



Meeting Your Needs. At Home. At Sea.

NAVIGATING THE FEDERAL EMPLOYMENT PROCESS-This three hour class will give you hands on experience and will also give you the opportunity to ask those questions that ultimately come up as you are trying to fill out the “paperwork”. Please call (361)961-2372 or email NASCC-FFSC@navy.mil for more information and registration.

RESUME WORKSHOPS - In this full-day or half day workshop, participants will have a combination of a little lecture and a lot of a “roll up your sleeves and make it happen” section. The goal for each participant is to walkout with a complete resume that will get the results they want. **Registration required.** To register for Active Duty Military or Family members call (361)961-2372 or email NASCC-FFSC@navy.mil.

BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS - People lash out because they do not have the skills to express their frustration in an appropriate way. Improve your skills in order to better manage anger. To register call (361)961-2372 or email NASCC-FFSC@navy.mil.

BENEFITS DELIVERY AT DISCHARGE (BDD) (Formerly DTAP) Workshop - For service members who have experienced service-connected disability issues. Your VA Disability Claim files through a Fast Track program allowing for adjudication of claims within 120 days after separation from service. **Registration required.** To register call (361)961-2372 or email NASCC-FFSC@navy.mil.

OMBUDSMAN BASIC TRAINING - Provides the training to certify an individual as an official Navy Ombudsman. The 2-day curriculum includes guidance, instructions, and duties associated with the Ombudsmen Program. **Registration required.** To register call (361)961-2372 or email NASCC-FFSC@navy.mil.

FAMILY ADVOCACY KEY LEADERSHIP BRIEF - This two hour briefing provides Commanding Officers, Executive Officers, and their senior enlisted members with an overview of the different facets and components of the Navy's Family Advocacy Program and the role it plays

in the management of child and spouse abuse cases involving military families. To register, call (361)961-2372 or e-mail NASCC-FFSC@navy.mil.

OMBUDSMAN ASSEMBLY MEETING - Monthly Ombudsman meeting. For more information call (361)961-2372 or email NASCC-FFSC@navy.mil.

TRANSITION GPS -The new 5-day Transition GPS course is a comprehensive program that includes pre-separation counseling, military to civilian skills review, VA benefits briefing and application sign-up, financial planning support, job search skills building, and the development of an individual transition plan. In addition to the 5-day workshop, service members will also have the opportunity to attend at least one of three additional workshops that will be offered to address entrepreneurial, educational, or technical (training, credentialing, licensure, etc.) issues. Service members and spouses are encouraged to begin participation in Transition GPS as early as 24 months prior to retirement and 12 months prior to separation. **Registration required.** To register call (361)961-2372 or email NASCC-FFSC@navy.mil.

SPOUSE TRANSITION WORKSHOP- As a spouse, you are going to be facing challenges as your military life draws to close. This workshop will alternate monthly between separatee and retiree spouses. Sessions will be held on Tuesdays 0800 – 1430 during the week of each Transition GPS 5 day class. Topics to be covered: Managing Your Transition, Finances (SBP, Insurance, and Social Security), Veterans Benefits, Tricare, and Personal Property **Registration required** call (361)961-2372 or e-mail NASCC-FFSC@navy.mil.

SAPR TRAINING - Four-day, basic training prepares SAPR Advocate Volunteers on how to respond to victims and identifies their role. This training also prepares command SAPR POCs to coordinate training for their command, fulfill reporting requirements and assist victims. Refresher one-day training is also offered. This training is offered regularly. **Registration required** call (361)961-2372 or e-mail NASCC-FFSC@navy.mil.

CONSUMER AWARENESS- Have you ever made a purchase that you later regretted? It's a "jungle" out there, and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources. For more information please contact the FFSC at 961-2372 or e-mail NASCC-FFSC@navy.mil.

CAR BUYING STRATEGIES- Looking for a car but don't want to get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot in this single-session program. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and

tricks to watch out for. **Registration required.** For more information please contact the FFSC at 961-2372 or e-mail NASCC-FFSC@navy.mil.

