



NAF Atsugi Fleet & Family Support Center

September 2019

Bldg. 949 PSC 477 Box 32 FPO AP 96306 DSN 264-3372 Fax 264-3241 Meeting Your Needs, At Home. At Sea.

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 Labor Day</p>	<p>3 NPS Playgroup 1000-1130 (Room 220)</p>	<p>4 NPS Playgroup 1000-1130 (Room 220) Job Opportunities in Atsugi 0900-1100 (Room 216)</p>	<p>5 Washi Craft Class 0930-1200 (Room 129) Holiday Spending Plan 1300-1400 (Room 129) Stress Management 1500-1600(Room 129)</p>	<p>6 EFMP POC Training 0900-1000 (Room 129)</p>	
<p>9 AOB 0730-1600 (Room 129) Transition-GPS 0730-1600 (Room 216)</p>	<p>10 ICR 0800-1140 (Room 129) Transition-GPS 0730-1600 (Room 216) Space A 0900-1100 (Air Terminal) NPS Playgroup 1000-1130 (Room 220)</p>	<p>11 ICR 0800-1430 (Room 129) Transition-GPS 0730-1600 (Room 216) NPS Playgroup 1000-1130 (Room 220) Resume Writing 0900-1130(Conference Room)</p>	<p>12 ICR 0800-0900 (Room 129) Transition-GPS 0730-1600 (Room 216) Washi Craft Class 0930-1200 (Room 129) Buying Your Dream Home 1300-1400 (Room 129) Effective Communication 1500-1600(Room 129)</p>	<p>13 ICR 0800-1200 (Room 129) Transition-GPS 0730-1600 (Room 216)</p> <div style="text-align: center;">  </div>	
<p>16 AOB 0730-1600 (Room 129) New Spouse Orientation 0900-1200 (Conference Room)</p>	<p>17 ICR 0800-1140 (Room 129) NPS Playgroup 1000-1130 (Room 220) Sponsorship Class 1300-1500 (Room 129)</p>	<p>18 ICR 0800-1430 (Room 129) NPS Playgroup 1000-1130 (Room 220)</p>	<p>19 ICR 0800-0900 (Room 129) B.R.S. 1300-1400 (Room 129) Washi Craft Class 0930-1200 (Room 129) Obi Craft Class 1230-1500 (Library) Anger Management 1500-1600(Room 129) Ombudsman Appreciation Luncheon 1100-1300 (Trilogy)</p>	<p>20 ICR 0800-1200 (Room 129) Pre-Marital Seminar 0830-1430 (Room 216)</p>	
<p>23 AOB 0730-1600 (Room 129)</p>	<p>24 ICR 0800-1140 (Room 129) Ombudsman Basic Training 0900-1600 (Room 216) NPS Playgroup 1000-1130 (Room 220) SAPR POC Training 0800-1600 (TBD)</p>	<p>25 ICR 0800-1430 (Room 129) NPS Playgroup 1000-1130 (Room 220) Ombudsman Basic Training 0900-1600 (Room 216) Junior AOB/ICR 1600-1645 (Navy Lodge)</p>	<p>26 ICR 0800-0900 (Room 129) Washi Craft Class 0930-1200 (Room 129) Volunteer Orientation 1300-1500 (TBD) Developing Your Spending Plan 1300-1400 (Room 129) Time Management 1500-1600(Room 129) Ombudsman Basic Training 0900-1600 (Room 216)</p>	<p>27 ICR 0800-1200 (Room 129) Homecoming Brief (Reintegrating with Partners) 1300-1430 (Room 216)</p>	
<p>30 AOB 0730-1600 (Room 129) TAP/GPS Workshop 0730-1600 (Room 216)</p>	<div style="border: 2px solid orange; padding: 10px;"> <p><i>Please call 264-FFSC/264-3372 or send your name, command, rate / rank, class date, class name to ffsc-at-classsignup@fe.navy.mil for more details or to register for classes/ workshops. Registration is required for all classes and workshops.</i></p> <p>www.facebook.com/AtsugiFleetandFamilySupportCenter Updated as of: 18 June 2019</p> </div>				

Some Fleet and Family Support Center Class Descriptions and Support Services

Area Orientation Brief and Intercultural Relations Class (AOB/ICR)

Welcome to the land of the Rising Sun. AOB/ICR Class is offered weekly, and is mandatory for all incoming military personnel, DOD civilians, and adult family members. Base Representatives will talk about the services they are prepared to provide. In ICR, Japanese instructors will familiarize you with language, customs, culture, use of public transportation, and other important information about Japan.

Transition Assistance Program /Goals Plan Success (TAP/GPS)

The Transition Assistance Program (TAP) provides service members leaving the Navy with knowledge necessary to ensure a smooth transition back in to civilian life. Primary TAP/GPS topics are Managing Your Transition for pre-retirees, Managing Your Transition for separatees, Job Search Skills education, and Career Options. A VA benefits briefing is presented by VA Representative in the class.

