



# Life YOUiversity

Quality personal and Family life skills education for the military community.

## **New Year—New Awareness**

By: Marcia O'Connor, Army Exceptional Family Member Program Manager,  
Joint Base Myer-Henderson Hall

As the New Year begins, many military special needs Families have already relocated while others are anticipating and planning their next move. The comfort currently experienced with stable access to community resources and services may soon be replaced by a stressful "starting over" period. Special needs Families experience many challenges and frustrations prior to moving and frequently feel overwhelmed and forgotten, but with a system in place to ensure continuity of required services in or within proximity to the gaining command, relocating will be less taxing. The process that ensures the coordination of medical and/or special educational or early intervention services to ensure availability of services at the next command is the Exceptional Family Member Program (EFMP). OCONUS assignment coordination considers both medical and special educational needs and CONUS assignment coordination considers only medical needs. Unless the military sponsor ensures that the enrollment is current, an incorrect assignment may be made and early return of Family members may be warranted. To avoid incorrect assignment coordination, the Family needs to be aware of the content of the enrollment. Do not assume that information discussed with the physician, such as, "must be within 5 miles of a medical center," "needs residential air conditioning," or "requires wheelchair access" was included. Ensure that the information you believe should be in the EFMP enrollment has actually been documented. This will allow for complete coordination with the gaining command and a smooth transition for your Family.

Knowledge and advance preparation are paramount to a successful military relocation. Your military medical treatment facility can validate an existing enrollment and the 3 year update anniversary. Since initial or update enrollments/dis-enrollments can be a lengthy process, the military sponsor must ensure that the most current information is provided in advance of assignment coordination. Families should not expect that coordination to ensure availability of services and providers will be correct if the EFMP enrollment data is outdated. Status changes, such as a divorce or death, need to be addressed with an updated EFMP enrollment by using DD Form 2792 (medical) and/or 2792-1 (educational) forms which will remove Family members who no longer meet enrollment criteria or eligibility.

Special needs identification, enrollment, medical and system navigation, advocacy, respite care and community services are available at most military installations. Families are encouraged to contact their Army Community Service or other Family Service Centers prior to their relocation and inquire about programs and services, such as medical care options, housing availability, public or private special education, childcare, recreational opportunities, advocacy, and respite care, offered at or in close proximity to the new duty station. Special needs Families who have successfully navigated complex services are encouraged to reach out to newly arriving Families to offer sponsorship and support. Meeting and networking with other Families through classes, support groups, or activities, is a wonderful way to meet other special needs Families. Make your ACS or Family Service Center one of your first stops upon arriving and ask for assistance. Take time to *learn* about your new community, *grow* in knowledge, and *share* your experiences. Happy 2013!

**Life YOUiversity February / March 2013**

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2013

**All classes require registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their Family members, and DoD civilians. All classes subject to change.**

## Inside this issue:

<u><i>New Year-New Awareness</i></u>	1
★ <i>Parenting</i>	2-5
★ <i>Home, Health &amp; Marriage Enrichment</i>	5-11
★ <i>Personal Growth</i>	11-12
★ <i>Military Family Team Building</i>	13-14
★ <i>Veteran, Retirement &amp; Transition Assistance</i>	14-16
★ <i>Financial Readiness</i>	16-20
★ <i>Employment Readiness</i>	21-23
★ <i>Deployment &amp; FRG</i>	24-25
★ <i>Support Groups</i>	25
★ <i>Exceptional Family Member Program</i>	26

*For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.*

*To advertise your program, event or class in this bulletin, contact:*

**Karen St. Pierre  
(703) 696-3512  
Karen.Stpierre1@us.army.mil**

## PARENTING

### Fort Belvoir, Virginia

#### Morning Playgroup

**Date(s):** Every Tuesday

**Time:** 10:00 a.m. —12:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Shadae Stringfield & Ms. Sonja Fouts

**For information, call (703) 805-2693/2781.**

A parent / child playgroup that provides socialization for parents and children ages 5 and under. Activities include, but are not limited to, singing, dancing, games, and crafts.

#### Baby Bundles

**Date(s):** February 6, 2013

**Time:** 10:00 a.m. —12:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Pamela Hirsch

**For information, call (703) 805-2693/2781.**

Learn about postpartum expectations, infant care, and how to manage your budget requirements after your new baby arrives. Participants will receive a gift basket filled with baby goodies to start them on their way.



#### ScreamFree Parenting Workshop—Session II

**Date(s):** February 7, 2013 & March 7, 14, 21, 2013

**Time:** 5:30 —7:30 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Reon Brogan

**For information and to register, call (703) 805-2693.**

Learn about the ScreamFree approach to parenting which compels you to focus on yourself. You will be introduced to principles to help you stay calm and connected with your kids and revolutionize your Family. Pre-registration is required.

#### Dads 101

**Date(s):** February 15, 2013

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Pamela Hirsch

**For information, call (703) 805-2693/2781.**

This class will walk new and expecting dads through the joys and trials of becoming an active father. Participants will receive a dad-friendly diaper bag filled with baby goodies to start them on their way.



#### Love & Logic Parenting

**Date(s):** February 26, 27, 28, 2013—**3 PART SERIES**

**Time:** 5:30 —7:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Reon Brogan

**For information and to register, call (703) 805-2693.**

This unique class will provide parents with practical techniques in empathy, which allows children to grow through their mistakes, while using logic which allows children to live with the consequences of their choices.

#### Infant Massage

**Date(s):** March 7, 14, 21, 28, 2013—**4 PART SERIES**

**Time:** 1:00 —3:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Sonja Fouts

**For information, call (703) 805-2693/2781.**

Infant massage promotes bonding and teaches parents ways to calm and soothe their baby.

### Fort Meade, Maryland

#### Parents As Teachers

**Date(s):** February 19, 2013

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Fort Meade

**Instructor:** Ms. Julie Yates

**For information, call (301) 677-9014/18.**

Children are not born with manuals, so getting all the help you can to assist in training them to be productive men and women in society is important. Come and share some of your insight and get more tools. Registration required.

#### Encouraging Positive Behavior

**Date(s):** March 8, 2013

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Fort Meade

**Instructor:** Ms. Julie Yates

**For information, call (301) 677-9014/18.**

Parents will gain tools to help encourage appropriate and desirable behaviors in their children. Registration required.

Individualized Parenting Support and Education  
Call for an appointment  
(301) 677-3617

### Joint Base Anacostia-Bolling, DC

#### The DC Women, Infant, and Children (WIC) Nutrition Program (Mobile Unit)

**Date(s):** First (1st) and Second (2nd) Tuesday of each month

**Time:** 9:00 a.m. —3:00 p.m.

**Location:** BX & Commissary Parking Lot, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 865-4942.**

WIC provides food high in iron, protein, calcium, vitamin C and other nutrients. Pregnant and new mothers who are bottle feeding or breastfeeding, infants or children less than 5 years of age who are DC residents may be eligible.

#### Breastfeeding Basics Class

**Date(s):** First (1st) Tuesday of each month

**Time:** 1:00 —2:30 p.m.

**Location:** Enterprise Hall, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Ms. Karla Abney

**For information, call (202) 433-6151.**

Like any new skill breastfeeding takes knowledge and practice to be successful. Pregnant women who learn about how to breastfeed are more likely to be successful than those who do not. This class offers pregnant women and their partners the chance to prepare and ask questions before the baby's arrival.

#### Moms and Tots Playgroup

**Date(s):** Every Thursday

**Time:** 9:45 —11:45 a.m.

## PARENTING (CONTINUED)

**Location:** Youth Center, Joint Base Anacostia-Bolling

**POC:** Military & Family Support Center Staff

**For information, call (202) 433-6151.**

This group promotes positive interaction between parents and children.

### **Making Rules and Following Them**

**Date(s):** February 12, 2013

**Time:** 1:00 —2:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

Parents will learn how to set rules, consequences, and how to follow them.

