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 (3372) / 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 (3372)
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.
Do you want more Japanese culture information?
If so, this class is for you! Join us for a two hour expanded brief on all the exciting things Japan has to offer, with a sprinkle of Culture Shock information for those still adjusting to life in Japan and a Q&A session to make sure we answer all your questions. This class will take place every Thursday from 1330 to 1530 in 4th floor auditorium.
No registration required.

Domestic Violence Prevention Month (DVPM)
October is Domestic Violence Prevention Month. Everyone has a responsibility to prevent domestic violence and build a healthy, safe community. Service members and their families are encouraged to reach out to the Family Advocacy Program for help with understanding and developing healthy relationship skills and addressing common relationship challenges to prevent domestic violence. Know the signs of a healthy relationship and learn how to strengthen yours! For more information contact us at 243-7878.

Navy Birthday Captain's Cup 5K Run
FFSC DAVAs will be co-hosting MWR's Navy Birthday Captain's Cup 5K Run, OCT 11, 1130 at Purdy Fitness Center. Come run the Captain's Cup Navy Birthday 5K and support Domestic Violence Prevention Month! In honor of Domestic Violence Prevention Month, this event will be co-hosted by the Domestic Abuse Victim Advocates from FFSC. There will be a banner signing where participants can leave positive messages for victims of domestic violence. Race sign-ups are from 10 am to 11 am. The race will start at 11:30 am. Commands can earn points for Captain's Cup and awards will be given for first, second and third place in men's and women's division age groups 18-29, 30-39 & 40+.

SAVVY SAVER Every first Tuesday of the month, 1230 - 1330
Savvy saving is all the rage! This class is to encourage individuals to become organized in grocery shopping and meal planning, share best practices within our community, and put some of the missing COLA back in your pocket! Coupons will be available for pick up in the classroom. Call 243-3372 to pre-register or walk-ins welcomed.

Holiday Spending
Keep more of your money this holiday season. In this fun class, come learn to pre-plan for your gifts and holiday fun or simply organize your financials in general. We go over budgeting, travel tips, coupons, gift ideas and more! Giving does not always have to cost.

Schedule:
OCT 24, 0900-1100
NOV 05, 1000-1200
DEC 06, 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 new babies. 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.
**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.

**Ombudsman & Family Readiness Group (FRG)**
Ombudsman 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.

**Sailor Assistance & Intercept for Life (SAIL)**
SAIL is a voluntary program for service members engaging in mental health treatment that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a linkage between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery.

**Relocation Assistance Program (RAP)**
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 (TGPS)**
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 TGPS 243-9630, off base 046-816-9630 or email FFSCInfo@fe.navy.mil.

**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’ 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 (DAVA)**
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.

**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 FFSC on the 4th floor of the Community Readiness Center.

**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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| **1700 Ikego Monday Night Japanese** | **1000 Active Parenting-Youth**<br>1000 Daisuki! Japanese Workshop<br>1300 Budgeting For Deployment | **0900 Getting Started Teaching English**<br>1000 Retirement Planning | **HAPPY Thanksgiving** | **HAPPY Thanksgiving**

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**Transition GPS @ Fleet Recreation Center, 3rd Floor**

**December 2019**

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<td>1000 Japanese Spouse Group</td>
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<td>1400 Enjoying Japanese Food</td>
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<td>1000 Ikego Play Morning</td>
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<td>0930 Ikego Japanese Spouse Group</td>
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**Transition GPS @ Fleet Recreation Center, 3rd Floor**

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<td>1000 More Bang For Your Buck</td>
<td>1100 Volunteer Orientation</td>
<td>0930 Pre-Marriage Seminar</td>
<td>1000 Children &amp; Deployment</td>
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<td>1000 Everyday Japanese</td>
<td>1430 Youth ICR (ES)</td>
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**Area Orientation Brief and Inter-cultural Relations**

**December 2019**

23

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**Happy Holidays**
Class Descriptions

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.
- OCT 07-11, 21-25 0730-1630
- NOV 04-08, 18-22 0730-1630
- DEC 02-06, 09-13 0730-1630

10 Steps to a Federal Job
Are you applying for federal jobs with 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.

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.

