

FLEET & FAMILY SUPPORT CENTER (FFSC)

Programs & Workshops

OCTOBER – DECEMBER 2015



In observance of the Federal Holidays,
FFSC will be closed on Oct 12, Nov 11 & 26, Dec 25



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We want to hear from you!
Send suggestions, questions, and comments on
FFSC programs to:

<http://ice.disa.mil>

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

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.

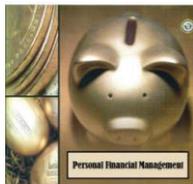
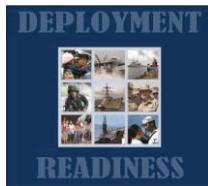
Vision

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.

Fleet and Family Support Center Programs



IMPORTANT CAMPAIGNS



Together we can end domestic abuse



October is Domestic Violence Awareness Month. The observance serves to educate communities, individuals, couples and families about the Family Advocacy Program services and other community resources that can help prevent, raise awareness of community responsibility, and inform the community of the many ways to report domestic abuse. Call 243-7878 to ask about Domestic Violence Awareness Month education and outreach activities.



National Save for Retirement Week is a national effort to raise public awareness about the importance of saving for retirement. National Save for Retirement Week is held every year during the third week of October. The week provides an opportunity for employees to reflect on their personal retirement goals and determine if they are on target to reach those goals.

National Save for Retirement Week commenced in 2006, when Senators Gordon Smith (R-OR) and Kent Conrad (D-ND) introduced the first resolution establishing National Save for Retirement Week. Their goals were to elevate public knowledge about retirement savings and to encourage employees to save and participate in their employer-sponsored retirement plans.

OCTOBER IS... NATIONAL BREAST CANCER AWARENESS MONTH



National Breast Cancer Awareness Month is an annual international health campaign held in October to increase awareness of the disease, causes of the disease, prevention, diagnosis, treatment and cure.



COUPONING

Maximize Your Budget and Save Your Cash

The exciting world of couponing! Maximize your budget with couponing and military discounts. Stop by FFSC on the 4th floor of the Community Readiness Center and get your coupons today!



Pick-up Your Coupons TODAY!



Command Exceptional Family Member Program (EFMP) POC (Points of Contact) Training



- Designed for designated EFMP POCs
- Identifies POC's role in the EFMP process

Topics include:

- POC roles and responsibilities
- Enrollment process and responsibilities
- EFMP benefits for commands, service members, and their families
- Local military/civilian resource information

Call us today at 243-3372, off-base 046-816-3372 option 3 or stop by FFSC on the 4th floor of the Community Readiness Center and register in person.

Vicki Boehler
EFMP Liaison
FFSC Yokosuka
243-9605

vicki.boehler.ctr@e.navy.mil

Command Support

FFSC offers a variety of services and programs to support the military lifestyle. Below represents only a portion of what FFSC can offer to support military personnel as their families become familiar with Japan. PRE-REGISTRATION IS REQUIRED. Call us today at 243-FFSC (3372), off-base 046-816-3372 option 3 or stop by FFSC on the 4th floor of the Community Readiness Center and register in person.

Thriving in Japan

➤ Area Orientation Brief (AOB) & Intercultural Relations (ICR) Class

This information is a packed 5-day program (8:00 am – 4:00 pm) will set you on the right track to adaptation to your new location. Participation in this class is **MANDATORY** for all newly arrived military and civilian personnel and adult family members. Reservations are required. Space is limited, so reserve your spot by sending a brief e-mail with subject line “AOB/ICR” your full name(s), the name of your specific gaining command, and date that you will be reporting to the Yokosuka area, to ffscinfo@fe.navy.mil. Call today at 243-FFSC (3372), off-base 046-816-3372, option 3 or stop by FFSC on the 4th floor of the Community Readiness Center and register in person.

- Oct 5 – 9; 19 – 23; 26 – 30
- Nov 2 – 6; 16 – 20; 30 – Dec 4
- Dec 7 – 11; 14 – 18



➤ Enjoying Japanese Foods

Come learn about Japanese cuisine. Join our bi-lingual staff on a trip to a local grocery store and traditional restaurant. Learn about basic Japanese ingredients, recipes, and food etiquette. Classes meet at the the Community Readiness Center.

