



# Fleet and Family Support Center Naval Support Activity Bethesda

## October Events 2016



Building 11, Room 111 Mon-Fri 7:30-4:00

Mon	Tue	Wed	Thu	Fri
3 <b>Resume Writing for Military Spouses</b> 10-12pm	4 <b>Domestic Violence Proclamation Signing</b> 10-1 pm	5 <b>Ombudsman Training</b> 9-4 pm <b>Scream Free Couples (part 1)</b> 12-2pm	6 <b>Building Healthy Relationships</b> 8-9:30am <b>Women, Infants, and Children (WIC)</b> 9-12pm <b>Little Heroes Playgroup</b> 10-11am <b>Job Search Strategies For Military Spouses</b> 10-12pm	7 
10 Women's Empowerment Group Sept.15-Nov. 3rd 10-11:30am Every Thursday! Look on the back for more information!!	11 <b>Ten Steps To A Federal Job</b> 9-11:30 am	12 <b>Job Search Strategies For Military Spouses</b> 10-12pm <b>Money And The Move</b> 10-12pm <b>Scream Free Couples (part 2)</b> 12-2 pm	13 <b>Spouse Employment Orientation</b> 10-12pm <b>Goal Setting</b> 1-2:30pm <b>Infant Massage</b> 1-2:30 pm	14 <b>Return &amp; Reunion Brief</b> 12-3pm
17 <b>BEAMS-Building Effective Anger Management (part 1)</b> 9-12 pm	18 <b>Pre-Deployment Brief</b> 9-12pm <b>Interview Skills For Military Spouses</b> 10-12pm <b>Conflict Resolution</b> 12-1:30 pm	19 <b>Scream Free Couples (part 3)</b> 12-2pm  <b>Smooth Move</b> 9:30-10:30am	20 <b>Little Heroes Playgroup</b> 10-11am <b>Infant Massage</b> 1-2:30 pm <b>Deployment Support</b> 6-7pm	21 
24 <b>BEAMS-Building Effective Anger Management (part 2)</b> 9-12pm	25 	26	27 <b>Sponsorship Training</b> 9:30-11am	28 <b>Thrift Savings Plan</b> 10-11:30 am
31 <b>Surviving The Holiday Financial Hangover</b> 10-12 pm				

### Ongoing Classes:

**VFW Medical Records Review for VA Benefits:** Appointment Required. Tues - Fri 8:30-3pm

**Transition GPS:** This week long seminar is designed to prepare service members for their transition to civilian life.

If you are SEPARATING within 12 months, or RETIRING within 24 months please call to register.

**Smooth Move:** Hands on workshop to guide you step by step through the moving process. Tuesday is CONUS moves, Wednesday is OCONUS moves, and Thursday is for Retiring/Separating personnel. To attend, register with House Hold Goods at 301-400-0231 or call the Relocation Specialist at 301-400-2403.

**Bus Tours:** Call for a tour around Naval Support Activity Bethesda. Open to all personal. Every Wednesday 12-1:30pm. Please call ahead to schedule.

For more information or to register, please call (301) 319-4087 or email [usn.bethesda.nsabethesdamd.list.NNMCFFSC@mail.mil](mailto:usn.bethesda.nsabethesdamd.list.NNMCFFSC@mail.mil)



**Scream Free Couples:** (three-part class) This video and discussion group will focus on calming down and getting closer in your relationship. Partner can't come? Do it for yourself! It only takes one person to make a positive change in themselves and their relationships.

**Building Healthy Relationships:** Designed to enhance established relationships by providing tools on emotional record keeping, expectations, communication, and developing healthy habits.

**Goal Setting:** Provides participants with self-motivating strategies to work towards reaching the goals set for themselves.

**Building Effective Anger Management-** This 6 hour class which is divided into 2 interesting and interactive 3 hour sessions, will help you to better understand and manage your anger.

**Conflict Resolution:** Every conflict, every negotiation; even one that has been stuck for a while has opportunity for resolution. Learn simple techniques to reduce tension and resolve conflict at home or work.

**Women, Infants, and Children (WIC):** Are you a pregnant woman, new mother, or have infants and children under age 5 and live in Montgomery or Prince George's County? The FFSC is partnering with the Community Clinic, Inc., WIC program to answer any questions/pre-certify you for participation in the WIC program.

**Little Heroes Play Group:** Come have fun, meet other families, and discuss helpful topics! Building 62 "Sesame Street Room"

**Sponsorship Training:** Learn important skills and re-sources to ease the transition of service members and their families as they move.

**Smooth Move:** Hands on workshop to guide you step by step through the moving process.

**CAPSTONE: Bldg. 11** Required of all transitioning military within 90-120 days of separation. Call to schedule your appointment.

**Resume Writing for Spouses:** improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

**Job Search Strategies for Military Spouses:** Design strategies and techniques for conducting an effective job search.

**Spouse Employment Orientation:** New to the area or reentering the work force? Start off with meeting the Family Employment Specialist who can assist in guiding you through the process onto success!

**Interview Skills for Military Spouses:** Interviewing is a key step in getting a job; learn how to conduct yourself prepare, communicate, dress, and other valuable information.

**Money and the Move:** New orders? Moving? Need a new place? This class is about how to manage your money while you change your surroundings. Topics will include planning, saving and what to spend your money when it comes to moving.

**Thrift Savings Plan:** Learn details about the Thrift Savings Plan (TSP). How to set it up, how to make an investment selection, and how to manage it.

**Surviving the Holiday Financial Hangover:** This workshop will assist you in preparing or reviewing your current spending plan, help you examine your holiday priorities, determine your spending limits, as well as, offer smart shopping tips and other gift giving options.

**Hearts Apart Lunch Connection:** Geographical separation networking group, at Main Street Café.

**Return and Reunion:** Designed to address typical issues of post deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

**Pre-deployment brief:** Designed to assist the IA service member in preparing for their deployment, presenters will focus on emotional, legal, financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

**Women's Empowerment Group:** This group provides the tools to develop a healthier sense of self. Our empowerment group will strengthen and build confidence, gives women the ability to exercise assertiveness, positive thinking, improves personal development, increase self-image, self-determination, autonomy, and assist with overcoming stigma, and feeling powerlessness. This group is open to all service members, federal employees, contractors, retirees, reservists and family members. Registration not required, but preferred.

All Active Duty military, Wounded Warriors, NMAs, Dependents, Retirees, Reservist, and DoD Civilians are eligible to participate in programs.

\*some exception may apply

For more information or to register, please call (301) 319-4087 or email  
[usn.bethesda.nsabethsdamd.list.NNMCFFSC@mail.mil](mailto:usn.bethesda.nsabethsdamd.list.NNMCFFSC@mail.mil)

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