

FLEET & FAMILY SUPPORT CENTER (FFSC)

# Programs & Workshops

Oct. - Dec. 2016

AWARENESS +

Action

= Social Change

Domestic Violence  
Awareness Month

In observance of Federal Holidays,  
FFSC will be closed on July 4th and September 5th

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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](http://www.facebook.com/yes.yokosuka.spouses)  
[yes.yokosuka@gmail.com](mailto:yes.yokosuka@gmail.com)

### 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.

# October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3  
0830 FRG Training  
0900 Enjoying Japanese Food  
1000 ESL  
1500 Ikego Japanese Language Series  
1700 Monday Night Japanese

4  
1000 \*Infant Massage\*  
1200 Ikego Japanese Language Series

5  
1000 New Spouse Orientation

6  
0900 IA Brief  
0930 Ikego Play Morning  
1000 Japanese Communication and Stress

7  
1000 Pre-Deployment Brief

Area Orientation Brief



11  
0830 Private Organization  
Treasurer Training  
0900 Effective Resume Writing  
1000 Everyday Japanese  
1000 \*Infant Massage\*  
1000 Zushi City Tour  
1200 Ikego Japanese Language Series

12  
0900 10 Steps to a Federal Job  
\*\*Fleet Rec\*\*  
0930 Modeling in Japan  
1000 Japanese Spouse Group

13  
0830 Smooth Move  
0930 Ikego Play Morning  
1400 Additional TGPS Capstone

14  
0900 Cross Cultural Relations  
Workshop

17  
0930 Communication and Stress  
Workshop  
1000 ESL  
1500 Ikego Japanese Language Series  
1700 Monday Night Japanese

18  
0730 CFS Refresher  
0930 Communication and Stress  
Workshop  
1000 \*Infant Massage\*  
1200 Ikego Japanese Language Series  
1400 Elementary Youth AOB

19  
0900 Employment Overview  
1400 MS/HS Youth AOB

20  
0930 Pre-Marriage Seminar  
0930 Ikego Play Morning  
1130 Volunteer Orientation

21  
1000 Managing Deployment  
Separations

Transition GPS

Area Orientation Brief

24  
1000 Everyday Japanese  
1000 ESL  
1500 Ikego Japanese Language Series  
1700 Monday Night Japanese

25  
0900 Effective Resume Writing  
1000 \*Infant Massage\*  
1200 Ikego Japanese Language Series  
1500 Thrift Savings Plan

26  
0900 Job Fair  
1000 Getting Started Teaching English  
1000 Japanese Spouse Group

27  
0930 Ikego Play Morning  
1000 Sponsorship Training

28  
1000 Homecoming Brief  
1000 Yokosuka City Tour

Area Orientation Brief

31  
1000 ESL  
1500 Ikego Japanese Language Series  
1700 Monday Night Japanese



EFMP-Exceptional Family Member Program  
IA- Individual Augmentee  
YESS- Yokosuka Enhanced Spouse Sponsorship  
\*Infant Massage- Please call Cynthia at 243-7878\*  
SAPR - Please register by calling 243-6905



Transition GPS

Area Orientation Brief

Call 243-3372

Please call for class registration and location information

Call 243-3372

# November

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	1000 *Infant Massage* 1200 Ikego Japanese Language Series	2	1000 Japanese New Spouse Orientation 1300 Boot Camp for New Dads	3	0900 IA Brief 0930 Ikego Play Morning 1000 Japanese Communication and stress	4	1000 Pre-Deployment Brief
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Transition GPS

