces by providing customer focused, consistent, and efficient programs and services.

**Vision**
To be the military community's primary resource for information and support services. We strive to be recognized by all area commands as a vital source to the success of their mission.

**Guiding Principles**
- **Value** - Consistently deliver valued products and services
- **Transparency** - We are good stewards of the public trust and authentic in all aspects of program delivery.
- **Innovation** - Strong partnership, stakeholder feedback and employee expertise fosters process improvement.
- **Teamwork** - We develop, train, and value each other.
- **Responsibility** - Perform our duties in an ethical, effective, and efficient manner.
COUPLES PRE-DEPLOYMENT

The purpose of this program is to assist service members and their partners in understanding and dealing more effectively with extended separations caused by deployments. The program focuses on the practical, financial, emotional and legal preparation needed. The emphasis is on deployment as an opportunity for each partner to grow personally and professionally.

OBJECTIVES: At the conclusion of this program, participants will be able to:

• Identify and discuss at least two emotions or reactions associated with the deployment cycle.
• Identify at least two coping strategies or support systems they can use during the deployment.
• Discuss two ways to be financially prepared for deployment.

Couples & Deployment
Jan 16 1700-1930
Feb 12, 26 1700-1930
Mar 22 1000-1200

KIDS AND DEPLOYMENT

This program was developed for Family Support Groups (FSG) of deployed commands. The purpose is to learn how children react to and cope with the deployment of a parent. Ways to assist children in coping and the positive aspects of deployment are discussed.

OBJECTIVES: Upon completion of this program, participants will be able to:

• Identify one way that children may react to deployment.
• List something a parent/caregiver can do to assist a child in coping with deployment.
• Name one resource that could assist a child in coping with deployment.

Children & Deployment
Jan 11 1000-1200
Mar 15 1000-1200

THE CYCLE OF DEPLOYMENT

Deployment can be a very emotional time for all involved. There is a definite and predictable cycle that couples/families go through with each and every deployment. Understanding this cycle is critical in designing deployment programs that assist service members and their families to more effectively manage deployment and strengthen family relationships.

There are four phases to the deployment cycle:
1. Equilibrium
2. Pre-deployment
3. Deployment:
4. Post-Deployment/Reunion

Navigating Your New Normal
Jan 08 1300-1500
Feb 11 1300-1500
Mar 08 1000-1200
Mar 27 1300-1500

Family Reintegration
Feb 08 1000-1200
Mar 20 1300-1500

Reintegration with Partner
Jan 23 1000-1200
Command Support

FFSC offers a variety of services and programs to support the military lifestyle. In addition to already scheduled workshops, we offer them as requested by commands, family groups, or as one-on-one consultations. Please call us today at 243-FFSC (3372), option 3, or stop by FFSC on the 4th floor of the Community Readiness Center to ask questions or sign up for a workshop.

Clinical Counseling Services

Clinical counseling services are provided at the FFSC by licensed clinical providers to help meet the emotional needs of service members, Department of Defense employees, and their families. The services are confidential and are available to individuals, children, couples, and families. Counselors are available to provide short term, solution-focused counseling to help with issues such as adjusting to military life, relationship challenges, grief and loss, communication and conflict resolution, couples communication, parenting skills, anger management, and other personal issues. For information or to sign up for any of the following services, call 243-7878, off base, 046-816-7878, option 4.

Deployment Support

The deployment support programs are designed to assist service members and their families in successfully managing the challenges associated with all stages of deployment. Effective deployment support programs can have a substantial impact on the quality of life for both the service member and their family. FFSC Yokosuka is here to support commands, sailors, and families with every element of deployment support. The programs are available by request and can be brought to commands, Family Readiness Groups, and/or family events. Private one-on-one consultations are available to sailors and/or family members. Call 243-FFSC (3372), off base 046-816-3372, option 3, to speak to an FFSC Deployment Consultant today!

Life Skills

Life Skills education programs are designed to help the service member and family increase their resilience and learn competency to confidently manage their Navy lifestyle. To accomplish this we offer classes such as Communication, Stress Management, Operational Stress Control, Pre-Marriage Seminar, English as a Second Language, Japanese Spouse Group, Suicide Awareness, Japanese Language, Myers-Briggs Personality Type Testing, and Time Management.

