



October



Sun Mon Tues Wed Thurs Fri Sat



For more information or to register call FFSC: 333-2056

NAVY DAY IS OCT 13TH



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



1 Island Tour 0800-1630 NBG

Surviving Holidays Financially 1200-1330 FFSC Bldg. 106



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5 Stress Management 0900-1100 FFSC Bldg. 106

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Smooth Move Workshop 1500-1800 FFSC Bldg. 106



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COLUMBUS DAY



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Disaster Preparedness 1700-1800 FFSC Bldg. 106



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21 Car Buying Strategies 0900-1000 FFSC Bldg 106.



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Ombudsman Basic Training 0830-1430, NBG

Transition Assistance Program (TAP) 0745-1600 NBG, NOSC

Military OneSource.com
A 24/7 Resource for Military Members, Spouses & Families
1-800-342-9647

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Building Healthy Relationships 1700-1900 FFSC Bldg. 106



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Welcome to Guam Orientation 0800-1630 NBG



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Island Tour 0800-1630 NBG

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Happy Halloween



SURVIVING THE HOLIDAYS FINANCIALLY

October 01, 2010

1200-1330

NBG FFSC Bldg. 106

Learn how to reduce the financial stress of the holidays. This workshop will help participants plan for holiday spending and make the most effective use of money this holiday season.



For information or to register contact FFSC at 333-2056/57.

STRESS MANAGEMENT



**October 05, 2010
0900 - 1100
NBG FFSC Bldg. 106**



Stress is a part of everyday life and may have long-standing negative consequences. Learn new ways to cope with stress in an effective manner.



For information or to register call FFSC at 333-2056/57

SMOOTH MOVE WORKSHOP

October 07, 2010

1500-1800

NBG FFSC Bldg. 106

A workshop for Personnel
PCSing within 6-12 months.

Covers entitlements, shipping
of personal property, clearing
housing (on/off base),
emotional cycles of
relocation, and FFSC
programs and services.



For information or to register
contact FFSC at 333-2056/57.

Disaster Preparedness

October 13, 2010

1700-1800

NBG FFSC Bldg. 106



earthquake

typhoon

fire



No matter what
your disaster may
be...be prepared!



For more information contact FFSC 333-2056/57

CAR BUYING STRATEGIES



October 21, 2010

0900-1000

NBG FFSC Bldg. 106

This workshop
will assist with
how to manage
your money during
the decision making
process when
purchasing a new car.



For information or to register
contact FFSC at 333-2056/57.

Ombudsman Basic Training

October 18 – 21, 2010

0830 – 1430

*NBG



Required training for those assigned as command ombudsman. Topics covered include confidentiality, professional relationships with command leaders, communicating with families, and deployments. Also open to Chaplains, CO's, XO's, CMC's & their spouses.

*Location TBD



The
Fleet & Family Support
Center

For information or to register call FFSC at 333-2056/57



Transition Assistance Program (TAP)

October 18 – 22, 2010

0745 - 1600

NBG, NOSC

This class is designed to assist service members make the change from military to civilian life, by transferring military experiences into a worthwhile career choice.



For information or to register contact
FFSC at 333-2056/57.



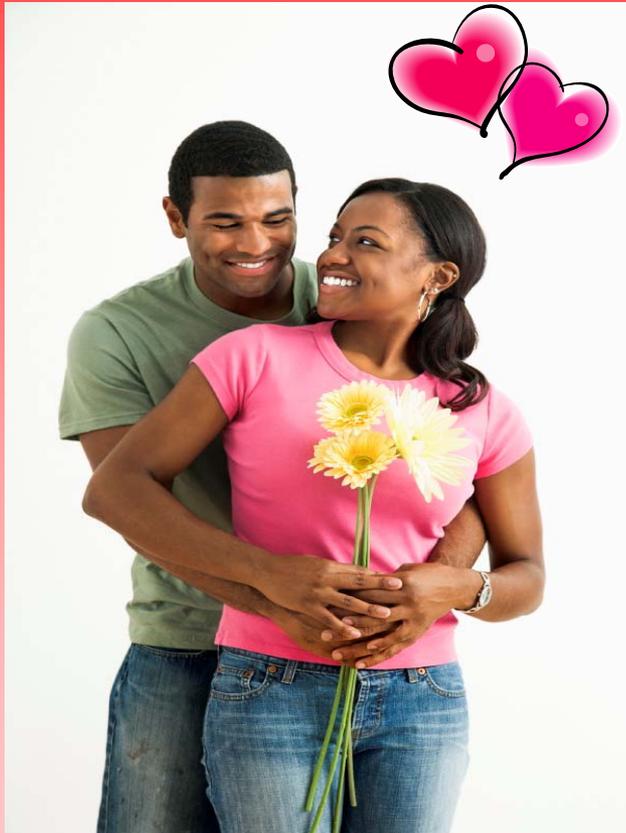
BUILDING HEALTHY RELATIONSHIPS

October 26, 2010

1700-1900

NBG FFSC Bldg. 106

Participants will learn how to nurture and enhance their intimate relationships. Topics include building realistic expectations, establishing positive communications and developing healthy habits together.



For information or to register call FFSC at 333-2056/57

Welcome To Guam Orientation & Island Tour

October 28 & 29, 2010

0800-1630

*NBG

Two days of fun filled information and facts service members and families should know about Guam.

Day two is a bus tour of the island; group will be visiting several museums and many different places of interest.

***Location TBD**

Free childcare provided...call for details.



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