### **Dealing With Challenging Behavior**

**Date(s):** March 7, 2013

**Time:** 4:00 —5:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

Parents will learn techniques to deal with children's challenging behavior.

### **Two Homes, One Family**

**Date(s):** March 12, 2013

**Time:** 11:00 a.m. —12:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

In this interactive training, we will help you define co-parenting and understand its importance. We will also discuss dos and don'ts and help you begin to make a family plan that fits your current situation.

### **Parenting: Guiding Your Child Through Adolescence**

**Date(s):** March 26, 2013

**Time:** 10:00 —11:00 a.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

This course will help parents guide their teen in transitioning toward healthy adulthood relationships.

New Parent Support Home Visitation Program provides individualized parenting support and education. For more information please call (202) 433-6150.

## Joint Base Andrews, Maryland

### **Dads 101**

**Date(s):** Last Tuesday of every other month—March 26, 2013

**Time:** 8:30 a.m. - 4:00 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Taught by Dads

**To register, call (240) 857-9680/7501.**

This class taught by dads, for dads, to include topics on pregnancy, coaching during childbirth, and fatherhood. All ranks and branches are welcome!

### **The Women, Infant, and Children (WIC)**

#### **Nutrition Program**

**Date(s):** Thursdays, except on Federal holidays—appointments required

**Time:** 8:30 a.m.—4:30 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Nurses from Prince George's County WIC Program

**To make an appointment, call (301) 856-9600.**

Information is provided to assist mothers with choosing healthier foods to improve children's health. WIC provides food high in iron, protein, calcium, vitamin C, and other nutrients. Pregnant women, new mothers, infants or children under 5 years of age who are Maryland residents may be eligible for services.

### **Family Advocacy Safety Education Seminar**

**Date(s):** February 13, 2013—Offered quarterly

**Time:** 8:00 a.m.—12:00 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Representatives from different agencies

**To register, call (240) 857-9680.**

Educational seminar provides information to reduce the risk for child and partner maltreatment, increases knowledge and skill building for Families with potential risk factors, and promotes resilience and mission readiness.

**Must be referred by 1st Sergeant.**

### **Bundles for Babies**

**Date(s):** March 27, 2013

**Time:** 8:30—11:30 a.m.

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker

**To register, call (301) 981-7087.**

A financial preparedness for active duty military members who are expecting parents.

## JBM-HH Fort Myer, Virginia

### **Baby Bundles**

**Date(s):** February 8, 2013

**Time:** 3:00 — 5:00 p.m.

**Location:** Army Community Service, Room 17, Bldg. 201, Fort Myer

**Instructor:** Ms. Karen Holmes & Ms. Kathy Vi

**For information and to register, call (703) 696-3512.**

Prepare your home and relationships for the changes that are needed when your baby arrives. We will give a brief overview of the labor and delivery process and newborn care. Upon completion of this class you will receive a bag of free baby care and safety items.



### **Parents Helping Parents: The 5 Love Languages of Children**

**Date(s):** February 11, 2013

**Time:** 10:30 a.m.—12:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Karen Holmes

**For information and to register, call (703) 696-3512.**

Join other parents and children (under 5 years old), for a time of crafts, stories, and songs. Parents will be given an overview of the concept of a Love Language and will receive a copy of the book, "The 5 Love Languages of Children." Registration required.

### **Teen Dating Safety**

**Date(s):** February 12, 2013

**Time:** 4:30 — 5:30 p.m.

**Location:** Cody Child Development Center Teen Lounge, Bldg. 483, Fort Myer

## PARENTING (CONTINUED)

**Instructor:** Ms. Karen Holmes

**For information and to register, call (703) 696-3512.**

Join parents and teens for a discussion about the characteristics of healthy relationships. We will also discuss steps to take if teens or someone they know find themselves in an unhealthy relationship. Resources will be given out so that Families can continue this conversation at home. Registration required for teens who are not currently enrolled in the CYS SAS program, and they must attend with a parent or guardian.

### JBM-HH Henderson Hall, Virginia

#### **Barcroft Elementary School Tutor & Buddy Program**

**Date(s):** First (1st) and third (3rd) Tuesday of every month

**Time:** 11:00 a.m.— 12:30 p.m.

**Location:** Barcroft Elementary School, Arlington, VA

**Instructor:** Ms. Liz Barnes

**To register, call (703) 693-8378 .**

Active duty and civilian volunteers are needed to support the Tutor and Buddy Program. Join today to make a difference in the life of a child. Transportation is provided from Smith Gym to the school.

#### **Baby Boot Camp**

**Date(s):** February 22, 2013 & March 22, 2013

**Time:** 8:30 a.m.— 3:30 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters & Ms. Amaris Brown



**To register, call (703) 614-7204.**

Expectant parents will learn how to soothe a crying infant, safe sleeping practices, and how to enjoy becoming a parent.

#### **1-2-3 Magic**

**Date(s):** February 25, 2013 & March 25, 2013

**Time:** 1:00 — 3:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters & Ms. Amaris Brown

**To register, call (703) 614-7204.**

This program explores consistent and effective age-appropriate discipline techniques. This workshop is designed for parents of children ages 2-12.

#### **Cooperative Parenting & Divorce**

**Date(s):** March 18, 2013

**Time:** 12:00 — 4:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters

**To register, call (703) 614-7204.**

Explore ways to reduce conflict between parents as their roles shift from married couple to co-parents. Participants will learn the impact of parental conflict on their child's development and how to control impulses.

### Patuxent River, Maryland

#### **Playgroup**

**Date(s):** Every Thursday

**Time:** 10:00 — 11:00 a.m.

**Location:** Glen Forrest Community Center

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and Family members.

#### **1-2-3-4 Parents**

**Date(s):** February 12, 19, 26, 2013 -3 PART SERIES

**Time:** 4:00—6:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Lolita Tyler-Lockett

**To register, call (301) 342-4911.**

This three session program is designed to meet the special challenges of parenting children in the one to four year old age groups. The program focuses on developmental stages, disciplining strategies, encouragement skills, building self-esteem, and bonding methods.

The Arlington Early Intervention Interagency Coordinating Council (AEIICC) is pleased to present...

### Your Child's Development:

"Stages and Strategies: Understanding Your Child's Behavior"  
and

"Everyday Toys for Your Child's Play and Language Development"

Workshops and an information fair for Arlington parents and caregivers of infants and preschoolers

Saturday, February 23, 2013  
9:00am to 12:30pm

Walter Reed Community Center  
2909 16th Street South  
Arlington, VA 22204



#### Schedule of Events:

9:00am-9:30am:	Registration and Resource Tables/Networking/Refreshments
9:30am-10:30am:	<b>Workshop #1:</b> "Stages and Strategies: Understanding Your Child's Behavior"
10:30am-11:00am:	Break/Resource Tables/Networking/Refreshments
11:00am-12:00pm:	<b>Workshop #2:</b> "Everyday Toys for Your Child's Play and Language Development"
12:00pm-12:30pm:	Closing remarks and Q & A/Networking

This event is free. All Arlington parents and caregivers of children between birth and five years old are welcome. Registration is requested although walk-ins are welcome. Please register by Internet at <http://arlington2013resourcefair.eventbrite.com>; by e-mail to [cfuentes@arlingtonva.us](mailto:cfuentes@arlingtonva.us); or by phone at 703.228.1551 by February 15, 2013. Simultaneous translation into Spanish will be available.



## PARENTING (CONTINUED)

### Infant Massage

**Date(s):** February 14, 28, 2013

**Time:** 9:00—9:45 a.m.

**Location:** Glen Forrest, NAS Patuxent River

**Instructor:** Ms. Lolita Tyler-Lockett

**To register, call (301) 342-4911.**

Learn the benefits of touching and massaging your baby which deepens the attachment with parents and siblings.



### Budgeting for Baby

**Date(s):** February 27, 2013 & March 27, 2013

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Navy Marine Corp Relief, Bldg 401, NAS Patuxent River

**Instructor:** Ms. Maureen Farrell

**To register, call (301) 342-4911.**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing Family. All Navy and Marine Corp Service Members who attend will receive a new layette worth more than \$100.