Exceptional Family Member Program

EFMP Liaison maintains and provides up-to-date information for families who have a special need family member(s). Information includes local education programs and medically-related services available on base and in the community. Classes are held on the 4th floor of the Community Readiness Center. Call today for more information at 243FFSC (3372), off-base 046-816-3372, option 3, or stop by the FFSC on the 4th floor of the Community Readiness Center.

Family Employment Readiness Program (FERP)

It can be challenging to maintain a career while transferring to new duty stations, especially overseas. A variety of services are available through FFSC Yokosuka for family members looking for employment. Classes and consultations are held on the 4th floor of the Community Readiness Center.

Family Advocacy

The Family Advocacy Program, or FAP, provides clinical assessment, treatment and services for military members and their families involved in allegations of domestic abuse and child abuse. Family Advocacy Program has the responsibility to ensure victim safety and well-being and offender accountability and provide treatment and support. Our clinical providers work in responding to allegations of domestic abuse and child abuse. This collaboration emphasizes the importance of preventing abuse.

New Parent Support

The New Parent Support Program (NPS) is a team of professionals providing supportive and caring services to military families with newborns. Navy families and other military families expecting a child or with children up to four years of age are assessed to determine if they need help managing the demands of a new baby. In the program, new Moms and Dads can be referred to community new baby programs and are eligible to participate in a voluntary home visitation program, free of charge. The New Parent Support Program was developed to assist military families in ways that friends and family would do if you were back home. This program offers expectant parents and parents of newborn and young children the opportunity to learn new skills as parents and to improve existing parenting skills.
FFSC Departments

Ombudsman & Family Readiness Group (FRG)
Ombudsmen are the liaison between families and the command. They provide information and referral, as well as support during times of crisis and life changing events. FRGs assist in building morale and remain ready in times of crisis. Registration is required for these trainings. For information, or to sign up for any of the trainings, please call 243-3372 Option 3, off-base 046-816-3372 Option 3. Classes are held on the 4th floor of the Community Readiness Center.

Personal Financial Management (PFM)
FFSC provides professional, one-on-one consultations to include budget planning, debt and credit management, and separation and retirement financial planning. For more information, call 243-3372, off-base 046-816-3372, or stop by the FFSC on the 4th floor of the Community Readiness Center.

Relocation Assistance Program
RAP provides the knowledge and skills necessary to successfully navigate the challenges of relocation to and from Yokosuka, Japan. Services offered at the FFSC are open to all SOFA personnel: military personnel, civilian employees, and spouses. For more information or to sign up, call 243-FFSC (3372), off-base 04-816- FFSC (3372), or email FFSCInfo@fe.navy.mil

Transition Assistance Program
In accordance to the Veterans Opportunity to Work (VOW) Act of 2011, employment and veteran’s benefits information are critical issues for retiring and separating military members. FFSC offers Transition Goals Plans Services (T-GPS) seminars on a monthly basis for individuals transitioning from military to civilian life. Classes are held at Fleet Recreation Center on the 3rd floor, room 336. For more information, or to sign up, contact Fleet and Family Support Center at 246-8052, off base 046-806-8052, or email FFSCinfo@fe.navy.mil.

Deployed Resiliency Counselors (DRC)
The DRC is a civilian counselor who provides the same services aboard ship that clinical counselors provide at local Fleet and Family Support Centers. They provide short-term counseling and support the Sexual Assault Prevention and Response (SAPR) team by being available to counsel sexual assault victims. They also provide Family Advocacy Program services including conducting assessments and counseling regarding family violence.

Sexual Assault Prevention and Response (SAPR)
This program offers classes and certifications throughout the year for the Sexual Assault Prevention and Response program for Active Duty and DON/DOD employees. For more information on the following classes, please email cfay_sapr@fe.navy.mil or call 243- 6519, off-base 046-816-6519.

- Initial SAPR Victim Advocate Class (SAPR)
- SAPR Resident Advisor Training (RA)
- SAPR Point of Contact Training (POC)
- SAPR Refresher Training
- Commanding Officer’s Toolkit Brief

Sexual Assault Prevention and Response Program services is the primary resource agency for reporting sexual assault, providing advocacy for victims of sexual assault, education, training, and outreach. The Sexual Assault Prevention and Response Victim Advocates also provide support services such as accompanying victims during court hearings, NCIS interviews and Sexual Assault Forensic Exams. If you are or know someone who has been sexual assaulted, please call SAPR 24/7 Hotline at 090-8046-5783.

