



Fleet & Family Support Center
Building 554, Child Street
Naval Air Station, Jacksonville
(904) 542-5745

Revised: 2 DEC 2012

FFSC NAS JAX Workshops - 2014

All workshops are FREE and open to all active duty, reserve, and retired personnel and their family members. DOD civil service employees are NOT eligible to attend these workshops unless they have received a reduction in force notice under BRAC. PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS. FACILITIES FOR CHILDCARE ARE NOT AVAILABLE in the FFSC. If special accommodations or handicapped access is required, please notify us upon registration. (Class descriptions listed on last three pages .)

TRANSITION GOALS, PLANS, SUCCESS (TGPS)

(NOTE: TGPS Quotas Granted Through CCC only)

Workshop hours are 0730-1615 Monday-Friday. (Check-in is between 0645-0725 on Monday.)

Separation Workshops

Jan 6-10

Feb 3-7

Feb 24-28

Mar 10-14

Mar 24-28

Apr 7-11

May 5-9

May 19-23

Jun 9-13

Jun 23-27

Jul 7-11

Jul 21-25

Aug 11-15

Aug 25-29

Sep 15-19

Oct 20-24

Nov 3-7

Dec 1-5

Retirement Workshops

Jan 13-17

Feb 10-14

Mar 17-21

Apr 14-18

May 12-16

Jun 16-20

Jul 14-18

Aug 18-22

Sep 22-26

Oct 27-31

Nov 17-21

Dec 8-12

CAPSTONE EVENTS

CAPSTONE quotas granted through CCC only

Held at FFSC (0800-1200) except Mar & Jun which will be held at NAS JAX Chapel (0900-1100)

Jan 23

Apr 3

Jul 2

Oct 9

Feb 20

May 1

Aug 7

Nov 13

Mar 19

Jun 4

Sep 4

Dec 23

TRANSITION & FAMILY EMPLOYMENT READINESS PROGRAM

To register please call 542-4718 or 542-5745.

Job Search and Interviewing Techniques

Workshop hours are 0800-0930.

Jan 22

Jul 1

Apr 2

Sep 3

May 28

Nov 12

Resumes and Cover Letters

Workshop hours are 0940-1200.

Jan 22

Jul 1

Apr 2

Sep 3

May 28

Nov 12

Federal Employment

Workshop hours are 0830-1200

Jan 21

Apr 1

Jul 29

Oct 8

Feb 21

May 2

Aug 4

Nov 14

Mar - None

Jun 30

Sep 2

Dec 22



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PERSONAL FINANCIAL MANAGEMENT

To register please call 542-4976.

*Command Financial Specialist Training

Workshop hours are 0730-1600.

Mar 3-7 Jun 2-6
Sep 8-12 Dec 15-19

*Command Financial Specialist Training Refresher

Workshop hours are 0730-1600.

Jul 31

Million Dollar Sailor Workshop

Workshop hours are 0730-1600.

Feb 18-19 Apr 29-30
Aug 5-6 Nov 24-25

Money, Debt & Credit Management Workshop

Workshop hours are 1300-1600.

Jan 21 Apr 1
Jul 29 Oct 8

Strategies for 1st Time Home Buyers

Workshop Hours are 1300-1530.

Mar 31 Jul 30
Oct 7

Strategies for Best Deals in Car Buying

Workshop hours are 0900-1030.

Jan 24 Apr 4
Jul 30 Oct 17

RELOCATION ASSISTANCE

To register please call 542-4718 or 542-5745.

*Welcome Aboard Training (Indoc)

Training is available upon command request.

*Sponsor Training

Workshop hours are 1330-1530.

Jan 16 Feb 13 Apr 3
May 1 Jul 2 Aug 7
Oct 2 Nov 6

*Smooth Move Workshop

Workshop hours are 1330-1600.

Jan 9 Mar 6 May 8
Jul 10 Sep 11 Nov 13

*Cultural Adaptation Workshop

Training is available upon command request.

DEPLOYMENT SUPPORT

To register please call 542-5711.

*Command Pre-Deployment Brief

Training is available upon command request.

*Return and Reunion

Training is available upon command request.

*Single Sailors and Pre-Deployment

Training is available upon command request.

OMBUDSMAN PROGRAM

To register please call 542-2776.

*Ombudsman Basic Training

Feb 3-5: 0800-1600 (Feb 3-4); 0800-1230 (Feb 5)
May 12-15: 1730-2200 (Mon – Thurs)
Aug 18-20: 0800-1600 (Aug 18-19); 0800-1230 (Aug 20)
Nov 17-20: 1730-2200 (Tues – Fri)



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LIFE SKILLS EDUCATION

***Military Spouse 101**

To register please call 542-4718 or 542-5745.
 Workshop hours noted below.

Jan 11, 1000-1130	Apr 7, 1300-1430
Jul 29, 1000-1130	Oct 4, 1300-1430

***Stress Management 101**

To register please call 542-4718 or 542-5745.
 Workshop hours are 0900-1030.