- Oct 5, 9 – 10:30 am
- Nov 2, 9 – 10:30 am
- Dec 7, 9 – 10:30 am

➤ 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 the Community Readiness Center.

- Oct 13, 26; 10 – 11:30 am
- Nov 9, 23; 10 – 11:30 am
- Dec 7, 21; 10 – 11:30 am

➤ Monday Night Japanese

Come learn to speak basic conversational Japanese and the Japanese culture every Monday. Classes meet at the the Community Readiness Center.

- Oct 5, 12, 19, 26; 6 – 7:15 pm
- Nov 2, 9, 16, 23, 30; 6 – 7:15 pm
- Dec 7, 14, 21, 28; 6 – 7:15 pm

➤ Youth AOB/ICR

Moving to a new place can be overwhelming. FFSC can provide youths a support group to help children transition better to a new school, home and environment.

*****Class sign-up is required prior to attending*****

❖ Elementary Schoolers

This class will give Elementary School students new to Japan the opportunity to understand the base, culture and customs of Japan. This class offers a brief presentation regarding base rules and regulations, along with some Japanese customs.

- Oct 20, 2 – 4:00 pm
- Nov 17, 2 – 4:00 pm
- Dec 15, 2 – 4:00 pm



❖ Middle and High Schoolers

This class will give Middle and High School students new to Japan the opportunity to understand the base, cultures and customs of Japan. This class will start with a brief presentation regarding base rules and regulations, along with some Japanese customs.

- Oct 21, 3 – 4:00 pm
- Nov 18, 3 – 4:00 pm
- Dec 16, 3 – 4:00 pm

CLINICAL COUNSELING SERVICES

Clinical counseling services are provided at FFSC to help meet the emotional needs of service members and their families. For information or to sign up for any of the following services call 243-7878, off base 046-816-7878, option 4. Classes located at the Community Readiness Center.



New Parent Support

➤ Baby Basics

Learn the basic aspect of daily infant care such as bathing, diapering, positioning, swaddling, playing and feeding, and Shaken Baby Syndrome one-on-one with a Certified Social Worker in your home. For information or to sign up, call 243-9610.

➤ Basic Breastfeeding

Learn the breastfeeding basics that will help you manage the breastfeeding process and make it a success! This class will give you the knowledge to help prevent or overcome some of the problems that may occur. Classes offered every 3rd Wednesday of the month at 1:30 pm – 3:30 pm.

- Oct 21, 1:30 – 3:30 pm
- Nov 18, 1:30 – 3:30 pm
- Dec 16, 1:30 – 3:30 pm

➤ Infant Massage

Would you like to learn to massage your baby? Infant Massage is clearly one of the most natural and pleasant methods of providing early nurturing contact. Join our parent/baby classes every Tuesday of the month. *****No walk-ins allowed***** For information or to sign up, call 243-9610.

➤ Boot Camp for New Dads

Yikes! What will it be like to have a new baby in the house? Boot camp for New Dads is a unique program that brings “rookie” fathers-to-be together with “veteran” dads with newborns. Classes begin every 1st Tuesday of the month.

- Oct 6, 1 – 3:30 pm
- Nov 3, 1 – 3:30 pm
- Dec 1, 1 – 3:30 pm

DEPLOYMENT SUPPORT

The purpose of the deployment support programs is to assist service members and their families in successfully managing the challenges associated with separation/reunion cycles imposed by the Navy's operational schedules. Effective deployment support programs can have a substantial impact on the quality of life for both the service member and his/her family. Yokosuka FFSC is here to support commands, Sailors, and families with every element of deployment support. The following programs are available by request and can be brought to commands or Family Readiness Groups/family events. Call 243-FFSC (3372), off-base 046-816-3372, option 3 to speak to an FFSC Deployment Consultant today!

Below is a list of programs offered:

- Pre-Deployment Readiness Briefs
- Command Return & Reunion Program for Returning Deployers
- Homecoming Workshops for Family Group
- Departure and/or Homecoming Day FFSC Resource Tables
- Consultation for Individual Augmentees (IAs) & Families
- Operational Stress Control Training
- Reintegration
- Sensory Play Group

Upcoming Class for “2015”

Class begin at 1:00 pm – 3:00 pm.