## Quantico, Virginia

### Amazing Newborns

**Date(s):** March 5, 2013

**Time:** 4:00—6:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Lolita Tyler-Lockett

**To register, call (301) 342-4911.**

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby. Discuss feeding, health care, and safety issues. Participants will receive a complimentary book, "Your Baby's First Year" and CD "Heartbeat Lullabies."

### WIC Program Extends Services to Quantico Site!

**Date(s):** Every Monday & Wednesday

**Time:** 8:30 a.m.—4:00 p.m.

**Location:** Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

**POC:** WIC Staff

**For more information, call (703) 792-7319.**

This site on Quantico Marine Corp Base will serve military Families who live on and off base. To determine if you are eligible for the program, or to transfer your current WIC enrollment to the Quantico site, please call and speak with a WIC representative. You can also reach WIC by email at [pwctic@vdh.virginia.gov](mailto:pwctic@vdh.virginia.gov).

### Through A Child's Eyes (Ages 6-12)

**Date(s):** Thursdays through February 14, 2013

**Time:** 5:30 —7:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Ms. Amanda Norah & Ms. Kristiana Poole

**To register, call (703) 784-2570.**

This support and educational group is designed for the specific needs of children who have experienced or witnessed domestic violence and other Family dysfunction in their homes. A brief pre-screening is required before attending. Children will have the opportunity to discuss anger management, making and keeping friends, self-esteem and other valuable social skills. Adult learning opportunities will be provided simultaneously.

### Cooperative Parenting and Divorce

**Date(s):** February 22, 2013

**Time:** 9:00 a.m. —3:00 p.m.

**Location:** Voluntary Education Center, Classroom 8,

Marine Corp Base, Quantico

**Instructor:** Ms. Gale Ketola

**To register, call (703) 784-2570.**

This workshop will help you understand how to build a healthy co-parenting relationship that will benefit your child(ren) for years to come. Discussion includes the grieving process of losing relationships, ages and stages of development, and what children need/don't need to hear at various stages. Pre-registration required. Certificate will be provided.

### Becoming a Love and Logic Parent

**Date(s):** March 7, 14, 21, 2013—**3 PART SERIES**

**Time:** 5:30 —7:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Ms. Mary Skinner-Vance

**To register, call (703) 784-2570.**

Enjoy three evenings of fun covering six modules of applying the COOL formula to parenting techniques—Control; Ownership of the problem; Opportunity for thinking and Let empathy and consequences do the teaching. Child care may be provided. Pre-registration required.



**1-800-342-9647**

**Resources & Help for  
Military Members,  
Spouses & Families**

**[www.militaryonesource.com](http://www.militaryonesource.com)**

## "Through a Child's Eyes"

Thursday Evenings

17 Jan - 14 Feb

1730-1900

Religious & Family  
Services Center

"Bitter are the tears of a child; Sweeten them.  
Deep are the thoughts of a child; Quiet them.  
Sharp is the grief of a child; Take it from him.  
Soft is the heart of a child; Do not harden it."

Has your child been exposed to family violence? You are not alone and support is available. This group is for children between the ages of 6-12 who have witnessed domestic violence and family dysfunction.

#### Topics include:

- Safety Planning
- Anger Management
- Making & Keeping Friends
- Self-Esteem
- Other Social Skills



Family Advocacy Program  
703-784-2570

[www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org)  
[www.facebook.com/QuanticoFAP](https://www.facebook.com/QuanticoFAP)

24/7 Victim Advocacy Helpline: 703-350-1688

# HOME, HEALTH & MARRIAGE ENRICHMENT

## Fort Belvoir, Virginia

### **Stress Management**

**Date(s):** February 12, 2013

**Time:** 10:00-11:00 a.m.

**Location:** Army Community Service, Bldg. 200,

9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Reon Brogan

**For information and to register, call (703) 805-2693.**

This class provides participants with information about stress, how to identify stressors, and methods and techniques for preventing stress.

### **Couples Communication**

**Date(s):** March 13, 2013

**Time:** 9:00 a.m.—2:00 p.m.

**Location:** Army Community Service, Bldg. 200,

9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Reon Brogan

**For information and to register, call (703) 805-2693.**

This interactive class focuses on teaching effective communication and how to use these skills and tools to be effective communicators.



## **FREE** USO Farmer's Market

1st Wednesday of the month at noon  
6099 Abbott Road, Bldg. 2115  
Fort Belvoir, Virginia  
(703) 805-2464

*Bring your shopping bag and enjoy free food*

## Fort Meade, Maryland

### **Stress Management**

**Date(s):** February 14, 2013 & March 14, 2013

**Time:** 9:00 — 11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Julie Yates

**To register, call (301) 677-9014/17/18.**

Are you stressed out? This class offers helpful tips to reduce your stress.

### **Spouse Meet & Greet**

**Date(s):** February 14, 2013

**Time:** 10:00 a.m. —12:00 p.m.

**Location:** Potomac Place Housing, Fort Meade

**Instructor:** Ms. Jeannette Zielinski

**To register, call (301) 677-9014/17/18.**

Open to spouses new to the Navy, military life and Fort Meade. Registration required.

### **Time Management**

**Date(s):** February 15, 2013

**Time:** 9:00 — 11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Julie Yates

**To register, call (301) 677-9014/17/18.**

Are you always late? Let's work together and improve your time management skills!

### **Anger Management**

**Date(s):** February 20, 2013 & March 21, 2013

**Time:** 9:00 — 11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Julie Yates

**To register, call (301) 677-9014/17/18.**

Prepare yourself with information, tips and resources before you find yourself in need of them. It really is better to have them and not need it, than to need it and not have it!

### **Building Healthy Relationships**

**Date(s):** March 22, 2013

**Time:** 9:00 — 11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Julie Yates

**To register, call (301) 677-9014/17/18.**

Learn the skills to build healthy relationships. Class covers improving both personal and professional relationships.

## Joint Base Anacostia-Bolling, DC

### **Anger Management**

**Date(s):** February 6 & 13, 2013 or March 6 & 13, 2013 — **2 SESSIONS**

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72,

Joint Base Anacostia-Bolling

**POC:** Military & Family Support Center Staff

**For information, call (202) 433-6151.**

Participants will learn about the patterns of angry behavior and try out a variety of healthy coping strategies to handle feelings of anger. This class is designed to help participants reduce unacceptable expressions of anger at home and at work. Pre-registration is required. Must attend both dates to receive a certificate.

### **Right Start**

**Date(s):** February 6, 13, 20, 27, 2013 & March 6, 13, 20, 27, 2013

**Time:** 7:30 a.m.— 3:00 p.m.

**Location:** Military & Family Support Center, Bldg 13,

Joint Base Anacostia-Bolling

**Instructor:** Various

**To register, call (202) 767-0450.**

Information for those Air Force personnel new to Joint Base Anacostia-Bolling. Registration required.

### **Suicide Prevention Coordinators Training**

**Date(s):** February 7, 2013

**Time:** 2:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72,

Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

This suicide prevention training is for command coordinators.

### **Clean Up the Clutter**

**Date(s):** February 21, 2013

**Time:** 3:00—4:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72,

Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

This workshop will focus on de-stressing people's lives by helping them achieve cleanliness and organization in their home environments. Course activities will focus on visualizing the room the way an individual intends it to be and then helping them to take steps to make that vision a reality.

### **Smooth Move & Overseas Planning**

**Date(s):** February 26, 2013 & March 22, 2013

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

This workshop offers tips to help make your move as "painless" as possible! Topics include hints on household goods shipping, travel and financial planning, entitlements, Family preparation, and ways to reduce relocation stress. Open to all active duty, retiring, and separating military personnel and their Families.