Active Parenting
FFSC is proud to bring back this acclaimed 6-week program! This class will show you a proven-effective approach to parenting including positive discipline and communication techniques that will lead to happiness and harmony for you and your children. For more information or to register, please call 243-7878.

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.
- OCT 25 1000-1200
- NOV 15 1000-1200
- NOV 26 1300-1500
- DEC 09 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.

Children and Deployment
Children have a unique set of needs and behaviors when it comes to dealing with difficult situations. This class will cover ways to help your children thrive during deployments as well as reduce family stress and conflict.

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.

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 our Home-Based Business 101 class.

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 ffscinfo@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.

YOUTH (6-WEEK SESSION)
- ~OCT 03, 10, 17 1700-1830
- NOV 05, 12, 19, 26-DEC 03, 10 1000-1130

TEEN (6-WEEK SESSION)
- ~OCT 01, 08, 15 1000-1130

RESIDENTIAL CAREGIVERS

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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.

Command Financial Specialist Refresher
As a designated CFS for your command the OPNAVINST 1740.5D states: a full-day refresher course is needed within three years of your original CFS Basic Training date of completion. We refresh your CFS skills, assist you in enhancing your CFS command program and discuss new financial trends. Join us for this one-day jam-packed financial reboot. Contact our PFM for details.
- NOV 14 0800-1600

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.
- OCT 07-11 0800-1600

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.
- OCT 15-16 0930-1130
- NOV 19-20 0930-1130
- DEC 10-11 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.

Couples and Deployment
Are you having difficulty getting on the same page before and after deployments? This class assists with managing and planning for deployment, communicating and growing together during deployment and reintegration as a couple after deployment. Attend as a couple or individually.
- OCT 17 1300-1400
- NOV 12 1000-1100
- DEC 18 1300-1400

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.
- OCT 08, 22 1000-1130
- NOV 12, 26 1000-1130
- DEC 10 1000-1130

Discover Japan
Do you want more Japanese culture information? If so, this class is for you! Join us for a two hour expanded brief on all the exciting things Japan has to offer, with a sprinkle of Culture Shock information for those still adjusting to life in Japan, and a Q&A session to make sure we answer all your questions. Happening every Thursday. No registration required!
- OCT 03, 10, 17, 24, 31 1330-1530
- NOV 07, 14, 21 1330-1530
- DEC 05, 12, 19 1330-1530

Debt/Credit Management
Is your family facing the unnecessary burden of debt? Come find out how to incorporate credit use in your life without the debt becoming a negative influence to your balance sheet. Whether it’s student, credit card, personal loans, home or car debt, they can all be managed. Start here by gaining some foundational knowledge to navigate your best financial future as a borrower.
- OCT 04 1300-1400

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.
- OCT 18, 31 1000-1200
- NOV 07 1000-1200
- NOV 20 0900-1100
- DEC 05 1000-1200

EFMP Information
Having a family member with special needs means special considerations with each major decision. The EFMP Program ensures that the needs of the exceptional family members are taken into consideration throughout the change of assignment process. You want the best for your loved one and so do we. Give us a call at 243-3372 to schedule a one-on-one consultation with our EFMP liaison.
EFMP Point of Contact (POC) Training
This quarterly round table discussion is available for those who seek knowledge on the EFM Program and available services. This group provides an EFMP overview, MTI coordinator responsibilities, Command POC responsibilities, and the EFMP enrollment process. Certificates presented following training.
- OCT 09 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 opportunities and companies on base.
- OCT 16 0900-1030
- NOV 13 1000-1130
- DEC 06 1000-1130

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.
- OCT 07, 21 1000-1200
- NOV 04, 18 1000-1200
- DEC 02, 16 1000-1200

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 Womble Gate.
- OCT 07 1400-1600
- NOV 18 1400-1600
- DEC 09 1400-1600

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.
- OCT 07, 21 1000-1200
- NOV 04, 18 1000-1200
- DEC 02, 16 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.