THE THRIFT SAVINGS PLAN- is a retirement savings and investment plan designed to supplement (not replace) the military retirement check. It can provide retirement income in addition to your military pension and Social Security, helping build financial stability and independence at retirement. For more information please contact the FFSC at 961-2372 or e-mail NASCC-FFSC@navy.mil.

BABY BOOT CAMP - This workshop partners FFSC with Navy Marine Corps Relief Society and will teach you how to Budget for Baby, ask questions from the Visiting Nurses regarding lactation and discuss with New Parent Support the changes a new baby brings to a family and help prepare you for those changes. Receive a free “Baby Sea Bag” when you attend. **Registration required.** Call Navy Marine Corps Relief Society at (361)961-3482 for registration.

FAMILY WELCOME PROGRAM – NAS Corpus Christi wishes to welcome all new arrivals to Corpus Christi. Please join Fleet and Family Readiness, Chaplains, and other base organizations as we present all the important relocation information you might need to make your tour here most enjoyable and productive. Open to all branches of service. Join us for the entire morning or come and go as needed. Lunch provided by the Chaplains. For more information call (361) 961-2372 or email NASCC-FFSC@navy.mil.

COMMAND FINANCIAL SPECIALIST TRAINING- the Command Financial Specialist (CFS) is a Military member who has been appointed by the commanding officer to provide financial education and training, counseling and information referral at the command level. Command Financial Specialists are trained to establish, organize and administer the command's personal financial management (PFM) program. The CFS should be the first stop for the Military member who has questions or issues about financial readiness. Become a Command Financial Specialist for your command and help military members and their families meet the financial challenges facing them today **Registration is required**, for more information please contact the FFSC at 961-2372 or e-mail NASCC-FFSC@navy.mil.

SPONSOR TRAINING - Become the Sponsor that you wished you would have had at your last PCS. Learn what you need to do to contact your sponsored Sailor and what information that they will need to ease the stress of relocating. Learn about the services available on base for in-coming personnel. Meet and greet your sponsored Sailor with the confidence that comes from knowing the Sponsorship program and the services that you will provide your new service member. **Registration is required.** For more information and registration please call (361) 961-2372 or email NASCC-FFSC@navy.mil.

EFMP- the Exceptional Family Member Program (EFMP) Workshop is designed to assist sailors and families by answering questions and dispelling myths. FFSC has partnered with the Career Counselor and the NHC EFMP POC to give you straight, factual information. EFMP enrollment is mandatory and required immediately upon identification of a special need. The EFMP serves as a detailing tool and a quality of life program. Enrollment in the Exceptional Family Member Program (EFMP) ensures that families are assigned to areas where they can access necessary resources. For more information and registration call 361-961-2372 or email NASCC-FFSC@navy.mil.

NEW SPOUSE ORIENTATION- As the husband or wife of a service member you are an active participant in a military lifestyle. You are also eligible for many benefits! Join us in a discussion of benefits, services, Military Culture, Language, and Time to name just a few topics. Our goal is to provide useful information and resources for this exciting new chapter in your life. For registration call 361-961-2372 or email NASCC-FFSC@navy.mil.

Suicide Prevention and Stress Management Programs - Available to all Commands.

Suicide Prevention Programs are developed to minimize the occurrence of military suicide through better recognition of suicide risk factors and warning signs, awareness of military and community resources and an understanding of each service member's responsibility as a first responder utilizing the ACT Model.

Stress Management Programs are developed to provide military personnel the skills needed to decrease stress levels experienced by every day and/or situational stressors through the use of the Stress Continuum Model.

Stress /Relaxation Workshop- Stressed Out? Our 30 minute interactive workshop can give you the tools to manage your stress, anytime, anywhere. This 30 min workshop will teach you how to relax and how to manage your stress when you need it most. Can you think of a better way to treat yourself than to spend 30 minutes learning a technique that will last a lifetime?

Come join us!

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