### **Conflict Resolution**

**Date(s):** February 26, 2013

**Time:** 10:00 —11:00 a.m.

**Location:** WNY, Bldg. 101, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 434-6151.**

This workshop teaches participants to define conflict, as well as discover how they feel when faced with a conflict, how they normally react to conflict, what kind of coping techniques keep them calm in the face of conflict, and learn how to resolve it appropriately as it occurs.

### **Creating Routines to Lessen Stress**

**Date(s):** March 5, 2013

**Time:** 9:00—10:00 a.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

This course will help you define stress, recognize choices you make regarding stress, and identify routines that you can create in order to maintain balance and reduce the impact of stress.

## Joint Base Andrews, Maryland

### **Effective Communication**

**Date(s):** March 21, 2013

**Time:** 2:00 —3:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

This workshop will teach you what effective communication is, how to achieve it, and roadblocks to avoid so you can accomplish what you want from your communication.

### **Tobacco Cessation Program**

**Date(s):** Offered monthly, please call for dates

**Time:** 11:30 a.m. —1:00 p.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** HAWC Staff

**To register, call (240) 857-5601/4292.**

This course provides guidance and instructions for those individuals who desire to quit tobacco use. This is a weekly workshop that meets every Thursday for 4 sessions. Participants must attend all sessions. Follow-up sessions at 3, 6, and

12 months will be conducted. Medication and patches are available for TRICARE beneficiaries only.

### **Stress Management**

**Date(s):** Offered weekly, Thursdays

**Time:** 3:00—4:00 p.m.

**Location:** Health & Wellness Center (HAWC), Bldg 1444, Joint Base Andrews

**Instructor:** Family Advocacy, HAWC & Resiliency Staff

**To register, call (240) 857-5601/8942.**

Topics discussed:

1st Thursday—Controlled breathing

2nd Thursday—Muscle based relaxation

3rd Thursday—Mental relaxation

4th Thursday—Mediation

5th Thursday—Stress and self care awareness—this class is 2 hours from 2:00-4:00 p.m.

### **Fitness Fundamentals & Weight Management**

**Date(s):** Offered monthly, call for dates

**Time:** 8:30—10:30 a.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** HAWC Staff

**To register, call (240) 857-5601/4292.**

This class combines basic nutrition and meal planning for weight management with the fundamentals of starting and developing a fitness program. Fitness attire is not required however participants should dress comfortably in loose fitting clothes and proper shoes.

### **Pregnancy & Exercise**

**Date(s):** Offered monthly, call for dates

**Time:** 8:00 —9:00 a.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** HAWC Staff

**To register, call (240) 857-5601/4292.**

This class will give you information needed to exercise safely and effectively during your pregnancy. Information follows the American College of Obstetricians and Gynecologists (ACOG) guidelines for exercise during pregnancy. Be sure to talk with your doctor before starting any exercise program.



### **Suicide & Prevention Training**

**Date(s):** February 9, 2013

**Time:** 9:00 —10:00 a.m.

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Mental Health Clinic Staff

**To register, call (301) 981-7087.**

This class provides suicide and prevention training to promote good health and stress awareness.

### **Heart Link—Military Spouse Orientation**

**Date(s):** February 9, 2013

**Time:** 10:00 a.m. —1:00 p.m.

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker

**To register, call (301) 981-7087.**

An orientation for spouses to learn of military customs, finances, resources and health benefits.

### **Mid-Day Control....to Better Manage Anger**

**Date(s):** March 11, 18, 25, 2013— **3 PART SERIES**

**Time:** 12:00—1:00 p.m.

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker & Ms. Joyce Cravin

**To register, call (301) 981-7087.**

Gain control of anger by learning to identify triggers, practice calming techniques and finding helpful ways to express this often misused emotion.

### JBM-HH Fort Myer, Virginia

**Welcome to Korea**

**Date(s):** February 1, 2013 & March 1, 2013

**Time:** 10:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Relocation Staff

**To register, call (703) 696-0153/0156 or email**

**usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil**

Learn about sponsorship, Korean customs, culture, language, household shipments, driving, auto, pet, and passport information.

**Stress Management**

**Date(s):** February 20, 2013 & March 13, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Karen Holmes

**To register, call (703) 696-3512.**

Learn to identify personal sources of stress and strategies to take control of stress symptoms.

**Welcome to Germany**

**Date(s):** February 21, 2013 & March 21, 2013

**Time:** 10:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Relocation Staff

**To register, call (703) 696-0153/0156 or email**

**usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil**

Learn about sponsorship, German customs, culture, language, household shipments, driving, auto, pet, and passport information.

**Anger Management**

**Date(s):** February 27, 2013 & March 20, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Karen Holmes

**To register, call (703) 696-3512.**

Learn what it really means when you say, "I am so angry" and what you are achieving when you act out in anger. Participants will receive the "Anger Workbook", a 13-step interactive study guide by Dr. Les Carter. Pre-registration is requested.

Andrew Rader US Army Health Clinic  
Patient Education Classes

**PRE-DIABETES/DIABETES REFRESHER  
&  
HEALTHY HEART**

### Pre-diabetes/Diabetes Refresher Class

This class is intended for patients with impaired fasting glucose or pre-diabetes. It may also be appropriate as a refresher class on carbohydrate counting.

### Healthy Heart Class

This class is intended for patients with high cholesterol and/or hyper-tension. Information on therapeutic lifestyle changes (TLCs) and dietary interventions (DASH Eating Plan) to improve blood lipids and blood pressure will be presented.

Upcoming Classes:

February 7, 2013      Pre-diabetes/Diabetes Refresher      1:00-2:30 pm

February 14, 2013      Healthy Heart      1:00-2:30 pm

**How to register:**

**Ask your screener/nurse/medic to sign up**

**Sign up at Front Desk as you leave**

**Call 703-696-7930, please leave a message**

POC:      Beth Triner





## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### JBM-HH Henderson Hall, Virginia

#### **Aqua Aerobics**

**Date(s):** Mondays, Tuesdays, Wednesdays and Thursdays

**Time:** 10:30—11:30 a.m.

**Location:** Zembiec Pool, Henderson Hall

**POC:** Ms. Laura Guthrie

**For more information, call (703) 693-7351.**

Shallow water aerobics on Monday and Wednesday as well as deep water aerobics on Tuesdays and Thursdays. Free to all active duty, retired, DoD civilians and their Families. Pre-registration is required.



#### **Anger & Stress Management**

**Date(s):** Wednesday Mornings—Open Group—**8 PART SERIES**

**Time:** 9:00 — 11:00 a.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

Anger is a normal emotion however many of us struggle to express our emotions in a healthy way. In this eight part workshop you will learn how to recognize what triggers your anger and develop realistic strategies that will help reduce angry outbursts. In addition, the long term effects of stress and techniques for managing stress will be discussed. Must attend all eight sessions for certification. Registration is required.

#### **7 Habits of Highly Effective Military Families**

**Date(s):** February 1, 2013

**Time:** 9:00 a.m. —4:00 p.m.

**Location:** Marine and Family Services Conference Room, Bldg 29, Henderson Hall

**Instructor:** Ms. Jennifer Russo

**To register, call (703) 693-8906.**

Learn invaluable resources to help empower your Family, take ownership of your shared destiny, and learn the importance of a Family mission statement to not just survive, yet thrive as a military Family.

#### **Advanced Rape Aggression Defense (RAD) - Basic 4-Part Class**

**Date(s):** February 4, 6, 11, 13, 2013

**Time:** 6:00—9:00 p.m.

**Location:** Smith Gym, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

RAD is a dynamic self-defense class aimed to teach women prevention techniques and options to protect themselves if attacked. The mission of the class is to develop and enhance the options of self defense so that they may become viable options to the woman who is attacked. Female DoD ID holders ages 12 and up are welcome to attend this four session, free class. Please call to register.

#### **Prevention Relationship Enhancement Program (PREP)**

**Date(s):** February 8, 2013

**Time:** 9:00 a.m. —3:00 p.m.

**Location:** MCCS Training Room, 8th & I, Marine Barracks Washington

**Instructor:** Ms. Jennifer Russo

**To register, call (703) 693-8906.**

Evidence based, interactive marriage enrichment workshop is designed to provide couples with comprehensive and specific communication tools to be the most effective in communicating and resolving conflicts together.

