

November 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.

Portable Careers

2 November 0900-1100

This workshop defines what the military considers to be “portable careers” for military families on the move. We’ll identify examples of portable careers and discuss career education and training benefits available to military spouses to maximize their ability to enter job fields that will move with them!

Controlling Anger

3 November 1400-1500 OR 30 November 1000-1100

Everyone gets angry every now & then from normal frustrating life events, but some people handle angry feelings better than others. Your upbringing, personality, and other factors affect how you display anger and how you argue with others. However, you aren’t a slave to those patterns, and you CAN learn better ways to express angry feelings and argue constructively. If you frequently “blow up” or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

Welcome Aboard

4 November 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!

Holiday Budgeting

9 November 0900-1000 OR 22 November 1200-1300

These days, gift-giving during the holidays is practically mandatory. In addition, many military families travel during the holidays, putting further stress on the old pocketbook. So how can you spread a little cheer to your friends and family without doing massive damage to your personal finances this year? We’ll learn strategies for planning (and sticking to!) a holiday budget this year – and we might even steal a trick or two from Santa himself!

Deployment & Kids ★

10 November 1500-1600

Are you worried about the effects of your (or your spouse’s) deployment on your children? Different kids react in different ways to separation from a parent, but you can learn some ways to help them cope.

Transition Assistance Program (TAP) Seminar

15-18 November 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

16 November 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!

IA Spouse Discussion Group ★

19 November 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!

★ 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.