

April 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.

Bystander Intervention 101 **4 April 1500-1600**

You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time but it is clear that the woman has had too much to drink. At one point your friend walks by you and you hear him say he is just going to get her "one more" and "that should be enough." A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do? Have you ever found yourself in a similar situation and not known what to do, even though you knew you needed to do something? This seminar will discuss various reasons why individuals who witness a range of inappropriate behaviors may or may not take action, and present ways to encourage and develop greater bystander involvement.

Recognizing & Reporting Child Abuse **6 April 0900-1030 OR 12 April 1700-1830**

This workshop will focus on how to recognize signs of child abuse and how to report suspected abuse. We can all do something to stop child abuse – to stand by silently is tragic and only helps establish the next generation of violence. We can and should do everything we can to end the cycle . . . knowledge is power.

Welcome Aboard & New Spouse Orientation **7 April 0800-1200 (NSO 1200-1300)**

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 services, Chapel & other religious services, MWR, things to do at NAS & in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses. Whether you're a spouse new to military life or just new to Meridian, you'll be able to pick up important information and meet other spouses.

Positive Parenting Circle **Every Thursday in April 1700-1800**

Every feel like you're the only parent dealing with a particular behavior problem or other parenting "issue"? Join this group to compare notes with other parents who are experiencing (or have experienced) the same things. An FFSC counselor will be on-hand to help the group untangle difficult problems and brainstorm solutions.

IA Readiness Fair **8 April 0900-1100**

FFSC hosts this deployment readiness event to help Individual Augmentee (IA) deployment candidates and their families prepare. We'll have representatives from various departments and agencies on-hand to answer your questions and provide valuable information. Just stop in between 0900 and 1200 and get whatever you need to help you & your family gear up for deployment.

IA Spouse Discussion Group **8 April 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!

1st-Term CONSEP **11-14 April 0800-1530**

This version of the Career Options and Navy Skills Evaluation Program (CONSEP) targets Sailors with 1-5 years of active duty service. The four-day class will present you with information and involves a series of practical applications that will help you identify your knowledge, skills, and abilities, pinpoint areas of career interest, organize your financial goals, and develop a specific plan to move you in the direction of the success you desire. *Registration is required.*

Command Financial Specialist (CFS) Training **18-22 April 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.

Sexual Assault Prevention & Response (SAPR) **Program Overview** **27 April 1400-1530**

SAPR is a comprehensive, victim-sensitive program that puts all the pieces together – victim advocacy, awareness, prevention, education, and data collection – to respond to sexual assault Navy-wide. SAPR services are available to all Sailors and their families. This workshop will cover: what SAPR is, services offered within the program, the definition of *sexual assault*, prevention strategies, and what you can do if someone you know has been assaulted.