

Fleet and Family Support Center

JULY— 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Infant Massage 1030-1200
4 FFSC CLOSED 	5	6 Benefits Delivery at Discharge (BDD) 0800-1200 Patriot Parent Brigade Conference Rm @ housing office 1000-1130 ACCESSING HIGHER EDUCATION 0800-1600	7 Pre-Separation Workshop 1300-1600	8 Infant Massage 1030-1200 Advanced Victim Advocate Training- Understanding Military Sexual Trauma 0900-1000 @ FFSC classroom
11	12 Family Welcome 0800-1400	13 Baby Boot Camp 0830-1230 BOOTS 2 BUSINESS 0800-1600	14 Car Buying 1300-1500	15
18	19 FFSC Birthday Celebration & Resource Open House 1200-1500 	20 Patriot Parent Brigade Conference Rm @ housing office 1000-1130 Feeding Your Baby 1300-1500	21 Pre-Separation Workshop 1300-1600	22
25 Survivor Benefits Plan 0900-1000 TSP Saving & Investing 1000-1100	26 Smooth Move 1300-1500	27 Feeding Your Baby 1300-1500	28	29
<p><i>Transition GPS –SEPARATEES –Monday 0730–1700; Tues–Fri 0800–1600</i></p>				

FFSC Front Desk : (361) 961-2372

Centralized Scheduling: (866) 293-2776

Accessing Higher Education Are you preparing to attend a 4-year college? Not sure which degree you should seek? Trying to figure out how you are going to pay for it all? The **Accessing Higher Education Track** may be the answer to all of your questions.

Advanced Victim Advocate Training—Understanding Military Sexual Trauma—This training will cover the definition of Military Sexual Trauma (MST); eligibility through the Veteran's Affairs, the impact of MST; Gender Differences, the difference between PTSD and MST and Recovery. Participants will participate in role-play and interactive scenarios. This workshop offers victim advocates 2 CEUs for attendance/participation. **Call Pat Kapitan for registration @ 961-1670.**

Baby Boot Camp: New Parent Support and Navy Marine Corp Relief Society partner to present a class on becoming a parent. The Navy Marine Corp Relief Society presents a budget for having a new baby and all the expenses which may be incurred. They also offer a free layette which is valued about \$100.00 and this includes a hand knitted blanket. New Parent Support presents information about safety, bathing, cord care, diapering and how to cope with the crying of your infant. We discuss postpartum depression and practical ways to care for and cope with the demands of a new baby. This class is for expecting parents and parents of newborns. Register at 361-961-3482

Benefits Delivery at Discharge (BDD) This is for service members who have experienced service-connected disability issues. Through BDD, your VA Disability Claim files through a Fast Track program allowing for adjudication of claims within 120 days after separation from service. **Registration required** NASCC_FFSC_TGPS@NAVY.MIL.

Boots to Business Track Have you ever wanted to start your own business? Ever wondered what benefits and funding are available to veteran owned small businesses? Not sure where to start? Then the **Boots 2 Business** seminar is where you belong!

Car Buying Designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile.

Family Welcome—NAS Corpus Christi wishes to welcome all new arrivals to South Texas! Please join Fleet and Family Support Center as we present all the important relocation information you might need to make your tour here enjoyable and productive. Service members and families of all branches of service are welcome to attend.

Feeding Your Baby— New Parent Support and Navy Marine Corp Relief Society lactation consultant Cheryl Mills, partner to discuss all aspects of feeding your baby. We discuss breastfeeding and bottle feeding. This is a three week class with the first two classes geared to the Moms and the last class just for Dad's. We want our parents to feel free to ask any questions and be prepared to feed their newborn baby. This class is designed for expecting parents or parents of newborns. Register at 361-961-2368.

Fleet & Family Birthday Celebration/Resource Open House— The FFSC would like to invite you to stop by the 5th deck for an open house/celebration and navigational tour of all the great services we have to offer you/your service members. Please stop by between 1200-1500 for light refreshments and great information/resources. For more information call 361-961-1790

Infant Massage—Invitation to parents with a child under 12 months! Come learn the art of Infant Massage with New Parent Support. The class is held weekly, for five weeks, to learn the complete massage. For information or to register for the class, please call **361-961-1024** or **361-961-2368** as Space is limited to the first 6-8 families.

Patriot Parent Brigade A support group for expectant parents and parents with children under age 4 facilitated by the New Parent Support team. Call New Parent Support to confirm dates at **361-961-1024** or **361-961-2368**.

Pre-separation workshop—Mandatory workshop for all members planning on attending TGPS that have not already been through pre-separation counseling with their command career counselor. To register for the workshop send request via email to NASCC_FFSC_TGPS@navy.mil.

Smooth Move This workshop provides information to relocating service members and their families with permanent change of station (PCS) orders within the Continental United States (CONUS). Topics include an overview of the moving process, tips and techniques for coping, managing the move, moving with children, and resources available throughout the relocation process.

Survivor Benefit Plan (SBP) This workshop discusses all of the benefits a service member and their loved one should be aware of in case tragedy should strike. The information provided is essential for all to ensure that military families are prepared for the worst case scenario and will financially be able to survive.

Thrift Savings Plan (TSP) Join in the discussion on ways to maximize your contribution to your Thrift Savings Plan (TSP) and alternative ways to save and invest for your future!

Transition GPS Seminar— SEPARATING SERVICE MEMBERS Military personnel who are retiring and are within 180 days of separating are **required** to attend this seminar. You may attend if you're up to 12 months away from your separation date. Spouses are highly encouraged to attend. Topics that are covered include resumes, job search skills, job interviewing, federal and state employment options, veterans benefits, pay & travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, military obligations, and more. Prior to attending Transition GPS you must obtain several documents from your Command Career Counselor or Admin Officer. **Registration Required**— NASCC_FFSC_TGPS@NAVY.MIL

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Registration is required for workshops, please call —Front Desk: **361-961-2372**

To schedule an individual appointment, please call—Centralized Scheduling: **866-293-2776**

All classes and workshops facilitated at the FFSC unless otherwise specified

