



Meeting Your Needs. At Home. At Sea.

*Fleet and Family Support Center, Bldg 30
5301 Snead Street
Gulfport, MS 39501*



*(228) 871-3000 or
(800) 342-3525*

*Hours: 0700-1630 M-Th,
0700-1530 Fri*

*Later Appointments
Available On Request*

Fleet and Family Support Center November Programs

November is Military Family Appreciation Month!

SUN	MON	TUE	WED	THU	FRI	SAT
Please sign up in advance for classes you want to take so we can keep you posted about schedule changes.		1	2	3 Resiliency, 1100	4	5
6 Daylight Savings Time Ends 0200. Fall Back!	7 <i>Today is the deadline to sign up for the Navy Spouse Class.</i>	8 Cool Under Pressure 4-Week Class Begins, 1230-1400	9 <u>Navy Spouse Class</u> , 0900-1230	10 Resiliency, 1100	11 VETERANS DAY	12
13	14 <u>“School Success Strategies for Middle- and High-School Students”</u> 1700-1745	15 CAPSTONE EVENT, 1000– Noon; Cool Under Pressure, 1230-1400	16 I. A. Family Gathering 1600	17 Resiliency, 1100 CAREER FAIR, 1000-1300	18 NMCRS “Budget for Baby Class.” Call 871-2610 to sign up.	19
20	21 <u>Latchkey Kid Class</u> (Ages 10-11) 0900-1100; <u>Babysitting Class</u> (Ages 11-Up), 0900-1500	22 <u>Military Family Carnival</u> , 1000-1300 Cool Under Pressure, 1230-1400	23 <i>Today is the deadline to sign up for the “Caring for Aging Parents” class.</i>	24 THANKSGIVING DAY	25	26
27	28 <u>Caring for Aging Family Members</u> , 1145-1245	29 Cool Under Pressure, 1230-1400	30	These classes are always available: <u>Stress Management</u> , <u>Anger Management</u> , <u>Parenting Classes</u> , and <u>“School Success Strategies”</u> Training for adults and youth.		

November 2016 FFSC Programs:

Please call Fleet and Family Support Center at (228) 871-3000 to pre-register for classes!

24/7 Dad, Mondays and Wednesdays at 1100. Any father is invited; call 871-3000 for more information and to sign up.

Anger & Stress Management, by appointment, call 871-3000.

Babysitting Class for Ages 11 and Up, 21 November, 0900-1500. This class provides the least you need to know to safely supervise children while babysitting. ***Please call 228-871-3000 to pre-register so we can let you know about any last-minute changes.***

CAPSTONE Event, 15 November, 1000-Noon. For separating or retiring personnel, this session is when you get your "required" paperwork signed off by a Transition specialist.

Career Fair, 17 November, 1000-1300. Several hiring employers will be present, and attendees are encouraged to dress in preparation for an interview and bring a resume. *Pre-registration is not required for this event.*

Caring for Aging Family Members, 28 November, 1145-1245. For anyone responsible for the care of an "aging" relative, this class provides information about resources and self-care. Deadline to sign up is 23 November.

Cool Under Pressure, Tuesdays, beginning 8 November, 1230-1430. This four-session class meets weekly to discuss anger management principles and how to apply them to your life. *Please call (228) 871-3000 to sign up*

DVIP (Domestic Violence Intervention Program), Tuesdays at 1530. This class focuses on self-regulation. ***Please call 228-871-3000 to pre-register so we can let you know about any last-minute changes.***

I. A. Family Meeting, 16 November, 1600. Provides support/information to families of Individual Augmentees. *Please call (228) 871-3000 to sign up.*

Latchkey Kid Training for ages 10-11, 21 November, 0900-1100. For ages 10 and 11, this class provides information about staying safe when home alone. ***Please call 228-871-3000 to pre-register so we can let you know about any last-minute changes.***

Military Family Carnival, 22 November, 1000-1300. Parents are invited to bring their children of all ages to FFSC for activities and light snacks. Pre-registration is not required for this event.

Navy Spouse Class, 9 November, 0900-1230. This class provides the little-known information that can help you navigate the Navy lifestyle with less stress! Everyone is welcome. ***Please call 228-871-3000 to pre-register so we can let you know about any last-minute changes. Deadline to sign up is 7 November.***

NMCRS Budget for Baby, 18 November. Call Navy-Marine Corps Relief Society at 871-2610 to sign up and obtain class time.

Parenting Class, by appointment, call 871-3000.

Resiliency Training, Thursdays, 1100-1200. This class is a six-week course in which participants will receive information about how to cope with life's challenges. *Please call (228) 871-3000 to sign up*