Post Deployment

Nov 24

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Liason maintains and provides up-to-date information for families who have a special need family member(s). Information includes local special education programs and medically-related services available on base and in the community. Classes are held on 4th floor of the Community Readiness Center. Call today for more informatin at 243-FFSC (3372), off-base 046-816-3372, option 3, or stop by FFSC on the 4th floor of the Community Readiness Center.



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...Exceptional Family Member continued.

➤ **EFMP Information and Support Group**

This monthly round table discussion is available for those who seek knowledge on the EFM Program and available services. This group provides an overview, certain educational, legal, medical, and transfer assignment information. Classes Begin every 3rd Tuesday of the month on the 4th floor of the Community Readiness Center.

No children allowed under the age of 17

- Oct 20, 10 – 11:00 am
- Nov 17, 10 – 11:00 am
- Dec 15, 10 – 11:00 am

➤ **Individual Consultations**

Call 243-9605, off base 046-816-9605 to set an appointment to learn about the application or renewal process, as well as resources that can support you.



is Anti-Bullying Month



FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

It can be challenging to maintain a career while transferring to a new duty stations with your Service Member or being stationed overseas and in remote areas. A variety of services are available for family members looking for employment through your local FFSC. Classes are held on the 4th floor of the Community Readiness Center.



➤ **Employment Overview**

If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Registration is required for this crash course on employment availability in the Yokosuka area.

- Oct 20, 10 – 12:00 pm
- Nov 17, 10 – 12:00 pm
- Dec 15, 10 – 12:00 pm

➤ **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 13, 27; 9 – 12:00 pm
- Nov 10, 24; 9 – 12:00 pm
- Dec 8, 29; 9 – 12:00 pm

➤ **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 charges, topics for lessons plans and much more. This is a great way to meet and make Japanese friends.

- Oct 30, 10 – 12:00 pm
- Nov 20, 10 – 12:00 pm
- Dec 18, 10 – 12:00 pm

➤ **Interview Techniques**

This workshop teaches the participants how to be more confident about 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 speak to an FERP Consultant today!

➤ **Modeling in Japan**

Want to model in Japan? Poof! You’re a model. Okay...not exactly, but kind of. There are several ways to getting started in modeling and commercial acting in Japan. This class will prepare you for Yokosuka’s FFSC semi-annual modeling fair.

- Oct 14, 9:30 – 11:30 am
- Nov 4, 9:30 – 11:30 am
- Dec 9, 9:30 – 11:30 am

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**)

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...Family Employment Readiness continued.

VOLUNTEERS NEEDED!



WE NEED YOU

Are you interested in giving back to the Yokosuka community? Need volunteer hours for college applications? Or just want to gain the knowledge and skills to enhance your resume? FFSC is offering monthly Volunteer Orientation and Training that provides you with available job positions to get you started.

Volunteer Orientation and Training

Classes begin at 11:30 am – 12:30 pm

- Oct 15
- Nov 19
- Dec 17

MILITARY LIFE SKILLS

Call today at 243-FFSC (3372), off-base 046-816-3372, option 3 or stop by FFSC on the 4th floor of the Community Readiness Center and register in person.

➤ Communication, Anger, Stress Management & Assertiveness – CASA (3-part series)

Does your life seem out of control? This workshop is designed to help you build skills in these four important areas of your life!

- Oct 6, 7, 8; 2 – 4:00 pm
- Nov 3, 4, 5; 2 – 4:00 pm
- Dec 1, 2, 3; 2 – 4:00 pm

➤ 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 5, 19, 26; 10 – 12:00 pm
- Nov 2, 9, 16, 23, 30; 10 – 12:00 pm
- Dec 7, 14, 21; 10 – 12:00 pm

➤ 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. Our bi-lingual instructors provide valuable knowledge and help you feel more comfortable being a "Military Spouse!" All topics are discussed in Japanese.