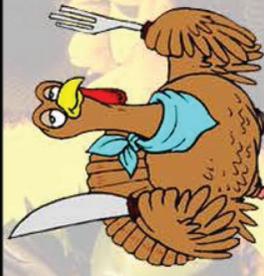
Command Financial Specialist Training

Area Orientation Brief

7	0900 Enjoying Japanese Food 1000 ESL 1000 Everyday Japanese 1500 Ikego Japanese Language Series	8	0800 Accessing Higher Education **Fleet Rec** 0830 Private Organization Treasurer Training 0900 Effective Resume Writing 1000 *Infant Massage* 1000 Zushi City Tour 1200 Ikego Japanese Language Series 1300 Space A Flights	9	0800 Accessing Higher Education **Fleet Rec** 0930 Modeling in Japan 1000 Japanese Spouse Group	10	0830 Smooth Move 0900 SAPR VA Training 0930 Ikego Play Morning 1300 SAPR Recert		
14	1000 ESL 1500 Ikego Japanese Language Series	15	1000 *Infant Massage* 1400 Elementary Youth AOB	16	0800 VA Career Technical Track **Fleet Rec** 0900 Employment Overview 1100 Home Buying 1400 MS/HS Youth AOB	17	0800 VA Career Technical Track **Fleet Rec** 0930 Pre-Marriage Seminar 0930 Ikego Play Morning 1130 Volunteer Orientation	18	0900 Cross Cultural Relationships 1000 Managing Deployment Separations

Transition GPS

Area Orientation Brief

21	0830 Boots To Business **Fleet Rec** 1000 ESL 1000 Everyday Japanese 1500 Ikego Japanese Language Series	22	0830 Boots to Business **Fleet Rec** 0900 Effective Resume Writing 0930 Communication and Stress Workshop 1000 *Infant Massage*	23	0930 Communication and Stress Workshop 1000 Getting Started Teaching English 1000 Sponsorship Orientation		25	1000 Yokosuka City Tour
28	1000 ESL 1500 Ikego Japanese Language Series	29	 #GIVINGTUESDAY	30		<b>EFMP – Exceptional Family Member Program</b> <b>IA – Individual Augmentee</b> <b>YES – Yokosuka Enhanced Spouse Sponsorship</b> <b>*Infant Massage – Please call Cynthia at 243-7878*</b> <b>SAPR – Please register by calling 243-6905</b>		

Transition GPS

Area Orientation Brief

Call 243-3372

Please call for class registration and location information

Call 243-3372

# December

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**EFMP- Exceptional Family Member Program**  
**IA- Individual Augmentee**  
**YESS-Yokosuka Enhanced Spouse Sponsorship**  
**\* Infant Massage- Please call Cynthia at 243-7878\***  
**SAPR - Please register by calling 243-6905**



**1**  
**0900 IA Brief**  
**0930 Ikego Play Morning**  
**1000 Japanese Communication and Stress**

**2**  
**1000 Pre-Deployment Brief**

Area Orientation Brief

**5**  
**0900 Enjoying Japanese Food**  
**1000 ESL**  
**1000 Everyday Japanese**

**6**  
**0800 SAPR VA Refresh**  
**0900 YESS**  
**0900 Resume Writing Workshop**  
**1000 \*Infant Massage\***

**7**  
**0900 10 Steps to a Federal Job**  
**\*\*Fleet Rec\*\***  
**0900 Thrift Savings Plan**  
**1000 New Spouse Orientation**  
**1300 Boot Camp for New Dads**

**8**  
**0800 10 Steps to a Federal Job**  
**0830 Smooth Move**  
**0930 Ikego Play Morning**  
**1300 SAPR RA**

**9**  
**0800 SAPR POC/DCC**  
**0900 Cross Cultural Relationships**

Transition GPS

Area Orientation Brief

**12**  
**0930 Communication and Stress Workshop**  
**1000 ESL**

**13**  
**0800 CFS Refresher**  
**0930 Communication and Stress Workshop**  
**1000 \*Infant Massage\***

**14**  
**0930 Modeling in Japan**  
**1000 Japanese Spouse Group**

**15**  
**0830 Private Organization Treasurer Training**  
**0930 Pre-Marriage Seminar**  
**0930 Ikego Play Morning**  
**1130 Volunteer Orientation**

