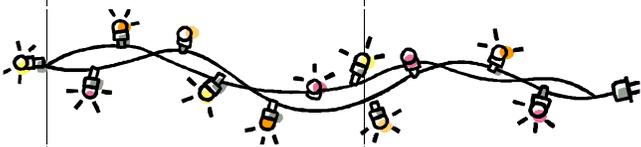




# December Events 2014

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



Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p><b>Career Planning for Military Spouses</b> 10-12pm</p>	<p>2</p> <p><b>B.E.A.M.S- Building Effective Anger Management Skills (part 1)</b> 9-12pm</p>	<p>3</p> <p><b>Coping with Holiday Stress</b> 12-1pm</p>	<p>4</p> <p><b>Women, Infants, and Children (WIC)</b> 9-12pm <b>Surviving the Holiday Financial Hangover</b> 10-11am <b>Resume Writing For Military Spouses</b> 10-12pm <b>Little Heroes Playgroup</b> 10-11am <b>Return &amp; Reunion Brief</b> 12-3pm</p>	<p>5</p> <p><b>Job Club</b> 8:30-10am <b>Balancing Work and Family Life</b> 12-1pm</p>
<p>8</p> <p><b>In-Law Survival Guide</b> 12-1pm</p>	<p>9</p> <p><b>B.E.A.M.S (part 2)</b> 9-12pm</p> <p><b>Boots To Business Entrepreneur Workshop</b> 9-3pm</p>	<p>10</p>	<p>11</p> <p><b>Navigating USA Jobs</b> 10-11:30am <b>Women of Worth</b> 12-1pm <b>Federal Resume Writing</b> 1-3pm</p>	<p>12</p> <p><b>Navigating Career Fairs</b> 9-11am</p>
<p>15</p> 	<p>16</p> <p><b>Spouse Employment Orientation</b> 10-12pm <b>Relaxation Station</b> 11-2pm</p>	<p>17</p> <p><b>Job Search Strategies For Military Spouses</b> 10-12pm</p>	<p>18</p> <p><b>Little Heroes Playgroup</b> 12-1pm <b>Sponsorship Training</b> 1-2:30pm</p>	<p>19</p> <p><b>Job Club</b> 8:30-10am <b>Relaxation Station</b> 11-2pm <b>Hearts Apart Lunch</b> 12-1pm</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p><b>Christmas Day Center Closed</b></p>	<p>26</p>
<p>29</p>	<p>30</p> <p><b>Pre-Deployment Brief</b> 9-12pm</p>	<p>31</p> 		

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**

**Balancing Work and Family Life:** This session will help identify strategies to fulfill work, home, and self obligations.

**BEAMS:** "Building Effective Anger Management Skills": 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.

**Coping with Holiday Stress:** Do the holidays stress you out? This class teaches tools to help you manage the holidays, so that stress doesn't manage you.

**In-law Survival Guide:** Struggling with your in-laws? Want to have a more positive relationship or to make the holidays less stressful? Learn new ways to manage your relationship with in-laws and extended family.

**Relaxation Station:** Give yourself 15 minutes in a soothing environment to just breathe. You and your customers will be better for it. Call to schedule a 15 minute relaxation session or to have a station set-up in your workplace!

**Women Of Worth:** Open your horizons and savor new, enriching experiences; Grow as a person and improve your own life; Find the support and guidance needed to believe in yourself and follow your dreams; Join the Women of Worth (W.O.W). 2nd and 4th Thursdays at noon!

**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.

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

**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 age5? Do you live in Montgomery or Prince George's County? The Fleet and Family Support Center 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.

**Boots to Business Entrepreneur workshop:** Is small business ownership for you? This 2-day workshop is offered in collaboration with the U.S. Small Business Association and DOD. If you have the passion and the drive to start a business, this intensive training workshop is a perfect fit for you!

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

**Career Planning For Military Spouses:** Find the job that's right for you, and plan your career.

**Federal Resume Writing:** This workshop will focus on federal resumes from the HR aspect. What are the employers for; how can I improve my chances of getting an interview; and tips on do's and don'ts.

**Job Club:** The NEW Job Club is designed to provide an outlet and discussion area to share your job search and employment process tips with other spouses or transitioning members who have the common goal of being career ready!

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

**Navigating USA Jobs:** Learn the basics of navigating through the federal application process. Topics include navigating the website, veterans preference, special hiring authorities, resume building and tips

**Navigating Career Fairs:** In preparation for the 23 January Employment and Education Fair, this class will provide guidance on how to effectively manage and prepare for a Career Fair!

**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.

**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](mailto:FFSC@med.navy.mil)