#### **Welcome Aboard**

**Date(s):** February 12, 2013 & March 12, 2013

**Time:** 8:00 a.m.—3:00 p.m.

**Location:** Marine Club, Henderson Hall

**Instructor:** Mr. Willie Acevedo

**To register, call (703) 614-7202.**

General information for all new joins to the area. Topics include child care, housing, metro/transportation options, finance, semper fit programs, and education opportunities just to name a few.

#### **Married & Loving It!**

**Date(s):** February 14, 2013

**Time:** 9:00 a.m.—3:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Jennifer Russo

**To register, call (703) 693-8906.**

This workshop is designed for newly engaged or recently married couples. Couples will work on various skills such as financial management, anger and communication building techniques, and additional joint decision making topics. Pre-registration required.

#### **Facebook Live Chat! Preparing for a Successful PCS**

**Date(s):** February 26, 2013

**Time:** 12:00 — 1:00 p.m.

**Location:** [www.facebook.com/MCFTBHH](http://www.facebook.com/MCFTBHH)

**Instructor:** Mr. Willie Acevedo & Ms. Liz Barnes

**For more information, call (703) 614-7200/8906.**

The facebook live chat is a real-time, interactive meeting featuring subject matter experts. Some of the topics discussed will pertain to the areas of Family readiness, personal financial management, special needs advocacy and services, K-12 school support and PCS moves. To attend visit [www.facebook.com/MCFTBHH](http://www.facebook.com/MCFTBHH); like our page; visit events; click on facebook live chat: Preparing for successful PCS then select join.



#### **Permanent Change of Station Class (PCS)**

**Date(s):** February 28, 2013 & March 28, 2013

**Time:** 1:00 —3:00 p.m.

**Location:** Marine and Family Services, Bldg 12, Henderson Hall

**Instructor:** Mr. Willie Acevedo

**To register, call (703) 614-7202.**

General information is on preparing for your PCS move. Topics of discussion are household goods, entitlements, finance, and e-relocation websites.

#### **CORE Issues**

**Date(s):** March 5, 12, 19, 26, 2013 & April 2, 9, 2013

**Time:** 9:00—11:00 p.m.

**Location:** Marine and Family Services, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

This 6 week education group is designed for individuals (both male and female) who are experiencing difficulties in their relationships. The group focuses on the cycle of conflict, Family roles, emotional management, impulse control, recognizing power and control struggles in personal relationships, and improving communication skills. Registration and a referral from command or Family Advocacy Program is required.



## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### **Incident Determination Committee (IDC) — Family Advocacy Appointed Representatives Training**

**Date(s):** March 14-15, 2013

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Marine and Family Services, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

This two day training is a requirement for Commanders who are appointed as representatives to the FAP. The training covers what to expect when working with FAP, the dynamics of domestic violence and child abuse, and prepares Commanders for the roles, expectations, and process of the IDC. This is a mandatory training prior to becoming a voting member of the IDC. Please call to register.

### **Real Colors**

**Date(s):** March 20, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Marine and Family Services,  
Bldg 12, Henderson Hall

**Instructor:** Ms. Jennifer Russo

**To register, call (703) 693-8906.**

Through self-discovery, learn your communication preferences, identify what motivates you, and tailor your communication style to be the most effective with your co-workers and significant other. This class is open to all branches.



learn how to successfully apply anger management skills in the workplace, relationships or any other life situation where anger control is needed. Each session focuses on one of the 8 core tools: stress management, empathy, response, assertiveness, self-talk, expectation, forgiveness, and time-outs.

### **Married and Loving It (MALI)**

**Date(s):** Tuesday evenings – January 15, 2013—February 12, 2013

**Time:** 5:30 —7:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

This evidence based educational group is for couples who want to improve communication; set guidelines for establishing a sound financial future; identify anger and how to solve conflicts in healthy ways; set healthy boundaries with in-laws and other extended Family members; and discuss factors that help couples truly enjoy married life. Pre-registration required. Childcare may be available upon request.

### **Anger Management**

**Date(s):** February 1, 2013 & March 1, 2013

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St.,  
Marine Corp Base, Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

Recognize sources and triggers of anger and learn coping techniques.

## Patuxent River, Maryland

### **Stress Management**

**Date(s):** February 20, 2013 & March 21, 2013

**Time:** 8:30—10:00 a.m. & 1:00—2:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Stress is a part of life. In this class, you will understand how your beliefs impact how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

### **Personal Communication**

**Date(s):** March 13, 2013

**Time:** 11:00 a.m. — 12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

### **Sponsorship Training**

**Date(s):** February 5, 2013 & March 5, 2013

**Time:** 9:00 — 11:00 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961.**

This training is designed to help all sponsors with the performance of their duties.

We provide helpful hints, checklists, and an overview of sponsorship duties, resources and handouts. Spouses assisting with an accompanied tour sponsorship are also encouraged to attend.



### **PCS (CONUS) Workshop**

**Date(s):** February 7, 2013 & March 7, 2013

**Time:** 9:00 —11:15 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961/4962.**

This mandatory workshop provides a great deal of pre-departure and destination information such as moving tips, financial concerns, relocation and travel entitlements, base and community information, and more.

## Quantico, Virginia

### **Anger Management 8 Week Course**

**Date(s):** Mondays January—March. Please call for dates.

**Time:** 1:00—3:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan Street,  
Marine Corp Base, Quantico

**Instructor:** Ms. Rebecca Childress

**To register, call (703) 784-2570.**

Join us for this intense 8 week study using an evidence based curriculum to

### **Real Colors, Real Stress**

**Date(s):** February 8, 2013 & March 8, 2013

**Time:** 9:00 a.m.—3:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St.,  
Marine Corp Base, Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

This workshop is designed for clients who have a basic understanding of stress and want an opportunity to develop a unique stress reduction plan using knowledge gained through an interactive group process. The stress management



## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### Commander's Welcome Aboard

**Date(s):** February 20, 2013 & March 20, 2013

**Time:** 8:30—11:50 a.m.

**Location:** The Clubs At Quantico, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961/4962.**

Start your tour right! The workshop is designed to inform newcomers about programs and services aboard Quantico that include information on recreation, education, medical services, local legal issues, safety issues, chapel programs and more. This mandatory brief is open to all ranks, military and civilian personnel. Spouses are highly encouraged to attend.



### PCS (OCONUS) Workshop

**Date(s):** February 21, 2013 & March 21, 2013

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961/4962.**

This mandatory workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe.



## PERSONAL GROWTH

### Fort Belvoir, Virginia

#### Army Volunteer Corps Orientation

**Date(s):** February 14, 2013 & March 14, 2013

**Time:** 11:00 a.m. —12:30 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**For information, call (703) 805-4152.**

This orientation provides volunteers with information on how to register, track volunteer hours, and learn of available volunteer opportunities on the installation.

#### Volunteer Management Information System (VMIS)

**Date(s):** February 26, 27, 28, 2013 & March 26, 27, 28, 2013

**Time:** 10:00 a.m. —1:00 p.m. (Feb. 26th, 27th, Mar. 26th, 27th) &

10:00 a.m.—12:00 p.m. (Feb. 28th, Mar. 28th)

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**For information, call (703) 805-4152.**

This training will help volunteers utilize the VMIS system to create their profile, log volunteer hours, and search for volunteer opportunities. Preregistration is required.

#### Army Volunteer Corps AFAP/AFTB Advisory Council

**Date(s):** March 19, 2013

**Time:** 1:00 —2:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**For information, call (703) 805-4152.**

The council allows volunteers and members of the installation to exchange information and discuss upcoming events.