**16**  
**1000 Managing Deployment Separations**  
**1000 Yokosuka City Tour**

Transition GPS

Area Orientation Brief

**19**  
**1000 ESL**  
**1000 Everyday Japanese**

**20**  
**1000 \*Infant Massage\***  
**1400 Elementary Youth AOB**

**21**  
**0900 Employment Overview**  
**1400 MS/HS Youth AOB**

**22**  
**0900 Resume Writing Workshop**  
**0930 Ikego Play Morning**

**23**  
**1000 Homecoming Brief**



Emperor Akihito's Birthday

Area Orientation Brief



**26**  
**1000 \*Infant Massage\***

**27**  
**1000 \*Infant Massage\***

**28**  
**1000 Getting Started Teaching English**

**29**  
**1000 Sponsorship**  
**0930 Ikego Play Morning**

**30**

Call 243-3372

Please call for class registration and location information

Call 243-3372

# FFSC Departments

## 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 4<sup>th</sup> 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 Master's level Licensed Clinical Providers to help meet the emotional needs of service members, Department of Defense employees, and their families. The services are confidential and are 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 his/her family. FFSC Yokosuka 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, 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!

## 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 4<sup>th</sup> 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 4<sup>th</sup> 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 4<sup>th</sup> floor of the Community Readiness Center.

### 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)**

## MILITARY LIFE SKILLS

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

## OMBUDSMAN & FAMILY READINESS GROUP (FRG) TRAINING

Ombudsmen 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. Registration is required for all of the Ombudsman training. For information or to sign up for any of the trainings, please call 243-9907, off-base 046-816-9907. Classes held on the 4<sup>th</sup> floor of the Community Readiness Center.

## 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 4<sup>th</sup> floor of the Community Readiness Center.

## 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, stop by, call 243-FFSC (3372), off-base 046-816-FFSC (3372), or email [FFSCInfo@fe.navy.mil](mailto:FFSCInfo@fe.navy.mil).

## 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 3<sup>rd</sup> 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](mailto:FFSCInfo@fe.navy.mil).

## 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](mailto: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 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.*

## DOMESTIC ABUSE VICTIM ADVOCATE (DAVA) PROGRAM

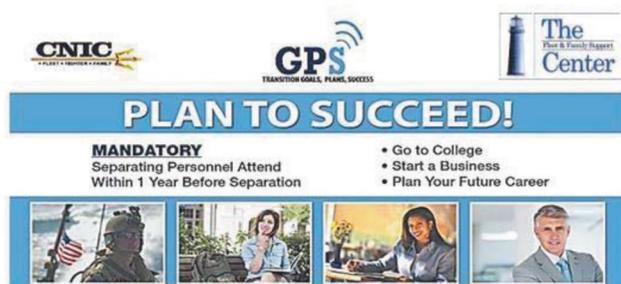
The Victim Advocate program is designed to ensure that victims of reported family violence are provided the necessary support and assistance through advocacy and education. For services that range from a listening ear, to community education to information about local services call Terri or Eric at 243-6515, off-base 046-816-6515.

# Class Descriptions

## ➤ 5-Day Transition-GPS (T-GPS)

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

- OCT 17-21; 31-NOV 4
- NOV 14-18; NOV 28-DEC 2
- DEC 5-9; 12-16



**PLAN TO SUCCEED!**

**MANDATORY**  
Separating Personnel Attend  
Within 1 Year Before Separation

- Go to College
- Start a Business
- Plan Your Future Career

Logos for CNIC, GPS, and The Fleet & Family Support Center are visible at the top of the banner.

## ➤ 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 hunt. Class held at Fleet Rec on 3<sup>rd</sup> floor.

- DEC 7 - 0900



## ➤ 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.

- NOV 8-9 - 0800

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

This 5 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 [ffscinfo@fe.navy.mil](mailto:ffscinfo@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.

- OCT 3-7; 17-21; 31-NOV 4
- NOV 14-18; 28-DEC 2
- DEC 5-9; 12-16; 19-23



## ➤ Baby Basics

Learn the basic aspects of daily infant care, such as bathing, diapering, positioning, swaddling, playing, feeding, and Shaken Baby Syndrome in the comfort of your own home. 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 1<sup>st</sup> Wednesday of the month. For information, or to sign up, call 243-7878.