Domestic Abuse Victim Advocate
The Victim Advocate Program is designed to ensure that victims of reported family violence are provided the necessary support and assistance through advocacy and education. For services that range from a listening ear, to community education, to information about local services, call 243-7878, off-base 046-816-7878.

Adolescent Clinical Counselor Services
The Adolescent Clinical Counselor (ACC) provides prevention education and solution focused clinical counseling to OCONUS Department of Defense Dependent Schools (DoDDS) students grades 6 through 12, up to 18 years of age and families when appropriate. In addition to clinical counseling, the ACC liaises between the schools and military agencies to address clinical and substance abuse issues in adolescents while providing outreach through community awareness campaigns and briefs to installation stakeholders regarding adolescent issues specific to the installation and community.
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Transition GPS @ Fleet Recreation Center, 3rd Floor
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**Notes:**
- Transition GPS @ Fleet Rec 3rd Floor
- Area Orientation Brief and Inter-cultural Relations
- Command Financial Specialist Training

**Events:**
- 18 FEBRUARY 2019: President's Day
- 25 FEBRUARY 2019: ESL Day
- 26 FEBRUARY 2019: Daisuki! Japanese Workshop
- 27 FEBRUARY 2019: Getting Started Teaching English
- 28 FEBRUARY 2019: Home-based Business 101
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**Area Orientation Brief and Inter-cultural Relations**

**Transition GPS @ Fleet Rec 3rd Floor**

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**Area Orientation Brief and Inter-cultural Relations**

**Transition GPS @ Fleet Rec 3rd Floor**
5-Day Transition-GPS (T-GPS)
This five day workshop is mandatory for all service members who are separating or retiring. Class held at Fleet Recreation Center, 3rd floor.
Contact your Command Career Counselors (CCC) to sign-up.
- JAN 14-18 0730-1630
- JAN 28 - FEB 01 0730-1630
- FEB 11-15 0730-1630
- MAR 11-15, 25-29 0730-1630

10 Steps to a Federal Job
Are you applying for federal jobs with your industry resume and have little or no success? FFSC can help! This class explains how to construct a federal resume and increase your chances for successful employment. Register today and start your journey to a successful federal job. Class held at Fleet Recreation Center, 3rd floor, room 336.
- FEB 07 0830-1630

Accessing Higher Education (2-day)
Ideally for transitioning military service members who have completed the 5-day Transition GPS and are interested in higher education. Spouses may be able to attend with their sponsor on a space available basis. Class held at Fleet Recreation Center, 3rd floor.
- FEB 21-22 0800-1600

Area Orientation Brief (AOB) & Intercultural Relations (ICR) Class
This three day class will provide you with the tools and information you need to adapt to life in Yokosuka. Participation is MANDATORY for all newly arrived military, civilian personnel, and their adult family members. Sign up by emailing us at fscinfo@fe.navy.mil, calling us at 243-3372, option 2, or stopping by our office on the 4th floor of the Community Readiness Center to register in person. Reservations are required and space is limited.
- JAN 08-10, 15-17, 22-23, 29-31 0830-1630
- FEB 05-07, 12-14, 19-21, 26-28 0830-1630
- MAR 05-07, 12-14, 19-21, 26-28 0830-1630

Boot Camp for New Dads
Yikes! What will it be like to have a new baby in the house? Boot camp for New Dads is a unique program that brings "rookie" fathers-to-be together with "veteran" dads with newborns. For information, or to sign up, call 243-9632.
- JAN 02 1300-1530
- FEB 06 1300-1530
- MAR 06 1300-1530

Boots to Business Entrepreneurship Track (2-day)
This two-day course is offered for separating or retiring service members. Spouses are able to attend on a space-available basis. Participants learn business fundamentals and work through an initial feasibility analysis of their business concepts. Class held at Fleet Recreation Center, 3rd floor. * Also check out Home-Based Business 101
- FEB 05, 06 0800-1600

