



The Fleet and Family Support Center Naval Support Activity Bahrain

September 2012 Class Schedule

Focus: Ombudsman - Your Direct Link

Hours of Operation are: Sun-Thu, 0800-1600

On Base: 439-4046, Off Base: 1785-4046 or email the Center at ffsc.bahrain@me.navy.mil to register

Enrich Empower Educate

<https://cnic.navy.mil/Bahrain/FleetandFamily>



Operational Stress Control: *Your Command and Family Color Companion*

● **READY**

● **REACTING**

● **INJURED**

● **ILL**

Look for the following color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms.

		<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
● ●	Resume Writing	04 Sept	0900-1200	FFSC Annex, Computer Lab, Trailer# 109
● ●	Ten Steps to a Federal Job	05 Sept	0900-1030	FFSC Annex, Computer Lab, Trailer# 109
● ●	Arabic Language Classes- Session I (4 sessions Workshop on Wed)	05 Sept	1000-1100	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes- Session I (4 sessions Workshop on Thu)	06 Sept	1630-1730	FFSC Annex, Trailer# 109
● ●	Newcomer's Orientation (Base INDOC)	09-13 Sept	0800-1630	Multipurpose Room, Freedom Souq
● ●	Pre-Retirement Transition Assistance Program	09-12 Sept	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
● ●	Arabic Language Classes- Session II (4 sessions Workshop on Wed)	12 Sept	1000-1100	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes- Session II (4 sessions Workshop on Thu)	13 Sept	1630-1730	FFSC Annex, Trailer# 109

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	Carpet Buying	16 Sept	1100-1230	Carpet Store, Freedom Souq
	Smooth Move / Check-out Seminar	17 Sept	0900-1100	FFSC Annex, Trailer# 109
	Gold Buying	18 Sept	1630-1730	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session III (4 sessions Workshop on Wed)	19 Sept	1000-1100	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session III (4 sessions Workshop on Thu)	20 Sept	1630-1730	FFSC Annex, Trailer# 109
	Newcomer's Orientation (Base INDOC)	23-27 Sept	0800-1630	Multipurpose Room, Freedom Souq
	Pre-Separation Transition Assistance Program	23-26 Sept	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
	Muslims' Festivals	25 Sept	1630-1730	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session IIII (4 sessions Workshop on Wed)	26 Sept	1000-1100	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session IIII (4 sessions Workshop on Thu)	27 Sept	1630-1730	FFSC Annex, Trailer# 109

FFSC's Customer Service Hours: Sunday-Thursday: 0800-1600

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email ffsc.bahrain@me.navy.mil