- Oct 14, 28; 10 – 11:30 am
- Nov 25, 10 – 11:30 am
- Dec 9, 23; 10 – 11:30 am

➤ Pre-Marrigage Seminar

Engaged to be married? Planning on tying the knot here in Japan? If so, then you need to attend this seminar. We will cover important areas regarding marriage procedures,

command sponsorship, immigration, passport procedures, financial management, successful marriage and family command sponsorship, immigration, passport procedures, financial management, successful marriage and family planning. This course is a **REQUIRED** prerequisite for marriage in Japan under COMNAVFORJAPAN 1752.1R.

- Oct 22, 9 – 4:30 pm
- Nov 19, 9 – 4:30 pm
- Dec 17, 9 – 4:30 pm

OMBUDSMAN & FAMILY READINESS GROUP (FRG) TRAINING

Registration is required for all of the Ombudsman training listed below. For information or to sign up for any of the following training call 243-9907, off-base 046-816-9907. Classes held on the 4th floor of the Community Readiness Center.

➤ Ombudsman Basic Training (OBT)

OBT is required for all Command Ombudsman. It is opened to all Commanding Officers, Executive Officers, Command Master Chiefs, their spouses and any other command authorized attendees.

➤ Ombudsmans Advanced Training

This course is a continuing education for Ombudsmen, Command Leadership, and Command Leadership Spouses. Ongoing Training is offered every month.

Set an appointment to learn about the application or renewal process, as well as resources that can support you.

➤ 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.

- Dec 7, 8 – 4:00 pm

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.

➤ Command Financial Specialist Training

Prerequisite to becoming designated Command Financial Specialist. Course provide the trainees (CFS) with a basic understanding of financial management problems encountered by service members and their families and to

continued on next page...

...Military Life Skills continued.

provide knowledge skills to develop and implement financial training and counseling program at their respective commands.

➤ **Command Financial Specialist Forum**

This forum opened to all Command Financial Specialists to discuss current PFM issues, trends, and also to provide continuing education on various financial hot topics.

- Nov 24, 9 – 10:00 am

➤ **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.

- Nov 17, 10 – 12:00 pm



➤ **Private Organization Treasurer**

(To register, please contact RLSO at 243-7335)

This training will cover financial responsibility of the Treasurer, record keeping practices and the do's and don'ts of managing private organizations finances at CFAY. Open to all board members and is required for each private organization treasurer within 60 days of assuming the role.

- Oct 27, 9:00 am – TBA
- Nov 24, 3:30 pm – TBA
- Dec 15, 9:00 am – TBA

➤ **Retirement Planning**

This is a 60-minute interactive workshop to help service members estimate retirement needs, choose between the High-3 and CSB/Redux retirement plans, and evaluate retirement account options.

- Oct 21, 3:00 pm – TBA

➤ **Spending Plan**

This is a 60-minute program that provides the necessary background and tools to help learners develop financial goals and a written plan to achieve those goals.

- Dec 15, 1:00 pm – TBA

➤ **Thrift Savings Plan (TSP)**

Get the latest detailed information on the Thrift Savings Plan (TSP) and how TSP can contribute to financial retirement security.

- Oct 20, 3:00 pm – TBA

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 and open to all SOFA personnel: military personnel, civilian employees, and spouses are welcome. For more information or to sign up, stop by, call 243-FFSC (3372), off-base 046-816-FFSC (3372), or email FFSCInfo@fe.navy.mil.

➤ **New Spouse Orientation**

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! Orientation is offered monthly. 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.

- Oct 7 (English); 10 – 12:30 pm
- Nov 4 (日本語, Japanese); 10 – 12:30 pm
- Dec 2 (English); 10 – 12:30 pm

➤ **Smooth Move (PSC) Workshop**

Are you PSC'ing in the next 6 months? Why run all over base gathering information when the experts will come to you and answer your questions? Learn about free money, tailor made moving plans and tips to reduce the stress of moving.

- Oct 8, 8:30 am – 12 pm
- Nov 12, 8:30 am – 12 pm
- Dec 10, 8:30 am – 12 pm

➤ **Sponsorship Orientation Training** *(OPNAVINST 1740.3C 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 1740.3C as well as best practices for Sponsors to aid relocating personnel to the Yokosuka area. Certificates presented immediately following training.

