

# February 2011 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.

## Enhancing Relationships

**2 February 1300-1400 OR 14 February 0900-1000**

Would you like to learn techniques to help you & your significant other communicate more effectively, solve problems, and maintain the fun, friendship, and intimacy? If so, join other couples in this FFSC seminar to explore specific skills to help you reduce the risk of relationship failure and preserve a lasting commitment and love.

## Welcome Aboard

**3 February 0800-1200**

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!

## Mid-Term CONSEP Training

**7-10 February 0800—1530**

FFSC is presenting the Career Options and Navy Skills Evaluation Program (CONSEP), a mid-career training for Sailors with 6-12 years of active duty who are within 18-24 months of EAOS. The class will assist Sailors in making educated career decisions in order to be competitive, thereby maximizing their potential in the Navy. Participants will learn to market themselves, evaluate their individual skills, set goals, compare civilian and military careers, explore Navy upward mobility options, and enhance financial stability. **Spouses are invited.**

## IA Spouse Discussion Group

**11 February 0930-1100**

FFSC hosts this Individual Augmentee (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!

## Stress Management

**15 February 1300-1400**

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.

## Creative Communication Techniques

**16 February 1400-1500 OR 28 February 1000-1100**

Communication is a basic life skill, as important as the skills by which you make your way through school or earn a living. Effective communication makes all kinds of relationships - romantic, business, friendly - work. This workshop will explore constructive & destructive communication patterns, ground rules for effective communication, and danger signs of communication breakdowns. Sign up today to learn the communication techniques that will make your relationships healthier.

## Military Saves Week

**20-27 February**

Be on the lookout for lots of Military Saves and Military Youth Saves events! More information TBA.

## Saving & Investing

**23 February 0900-1000**

While money doesn't grow on trees, it does grow when you save and invest wisely. Knowing how to secure your financial well-being is one of the most important things you'll ever need to know in life. You don't have to be a financial genius to do it, you just need to know how to get started. No matter how much or little money you have, the important thing is to start!