### ➤ **Boots to Business Entrepreneurship Track (2-day)**

This two day course is taken in addition to TGPS if the service members elects to participate. Participants learn business fundamentals and work through an initial feasibility analysis of their business concepts. Spouses may be able to attend on a space available basis.

- NOV 21-22 - 08:30

### ➤ **Buying a Car/Cell Phone in Japan**

Looking at purchasing a car or cell phone in Japan, but are unsure about the financial impact it might have on your family's budget? Come learn about the logistics of buying a car or cell phone in Japan and discover how to make this purchase work for you and your family. Contact our Personal Finance Managers to make an appointment now!

### ➤ **College Savings Planning - Learn about 529 Plans**

The college saving course goes over the 529 plan as a tax-advantaged savings plan designed to encourage saving for future college costs. The course will also go over a financial breakdown of various asset vehicles used for higher education. We also provide information on different options such as tuition assistance program, financial aid, scholarship opportunities, college savings plans, and tax incentives. Contact our Personal Finance Managers now to make an appointment!

### ➤ **Command Financial Specialist Training**

The course is prerequisite to becoming a designated Command Financial Specialist. It provides the trainees with a basic understanding of financial management problems encountered by service members and their families.

- OCT 31-NOV 4 - 07:30

### ➤ **Communication and Stress Workshop**

Does your life seem out of control? This workshop is designed to help you build skills to better manage your stress and assist with communicating your needs in your daily and professional life.

- OCT 17-18 - 09:30
- NOV 22-23 - 09:30
- DEC 12-13 - 09:30



### ➤ **Cross Cultural Relationship Workshop**

This workshop provides cross-cultural couples with an opportunity to discuss how to address critical aspects of their relationships when dealing with individual cultural values and beliefs. Learn how to balance and overcome obstacles to strengthen your marriage. The class will be facilitated in both English and Japanese. Welcome the attendance without your partner.

- OCT 14 - 09:00
- NOV 18 - 09:00
- DEC 9 - 09:00

### ➤ **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 11; 25 - 09:00
- NOV 8; 22 - 09:00
- DEC 6; 22 - 09:00

### ➤ **EFMP Point of Contact and Support**

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 are on the last Tuesday of the month on the 4<sup>th</sup> floor of the Community Readiness Center.

\*\*\*No children allowed under the age of 17\*\*\*

### ➤ **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 3; 17; 24; 31 - 10:00
- NOV 7; 14; 21; 28 - 10:00
- DEC 5; 12; 19 - 10:00

### ➤ **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.

- OCT 19 - 09:00
- NOV 16 - 09:00
- DEC 21 - 09:00

### ➤ **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 the Community Readiness Center.

- OCT 3 - 09:00
- NOV 7 - 09:00
- DEC 5 - 09:00

### ➤ **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.

- OCT 24 - 10:00
- NOV 7; 21 - 10:00
- DEC 5; 19 - 10:00

### ➤ **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.

- OCT 3 - 08:30

### ➤ **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 more. This is a great way to make Japanese friends.

- OCT 26 - 10:00
- NOV 23 - 10:00
- DEC 28 - 10:00

### ➤ **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 16 - 11:00



### ➤ **Homecoming Brief**

Reuniting with your Service Member can be exciting, yet survey results have shown that this can be the most stressful time during 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.

- OCT 28 - 10:00
- DEC 23 - 10:00

### ➤ **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 6; 13; 20; 27 - 09:30
- NOV 3; 10; 17 - 09:30
- DEC 1; 8; 15; 22; 29 - 09:30

### ➤ **Individual Augmentee (IA) Pre-Deployment**

Individual Augmentees (IA's) have a very unique deployment in the Navy. This brief 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.

- OCT 6 - 09:00
- NOV 3 - 09:00
- DEC 1 - 09:00

### ➤ **Interview Techniques**

During this one-one one, participants learn 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 4<sup>th</sup> floor of the Community Readiness Center to set up an appointment with one of our educators today!