#### Back to Basics Etiquette Class

### Joint Base Andrews, Maryland

**Date(s):** February 1, 2013

**Time:** 6:30—9:00 p.m.

**Location:** The Club at Andrews, Joint Base Andrews

**POC:** Family Advocacy Program & Chapel

**To register, call (240) 857-9680 or (301) 981-2111.**

Tween/teens ages 11-17 will be instructed on how to conduct themselves in social settings, social media/cell phone etiquette, along with appropriate dress for different occasions while being stylish.

#### Self Expression Expo 2

**Date(s):** February 22, 2013

**Time:** 6:30—9:00 p.m.

**Location:** The Base Theater, Joint Base Andrews

**POC:** Family Advocacy Program & Youth Services

**To register, call (240) 857-9680 or (301) 981-5636.**

Tweens/teens, showcase your unique talent or special interest in a safe, non-threatening environment. There will be workshops for parents regarding communicating with your teen and how to help foster healthy teen relationship. There will be several raffles for prizes.

**SELF EXPRESSION EXPO .2**

Do you have a unique talent or special interest?

**R U b/w age 11 - 17**

**ROUND 2 LETS GO!**

Performance by  
Martial Arts studio **WORLD HAPMUDO**

**BASE THEATER**

**Friday 2.22.13 @ 6:30 pm**

*Sign up and show us how you do!*  
301-981-5636 -YC  
240-857-9680 -FAP

## PERSONAL GROWTH (CONTINUED)

### JBM-HH Henderson Hall, Virginia

#### **Tutor Buddies**

**Date(s):** Every Tuesday

**Time:** 11:00 a.m.-12:00 p.m.

**Location:** Barcroft Elementary School, Arlington, VA

**POC:** Ms. Renee Lilley

**For more information call (703) 693-1253.**

The Henderson Hall Partners in Education Program is looking for volunteers to tutor children at Barcroft Elementary School. Transportation is provided.

#### **College 101 / TA Brief**

**Date(s):** Every Wednesday

**Time:** 1:30– 2:30 p.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Mr. Bart MacMillan

**For more information, call (703) 614-9104.**

College 101 is your guide for the road to success! It will prepare you for taking that first step toward your goal in pursuing your voluntary, off-duty education.

#### **College-Level Examination Program (CLEP) & DANTES Subject Standardized Tests (DSSTs)**

**Date(s):** Every Wednesday

**Time:** 9:00–10:00 a.m. & 1:00–3:00 p.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Park University Services

**To register, call (703) 525-7275.**

CLEP & DSSTs are computer-based tests used to grant exemption from and provide credit for specific college courses. Free to active duty/reserve personnel; for eligible civilians and veterans each test costs \$80 plus \$20 administrative fee.



### Patuxent River, Maryland

#### **Myers Briggs**

**Date(s):** February 13, 2013

**Time:** 8:00 a.m.—12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Linda Schmid

**To register, call (301) 342-4911.**

Myers Briggs Type Indicator (MBTI) is a widely used instrument designed to increase insight into yourself and others. MBTI is useful for self awareness, career interest, relationships and leadership. This workshop will also help you re-evaluate how you behave and interact with others.



**2013**

Wednesday, 16 January	0930-1230	FRG Basic Course FT Belvoir ACS
Thursday, 14 February	0900-1200	FRG Basic Course JBM-HH ACS
Wednesday, 20 February	0900-1200	FRG Basic Course FT Meade
Wednesday, 20 March	0930-1230	FRG Funds & Fundraising FT Belvoir ACS
Wednesday, 20 March	0900-1100	FRG Roundtable FT Meade
Wednesday, 17 April	0900-1500	FRG Advanced Course FT Belvoir ACS
Wednesday, 15 May	0900-1500	FRG Advanced Course FT Meade
Wednesday, 19 June	0930-1230	FRG Basic Course FT Belvoir
Wednesday, 19 June	0900-1100	FRG Roundtable FT Meade

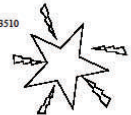
Please call ahead to reserve a space; if there are less than 5 students the class will be canceled. We will provide free childcare for each class, but reservations must be made NLT 1 week prior. FT Belvoir will provide Kids on Site (KOS) in the ACS building. For FT Meade, the parent must reserve a space in the Child Development Center Hourly Care; the care will be free.

To reserve a space, and childcare if needed, please call the following:

FT Belvoir: 703-805-5683 FT Meade: 301-677-4110 FT JB-MHH: 703-696-3510



Fort Belvoir ACS:  
9800 Belvoir Road, Bldg 200  
Fort Belvoir, VA 22060



Fort Meade ACS:  
830 Chisholm Avenue  
FT Meade, MD 20755



**1-800-342-9647**

**Resources & Help for  
Military Members,  
Spouses & Families**

**www.militaryonesource.com**

K-12 students, college students, and adult learners available 24/7.

Students work with certified tutors on homework, essay writing and test prep in 20 subjects. Student and tutor use chat, interactive whiteboards and file-sharing in a secure online classroom.

Sessions can be replayed, emailed and printed.

To obtain a Family password to Tutor.com at no charge, please contact, Bart MacMillan at Henderson Hall Lifelong Learning

Phone #: 703-614-9104.



# MILITARY FAMILY TEAM BUILDING

## Fort Belvoir, Virginia

### Army Family Team Building Level II

**Date(s):** February 13, 2013

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

This class offers ways to effective problem solving and networking with community agencies.



### Army Family Team Building Level I

**Date(s):** February 27, 2013

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

Ten classes to help navigate the army life such as army acronyms, chain of command, entitlements and benefits, and much more.

### Army Community Service Instructor Training Course

**Date(s):** March 6-7, 2013

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

This course is designed to train and qualify instructors to become Army Community Service instructors.

### Army Family Team Building Level III

**Date(s):** March 13, 2013

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

This class provides instruction on leadership skills, communication skills for leaders, building cohesive teams, leadership styles, managing group conflict and much more.

## JBM-HH Fort Myer, Virginia

### Army Family Team Building Level II

**Date(s):** February 21-22, 2013

**Time:** 8:30 a.m.- 3:30 p.m.

**Location:** Army Community Service, Room 14, Bldg. 201, Fort Myer

**Instructor:** Ms. Robin Cordovez

**For information and to register, call (703) 696-1229.**

Level II courses provide personal development and encourage emerging leadership from within the Army Community, as well as learning how to cope with challenging situations. Registration is required.

AFTB is now available as an app on the iPhone 3GS, iPhone 4, iPhone 4S, iPod touch 3rd & 4th Generation and iPad. Download it for FREE on your device today!

## JBM-HH Henderson Hall, Virginia

### Command Team Advisor / Family Readiness Assistant Training

**Date(s):** February 14, 2013 & March 14, 2013

**Time:** 12:00—4:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Kea Matory

**To register, call (703) 693-1253.**

This volunteer training is for spouses, parents, and extended Family members appointed to the role of Family Readiness Advisor for the unit. This training covers all aspects of the advisor's role on the command team and expectations in the unit Family readiness program. Family readiness assistant training is required prior to this course. This is an hour long required training for appointed volunteers.

### LINKS for Marines

**Date(s):** February 20, 2013 & March 27, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Erica Ramos

**To register, call (703) 693-1457.**

L.I.N.K.S. is a program within Marine Corps Family Team Building that enhances the readiness of Marines (single and married), and their Families by offering an orientation to the Marine Corps lifestyle.



### LINKS for Spouses

**Date(s):** February 23, 2013 & March 20, 2013

**Time:** 9:00 a.m.—4:00 p.m. & 5:00—9:00 p.m.

**Location:** Bldg 12, Conference Room, Henderson Hall

**Instructor:** Ms. Erica Ramos

**To register, call (703) 693-1457.**

This program offers an orientation to the Marine Corps lifestyle. It will also help spouses new to the Marine Corps community adapt to the unique challenges Military life often presents. Learn about Marine Corps history, benefits and services, separations and deployments, tips on moving, and much more.



## COMPASS

A Spouses Guide to Navy Life

ALL spouses welcome!

New to the Navy? Bring your questions.

A Seasoned Spouse? Bring your experience!

