



Fleet and Family Support Center Naval Support Activity Bethesda

October Events 2014

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



Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p style="text-align: center;">Career Planning for Military Spouses 10-12pm</p>	<p>2</p> <p style="text-align: center;">Time Management 10-11:30am</p> <p style="text-align: center;">Basic Resume Writing For Military Spouses 10-12pm</p> <p style="text-align: center;">Little Heroes Playgroup 10-11am</p>	<p>3</p>
<p>6</p>	<p>7</p> <p style="text-align: center;">Stress Management 1-2:30pm</p> <p style="text-align: center;">Cybersecurity Career Foundations (part 1) 1-4pm</p>	<p>8</p> <p style="text-align: center;">B.E.A.M.S- Building Effective Anger Management Skills (part 1) 9-12pm</p> <p style="text-align: center;">Job Search Strategies For Military Spouses 10-12pm</p>	<p>9</p> <p style="text-align: center;">Women of Worth 12-1pm</p> <p style="text-align: center;">Return & Reunion Brief 12-3pm</p>	<p>10</p> <p style="text-align: center;">Scream Free Couples (1 of 3) 1-3pm</p>
<p>13</p> <p style="text-align: center;">Federal Holiday Columbus Day Center Closed</p>	<p>14</p> <p style="text-align: center;">Four Lenses 1-3pm</p> <p style="text-align: center;">Cybersecurity Career Foundations (part 2) 1-4pm</p> <p style="text-align: center;">MD Workforce Registration 10-12pm</p>	<p>15</p> <p style="text-align: center;">B.E.A.M.S (part 2) 9-12pm</p> <p style="text-align: center;">Connecting Who You Are With Who You Want To Be 10-11am</p> <p style="text-align: center;">Portable Careers for Military Spouses 10-12pm</p>	<p>16</p> <p style="text-align: center;">Interview Skills 1-3pm</p> <p style="text-align: center;">Little Heroes Play Group 12-1pm</p> <p style="text-align: center;">Infant Massage (part 1) 1-2:30pm</p>	<p>17</p> <p style="text-align: center;">Scream Free Couples (2 of 3) 1-3pm</p>
<p>20</p> <p style="text-align: center;">Resume Writing Strategies 1 of 3 1-3pm</p> 	<p>21</p> <p style="text-align: center;">Cybersecurity Career Foundation Course (part 3) 1-4pm</p> <p style="text-align: center;">Resume Writing For Military Spouses 10-12pm</p>	<p>22</p> <p style="text-align: center;">Effective Communication 12-1:30pm</p> <p style="text-align: center;">Thrift Savings Plan 10-11:30am</p> <p style="text-align: center;">Spouse Employment Orientation 10-12pm</p>	<p>23</p> <p style="text-align: center;">Sponsorship Training 1-2:30pm</p> <p style="text-align: center;">Women of Worth 12-1pm</p> <p style="text-align: center;">Job Search Process 1-3pm</p> <p style="text-align: center;">Infant Massage (part 2) 1-2:30pm</p>	<p>24</p> <p style="text-align: center;">Scream Free Couples (3 of 3) 1-3pm</p>
<p>27</p> 	<p>28</p> <p style="text-align: center;">Pre-Deployment Brief 9-12pm</p>	<p>29</p> <p style="text-align: center;">Social Media: Get Noticed & Get Hired 11:30-1pm</p> <p style="text-align: center;">Acing the interview For Military Spouses 10-12pm</p>	<p>30</p> <p style="text-align: center;">Employer Networking Event 11-1pm</p> <p style="text-align: center;">Infant Massage (part 3) 1-2:30pm</p>	<p>31</p> <p style="text-align: center;">Hearts Apart Lunch 12-1pm</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

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.

Four Lenses: a proven personality assessment which helps organizations and families build a solid understanding of talent and potential. By learning others' unique strengths and individuals we can work together and build stronger relationships.

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.

Stress Management: Do you feel stressed out? This class teaches tools to help you manage stress, not let it manage you.

Scream Free Couples: This video and discussion group will focus on calming down and getting closer in your relationship.

Time Management: Determine what's urgent, what's important, and what can safely be put on the back burner for another day or to enjoy the holidays.

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

Little Heroes Play Group: Come have fun, meet other families, and discuss helpful topics! Building 62 "Sesame Street Room" Room 219W.
Infant Massage: Learn to calm and soothe your baby through nurturing touch. For parents, caregivers and their babies up to one year of age.

Thrift Savings Plan (1000-1130, Room 16) :Understand what the TSP is and how to use it toward your retirement planning

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.

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

Acing The Interview For Military Spouses: Learning what to say and how to shine when going through the interview process.

Basic Resume Writing For Military Spouses: Learn to create and build a strong resume!

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

Cybersecurity Career Foundations Course: This 4 session course is designed to provide information about the Cybersecurity industry. Topics include Introduction to Cybersecurity; Basics of Computer Security; Cyber Warfare and the role of the Nation State; and How to Build a Career in Cybersecurity. Sign up today - space is limited!!

Connecting Who You Are with Who You Want To Be!: Uncertain about your career path or the next steps? Come join the transition team to discuss options and the variety of assessments that can be offered to assist in your career development!

Employer Networking Event: Bldg 11 Room 16. Meet with industry representatives to learn about career opportunities and their organizations steps in the hiring process. Come dressed for the interview!

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.

Job Search Process: Create an actions plan! In this workshop we will assist in identifying effective tools to begin your job search process.

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

Maryland (DLLR) Workforce Employment registration: Reserve your 30-min session to discuss local employment opportunities with the DOL State Employment Representative and get registered to receive job listings.

Portable Careers for Military Spouses: Introduces you to portable careers you can take with you through your military travels.

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.

Resume Writing Series I of III: This is a basic resume course designed for those who have never written a resume or need to update their knowledge base of style, format, and standards.

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!

Social Media: Get Noticed and Get Hired: Learn how to create your own personal brand! Participants will learn how to implement a professional online presence.

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