Budgeting for Deployment
The goal of this class is to raise or refresh your financial awareness in order to decrease the financial stress of deployment. Learn financial planning before, during, and after deployment so you can meet your needs.
- JAN 04 1000-1200
- JAN 30 1300-1500
- FEB 22 1000-1200
- MAR 05 1300-1500
- MAR 14 1700-1830
- MAR 29 1000-1200

Career Exploration and Planning Track (CEPT)
This workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Participants will learn to narrow their career focus by establishing achievable career goals and development strategies. Open to service-members and spouses. Class held at Fleet Recreation Center, 3rd floor.
- JAN 24-25 0800-1600

Command Financial Specialist Forum
This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.
- JAN 24 1300-1400
Class Descriptions

Command Financial Specialist Leadership Seminar
Targeted to E-7 and above. Agenda includes Personal Financial Management program (PFM) updates, local trends, and creates an awareness of resources available.
- MAR 13 1500-1600

Command Financial Specialist Refresher
CFS are required to take a CFS refresher class every 3 years. Join us for this one-day jam-packed financial reboot.

Command Financial Specialist Training
This course is a prerequisite to becoming a designated Command Financial Specialist. It provides a basic understanding of financial management problems encountered by service members and their families.
- FEB 11-15 0730-1600

Communication and Stress Workshop
Does your life seem out of control? This workshop is designed to help build skills to better manage stress and assist with communicating needs in your daily life and professional life.
- JAN 15-16 0930-1130
- FEB 5-6 0930-1130
- MAR 19-20 0930-1130

Career Options & Navy Skills Evaluation Program (CONSEP)
The purpose of the new 21st Century CONSEP course is to provide Navy Career Counselors and Fleet and Family Support Center staff a tool to guide Sailors through the career opportunities available in the Navy and in the civilian sector. The course focuses on helping first-term and mid-career enlisted Sailors achieve their personal and professional goals. Upon completing the course, Sailors will be better equipped to make informed decisions throughout their military careers and beyond. Class held at Fleet Rec- 3rd floor.

Consumer Awareness
Consumer Awareness is a class focusing on deterring, detecting and defending against consumer fraud in the marketplace. Upon completion of this class, learners should be able to identify and protect themselves from misleading and fraudulent consumer practices.

Creating a Budget
A workable and flexible spending plan (budget) is the single most important tool you will need to reach financial success. Good financial planning principles include determining where you are now and where you want to go financially. Once you know that, you can ask yourself how you are going to get there.

Daring Greatly
This 2-day session teaches you to have the courage to be vulnerable in a world where everyone wants to appear strong and confident. "Daring Greatly" is about embracing imperfections and living a wholehearted and courageous life. This 2-day session is open to all adult service members, dependents and civilian employees. To sign up, please call 243-7878.
- JAN 23, 24 0900-1100

Daisuki!! Japanese Workshop
This class is intended to build a bridge and network between American and Japanese culture by sharing friendship, traditions, and appreciation. The class will include arts & crafts, travel, language, culture, and exchange of philosophies.
- JAN 22 1000-1130
- FEB 12, 26 1000-1130
- MAR 12 1000-1130
- MAR 26 1030-1200

Effective Resume Writing
Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, selective "key" words, and eye-catching cover letters. (**Combo class available-Effective Resume and Employment Overview)
- JAN 08 1000-1200
- JAN 16 1700-2000**
- FEB 05, 19 1000-1200
- MAR 04, 19 1000-1200

English as a Second Language (ESL)
ESL is designed for anyone whose first language is not English. In this class students practice basic English skills and learn about American culture.
- JAN 07, 28 1000-1200
- FEB 11, 25 1000-1200
- MAR 11, 25 1000-1200

EFMP Information
Having a family member with special needs means special considerations with each major decision. You want the best for your loved one so here's your opportunity to learn about the EFMP program. The EFMP Program ensures that the needs of the exceptional family members are taken in consideration throughout the change of assignment process. This program is open to all who are interested in learning more about the EFMP process.
- JAN 08 1400-1500
- FEB 05 1400-1500
- MAR 05 1500-1600
EFMP Point of Contact (POC) Training
This monthly round table discussions is available for those who seek knowledge on the EFPM Program and available services. This group provides an EFPM overview, MTF coordinators responsibilities, Command POC responsibilities, and the EFMP enrollment process. Certificates presented following training.
- JAN 02 1400-1500
- FEB 06 1400-1500
- MAR 06 1400-1500