### ➤ **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.

### ▶ **Japanese Communication and Stress Workshop** 日本語によるコミュニケーションとストレスのワークショップ

Does your life seem out of control? This workshop is designed to help you build skills to better manage your stress and assist with communicating your needs in your daily and professional life.

あなたは日々の生活が手に負えなくなっていますか？このワークショップは、あなたが日常生活あるいは仕事上でのストレスに上手く対処したり、要求を“伝え合う”のに役立つスキルを身につけられるよう考案されました。

- OCT 6 - 10:00
- NOV 3 - 10:00
- DEC 1 - 10:00

### ▶ **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 could learn easily and feel more comfortable being a “Military Spouse!”

軍関係のアメリカ人の配偶者、家族で、日本語が話せる方のためのクラスです。米軍やアメリカの文化に特有な問題について話し合ったり、各分野の専門家のプレゼンテーションを通して軍のシステムや資源等を、一緒に学んでいきましょう。クラスは日本語で行われます。

- OCT 12; 26 - 10:00
- NOV 9 - 09:00
- DEC 14 - 10:00

### ▶ **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!



### ▶ **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.

- OCT 21 - 10:00
- NOV 18 - 09:00
- DEC 16 - 10:00

### ▶ **Modeling in Japan**

Want to model in Japan? There are several ways for adults and children to get started modeling and/or acting. This class will prepare you for Yokosuka's FFSC semi-annual modeling fair.

- OCT 12 - 09:30
- NOV 9 - 09:30
- DEC 14 - 09:30

### ▶ **Monday Night Japanese**

Every Monday night you have the opportunity to learn basic conversational Japanese and culture. Classes meet at the Community Readiness Center.

### ▶ **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! 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.

新配偶者あるいは、横須賀に来たばかりの人に、軍の生活と文化についてわかりやすく説明します。偶数月は英語で、日本文化への理解を深めるクラスを、奇数月は日本語で、アメリカ文化への理解を深めるクラスを行います。軍について必要な基本的知識を得られますので、結婚年数にかかわらず、皆さん気軽に参加してください！

- OCT 5 - 10:00
- NOV 2 (日本語, Japanese) - 10:00
- DEC 7 - 10:00

### ▶ **Ombudsman Advanced Training**

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

### ▶ **Ombudsman Basic Training (OBT)**

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

### ▶ **Pre-Marriage 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 topics regarding marriage procedures, command sponsorship, immigration and passports, financial management, and successful marriage and family planning. This course is a REQUIRED prerequisite for service members marrying a foreign national under COMNAVFORJAPANINST 1752.1S.

- OCT 20 - 09:30
- NOV 17 - 09:30
- DEC 15 - 09:30

➤ **Private Organization Treasurer (To register, please contact Legal)**

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

- OCT 11 - 08:30
- NOV 8 - 08:30
- DEC 15 - 08:30

➤ **Retirement Planning**

This is an interactive workshop to help service members estimate retirement needs, choose between the High-3 and CSB/Redux retirement plans, and evaluate retirement account options. Contact our Personal Finance Managers to make an appointment!

➤ **Savvy Traveler Workshop**

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 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.

- NOV 8 - 13:00

➤ **SAPR Point of Contact (POC) Initial Training**

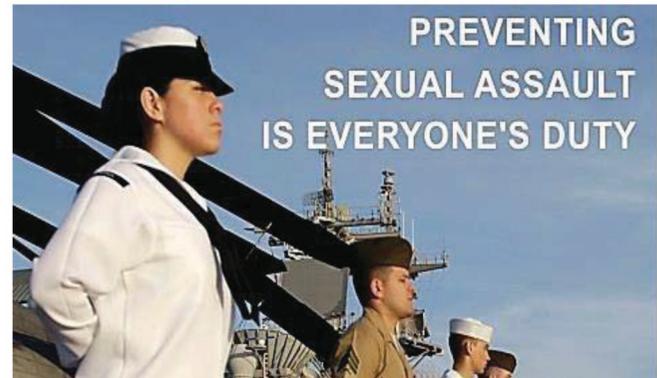
SAPR POCs implement and coordinate awareness and prevention programs at the command, as well as maintaining current information on available resource agencies. The DCC coordinates the effort to collect and report data on unrestricted sexual assault incidents, according to current guidance and policy. This training provides both roles with the tools to succeed.