Washi Craft Class

Looking to make a gift or learn about traditional Japanese crafts? This FREE class is provided by volunteer instructors. Participants will make new friends while learning how to create a wide variety of beautiful and functional items, for their own use, or to give as gift.

Obi Craft Class

Create your own beautiful mementos of Japan. Purchase an Obi at a shrine sale or recycle shop and learn how to make striking wall hangings, dolls, hair accessories and more. Limited on time? Your project can be completed over a number of sessions. BYO glue and glue sticks if you have them

Stress Management Class

Do you feel sometimes feel like life is spinning out of control and you have lost the ability to regain it? Have you lost numerous nights of sleep because you are stressed out? If these are a few things that you are feeling then the Stress Management class at the FFSC is what you are in need of.

Anger Management Class

Life can be stressful and frustrating, and it is normal to experience feelings of anger, but we need to avoid taking this out on other people. This class will teach you techniques that will enable you to control yourself and reduce tension.

Effective Communication Class

When you talk do people listen? When people talk do you listen? The Effective Communication class will help the everyday person learn ways to communicate better. Not only will you learn the basics about effective communication you will learn some things about yourself that you might not be aware of.

Time Management Class

The Time Management Class will help you prioritize and put off the things that make your day seem longer. Not only will you learn how to control your valuable time, you will learn ways to control your everyday life.

New Spouse Orientation

This class offers an introduction to programs and agencies on the base. Exposure to extended resources and individuals that can help you thrive while here in Atsugi.

Homecoming Brief

This Brief will provide healthy strategies to help manage the stress and challenges that can come with reintegration and reunion.

Space A

Military planes (and planes contracted by the military) have mission assignments throughout the world and often offer empty seats to eligible passengers. Policies and procedures for Space-A travelers vary by installation, so make sure you understand the rules for registration at each terminal from which you are trying to fly. You can find contact information for military terminals by attending the Space A workshop.

Sponsorship Class

Class designed to provide potential sponsors with information on how to perform their duties in an efficient and effective manner. Emphasizing the extreme importance of appropriately facilitating the acclimation of a new addition to a command, and providing them with ideas and methods on how to do that. This class is recommended as a mandatory training for any newly assigned sponsor, and is also available for presentation within the command or unit.

EFMP POC Training

This training is required for all newly-designated Command Exceptional Family Member program (EFMP) Points of Contact.

Job Opportunities in Atsugi

Learn about the different GS, NAF, and Contract opportunities available on NAF Atsugi, and how to apply. This class also covers Military Spouse preference and information on virtual job search resources

Resume Writing Workshop

The purpose of the training is to provide all that attend the class with the fundamental skills of writing effective resumes and cover letters that take into account the many opportunities (and sometimes barriers) many may face as a military family member, Department of Defense DOD, and military using personnel. This session will target your needs and common mistakes, such as using too much military terminology or failing to highlight transferable skills.

Holiday Spending Plan

Learn to create a holiday spending plan and develop techniques to avoid overspending and accumulating debt during holidays and special events.

Buying Your Dream House

This is the most significant purchase many people will ever make. This 60-minute course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

Blended Retirement System (BRS)

The average American will spend approximately 20 years in retirement, yet fewer than half of Americans know how much they need to save to fund their retirement. Planning for Your Retirement is a 60 minute course to help learners estimate retirement needs, understand military retirement plans and evaluate retirement account options.

Developing Your Spending Plan

Do you want to get control of your financial life? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

Volunteer Orientation

Learn volunteer opportunities to explore different work environments and gain documented work experience. Training opportunities on and off base for future employment in the workforce. Opportunity to be of service to the Navy and support Navy activities.

New Parent Support Program (NPS) Playgroup

Semi structured play group for children ages 6 weeks to 4 years old. Includes singing, simple crafts, dancing, socializing and lots of fun. Parents can expect time for play with their children while also making new friends. The New Parent Support Specialist will be present to answer general parenting questions and to facilitate the group.

Ombudsman Basic Training

This is a required training for all ombudsmen, addressing confidentiality, command relationships, communication, information and referral services, and much more. Prospective ombudsmen, command leadership, and command leadership spouses are welcome to attend.

EFMP Brief

The EFMP serves military families with special medical and/or educational needs. This 60 minute class provides an outline of how the program works, the services provided, the enrollment procedures, and the local Points of Contact for information at NAF Atsugi.

SAPR POC Training

SAPR Point of Contact training is mandatory, 8 hour course for Sailors who are designated Unit Victim Advocate.

Pre-Marital Seminar

This class will provide information to engaged couples regarding the procedure for getting married in Japan.

CLINICAL COUNSELING

Clinical counseling services are provided by licensed clinical providers to help meet the emotional needs of service members and their families. Solution-focused counseling is offered for individuals, couples, families, and groups to address issues such as adjusting to military life, relationship challenges, grief and loss, communication and conflict resolution, parenting skills, anger management, and other personal issues.

To make an appointment, call: 264-4188