



# SUMMER 2012

## SCHEDULE OF CLASSES

PORT HUENEME Bldg 1169 (805)982-5037 ★ POINT MUGU Bldg 225 (805)989-8146 ★ CAMARILLO 913 B Calle La Roda (805)982-5037

### COUNSELING SERVICES & LIFE SKILLS WORKSHOPS

- Anger Management* - August 22-September 26, 1700-1830
- Couples Communication* - August 7, 14, 21 & 28, 1130-1230
- Communication Skills* - July 10, Thursday, September 6, 1100-1200
- Co-Parenting* - August 9, 1630-1800
- Stress Management* - July 10, 12, 17 & 19, 1630-1800
- General Parenting (6-12 year olds)* - July 9, 16, 23, 30, August 6, 13, & 20, 1700-1830
- 1-2-3 Magic (2-12 year olds)* - August 28, 1730-1900, Catalina Heights, Camarillo
- More 1-2-3 Magic (2-12 year olds)* - September 11, 1730-1900, Catalina Heights
- The 5 Love Languages* - September 18, 1800-1930, Catalina Heights
- Stop Yelling!* - September 4, 1730-1930, Catalina Heights
- Creative Connections for Couples* - July 18, 1730-1900, Catalina Heights

### FINANCIAL MANAGEMENT

One-on-one financial counseling available by appointment. Call 805.982.3640 (Port Hueneme) or 805.989.8844 (Point Mugu).

- Command Financial Specialist Training* - August 27-31, 0730-1630 (M-Th), 0730-1000 (Fri) at Point Mugu
- Home Buying Seminar* - August 29, 1730 - 2130

### NEW PARENT SUPPORT

New Parent Support Program is an in-home visitation program for children aged 0-36 months. Call 805.982.4130 for information.

- Infant/Baby Massage* - August 6, 13, 20 & 27, 1400-1500
- Your Baby Shower* - August 9, 1800-2030
- Brand New Baby* - August 16, 23 & 30, 1800-2030
- Boot Camp for New Dads* - August 6, 1800-2030
- Yoga Mamas* - Every Tuesday, 1230-1345, Bee-Fit Center
- New Mamas* - Every Wednesday, 1130-1330
- Toddler Playgroup* - Every Thursday, 1000-1100

### RELOCATION

- Welcome Aboard* - July 11, 1500-1630; September 5, 1030-1200
- Married to the Military* - August 15, 1400-1600
- Sponsor Training* - July 18 or September 5; 1500-1600
- Smooth Move* - July 25, 0900-1130; August 29 or September 26 1300-1530

### CAREER SUPPORT & RETENTION

- Transition Assistance: TAP & XTAP* - Call 805.982.2646 for dates and times
- Corporate Resume* - July 27, August 24, September 21; 0730-0900
- Federal Resume* - July 27, August 24, September 21 0900-1100
- VA assist/Paperwork Turn-In* - July 25, August 22, September 26, 0900-1200
- What Employers Want* - July 12, August 9, September 13, 1100-1200
- Family/Spouse Employment* - July 24, August 21, September 25, 1000-1200 & 1630-1830
- Interview Skills* - July 26, August 23, September 27; 1000-1200 & 1630-1830
- Goal Setting* - July 25, August 22, September 26; 1300-1400

### DISASTER PREPAREDNESS

- Disaster Preparedness* - July 9, 1700-1800 or September 19, 1630-1730

### DOMESTIC ABUSE VICTIM ADVOCATES

If you or someone you know is in an abusive relationship. Able to assist with restraining orders, divorce/custody concerns, safety concerns, immediate shelter and resources. Call 805.982.5037 and ask for an advocate.

### SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Please contact the NBVC SARC at 805.982.6139 for the 2012 SAPR Training Schedule or for more information about the SAPR Program. **If you are a victim of Sexual Assault, please call the 24-Hour, Safe Helpline at 1.877.995.5247**

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- EFMP Command POC* - July 12 or August 16; 0900-1100
- EFMP Overview* - August 16 or September 18, 1130-1230



For up-to-date information on classes, programs & services, visit us at:  
<http://www.facebook.com/FFSC.NBVC>

The FFSC...Meeting your needs, at home and at sea.