



Fleet and Family Support Center
Naval Support Activity Bethesda



February Events 2015

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

Mon	Tue	Wed	Thu	Fri
2 Resume Writing For Military Spouses 10-12pm	3 Social Media: Get Noticed and Get Hired 1-2:30pm	4 Conflict Resolution 12-1pm Interviewing Skills for Military Spouses 10-12pm	5 Women, Infants, and Children (WIC) 9-12pm Little Heroes Playgroup 10-11am Applied Suicide Intervention Skills Training (ASIST) 8-4pm	6
9 Job Search Strategies For Military Spouses 10-12pm	10	11 Effective Communication 11-12:30pm Spouse Employment Orientation 10-12pm	12 Finances for Couples 10-12pm Return & Reunion Brief 12-3pm Job Search: Focus, Find, And get the job. 10-11am	13
16 Presidents Day Federal Holiday Center Closed	17 Resume Writing For Military Spouses 10-12pm	18 Marketing Yourself for a Second Career 9-11:30am Assertiveness 10-11am Thrift Savings Plan 10-11:30am Higher Education 2-Day Track 8:30-3:30pm	19 Interview Skills 9-11 am Little Heroes Playgroup 12-1pm Sponsorship Training 1-2:30pm Job Fair Success 1-3pm	20 
23 Free Credit Score Day 7:30-4pm	24 Pre-Deployment Brief 9-12pm	25 Military Saves Workshop 10-12pm Scream Free Parenting (Three Part Class) (Tuesday, Wednesday, Thursday) 5-7:30pm	26 Employer Networking Event 11-1pm Make a Smart Move 1-2:30pm Ombudsman Basic Training 7:30-4pm	27 Hearts Apart Lunch 12-1pm

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 SEPERATING 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.

For more information or to sign-up call (301) 319- 4087 or email FFSC@med.navy.mil

Applied Suicide Intervention Skills Training (ASIST): Provides military, civilian employees and adult family members with 16 hours of training in specific skills to identify and support colleagues, family, and friends who have thoughts of suicide.

Assertiveness: Effectively communicate your thoughts and feelings while maintaining self-respect and respect for others.

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.

Effective Communication- Helps participants use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

Scream Free Parenting: (three-part class) This video and discussion group will help parents learn how to: Discipline without yelling, communicate more positively, and promote cooperative behavior.

Little Heroes Play Group: Come have fun, meet other families, and discuss helpful topics! Building 62 "Sesame Street Room" Room 219W.

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.

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.

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

Make a Smart Move Workshop: This workshop will prepare those PCSing with knowledge of the sponsor process that will empower you to be your own best advocate during your transition to your next duty station.

Finances for Couples: Engaged? Newly wedded? Married for 20 years? This workshop is designed to help couples discover ways to open up their lines of communication regarding household and personal finances. And help organize family and household finances.

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

Free Credit Score Day: If you are active duty or military spouse, are you curious what your credit score is? Visit FFSC and our Financial Counselors will pull your credit report for FREE, show, review, and discuss ways to improve your score. No Appointment needed.

Military Saves Workshops: Basic Budgeting, Consumer Awareness and Credit Management. Want to get control of your finances? Come get the basics of budgeting, how to be a savvy shopper and reel in credit, credit reports and credit scores.

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

Employer Networking Event: Stop by and visit with a team of 6-8 military friendly employers who have current employment vacancies for their organizations! No pre-registration required! Practice your 30-second commercial, speak with employers about their opportunities and get familiar with the job search process.

Higher Education 2-Day Track: If higher education is part of your career development pathway, then this is the class to attend! The course will guide you through the variety of decisions involved in choosing a degree completion program, preparing for college admissions, and identifying funding resources.

Interview Skills: Successful interviews lead to job offers! We will identify critical answers to common questions, provide interview do's and don'ts and look at salary negotiations.

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.

Job Fair Success: Learn best practices of navigating these events for success!

Job Search: Focus, Find and Get the Job: The workshop identifies current tools that can be used to conduct an effective job search. Participants will walk away with an action plan to begin their search.

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

Marketing Yourself for A Second Career: If you are within 4 years of military retirement/separation, plan to attend this professional presentation focusing on tips and tools to begin planning for your transition!

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.

Social Media: Get Noticed and Get Hired: Create a personal brand! Participants will learn how to build a professional online presence and receive a FREE social networking tips book!

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

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 FFSC@med.navy.mil