Employment Overview
If you are interested in the local employment market, sign up for this class. It will provide an overview of various employment companies and opportunities on base. (**Combo class available—Effective Resume and Employment Overview)
- JAN 16 0900-1030
- JAN 16 1700-2000**
- FEB 06, 20 1000-1130
- MAR 06 1000-1130
- MAR 20 0900-1030

Enjoying Japanese Foods
Come learn about Japanese cuisine! Join our bilingual staff on a trip to a local grocery store. Learn about basic Japanese ingredients, recipes, and food etiquette. Classes meet at the the Community Readiness Center.
- JAN 07 0900-1100
- FEB 11 0900-1100
- MAR 11 0900-1100

Everyday Japanese
During this class, communication skills are emphasized. In addition, participants will acquire general listening, speaking, reading and writing skills. An international environment beneficial to learning Japanese is available for students coming from various nationalities. Classes meet at the Community Readiness Center.
- JAN 14, 28 1000-1200
- FEB 11, 25 1000-1200
- MAR 11, 25 1000-1200

Family Readiness Group (FRG) Basic Training
FRGs are an important source of assistance for military families. This workshop provides a wide variety of topics to assist FRG leaders with establishing and maintaining successful groups. Training available upon request.
- JAN 24 0800-1300

Getting Started Teaching English
Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and more. This is a great way to make Japanese friends.
- JAN 23 1000-1200
- FEB 27 1000-1200
- MAR 27 1000-1200

Holiday Spending Plan
This program provides the necessary background and tools to help learners develop financial goals and a written plan to achieve them.
- FEB 07 0830-0930

Healthy Thinking Group
These 6 sessions will teach you fight or flight, cognitive distortions or unhealthy ways of thinking, mindfulness, stress management, goal setting, and how to transform negative thoughts to positive thoughts. These sessions are open to all adult service members, dependents and civilian employees.
To sign up, please call 243-7878.
- MAR 05, 12, 19, 26 1300-1400

Home-Based Business 101
This class is offered quarterly and is great for anyone that would like to conduct business in CFA Yokosuka. It's also a great refresher course for anyone who has a CFAY-approved business, but would like updates on policies and procedures. Information will be provided by CFAY Legal, Housing, NEX, Post Office and other guest speakers.
- Also check out Boot to Business Entrepreneurship Track
- FEB 28 0900-1200

Home Buying Workshop
Get the latest information on purchasing a home if you are a first-time homebuyer or refresh your skills for your next home purchase.
- MAR 13 1300-1400

Homecoming Brief
Reuniting with your Service Member can be exciting, yet survey results have shown that this can be the most stressful time following a deployment. This workshop talks about how to come together as a family. Discussions include dealing with the changes to finances, parenting, partnership, and expectations, as well as talks about reuniting with your Service Member on an intimate level. Homecoming should be a happy time; this workshop can help keep it that way.
- FEB 15 1000-1200
Class Descriptions

Ikego Play Morning
Make play fun and educational for your child. Learn creative and new ideas to build a stronger bond between you and your child through play. Children must be accompanied by an adult. This is a parent volunteer operated class that is held every Thursday at Nikko Tower.

- JAN 03, 10, 17, 24, 31 1000-1130
- FEB 07, 14, 21, 28 1000-1130
- MAR 07, 14, 21, 28 1000-1130

Individual Augmentee (IA) Pre-Deployment
Individual Augmentees (IA's) have a very unique deployment in the Navy. This class addresses those differences, as well as talks about personal, practical, and financial preparation, Community resources, coping skills, and communication. We also discuss the emotions and reactions associated with deployment.

- JAN 03 1000-1200
- FEB 07 1000-1200

Investing 101
Develop knowledge and skills that will enable you to achieve your financial goals through savings and investing. You will learn the characteristics of the different savings and investment vehicles - such as Individual Retirement Accounts, money market accounts, and stocks.

- MAR 26 0900-1000

Japanese Communication and Stress Workshop
Does your life seem out of control? This workshop is designed to help build skills to better manage stress and assist with communicating your needs in your daily and professional life.