Jan 14	Feb 11	Mar 11
Apr 8	May 13	Jun 10
Jul 8	Aug 12	Sep 9
Oct 7	Nov 4	Dec 9

***Extended Stress Management (4 Module Workshop)**

To register please call 542-4718 or 542-5745.
 Workshop hours are 0800-1200. **Must attend all 4 modules to get course completion certificate.**

Jan 21 & 28	May 20 & 27
Sep 23 & 30	

***Anger Management Workshops**

To register please call 542-5745.
 Workshop hours are 0800-1200.

Jan 27	Feb 24	Mar 31
Apr 28	May 19	Jun 30
Jul 28	Aug 25	Sep 29
Oct 27	Nov 24	Dec 15

***Couples Communication**

Training is available upon individual request.
 Workshop is 2 hours. Please call 542-5745 for more information.

LIFE SKILLS EDUCATION (CONT)

***Personal Anger Control Group**

To register please call 542-5249 or 542-5239.
 Workshop hours as noted below. **Must attend all 6 meetings.**

Jan 23 – Feb 27, 1100-1300 Thursdays
 Mar 27 – May 1, 1100-1300 Thursdays
 May 27 – Jul 8, 1400-1600 Tuesdays (**No workshop on 3 JUN**)
 Jul 29 – Sep 9, 1400-1600 Tuesdays (**No workshop on 19 AUG**)
 Sep 25 – Oct 30, 1100-1300 Thursdays

***What About the Kids**

To register please call 542-5745.
 Workshop hours are 0900-1100.

Jan 13	Feb 10	Mar 10
Apr 14	May 12	Jun 9
Jul 14	Aug 11	Sep 8
Oct 6	Nov 3	Dec 8

***Individual Communication**

To register please call 542-5745.
 Workshop hours are 1100-1300. (Training is also available upon command request.)

Jan 14	Mar 11	May 6
Jul 15	Sep 9	Nov 18

***Parenting with "Love & Logic"**

To register please call 542-5745.
 Workshop hours are 1300-1500.

Jan 7,14,21,28	Mar 4,11,18,25	May 6,13,20,27
Jul 1,8,15,22	Sep 9,16,23,30	Nov 4,12,18,25



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LIFE SKILLS EDUCATION (CONT)

***Active Parenting Now**

To register please call 542-5745
Workshop hours are 1300-1600

Jan 6, 13, 27, Feb 3, 10, 24
Apr 7, 14, 21, 28 May 5, 12
Jul 7, 14, 21, 28 Aug 4, 11
Oct 6, 20, 27, Nov 3, 10, 17

***Active Parenting of Teens**

To register please call 542-5745.
Workshop hours are 1300-1600.

Feb 4,11,18,25 Apr 1,8,15,22 Jun 3,10,17,24
Aug 5,12,19,26 Oct 7,14,21,28

***Power 2 Change Women's Support Group**

No registration required. Meets every Wednesday at
FFSC from 0930-1100.

***Expectant Families**

To register please call 542-5745.
Workshop hours 0900-1500.

Mar 4 Jun 3 Sep 16 Dec 2

***Tiny Tots Play Group**

To register please call 542-5745.
Play group hours are 1000-1200. Held at Youth Activities
Center. Location for Jun, Jul and AUG is TBD.

Jan 14, 28 Feb 11, 25 Mar 11, 25
Apr 1, 15, 29 May 13, 27 Jun 10, 24
Jul 15, 29 Aug 12, 26 Sep 9, 23
Oct 7, 21 Nov 4, 18 Dec 2, 16

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

***EFMP Orientation**

To register please call 542-5640.
Workshop hours are 1330-1500.

Mar 13 May 15 Jul 17
Sep 4 Nov 5

***EFMP Command POC Training**

To register please call 542-5640.
Workshop hours are 1330-1500.

Feb 6 Apr 10 Jun 12
Aug 14 Oct 9 Dec 4

***EFMP Overview**

Training available upon request. Please call 542-5640
to schedule this training.



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*Class Descriptions

Active Parenting Now: Video-based interactive learning experience that teaches a comprehensive model of parenting to parents of children ages 5-12. Skills such as communication, effective discipline, redirecting misbehavior, developing self-esteem and character and non-violent conflict resolution are addressed. The program is composed of 6 sessions.

Active Parenting of Teens: Parenting class for parents of children ages 12-18. Parents will learn the skills needed to prepare their adolescents for responsible adulthood through sensible, effective parenting.

Anger Management Workshop: Anger as a feeling is neither “good” nor “bad”. It’s your behavior that can get you in trouble when you are angry. If you need help managing your anger you should consider attending one of these workshops.

Command Financial Specialist Training Refresher: This workshop is for CFSs who have not attended a CFS workshop within the last 3 years and is required to maintain designation as a CFS.