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.
- OCT 30 0900-1100
- NOV 27 0900-1100

Holiday Spending
Manage your holiday finances and keep more of your money this holiday season. In this fun class, come learn to pre-plan for your gifts and holiday fun or simply organize your everyday financials in general. We go over budgeting, travel tips, coupons, gift ideas and more! Giving does not always have to come at a cost.
- OCT 24 0900-1100
- NOV 05 1000-1200
- DEC 06 1000-1200

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 the Boots to Business class
  - NOV 21 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.
- OCT 02 1300-1400
- OCT 28 1400-1500
- NOV 06 1300-1400

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.
- OCT 03, 10, 17, 24, 31 1000-1130
- NOV 07, 14, 21 1000-1130
- DEC 05, 12, 19 1000-1130
Class Descriptions

Individual Augmentee (IA) Brief
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. Training available upon request.

Interview Techniques
During this one-on-one, participants learn how to be confident during their next job 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!

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)

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.

◊ NOV 01 0900-1100

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! To register or for more information, call 246-8052.

◊ OCT 01, 08, 15, 22, 29 1200-1330
◊ NOV 05 1200-1330

LBGT Group
The LGBT Alliance Yokosuka Group meets for fun, social events, community service activities, networking, and more! For more information about upcoming events, call our office at 243-7878. All supporters and allies are welcome!

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.

◊ OCT 11 1000-1100
◊ NOV 08 1000-1100
◊ DEC 13 1000-1100

Military Spouse 101
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! 新配偶者あるいは、横須賀に来たばかりの人たちに、軍の生活と文化についてわかりやすく説明します。軍について必要な基本的知識を得られると、結婚年数にかかわらず、皆さん楽に参加してください！

◊ OCT 03 1000-1230
◊ DEC 03 1000-1230

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.

◊ DEC 03-04 0800-1600

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!”

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IKEGO (0930-1100)  YOKOSUKA (1000-1130)
◊ OCT 08 OCT 09
◊ NOV 12 NOV 13
◊ DEC 10 DEC 11
Class Descriptions

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 also prepares you for Yokosuka's FFSC Semi-Annual Modeling Fair.
- OCT 09 1000-1200
- NOV 13 1000-1200
- DEC 11 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. Walk-ins OK!

More Bang For Your Buck$ 
We constantly buy buy buy to live our life, but are we smart about where our money goes? Join us to talk about consumer awareness topics like: advertising tricks, sales cycles, how to report fraud and scams. Learn to protect your finances in this consumer-driven world.
- DEC 17 1000-1200

Navigating Your New Normal
Wondering how to manage your household before and after deployments? This class will help you with surviving and thriving during deployment season and getting set up with new routines for you and the family.
- OCT 04 1000-1100
- NOV 22 1000-1100

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
- NOV 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.
- OCT 22-24 0900-1600

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. Contact our PFM at 243-3372 for more information.

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/COMNAVREJAPANINST 1752.1T.
- OCT 02, 17 0930-1500
- NOV 06, 21 0930-1500
- DEC 04, 19 0930-1500

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 e-Benefits 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.
- OCT 04 0830-1100
- DEC 13 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.
- OCT 08 0830-0930
- NOV 12 0830-0930
- DEC 10 0830-0930
Class Descriptions

Reintegration with Partners
Excited for returning home from deployment? Learning to get back into step, and being in the same house and re-merging your relationship back together can be difficult. Managing your expectations is a valuable tool in a successful partnership. Learn how to master this and more!