あなたは、日々の生活が手に負えなくなってしまいませんか？子育て、付き合い、PCSなど、色々なことが重なると誰でもヘトヘトになります。このワークショップでは、あなたが日常生活あるいは仕事上でのストレスにうまく対処したり、要求を“伝え合う”スキルを学びます。コツを掴むことで、難しい場面の対処もだんだん上手になっていきます。あなたもトライしてみませんか?

- JAN 10 1000-1200
- FEB 07 1000-1200
- MAR 07 1000-1200

Japanese Spouse Group
Is Japanese your native language? Are you the spouse or family member of U.S. Military, civilian employee, or contractor? Join us as we focus on the special concerns in both the U.S. military and American cultures. Valuable knowledge and important information are provided in Japanese so that you can learn easily and feel more comfortable being a “Military Spouse”?

軍を継ぐアメリカ人の配偶者、家族で、日本語が話せる方のためのクラスです。米軍やアメリカの文化に特有な問題について話し合ったり、各分野の専門家のプレゼンテーションを通して軍のシステムや資源等を一緒に学んでいきましょう。お友だちを見つけたい方、ぜひいらしてみてください。ミーティングは日本語で行われます。

- JAN 09, 23 1000-1130
- FEB 13, 27 1000-1130
- MAR 13, 27 1000-1130

Japanese Language Series - Ikego
Do you want to learn the Japanese language? These classes can get you well on your way to learning how to speak, read, and write Japanese. The lessons start with basic Japanese and are FREE, so register today!

- JAN 15, 22, 29 1200-1330
- FEB 05, 12, 19, 26 1200-1330
- MAR 05, 12, 19 1200-1330

FFSC offers the following services to support you in achieving your career goals:

- Resume & Federal Application Review
- Mock Interviews
- Job Postings & Employment Resource Library
- Job Search and Networking Strategies
- Transition: Goals, Plan, Success (TGPS) Programs
- Free Computer Lab and Printer for job searches (up to 5 pages)

- MAR 07 1000-1200

Interview Techniques
During this one-on-one, participants learn how to be confident during their next interview. Topics include positive answers to difficult questions, dressing for success, the importance of body language and positive attitude, interview follow-up, and salary negotiations. Call 243-FFSC (3372), off-base 046-816-3372, option 3, or stop by FFSC on the 4th floor of the Community Readiness Center to set up an appointment with one of our educators today!
Class Descriptions

Managing Deployment Separations
The goal of this workshop is to assist with the ups and downs of a deployment. Topics include stress management, personal safety, communication concerns, goal setting, community resources and financial management. It can be tough during a deployment; you shouldn't have to deal with it alone.

- JAN 18 1000-1200

Million Dollar Sailor
This 2-day training is designed to assist Sailors and their families in successfully navigating through the transitions of Navy life and the financial challenges that accompany them. Topics covered include Military Pay, Spending Plan, Consumer Awareness, Insurance, Credit, Car Buying, Home Buying and Wealth Building, Saving and Investing, and Retirement.

- MAR 05-06 0800-1600

Mindfulness Group
How present are you in your everyday life? Do you often go on autopilot? Mindfulness is about keeping your mind and body in one place. It helps with stress management, increases focus and improves overall well-being. Learn the benefits of practicing mindfulness followed by mindful meditation. This program is open to adult service members, dependents and civilians. To sign up, please call 243-7878.

Modeling in Japan Information
Want to model in Japan? There are several ways for adults and children to get started modeling and/or acting. This class will prepare you for Yokosuka's FFSC Semi-Annual Modeling Fair.

- JAN 09 1000-1200
- FEB 13 1000-1200
- MAR 13 1000-1200

Monday Night Japanese
Every Monday night you have the opportunity to learn basic conversational Japanese and culture. Classes meet on the 4th floor of the Community Readiness Center and alternate weeks in Ikego. Registration required!

- JAN 07, 28 1700-1830
- JAN 14 1700-1830 (IKEGO)
- FEB 04, 25 1700-1830
- FEB 11 1700-1830 (IKEGO)
- MAR 11, 25 1700-1830
- MAR 04, 18 1700-1830 (IKEGO)

The Myers-Briggs® Type Indicator (MBTI®)
The Myers-Briggs® Type Indicator (MBTI®) is a self-assessment designed to identify a person's personality type, strengths and preferences, which is one of the most widely used psychological instruments in the world. In class, you will learn more about yourself and understand other people as well.