Command Financial Specialist Training: This workshop is designed to educate senior personnel how to conduct financial counseling and education. Attendees must be E-6 or above, highly motivated, financially stable, and have 12 months remaining onboard their command following completion of the workshop. They must also have command approval for appointment as Command Financial Specialist or Assistant Command Financial Specialist upon completion.

Command Pre-Deployment: This 30 minute brief describes services and assistance offered by the FFSC. Focuses on how these services can benefit single sailors, married members and families before and during deployment.

Couples Communication: The purpose of this workshop is to assist couples in building communication skills and problem solving techniques.

Cultural Adaptation Workshop: Cultural Adaptation is an introductory, pre-overseas departure training designed to minimize the severity and duration of cultural adaptation stress. This training helps service members and their families become more aware of the impact of culture on their own behavior and behavior of local nationals. This training is designed for service members and family members in receipt of orders to an overseas location.

EFMP Command Point of Contact Training: This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, Enrollment Process, and Eligibility Criteria, as well as an outline of responsibilities for their role as the POC. Certificate is provided upon completion of the training.

EFMP Orientation: Have questions about the Exceptional Family Member Program? This 90 minute training provides a program overview as well as information on eligibility criteria, the enrollment process, myths versus realities, and application tips to help ensure successful use of the program. It is open to service members and family members.



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*Class Descriptions (Cont)

EFMP Overview: This training provides incoming service members and their families with an overview of the Exceptional Family Member Program.

Expectant Families: During this workshop you will learn basic baby skills, infant massage techniques, gain knowledge about SIDS, car seat safety and much, much more.

Extended Stress Management is a 4 Module series of 2 hours per module. To manage stress effectively, one must understand what it looks like, how it affects the body and mind, and what tools and resources are available in order to cope with challenging life events.

- Module 1 provides attendees with an opportunity to recognize stress, experiment with the effects of stress, and activate aspects of the Operational Stress Control (OSC) Continuum Model.

-Module 2 builds upon Module 1's discovery that "thoughts are things" by showing attendees how to transform their negative thinking into positive beliefs and paint a different picture of stress.

-Module 3 builds on those new perceptions by helping attendees apply universal and unconventional stress management strategies to enhance their overall quality of life.

-Module 4 is the culmination of Modules 1, 2, and 3. Attendees will leverage the knowledge, skills, and abilities acquired through each of the previous sessions to detect the source of problems that create stress in their lives, establish problem-solving goals and create greater self-awareness to help make decisions that minimize stress by aligning with personal value systems.

Individual Communication: The purpose of this workshop is to help you understand your listening style and thought process, learn to properly convey messages, build better relationships, become more approachable, and learn to provide positive feedback.

Military Spouse 101: Workshop designed for the new military spouse that has never been around the military and will familiarize them with military customs, terminology, etc.

Ombudsman Basic Training (OBT): Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses and other key command personnel are also encouraged to sign up for this training. Ombudsman attendees must have their designation letter in order to attend.

Parenting with "Love & Logic": Parenting class for parents of children ages 1-5. Parents will learn ways to effectively manage behaviors while increasing positive parent-child interaction.

Personal Anger Control Group: This six week program will help participants learn their triggers, develop their own tools for anger management, and help them begin to develop self control.

Power 2 Change Women's Support Group: This group serves victims of abuse in a supportive, educational group format to deal with the abuse that has occurred in their lives.



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Return & Reunion: This workshop is for active duty service members and their families. It is designed to help them better understand and be prepared for the changes and adjustments of military deployment.

Single Sailors and Pre-Deployment: This 30 minute brief focuses on the emotional and financial aspects of deployment as they apply specifically to the Single Sailor.

Smooth Move Workshop: Learn how to apply for a travel allowance, plan a relocation budget, and get helpful tips on personal property shipping and storage.

Sponsor Training: This training stresses the importance of sponsorship and educates sponsors how to assist incoming personnel to ease relocation difficulties and reduce the apprehension normally associated with a PCS move.

Stress Management 101 is a 1 hour workshop that helps learners measure the effect of the stressors in their lives against the symptoms and behaviors of the Operational Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.

Stress Management Workshops: Stress is a normal and natural part of life. The alarm clock “stresses” you out of bed in the morning. Work, kids, traffic....even winning a million dollars can be stressful! Stress is also a motivator. It helps you get things done. FFSC offers two types of Stress Management workshops:

Tiny Tots Play Group: FFSC has partnered with the MWR’s Youth Activities Center on this workshop to provide all parents and their children a place to find moral support and build lasting relationships. It is for children ages 0 – 3 and their parents. The Play Group is held at the Youth Activities Center (Bldg. 2069, Mustin Road) except for the months of June, July & August. The location for these 3 months is to be determined at a later date.

Welcome Aboard Training (Indoc): This training provides incoming service members and their families with current information on military and civilian resources available to them at their new duty station.

What About the Kids: The purpose of this workshop is to define domestic abuse, introduce parents to the effects of violence on children and to challenge the notion that children are ignorant of domestic violence in the home.