



December 2014

Fleet and Family Support Center Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Transition Assistance Program Class, 0800 all week; Boots 2 Business 2-Day Class, 0800 off base, 24/7 Dad 1100-Noon	2 SAPR POC Meeting, 0900 DVIP 1600	3 "CUP" Cool Under Pressure 4-Week class Begins 1030 24/7 Dad 1100	4 Resiliency Training 1100-Noon	5	6
7	8 24/7 Dad 1100	9 CAPSTONE Event, 1000-Noon Validation: An Awesome Gift, 0800-0830 DVIP 1600	10 Cool Under Pressure, 1030 24/7 Dad, 1100 Shell Oil Testing Noon-1600	11 Resiliency Training 1100-Noon Preparing for Deployment, 1130-1230	12	13
14	15 Career Technical Training Track, Day 1 of 2, 0800 Daily 24/7 Dad 1100	16 Career Technical Training Track, Day 2 of 2, 0800 DVIP 1600	17 Cool Under Pressure, 1030 24/7 Dad, 1100; I. A. Family Meeting, 1600	18 Resiliency Training 1100-Noon	19 Navy-Marine Corps Relief Society Budget for Baby. Call NMCRS at 871-2610 for information	20
21	22 Latchkey Kid Class for Ages 9-10, 0830-1030 Babysitting Class for Ages 11 and Up, 0830-1230 24/7 Dad 1100	23 DVIP 1600	24	25  MERRY CHRISTMAS!	26	27
28	29	30	31	<p style="text-align: center;"> As always, we request you sign up in advance (228-871-3000) for classes you wish to attend. It has been our pleasure to serve you during 2014! We wish you a Merry Christmas, Happy Holidays, and a Happy New Year. </p>		

DECEMBER 2014 FFSC Classes

Please call Fleet and Family Support Center at 228-871-3000 to pre-register

Anger Management. See “Cool Under Pressure” below.

CAPSTONE EVENT, 9 December, 1000-Noon. **This class is part of the transition process for separating or retiring servicemembers.**

COOL UNDER PRESSURE (CUP), Class begins 3 December. POC for information and to sign up is Cecelia Johnson; ask her about the schedule for December. This class is great for anyone who wants to improve his or her “Anger Management” skills. Call 871-3000 to ask for Cecelia.

DVIP (Domestic Violence Intervention Program), Tuesdays at 1600. Call Jim Soriano to sign up in advance at 228-871-3000. The class is designed to help end partner-on-partner abuse. NOTE: DVIP for WOMEN is available at a separate time; call Paula at 228-871-3000 for information.

24/7 Dad, Mondays and Wednesdays at 1100. This is an on-going series for men and any father is invited; call Jim Soriano at 871-3000 for more information and to sign up. Attendees are welcome to bring a lunch and eat during the class.

Individual Augmentee Family Gathering, 17 December, 1600. Provides support/information to families of Individual Augmentees. Call Paula or Jean at 871-3000 for information.

LATCHKEY KID AND BABYSITTING CLASS, 22 December, 0830-1030 for Latchkey children ages 9 and 10; 0830-1230 for Babysitter trainees ages 11 and up!

NMCRS Budget for Baby, 19 December. Call Navy-Marine Corps Relief Society at 871-2610 to sign up and obtain class time.

Parenting Class, by appointment, call Paula Ingram at 871-3457.

Preparing for Deployment, 11 December, 1130-1230. Discusses both the practical and the emotional aspects of preparing for deployment.

Resiliency Training, Each Thursday, 1100-noon.

This class is a six-week consecutive calendar schedule taught by two FFSC Clinical Staff members, Jim Soriano, Licensed Marriage and Family Therapist (LMFT) Counselor and Joan Evans, Licensed Clinical Social Worker (LCSW) Counselor. Participants will receive information throughout the six-week class on how to cope with life's challenges, how to stay grounded during flashbacks or trauma triggers, and how to deal with high risk behaviors. The class will also teach them about stress and anger management, problem solving, communication, and relaxation techniques.

SAPR POC Meeting, 2 December, 0900. For POC's in the SAPR program. Contact SARC Michael Jordy at 871-3000 for more information.

SAPR NOTE: Commands are reminded that “Bystander Intervention” training is always available by request.

POC is Sexual Assault Response Coordinator Michael Jordy: 228-871-3715, DSN: 868-3715,

E-mail: michael.jordy@navy.mil

Shell Oil Testing, 10 December, noon to 1600. For personnel wanting to test for possible employment by Shell.

Stress Management, by appointment, call Paula Ingram at 871-3457.

Transition GPS Class for Separatees and Retirees, 1-5 December, 0800 daily. For members separating or retiring, this class covers job-hunting skills as well as “need-to-know” items relevant to leaving the service. **Members must be enrolled by their Command Career Counselors.**