- OCT 03 1000-1100
- OCT 22 0800-0930
- NOV 01 1000-1100
- DEC 03 1000-1100

Reintegration with Children
Bringing the family back together is not always an easy and smooth process. This class gives you the tips, tools, and techniques to make this process easier on the little ones in your family. Learn how to fly over the hurdles before they appear.

- OCT 09 1300-1500
- NOV 05 1000-1200
- DEC 06 1000-1200

Retirement Planning
If you are 18 or 58, this class is for you! Get a clear idea of what a 20-year Military Pension will look like. We will discuss a variety of considerations: TSP, 401K’s, IRA’s, retiring early, living out of the country, managing health care and much more. Do not miss this enhanced class to prepare you for tomorrow!

- NOV 27 1000-1200

SAPR Victim Advocate (VA) Initial Training
SAPR Victim Advocates 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.

- NOV 18-22 0800-1700

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.

- OCT 03 1300-1500
- NOV 07 1300-1500
- DEC 04 1300-1500

Savvy Saver
Savvy saving is all the rage! This class encourages individuals to become better organized when grocery shopping and meal planning. We’ll share best practices within our community and put some of the missing COLA back in your pocket! Coupons will be available for pick up in the classroom. Registration is encouraged, but walk-ins are welcome.

- OCT 01 1230-1330
- NOV 05 1230-1330
- DEC 03 1230-1330

Smart Money Kids
Teach your children why money matters. The habits we have with money often are seen in our house. Let’s talk about the best financial habits for preparing your little ones to be successful. Allowance? Credit before 18? 529 Plans? College? All questions worth discussing in this fun and insightful class.

- NOV 15 1000-1200
Class Descriptions

Smooth Move (PCS) Workshop
Are you PSCing 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.
- OCT 10 0830-1200
- NOV 14 0830-1200
- DEC 12 0830-1200

Space-A/ EML Flights Brief
Hear from Yokota Space-A passenger staff. They will guide you through the process start-to-finish.
- OCT 04 1200-1400
- DEC 06 1200-1400

Sponsorship Orientation Training
(OPNAVINST 1740.3D required training)
FFSC provides Sponsorship Orientation Training for all Commands in Yokosuka: aloft, 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.
- OCT 31 1000-1200
- DEC 26 1000-1200

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!
- OCT 01 1000-1100

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. Living in Ikego and can’t make it? Please call 246-8052 to schedule an appointment in our Ikego office.
- OCT 16 1100-1200
- NOV 20 1100-1200
- DEC 18 1100-1200

Yokosuka Car Buying
Local car buying is a process; let’s talk about what we know has worked for those in the community. This class is an open forum to share your tricks and experience. We will cover resources and financing options along with how to budget for your vehicle locally and back CONUS.
- OCT 29 0900-1100

Youth ICR (Intercultural Relations)
Moving to a new place can be overwhelming. FFSC provides a youth program to help children transitioning to a new environment. This class will give students new to Japan the opportunity to understand its cultures and customs.
*** Class sign-up is required prior to attending ***

3rd-5th Graders (ES)  |  6th-8th Graders (MS)
- OCT 22, 1430-1600    |  OCT 29, 1430-1600
- NOV 19, 1430-1600    |  NOV 12, 1430-1600
- DEC 17, 1430-1600    |  DEC 10, 1430-1600

Zushi City Tour - Ikego
We invite both old and new residents of Ikego to learn what your off-base community has to offer. Plus, learn to take the train from Ikego to Zushi City. Our guided walking tour of the city will help you enjoy your new home in Zushi.
- OCT 08 1000-1400
- NOV 12 1000-1400
- DEC 10 1000-1400
The exciting world of Couponing!
Maximize your budget with couponing and military discounts. Stop by FFSC in Yokosuka or Ikego to get your coupons today!

COUPONING
Maximize Your Budget and Save Your Cash

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Maximize your budget with couponing and military discounts. Stop by FFSC in Yokosuka or Ikego to get your coupons today!

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

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

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

Please visit the CFAY-FFSC website to check us out!