### COMPASS Sessions 2013

March 5-6-7

May 14-15-16

Sept 17-18-19

Nov 5-6-7

Babysitting, breakfast & lunch provided

### Areas Covered

- \* Moving (PCS)
- \* Dealing with deployments
- \* Benefits of an ID card
- \* Navy Traditions
- \* Finances
- \* Things to see and do in Washington DC.
- \* Communicating Effectively

For information or to register online:

[www.gocompass.org](http://www.gocompass.org). All sessions held at

JBAB

Look for us soon on facebook

## MILITARY FAMILY TEAM BUILDING (CONTINUED)

### **CO/Senior Enlisted Spouse Training**

**Date(s):** March 28, 2013

**Time:** 12:00 — 4:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Mr. Omar Teran

**To register, call (703) 693-4840.**

This volunteer training is for spouses, appointed to the role of Command Team Advisor for the unit. This training covers all aspects of the advisor's role on the command team and expectations in the unit Family readiness program. Family readiness assistant training is required prior to this course. This is an hour long required training for appointed volunteers.

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE

### Fort Meade, Maryland

#### **Transition Assistance Program (TAP)**

**Date(s):** February 4-8, 2013 & March 4-8, 2013

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Call for location

**Instructor:** Ms. Pamela Stangee

**To register, call (301) 677-9014/17/18.**

If you separating or retiring please call for more information on the services available to assist you.



### Joint Base Anacostia-Bolling, DC

#### **Pre-Separation Brief**

**Date(s):** February 5, 12, 19, 26, 2013 & March 5, 12, 19, 26, 2013

**Time:** 9:00 — 11:00 a.m.

**Location:** Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 767-0450.**

This is a mandatory briefing on benefits for transitioning service members.

#### **Disability Transition Assistance Program (DTAP)**

**Date(s):** February 8, 2013 & March 8, 2013

**Time:** 9:00 — 10:00 a.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

This briefing will focus on various veteran benefits that apply to those who suspect they have a service connected disability, injury, or illness that was aggravated by service. The briefing will provide information on vocational rehabilitation, employment and much more.

#### **Transition Benefits Briefing**

**Date(s):** February 15, 2013 & March 15, 2013

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Stewart Theatre, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

Briefings on entitlements and services for those transitioning from the military.

#### **Troops to Teachers**

**Date(s):** March 29, 2013

**Time:** 9:00 — 11:30 a.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Troops to Teachers Personnel

**For information, call (202) 767-0450.**

This program provides funds to recruit, prepare, and support former members of the military services as teachers in high-poverty schools. Successful program candidates obtain certification or licensing as elementary school teachers, secondary school teachers, or vocational or technical teachers and become highly qualified teachers. This program also helps these individuals find employment in high-need local education agencies (LEAs) or charter schools.

### Joint Base Andrews, Maryland

#### **TRICARE: Transitioning from Active Duty to Retirement**

**Date(s):** Every Tuesday

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Education Center, Bldg. 1413, Room 108, Joint Base Andrews

**Instructor:** Ms. Sheri Pueblo

**To register, call (571) 329-0283 or email**

**sheri.l.pueblo@healthnet.com.**

Open TAP benefits briefing and basic TRICARE 101 information. Registration required.

### Patuxent River, Maryland

#### **Veterans Benefits Appointments**

Appointments are now available to meet with a Disabled American Veterans Representative or local Veterans Affairs representative.

**Please note that we have moved! We are now located in Bldg. 421. Our new phone number is (301) 757-2250.**

#### **Transition Assistance Program (TAP) for Retirees and ETAP**

**Date(s):** February 25, 2013—March 5, 2013

**Time:** 8:00 a.m.—4:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Various

**To register, call (301) 342-4911.**

TAP is for separating and retiring military members. ETAP is for the retiring E8/E9 and O5 and above. It is a joint venture by the FFSC, and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your career counselor to sign up. Seating is limited.



#### **Transition Assistance Program (TAP) / Separatee**

**Date(s):** March 18-22, 2013

**Time:** 8:00 a.m.—4:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Various

**To register, call (301) 342-4911.**

TAP is for separating and retiring military members. It is a joint venture by the FFSC, and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your career counselor to sign up. Seating is limited.

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)



The Arlington Employment Center (AEC) is pleased to announce that a representative from the Virginia Department of Veterans Services will have a regular presence at the AEC, located on the 1st floor of the Department of Human Services/Sequoia Plaza.

Marsha Martin will be at the Employment Center the second and fourth Thursday of every month from 8:30 a.m. to 3:30 p.m. She will provide veterans information and assistance on

- ★ Health Benefits
- ★ Disability Compensation and Pensions
- ★ Education
- ★ Home Loan Guaranties
- ★ The Virginia Military Survivors and Dependents Education Program

No appointment is necessary. Services are for veterans who left active military service with a discharge other than dishonorable.



### Quantico, Virginia

#### **10 Steps to Federal Resume Workshop**

**Date(s):** February 4, 2013 & March 7, 2013

**Time:** 9:00—11:00 a.m. (Feb.) & 1:00—3:00 p.m. (Mar.)

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will help you understand the Federal Employment process. It will walk you through the process from preparing your resume to the hiring nuances.

#### **Survivor Benefit Plan (SBP) Workshop**

**Date(s):** February 5, 2013

**Time:** 9:00—11:30 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop integrates benefits from DoD, Department of Veterans Affairs (VA), and Social Security to enhance Family readiness. It's tailored to those planning for retirement or separation by providing information on SBP, SGLI/VGLI, Social Security and the Thrift Savings Plan.

#### **Small Business Administration (SBA) Workshop**

**Date(s):** February 6, 2013

**Time:** 11:00 a.m.—1:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

Starting a small business requires an overall plan...selecting a location, deciding on a business structure, obtaining necessary licenses and permits. This class helps.

#### **Federal Employment Workshop**

**Date(s):** February 7, 2013

**Time:** 9:00 a.m.—12:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will assist attendees seeking employment with the federal government with writing a federal resume. Employment vacancies along with knowledge, skills and abilities required to apply for the position will be addressed.

#### **STRONG Interest Inventory and Career Satisfaction**

**Date(s):** February 8, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will provide participants an overview of the STRONG Interest inventory and how it can be a powerful method for matching their interests with opportunities for jobs, education, and leisure activities. Students will be provided the STRONG interest inventory before the class and they must complete the inventory in order to attend the workshop.

#### **Transition Readiness Seminar (TRS)**

**Date(s):** February 11-15, 2013, February 25-March 1, 2013 & March 11-15, 2013

**Time:** 7:30 a.m.—5:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

You must register with your Career Retention Specialist or Unit Transition Counselor. Bring four copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

#### **LinkedIn**

**Date(s):** February 19, 2013

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will assist you in understanding LinkedIn and its purpose. Also, you will create an account if you do not already have one.

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

### **Market Yourself For A Second Career**

**Date(s):** February 20, 2013

**Time:** 9:00 —11:30 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will provide attendees with skills and resources to prepare for a career after leaving the service. Participants will learn techniques and strategies to effectively navigate the job market.

### **Myers-Briggs Type Indicator Basics: Understanding Type**

**Date(s):** February 21, 2013 & March 5, 2013

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will help participants understand the four-letter Myers-Briggs Type Indicator (MBTI) type code for them to gain further understanding of themselves and how their preferences relate to their career search. Participants will complete the MBTI assessment before the workshop and will be provided their four-letter MBTI type code during the workshop.

### **Resume 101**

**Date(s):** March 4, 2013

**Time:** 9:00 —11:00 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This lab will assist you with developing your federal resume and also creating an account on USAJOBS.gov.

### **Social Media Lab**

**Date(s):** March 19, 2013

**Time:** 9:00 —11:00 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This lab will assist you with utilizing social media to assist with your job search.

### **Job Search Through Social Media and Networking Systems**

**Date(s):** March 21, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

This workshop will assist members in navigating through the internet to find employment. Social media is one of America's most powerful employment tools but too many opportunities are missed due to lack of social media and networking systems knowledge. This workshop will provide basic and advanced techniques and resources to help you get hired!