- Oct 15; 9:30 – 11:30 am
- Nov 19; 9:30 – 11:30 am
- Dec 17; 9:30 – 11:30 am



Are you a spouse and new to the area?
The Yokosuka Enhanced Spouse Sponsorship (YES) program strives to ease the transition of families arriving in the Yokosuka area.

Sign Up Today

<http://yessyokosuka.wordpress.com>
www.facebook.com/yes.yokosuka.spouses
yes.yokosuka@gmail.com

TRANSITION ASSISTANCE PROGRAM

In accordance to VOW Act of 2011, employment and veterans' 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 Rec on the 3rd floor, Room 336. For more information or to sign up, contact the Fleet and Family Support Center at 243-9630, off base 046-816-9630, or email FFSCInfo@fe.navy.mil.

➤ 5-Day Transition-GPS (T-GPS)

This Capstone is mandatory for all service members who are separating or retiring. **Contact your Command Career Counselors (CCC) to sign-up.**

- Oct 5 – 9, 19 – 23; 7:40 am – 4:30 pm
- Nov 2 – 6, 16 – 20, 30 – Dec 4; 7:40 am – 4:30 pm
- Dec 7 – 11, 14 – 18; 7:40 am – 4:30 pm

➤ Ten 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. Registered to today and start your journey to a successful federal job hunt. Class held at Fleet Rec on 3rd floor.

- Dec 10, 9:00 am – 3:30 pm



➤ Accessing Higher Education (2-day)

Must be a transitioning military service member who has completed 5-day Transition GPS training and is interested in higher education. Spouses may be able to attend with their sponsor on space available basis.

- Nov 11 – 12, 8 – 4:30 pm

➤ VA Technical Track (2-day)

Must be a transitioning military service member who completed the 5-day Transition-GPS training and interested in VA Technical Training. Spouses may be able to attend with their sponsor on space available basis.

- Nov 9 – 10; 8 – 4:30 pm

SEXUAL ASSAULT PREVENTION & 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 243-7878, off-base 046-816-7878, option 4.

- ❖ Initial SAPR Victim Advocate Class (SAPR)
- ❖ SAPR Resident Advisor Training (RA)
- ❖ SAPR Data Collection Coordinator Training (DCC)
- ❖ SAPR Point of Contact Training (POC)
- ❖ SAPR Command Liaison Training
- ❖ SAPR Refresher Training
- ❖ SAPR-Civilian (SAPR-C)

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 SARP 24/7 Hotline at 090-8046-5783.



➤ SAPR-C

SAPR-C is a mandated SAPR training for all DOD/DON civilians and military personnel who supervise civilians. Registration for this class is coordinated through (RWD) Regional Workforce Development website.

- Oct 15

➤ SAPR Victim Advocate (VA) Initial Training

SAPR VA training provides 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 quota.

- Oct 5 – 9
- Nov 16 – 20

continued on next page...

...Sexual Assault Prevention continued.

- **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 27
- Dec 4

- **SAPR Point of Contact (POC) and Data Collection Coordinator (DCC) Initial Training**
SAPR POCs implement and coordinate awareness and prevention programs at the command, as well as maintaining current information on available resource agencies. The DCC coordinates the effort to collect and report data on unrestricted sexual assault incidents, according to current guidance and policy. This training provides both roles with the tools to succeed.

- Oct 7
- Dec 9

- **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.

- Dec 8

DOMESTIC ABUSE VICTIM ADVOCATE (DAVA) PROGRAM

The Victim Advocate program is designed to ensure that victims of reported family violence are provided the necessary support and assistance through a Victim Advocate. For information or to sign up for any of the following training call us at 243-7878, off-base 046-816-7878, option 4.



OTHER PROGRAMS

- **Individual Augmentee (IA) Pre-Deployment**
For ALL Potential IAs and family members to prepare you and your family in case of rapid individual deployment. This briefing is designed to help you get the information you need

about an IA assignment, pass tips along from those with experience, learn how to deal with short-fused deployments, and an introduction to resources available in our communities.