- JAN 11 0900-1230
- FEB 08 0900-1230
- MAR 08 0900-1230

New Spouse Orientation
Whether new to the Navy or Yokosuka, this orientation provides useful information to demystify the military culture while sharing vital knowledge about thriving in Yokosuka! During even months, the class will be taught in English and provide insight into the local Japanese culture. During odd months, the class will be taught in Japanese and provide insight into American culture.

NPS Nurturing Parenting in Military Families
Community-based classes will be offered to address the uniqueness of military parenting. Lessons include deployment, reuniting, staying connected, keeping relationships together, and managing stress.

Ombudsman Advanced Training (COT)
This course is continuing education for Ombudsmen, Command Leadership, and Command Leadership Spouses. Ongoing training is offered every month. *Limited to Command Ombudsman and CST Only

- FEB 04-06 0900-1600

Ombudsman Basic Training (OBT)
OBT is required for all newly appointed Command Ombudsman. It is open to all Commanding Officers, Executive Officers, Command Master Chiefs, their spouses and any other command authorized attendees. *Limited to command ombudsmen, and leadership.

- JAN 29-31 0900-1600
- MAR 20-22 0900-1600
Class Descriptions

Paying for College - Learn about 529 Plans
The college savings course looks at the 529 plan as a tax advantaged savings plan designed to encourage saving for future college costs. The course will also review a financial breakdown of various asset vehicles used for higher education. We also provide information on different options, such as tuition assistance programs, financial aid, scholarship opportunities, college savings plans, and tax incentives.

Pre-Deployment Brief
Sailors and Family Members will learn more regarding deployment readiness including; Emotions and Reactions associated with Deployment, Coping Strategies, Support Systems, Communication, Personal Preparations, and Practical Preparations. Join us for this great learning experience.

- JAN 25 1000-1200
- FEB 01 1000-1200
- MAR 01 1000-1200

Pre-Marriage Seminar
Engaged to be married? Planning on tying the knot here in Japan? If so, then plan to attend this seminar. We will cover important topics regarding marriage procedures, command sponsorship, immigration, financial management, and successful marriage and family planning. This course is a REQUIRED prerequisite for service members marrying a foreign national under COMNAVFORJAPAN/COMNAVREGJAPANINST 1752.1T.

- JAN 17 0930-1630
- FEB 21 0930-1630
- MAR 21 0930-1630

Pre-Separation Brief
Pre-Separation Brief is the launching point of the transition program and must be completed first, prior to attending the T-GPS workshop. Retirees can attend the brief up to 24 months prior to retirement and separates can attend up to 12 months prior to separation. During the brief, service members will be able to set up their eBenefits log-in and gain a better understanding of the roles and responsibilities of a transitioning service member. Contact your CCC to register for the brief and to sign-up for Transition GPS classes. Class held at Fleet Recreation Center, 3rd floor.

- JAN 11 0830-1100
- FEB 08 0830-1100
- MAR 08 0830-1100

Private Organization Treasurer
(To register, please contact Legal DSN:243-7335)
This training covers financial responsibility of the Treasurer, record keeping practices, and the do's and don'ts of managing a private organization's finances at CFAY. Open to all board members and is required for each private organization treasurer within 60 days of assuming the role. Please call 243-7335 to sign up.

- JAN 08 0830-0930
- FEB 12 0830-0930
- MAR 12 0830-0930

Retirement Planning
This is an interactive workshop to help service members estimate financial retirement needs, choose between the High-3 and Career Status Bonus/Redux retirement plans, and evaluate retirement account options. Contact our Personal Finance Managers to make an appointment!

- MAR 19 1300-1500

SAPR Point of Contact (POC) Training
SAPR POCs implement and coordinate awareness and prevention programs at the command, as well as maintaining current information on available resource agencies. The POC also coordinates the effort to collect and report data on unrestricted sexual assault incidents, according to the current guidance and policy.

