



The Fleet & Family Support Center



OCTOBER 2012

CLASS SCHEDULE

Hours of Operation are: Mon-Fri, 0800 – 1630. Call 727-3232 to register for classes. Located in building 3293. Classes are free.

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

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 and 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.

READY	
REACTING	
INJURED	
ILL	

FINANCIAL EDUCATION AND ASSISTANCE	DATE	TIME	LOCATION
Develop Your Spending Plan	9 Oct	0900-1000	FFSC
Credit Management	23 Oct	0900-1000	FFSC
Saving and Investing	30 Oct	0900-1000	FFSC
CAREER/EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
Federal Resume Format	10 Oct	0900-1000	FFSC
Resume Review	12, 26 Oct	0900-1100	FFSC
10 Steps to Federal Jobs	19 Oct	0830-1130	FFSC
Business Resume Format	24 Oct	1400-1500	FFSC
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
Post Deployment	10 Oct	1100-1200	FFSC
Sponsor Training	11 Oct	0900-1100	FFSC
Separating TAP	15-18 Oct	0830-1600	FFSC
Pre Deployment	24 Oct	1100-1200	FFSC
Smooth Move	25 Oct	0900-1130	FFSC
Myers-Briggs Type Indicator	31 Oct	0900-1130	FFSC
PERSONAL GROWTH AND DEVELOPMENT	DATE	TIME	LOCATION
Conflict Management Workshop	10 Oct	1100-1300	FFSC
Communication Skills Workshop	11 Oct	1100-1300	FFSC



A 24/7 Resource for Military Members, Spouses & Families
1-800-342-9647