

September 2010 Fleet & Family Support Center Events

To register for any of the following workshops, please call the FFSC at 601-679-2360.

The class may not be presented if no one registers, so make sure you call if you're interested! Can't make the scheduled time? Call anyway – the workshop facilitator may be able to work with you one-on-one, give you materials, or let you know when the class will be offered again. All classes held at FFSC (Building 405) unless otherwise noted.

Welcome Aboard

2 September 0800-1130

FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, Medical/Dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- & off-base driving regulations, legal services, community service, Chapel & other area religious services, MWR, things to do at NAS & in Meridian, School Liaison Program, and more!

Stress Management

7 September 0900-1000 OR 22 September 1500-1600

Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental & physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

Creating a Financial Plan

8 September 1300-1430

With the current spotlight on the economy – talk of recession, high levels of consumer debt, and the mortgage industry upset – many Americans are taking a closer look at their personal finances. If you'd like to learn some techniques to better manage your money, this workshop is for you! We'll cover financial planning basics such as net worth, cash flow statements, debt-to-income ratio calculations, and more.

IA Spouse Discussion Group ★

10 September 0930-1100

FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the *benefits* of deployment, or just kick back and chat!

The Keys to Job Fair Success

21 September 0900-1030

This workshop will address the importance of job fairs as a job hunting strategy, and how to make the most of your job fair experience. We'll cover how to prepare for a job fair, creating your "30-Second Commercial", and how to most effectively "work" a job fair for maximum networking opportunities.

Post-Deployment & PTSD ★

23 September 1530-1630

This workshop, for service members who have been (or will be) deployed as Individual Augmentees (IAs) and their families, will focus on the causes and symptoms of Post-Traumatic Stress Disorder (PTSD). We'll also discuss various therapies for PTSD and sources of help.

Transition Assistance Program (TAP) Seminar

27-30 September 0800-1600

Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. **It is highly recommended that spouses attend.** You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state & federal), veterans' benefits, pay & travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms & documents, benefits & services, Naval Reserve programs, military obligations, and more!

10 Steps to a Federal Job

28 September 1600-1800

The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding & analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more!

★ *Denotes special Individual Augmentee (IA) events. These events are intended for service members who are, or will be, deployed as IAs and their families. However, anyone interested is welcome to attend. Childcare is usually provided for IA families to attend these events – call FFSC for details.*