Fleet & Family Support Center (FFSC)

Programs & Workshops

JULY — SEPTEMBER 2019
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.
**Upcoming Events**

**JULY**

**FFSC 40th Anniversary**
For 40 years, the Fleet and Family Support Center (FFSC) has supported individual Sailor and family readiness as well as the adaptation to life in the Navy for service members and their families.

On July 16, 1979, the first Navy Family Service Center was officially opened in Norfolk, Virginia. Active duty staff provided 24-hour information and referral services, while a group of volunteers assisted with casework follow-up, financial counseling, child welfare liaison, relocation information, special assistance and family enrichment. Over the next decade, other areas of support programs were added and the staff transformed to a diverse mix of full-time employees. In 2001, the name changed to Fleet and Family Support Center (FFSC) to emphasize that the center was to support the Sailor and the family. Today there are 81 service delivery sites worldwide, with 58 sites delivering a full portfolio of programs and services showcasing FFSP’s unfailing and continued service and support to the Navy’s Fleet, Fighter, and Family.

This year we celebrate “40 Years of Meeting Your Needs. At Home and At Sea.”

**AUGUST**

**“GIRL, WASH YOUR FACE” WORKSHOP**
Don’t believe the lies you tell yourself! We can all fall victim to self-doubt and uncertainty. In this workshop, we will discuss Rachel Hollis’ bestselling book Girl Wash Your Face. We will discuss her tips for increasing your self-worth and building confidence by unpacking the thoughts that limit us. Whether you read the book or not, join us to learn how to rebuild your confidence and move forward with your goals.

**When:** August 28th and 29th 0900 to 1100

**Where:** 2nd floor CRC

**SEPTEMBER**

**Navy Family Ombudsman Program Anniversary**

**Ombudsman Appreciation Day**

**SEPT 14**

The Ombudsman Program was introduced to the Navy on Sept. 14, 1970 as a means to address issues and concerns that are unique to Navy families. On this day, the Navy recognizes the thousands of individuals who volunteer their time, talents and energy to making a difference in the lives of Navy families. The Navy family ombudsman is a highly-trained volunteer who is able to offer support and guidance to command families and to act as an official liaison between the command and its families. The Navy Ombudsman plays an important role in the success of a command’s mission. Ombudsmen are the first step for family members to turn to during a crisis, guiding Navy families to the proper resources they need. That, in turn, helps their Sailors with assurance that their families are being taken care of at home. Connecting Navy families to help is what the Ombudsmen have been doing for almost 50 years. They volunteer their personal time to ensure the Navy is ready 100 percent of the time.

**Suicide Prevention Month**

**September is Suicide Prevention Month, 1 Small ACT can make a difference and save a life.**

**#BeThere for Every Sailor, Every Day.**

Every Sailor, Every Day starts with US. All members of the Navy community should lead by example and take proactive steps toward strengthening physical, psychological and emotional wellness on a daily basis, recognizing when it’s necessary to seek help. If you notice anything out of the norm from your shipmate, one conversation-1 Small ACT-can open the door for support by breaking the silence and facilitating early intervention. Suicide prevention is not about numbers; every life lost to suicide is one too many.

**Where to get help:**

- Your Navy chaplain, Fleet and Family Support Center (FFSC) or medical
- Military Crisis Line: call 1-800-273-TALK, Press 1; text 838255; visit www.militarycrisisline.net
- BeThere Peer Support Call and Outreach Center: 1-844-357-PEER, text 480-360-6188 or visit www.betherepeersupport.org
- Military OneSource: www.militaryonesource.mil

**YOKOSUKA FALL MODELING FAIR**

**Sept 28: 1000-1200, 1330-1530**

Fleet and Family Support Center Yokosuka will host their Fall 2019 Modeling Fair on Saturday, September 28, 2019. Approximately 15 Tokyo modeling agencies are expected for the event. This event is a great opportunity for our diverse array of community talent to showcase themselves. The agencies will seek models of all ages, shapes, sizes, and ethnic backgrounds. This event always proves to be a great success for many of our community members. On-the-spot offers are not unheard of! CFA Yokosuka has proudly been hosting the modeling fair for more than 20 years. We hope to see you there!
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 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.

Sailor Assistance & Intercept for Life
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 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 243-3372 Option 3, off-base 046-816-3372 Option 3.

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 TGPS 243-9630, off-base 046-816-9630 or email FFSCinfo@fe.navy.mil.

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.

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.

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

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**FFSC Programs & Workshops — Yokosuka, Japan — July — September 2019**
# AUGUST 2019

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

**August 2019**

**September 2019**

**FFSC Programs & Workshops — Yokosuka, Japan — July — September 2019**

**Life is worth living! Click here for your lifeline.**
1-800-273-TALK (8255 Option 1)
**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.**

- JUL 08-12 0730-1630
- AUG 19-23 0730-1630
- SEP 09-13, 23-27 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.

- JUL 18 0830-1630
- SEP 05 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.

- JUL 01-02 0800-1600

### Active Parenting
FFSC is proud to bring back this acclaimed program! This 6-week 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. Sessions start Tuesdays in September. For more information or to register, please call 243-7878.

- SEP 10, 17, 24 1000-1130

### 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 fsscfscinfo@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.

- JUL 01-03, 09-11, 16-18, 23-25 0830-1630
- JUL 30-AUG 01 0830-1630
- AUG 06-08, 13-15, 20-22, 27-29 0830-1630
- SEP 03-05, 10-12, 17-19, 24-26 0830-1630

### 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

- SEP 03-04 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.