- Oct 1, 9 – 11:00 am
- Nov 5, 9 – 11:00 am
- Dec 3, 9 – 11:00 am

- **Navy-Marine Corps Relief Society (NMCRS) Budget 4 Baby**

Expecting a baby is an exciting time for a family. Planning for the financial impact of a baby is an important part of your preparations. Start your planning with our free Budget for Baby workshop. Learn what expenses you should plan for and how to make wise financial decisions. We'll talk about where you can find the best prices on diapers and formula, and what baby furniture you will need. Get many more tips on how to save money. Classes held every third Thursday evening and fourth Tuesday morning of each month. Please call NMCRS at 243-4450 to register.



- **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 Friday.

- Oct 2, 9, 16, 23, 30; 9 – 11:00 am
- Nov 6, 13, 20, 27; 9 – 11:00 am
- Dec 4, 11, 18; 9 – 11:00 am

- **Savvy Traveler Workshop**

Ever want to travel without breaking the bank? Do you know where you can get the best deals, low cost or free flights, discounted lodging and exciting but economical tours and destinations? This 2 hour workshop includes how to travel on a budget using the Space-A program and Environmental Morale and Leave (EML). Plus, learn about discounted destinations for military and their families, along with how to keep your family safe while traveling.

- Oct 6, 1 – 3:00 pm



continued on next page...

...Other Programs continued.

➤ Walk and Talk (Meet in Lobby of CRC Building)

Discover Yokosuka! Make new friends! Have some fun! Explore the best places to shop, dine, and take the kids. Learn about your resources on and off base. Walking route goes outside Womble gate. Bring your Military ID and some Yen if you wish to make a purchase or stay for lunch. Stroller and pet friendly.

- Oct 7, 21
- Nov 4, 18
- Dec 2, 16

SERVICES AT IKEGO COMMUNITY CENTER

➤ Employment Overview

If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Registration is required for this crash course on employment availability in the Yokosuka area.

- Oct 23, 10 – 12:00 pm
- Nov 13, 10 – 12:00 pm
- Dec 11, 10 – 12:00 pm

➤ 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 charges, topics for lessons plans and much more.

- Oct 30, 10 – 12:00 pm
- Nov 20, 10 – 12:00 pm
- Dec 18, 10 – 12:00 pm

➤ 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 at Nikko Tower.

- Oct 1, 8, 15, 22, 29; 9:30 am – 11:00 am
- Nov 5, 12, 19; 9:30 am – 11:00 am
- Dec 3, 10, 17, 24, 31; 9:30 am – 11:00 am

➤ Japanese Language Series

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! Classes begin at 12:00 pm – 1:30 pm.

- Oct 6, 13, 20, 27; 12 – 1:30 pm
 - Nov 3, 10; 12 – 1:30 pm
- (End Series 3 *Winter break Begins)



➤ Welcome to Ikego

We invite both old and new residents of Ikego to meet your Ikego Community Leaders and learn what the IKEGO community has to offer, plus learn to take the train from Ikego to Yokosuka. Our guided walking tour of Zushi City will help you to enjoy your new home in Zushi.

- Oct 13, 9 – 12:00 pm
- Nov 10, 9 – 12:00 pm
- Dec 8, 9 – 12:00 pm



Japan Goes Pink in October. Popular Tokyo attractions are illuminated in pink during the "Pink Ribbon Illumination" to support National Breast Cancer Awareness Month. From left to right: The Peninsula Tokyo holds its annual campaign "Peninsula in Pink", Kiyomizu Temple, Tokyo Tower and Sky Tree are among the attractions that will be dyed to pink.

Schedule appointments and learn more at 243-3372

October						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

We may have just the answers you've been looking for! Our staff provides a broad range of professional services to help you while living in Japan.

Please visit our office and check us out!

Email questions or sign up:

FFSCInfo@fe.navy.mil



*FFSC Class Schedules
& Area Maps*



FFSC – Yokosuka 243-FFSC (3372)

Monday, Tuesday, Wednesday, Friday
8:00 a.m. – 4:30 p.m.
Thursday
8:00 a.m. – 3:00 p.m.

Ikego FFSC Left of the Mini-Mart 246 – 8052

Monday, Tuesday, Wednesday, Friday
8:30 a.m. – 5:30 p.m.
Thursday
8:30 a.m. – 1:00 p.m.

Like our Facebook Pages:

*FFSC Yokosuka
FFSC Family Employment*

