

# December 2010 Fleet & Family Support Center Events

To register for any of the following events, 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.*

## Financial Readiness for Deployment ★

1 December 0900—1000

Financial mismanagement can be the number one cause of conflict and anxiety during deployment. While deployment brings additional pay, not having a plan for what to do with it can lead to wasting valuable opportunities (such as the Savings Deposit Plan) to put those extra deployment dollars to work. Also, planning for handling everyday financial matters during deployment is crucial. Attend this workshop to make sure money doesn't create stress during your deployment.

## Welcome Aboard

2 December 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!

## Command Financial Specialist (CFS) Training

6-10 December 0800-1630

Each command with at least 25 active duty service members is asked – in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 – to select individuals to attend CFS Training. Commands are required to maintain a ratio of 1 CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every 3 years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please contact the FFSC.

## Preparing for Return & Reunion ★

13 December 1500-1600

Reuniting your family after deployment can be both joyful and stressful. Emotions are especially intense, and everyone in the family is affected. Attend this workshop to plan strategies for making your family's reunion and reintegration as smooth as possible.

## Battling Holiday Blues and Stress

14 December 0930—1100 OR

20 December 1400—1530

The holidays are full of exciting events – family get-togethers, cooking & eating special meals, travel, shopping – that are fun and create great memories. However, all the increased activity around the holiday season also means increased stress and, for some people, a feeling of depression or “the holiday blues”. Demands on you and your time from so many directions, never-ending to-do lists, and too many people in one house can all add up to a much less than peaceful holiday! Come to this workshop to learn 10 ways to deal with holiday stress and the holiday blues, and put the joy back in the season!

## Holiday Crafts for Kids!

15 December 1430—1600

Children ages 4-12 are invited to the FFSC for this afternoon of creating fun holiday-themed crafts! Kids will make fun items and ornaments that are sure to get the whole family in the holiday spirit. Registration is required for this event, to aid in preparation of materials – call 601-679-2360 to sign up!

## IA Spouse Discussion Group ★

17 December 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.