- JUL 09 1300-1500
- AUG 20 1300-1500
- SEP 27 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.

- JUL 05 1000-1100
- SEP 17 1300-1400

### 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.

- JUL 25 0900-1000
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.
- **AUG 14** 1400-1500

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.
- **JUL 22-26** 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.
- **JUL 16-17** 0930-1130
- **AUG 20-21** 0930-1130
- **SEP 17-18** 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.
- **JUL 22-23** (1st Term) 0800-1600
- **JUL 24-25** (Mid Term) 0800-1600

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.
- **JUL 31** 1300-1400
- **AUG 09** 1000-1100
- **SEP 24** 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.
- **JUL 09** 1000-1130
- **SEP 10** 1000-1130

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 loans, home loans, car or credit cards-lets chat!
- **SEP 05** 0900-1100

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.
- **JUL 11, 25** 1000-1200
- **AUG 01, 30** 1000-1200
- **SEP 12, 26** 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.
- **JUL 02** 1400-1500
- **AUG 06** 1400-1500
- **SEP 03** 1400-1600

EFMP Point of Contact (POC) Training
This monthly round table discussions is available for those who seek knowledge on the EFMP Program and available services. This group provides an EFMP overview, MTF coordinators responsibilities, Command POC responsibilities, and the EFMP enrollment process. Certificates presented following training.
- **JUL 10** 1400-1500
- **AUG 07** 1400-1500
- **SEP 04** 1400-1500
Class Descriptions

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.
- JUL 31  0900-1030
- AUG 21  0900-1030
- SEP 05  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.
- JUL 15, 29  1000-1200
- AUG 12, 26  1000-1200
- SEP 09, 23  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.
- JUL 08  1400-1600
- AUG 12  1400-1600
- SEP 16  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.
- JUL 08, 22  1000-1200
- AUG 12, 26  1000-1200
- SEP 09, 23  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.

Family Reintegration
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. Learn the how to fly over the hurdles before they appear.
- AUG 16  1000-1200
- SEP 20  1000-1200

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.
- JUL 24  0900-1100
- AUG 28  0900-1100
- SEP 25  0900-1100

Girl Wash Your Face Workshop
Don't believe the lies you tell yourself! We can all fall victim to self-doubt and uncertainty. In this workshop, we will discuss Rachel Hollis’ bestselling book Girl Wash Your Face. We will discuss her tips for increasing your self-worth and building confidence by unpacking the thoughts that limit us. Whether you read the book or not, join us to learn how to rebuild your confidence and move forward with your goals. For more information or to register, please call 243-7878.
- AUG 28, 29  0900-1100

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.
- JUL 17  1300-1400

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.
- JUL 17  1300-1400
Class Descriptions

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.

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.

- JUL 11, 18, 25 1000-1130
- AUG 01, 08, 15, 22, 29 1000-1130
- SEP 05, 12, 19, 26 1000-1130

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!

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.

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!”

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.

- SEP 03, 10, 17, 24 1200-1330

LBGT Group
The LGBT Alliance Yokosuka Group meets for fun, social events, community service activities, networking, and more! Join us on Facebook to stay connected. All supporters and allies are welcome.
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.

- JUL 02 1300-1400
- AUG 07 0900-1000
- SEP 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! 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.

- AUG 06 1000-1230

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 taking place on 28-SEP. See info on page 3 and check Facebook for details.

- JUL 10 1000-1200
- AUG 14 1000-1200
- SEP 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!

- JUL 01, 15, 29 1700-1830 (IKEGO)
- JUL 08, 22 1700-1830
- AUG 12, 26 1700-1830 (IKEGO)
- AUG 05, 19 1700-1830
- SEP 16, 30 1700-1830 (IKEGO)
- SEP 09, 23 1700-1830

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.

- JUL 24 1300-1400
- AUG 23 1000-1100
- SEP 03 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

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.

- JUL 01-03 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.

- SEP 04 0900-1000
Class Descriptions

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 1752.11T.
- JUL 03, 18 0930-1500
- AUG 07, 15 0930-1500
- SEP 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.

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.
- JUL 09 0830-0930
- AUG 13 0830-0930
- SEP 10 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.

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.
- AUG 22 0800-1600

SAPR Resident Advisor (RA) Training
The SAPR RA training is a SAPR specific training for barracks resident advisors and leaders who are conducting roving patrols throughout the barracks. Pre-registration is required.
- AUG 15 1300-1500

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.
- JUL 15-19 0800-1700
- SEP 23-27 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.
- JUL 03 1300-1500
- AUG 01 1300-1500
- SEP 05 1300-1500

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!
- JUL 26 1000-1100
- AUG 28 1300-1400
- SEP 06 1000-1100
Class Descriptions

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.

- JUL 11 0830-1200
- AUG 08 0830-1200
- SEP 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.

- AUG 02 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.

- JUL 25 1000-1200
- AUG 29 1000-1200
- SEP 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!

- AUG 27 1500-1600

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.

- JUL 17 1100-1200
- AUG 21 1100-1200
- SEP 18 1100-1200

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 ***

Elementary School (Grades 3-5)

- JUL 16 1430-1600
- AUG 20 1430-1600
- SEP 17 1430-1600

Middle School (Grades 6-8)

- JUL 30 1430-1600
- AUG 27 1430-1600
- SEP 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.

- JUL 09 1000-1400
- AUG 13 1000-1400
- SEP 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!

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!