➤ **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.

➤ **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 quota.



➤ **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.

➤ **Smooth Move (PSC) Workshop**

Are you PSC'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.

- OCT 13 - 08:30
- NOV 10 - 08:30
- DEC 8 - 08:30

➤ **Spending Plan**

This program provides the necessary background and tools to help learners develop financial goals and a written plan to achieve them.

➤ **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 27 - 10:00
- NOV 23 - 10:00
- DEC 29 - 10:00

➤ **Thrift Savings Plan (TSP)**

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

➤ **VA Career Technical Track**

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

- NOV 16-17 - 08:00

➤ **Yokosuka City Tour**

Get to know your host city! Tour begins at City Hall, where we'll begin with a guided tour around City Hall to learn about city services that are applicable to you. Afterwards, we'll take a quick trip over to the Yokosuka Disaster Prevention Center to experience the earthquake simulator and learn about disaster preparedness. We'll finish off at the Yokosuka Port Market which serves and sells fresh, local Miura Peninsula produce, such as, fish, meat, vegetables, and fruit. Please contact us for further details and directions to City Hall.

- OCT 28- 10:00
- NOV 25 - 10:00
- DEC 16 - 10:00

➤ **Youth AOB/ICR**

Moving to a new place can be overwhelming. FFSC provides a youth support group to help children transition 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. There will also be a brief presentation regarding base rules and regulations.

- OCT 18 - 08:30
- NOV 15 - 08:30
- DEC 20 - 15:00



❖ **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. There will also be a brief presentation regarding base rules and regulations.

- OCT 19 - 08:30
- NOV 16 - 08:30
- DEC 21 - 15:00

➤ **Zushi City Tour**

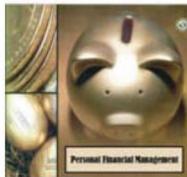
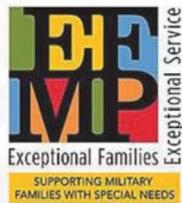
We invite both old and new residents of Ikego to meet your Ikego Community Leaders and learn what the IKEGO community has to offer, plus learn to take the train from Ikego to Yokosuka. Our guided walking tour of Zushi City will help you to enjoy your new home in Zushi.

- OCT 11 - 10:00
- NOV 8 - 10:00
- DEC 8 - 10:00





# Fleet and Family Support Center Programs



# IMPORTANT CAMPAIGNS

**Family Employment Readiness Program (FERP)**

Call 243-3372 For more information

November is **MILITARY FAMILY APPRECIATION MONTH**

Celebrating the service, resilience, and unending sacrifice of our military families

www.ffsp.navy.mil

# 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 4<sup>th</sup> floor of the Community Readiness Center and get your coupons today!



Pick-up Your Coupons **TODAY!**

Exceptional Families

What is **EFMP ?**

Questions? Concerns?

Do you have questions about the program? Need clarification on how the program works? Not sure what your responsibilities are as a member? Need resources?

For more information about the Exceptional Family Member Program, please contact the EFMP liaison **Lisa Santos**

DSN: 243-9605  
Local: 046-816-9605

Or visit us at Fleet & Family Support Center  
Community Readiness Bldg.  
4<sup>th</sup> Floor  
RM 405  
(Same building as the library; across the Commissary)

# Schedule appointments and learn more at 243-3372

July						
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						

August						
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			

September						
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](mailto: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  
7:30 a.m. – 4:30 p.m.  
Thursday  
7:30 a.m. – 1:00 p.m.

Like our Facebook Pages:

*FFSC Yokosuka  
FFSC Family Employment*