SAPR Resident Advisor (RA) Initial Training
SAPR Resident Advisors provide critical support and response to victims of sexual assault. This mandatory training provides command-appointed VAs with the necessary information to support, inform, and empower victims. Prior to attending this training, all SAPR VA candidates must successfully complete a screening interview. Space is limited, so do not wait to reserve your seat.
SAPR Victim Advocate (VA) Refresher Training
SAPR VA Refresher training provides current certified victim advocates with critical updates to assist them in providing the necessary services for victims of sexual assault.

Smooth Move (PCS) Workshop
Are you PCS’ing in the next 6 months? Representatives from PSD, Personal Property, Tricare, Housing, and other programs will present everything you need to know about your upcoming PCS and can answer your personal questions. Also learn about free money, preparation, and tips to reduce the stress of moving.
- JAN 10 0830-1200
- FEB 07 0830-1200
- MAR 07 0830-1200

Space-A/ EML Flights Brief
Hear from Yokota Space-A passenger staff. They will guide you through the process start-to-finish.
- FEB 01 1200-1400

Sponsorship Orientation Training (OPNAVINST 1740.3D required training)
FFSC provides Sponsorship Orientation Training for all Commands in Yokosuka: afloat, shore, and tenet. This training covers all duties and responsibilities as outlined in the OPNAVINST 1740.3D, as well as best practices for Sponsors to aid relocated personnel to the Yokosuka area. Certificates presented immediately following training.
- JAN 31 1000-1200
- FEB 28 1000-1200
- MAR 28 1000-1200

Time Management
Ever feel like there is not enough time in your day, like you could use 26 hours vice 24 hours? Well now you have the opportunity to learn how to control the 86,400 seconds that we have in our standard day. The Time Management Class will help you prioritize and put off the things that make your day seem longer. Not only will you learn how to control your valuable time, you will learn ways to control your everyday life.
- MAR 14 1400-1500

Thrift Savings Plan (TSP)
Get the latest detailed information on the Thrift Savings Plan (TSP) and how TSP can contribute to financial retirement security. Contact our Personal Finance Managers to make an appointment!
- MAR 14 1400-1500

Volunteer Orientation
Interested in learning more about Volunteering in the community? This orientation covers what you need to know to get started volunteering with FFSC and other community volunteer organizations.
- JAN 16 1100-1200
- FEB 20 1100-1200
- MAR 20 1100-1200

Youth AOB/ICR
Moving to a new place can be overwhelming. FFSC provides a youth program to help children transition to a new school, home, and environment. *** Class sign-up is required prior to attending ***

Elementary Schoolers
This class will give Elementary School students new to Japan the opportunity to understand the base, culture and customs of Japan. There will also be a brief presentation regarding base rules and regulations.
- JAN 15 1430-1600
- FEB 19 1430-1600
- MAR 19 1430-1600

Middle and High Schoolers
This class gives Middle and High School students new to Japan the opportunity to understand the base, culture and customs of Japan. There will also be a brief presentation regarding base rules and regulations.
- JAN 16 1400-1600
- FEB 20 1400-1600
- MAR 20 1400-1600

Zushi City Tour - Ikego
We invite both old and new residents of Ikego to learn what the Ikego community has to offer, plus learn to take the train from Ikego to Zushi City. Our guided walking tour of Zushi City will help you enjoy your new home in Zushi.
- JAN 08 1000-1400
- FEB 12 1000-1400
- MAR 12 1000-1400
- DEC 11 1000-1400
**COUPONING**

Maximize Your Budget and Save Your Cash

The exciting world of Couponing! Maximize your budget with couponing and military discounts. Stop by FFSC on the 4th floor of the Community Readiness Center and get your coupons today!

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Are you a spouse and new to the area?
The Yokosuka Enhanced Spouse Sponsorship (YESS) program strives to ease the transition of families arriving in the Yokosuka area.

**Sign Up Today**
http://yessyokosuka.wordpress.com
Facebook.com/yess.yokosuka.spouses
Yess.yokosuka@gmail.com

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**Schedule appointments, register classes and learn more by calling 243-3372 (FFSC) or emailing to FFSCinfo@fe.navy.mil**

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We want to hear from you!
Send suggestions, questions, and comments on FFSC programs to: http://ice.disa.mil

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Please visit CFAY-FFSC website and check us out!

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FFSC Yokosuka
Family Employment