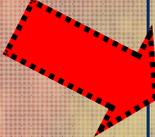


# FLEET AND FAMILY SUPPORT CENTER

## NOVEMBER — 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Family Welcome 0800-1500	2 BDD 0800-1500  Patriot Parent Brigade Conference Rm @ NASCC Youth Center 1000-1130  Feeding Your Baby 1300-1500	3 Pre-Separation Workshop 1300-1600	4 Anger Management Workshop 0900-1000
7 	8 Resume Work- shop for Active Duty Dependents 0900-1200  Car Buying 1300-1500  Infant Massage 1700-1830	9	10	11 FFSC CLOSED  
14 Survivor Benefits Plan 0900-1000 TSP Saving & Investing 1000-1100	15 Infant Massage 1700-1830	16 Patriot Parent Brigade Conference Rm @ NASCC Youth Center 1000-1130	17	18 Anger Management Workshop 0900-1000   <b>Ombudsman Basic Training Sat &amp; Sun 19 &amp; 20 0800-1600</b>
<b>TGPS— SEPARATEES; MON 0730-1730 TUES-FRI 0800-1600</b>				
21 Sponsor Training 1300-1500	22 Post TGPS Resume Work- shop for Active Duty 1000-1200  Pre-Separation Workshop 1300-1600	23	24 FFSC CLOSED  	25
28	29 Smooth Move 1300-1500	30 Patriot Parent Brigade Conference Rm @ NASCC Youth Center 1000-1130		

FFSC FRONT DESK : (361) 961-2372

CENTRALIZED SCHEDULING: (866) 293-2776

**Anger Management** - Anger management is a procedure of acquiring the skills to recognize signs that you are becoming angry, and taking action to deal with the situation in a positive way. In no way does anger management mean holding the anger in or trying to keep from feeling anger. Anger is a normal human emotion, a healthy one when it is expressed appropriately. The goal of this workshop is to recognize frustrations early on and settle them in a way that allows you to express your needs, while remaining calm and in control. Coping with anger is an acquired skill which involves unlearning some of the bad behaviors that result from frustration.

**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](mailto:NASCC_FFSC_TGPS@NAVY.MIL).

**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** This class presented by New Parent Support and partners with the lactation consultant Cheryl Mills who is part of Navy Marine Corp Relief Society, We 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. To register contact 361-961-2368.

**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.

**Ombudsman Basic Training** OBT— This training provides an overview of the ombudsman program, managing your responsibilities, code of ethics, command relationships, information and referral, crisis calls and disasters, as well as deployment and mobilization to prepare candidates to fulfill their duties as a command ombudsman. Please call 961-1790 for more information and registration.

**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](mailto:NASCC_FFSC_TGPS@navy.mil).

**POST TGPS Resume Workshop for ACTIVE DUTY** A 3-hour, post-T-GPS workshop designed for active-duty service members who have already attending a T-GSP workshop and want to continue working to finalize their respective resumes. Prerequisites include attendees bringing either an existing or a draft resume to the workshop, as well as copies of VMET, JST (enlisted only), and prior fitness reports

**Resume Workshop—ACTIVE DUTY DEPENDENTS ONLY** A 3-hour workshop that covers resume writing basics including data mining, organizing and formatting, and using effective language. Prerequisites include attendees bringing either an existing or a draft resume to the workshop

**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.

**Sponsor Training** Gain the tools needed to become a sponsor for incoming military members and their families to your command. The workshop reviews the Welcome Aboard process, installation and area resources, as well as responsibilities and expectations from our welcoming members. Registration is required by calling Frank Rivera at 961-4337.

**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 separating and are within 1 year of their separation date are required to attend this seminar. 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, Active Reserves, emotional transition of 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 Command Transition Officer. Registration is Required- [NASCC\\_FFSC\\_TGPS@NAVY.MIL](mailto:NASCC_FFSC_TGPS@NAVY.MIL)

Like us on Facebook at "Fleet and Family Support Center, NAS Corpus Christi"

## **FLEET & FAMILY SUPPORT CENTER — NOVEMBER 2016**

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*