#### Veteran Services

The Virginia Department of Veteran Services (VDVS) assists veterans, their Families and survivors in obtaining state, federal and local benefits to which they are entitled that they might not otherwise receive. The Department acts as informed advocates in the preparation, presentation and processing of claims for benefits under the complex laws and regulations administered by the US Department of Veterans Affairs and other federal agencies. Office hours are Monday-Friday 9:00 a.m. to 3:00 p.m.  
**Call (703) 630-2811 for locations and more info.**

## FINANCIAL READINESS

### Fort Belvoir, Virginia

#### **Baby Bundles**

**Date(s):** February 6, 2013

**Time:** 10:00 a.m. —12:00 p.m.

**Location:** Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Pamela Hirsch

**For information, call (703) 805-2693/2781.**

Learn about postpartum expectations, infant care, and how to manage your budget requirements after your new baby arrives. Participants will receive a gift basket filled with baby goodies to start them on their way.

### Fort Meade, Maryland

#### **Dollars and Sense**

**Date(s):** February 5, 2013 & March 5, 2013

**Time:** 1:00 —3:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

This course will help you better understand your relationship with money. Topics include basic budgeting, financial goals and priorities, saving and investing, and managing your credit.

#### **Thrift Savings Plan (TSP)**

**Date(s):** February 12, 2013

**Time:** 9:00 —11:00 a.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

This course will help you understand how the Thrift Savings Plan works and what it can do for you.

#### **Car Buying**

**Date(s):** February 17, 2013

**Time:** 1:00 —3:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Salome Smalling





## FINANCIAL READINESS (CONTINUED)

### **For information, call (301) 677-9014/17/18.**

Learn what to look for when shopping for a new car, what interest rate for financing should you expect to pay and more.

### **Liquidating Debt**

**Date(s):** February 19, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

Learn strategies to systematically wipe out debt.

### **Money Management**

**Date(s):** February 21, 2013 & March 14, 2013

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-9014/17/18.**

This course provides tips on how to manage money and stretch your dollar.

### **Day of Financial Fitness**

**Date(s):** February 28, 2013

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Various

**For information, call (301) 677-9014/17/18.**

Worrying about money is no fun. So come and join us for a day of intense focus on finances because it's important that everyone focuses in on financial fitness for peace of mind and well-being.

### **Financial Services and Management**

**Date(s):** March 13, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

This course covers the pros and cons of credit unions vs. banks and the services provided by each one. We will also discuss how to manage, balance and reconcile your bank accounts.

### **Credit Scores and Reporting**

**Date(s):** March 19, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

Learn tips on how to improve and maintain your credit score and report.

### **Planning For Retirement**

**Date(s):** March 26, 2013

**Time:** 1:00—3:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

Tips to help you plan for your retirement. It's never too early to start planning.

### **Consumer Awareness**

**Date(s):** March 28, 2013

**Time:** 1:00—3:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/17/18.**

Learn to be a safe consumer and how to protect yourself from identity theft.

## Joint Base Anacostia-Bolling, DC

### **Consumer Awareness**

**Date(s):** February 5, 2013 & March 5, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Identify and protect yourself from misleading and fraudulent consumer practices.

### **Paying for College**

**Date(s):** February 6, 2013 & March 6, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military Family Support Center Staff

**To register, call (202) 433-6151.**

Participants will learn how to compare and evaluate different college funding options and identify resources to research financing alternatives.

### **Renting**

**Date(s):** February 7, 2013 & March 7, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

During this class we will explore housing options, determine how much rent is affordable, and how to locate property and obtain a lease.

### **Credit Management**

**Date(s):** February 12, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military Family Support Center Staff

**To register, call (202) 433-6151.**

Participants learn how to establish and maintain good credit and determine a safe debt load.

### **Thrift Savings Plan**

**Date(s):** February 13, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Participants will be able to explain the benefits of participation, enroll in TSP and successfully manage their TSP investments

### **Command Financial Specialist Refresher Training**

**Date(s):** February 14, 2013

**Time:** 8:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling



## FINANCIAL READINESS (CONTINUED)

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 685-0982.**

Command Financial Specialist that has been appointed by their command. Discuss updates to the program.

### **Car Buying**

**Date(s):** February 19, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military Family Support Center Staff

**To register, call (202) 433-6151.**

Learn how much car you can afford to buy, how to research available vehicles and lenders, and the art of negotiating a fair price.

### **Home Buying**

**Date(s):** February 20, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military Family Support Center Staff

**To register, call (202) 433-6151.**

Learners will be able to determine what type of home they want and how much they can afford, choose a real estate agent and mortgage, and negotiate and close on the deal.

### **Planning for Your Retirement**

**Date(s):** February 21, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

This course covers determining retirement needs, sources of income, pension plans and personal assets.



### **Money Habitudes**

**Date(s):** February 26, 2013 & March 26, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

This course helps individuals, couples and groups gain insight into their financial habits and attitudes and talk about money in a fun, non-threatening way.

### **Ask and See With The Financial Counselor**

**Date(s):** February 27, 2013 & March 27, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Have a financial question? This is an opportunity to talk and ask your questions with a personal financial expert.

### **Raising Financially Fit Kids**

**Date(s):** February 28, 2013 & March 28, 2013

**Time:** 8:00—9:00 a.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Military Family Service Center Staff

**For information, call (202) 433-6151.**

Explore your spending habits and how they affect your children.

### **Command Financial Specialist Training**

**Date(s):** March 11-15, 2013 & March 18-22, 2013

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Pax River (Mar. 11-15) & Community Readiness Center, Fort Meade (Mar. 18-22)

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 685-0982.**

Initial training for Command Financial Specialists appointed by their command. You must attend the entire workshop to receive certification.

## Joint Base Andrews, Maryland

### **Bundles for Babies**

**Date(s):** March 27, 2013

**Time:** 8:30—11:30 a.m.

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker

**To register, call (301) 981-7087.**

A financial preparedness for active duty military members that are expecting parents.

## JBM-HH Fort Myer, Virginia

### **Fort Myer Financial Readiness Program**

*Classes offered include*

**Retirement Planning**

**Buying a Foreclosed Home**

**Remedial Check Writing**

**Living Wills and Trusts**

**Personal Financial Readiness**

**Understanding Your Credit**

**The Wise Consumer**

**Banking and Financial Services**

**First Termers Money Management**

*All Classes Require Pre-registration*

**Call (703) 696-0163 for more information and to pre-register.**

For more information on classes visit [www.mccshh.com/Finance.html](http://www.mccshh.com/Finance.html).

## JBM-HH Henderson Hall, Virginia

### **Consumer Awareness: Best Personal Practices vs. Frauds, Scams, and Unwise Purchases**

**Date(s):** February 5, 2013

**Time:** 11:30 a.m.—1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

This class will help Marines become alert, savvy consumers by recognizing and advertising techniques that target consumers. Registration required.

### **Strategies for Buying a Car**

**Date(s):** February 7, 2013 & March 19, 2013

## FINANCIAL READINESS (CONTINUED)

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

This class includes negotiations with the sales force, the purchase decision, and cost-related contents of the purchase contract. Class also includes the relative advantages and disadvantages of buying new or used vs leasing. Registration required.

### **Fundamentals of Planning for Retirement from the Military**

**Date(s):** December 6, 2012 & January 24, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

This class provides an overview of five elements of retirement planning to include "High 3 vs. CBS/REDUX" and SBP. A second objective is to acquaint attendees with the integrated financial planning process and to provide them examples of financial plans they might reasonably develop with the assistance of a professional financial planner. Registration required.

### **Home Buying and Mortgages**

**Date(s):** February 12, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

Learn the home buying process; working with an agent, qualifying and applying for a mortgage, negotiating a price and closing the purchase. Registration required.



### **Investing: Basics of Stocks, Bonds, Mutual Funds, TSP & Compound Interest**

**Date(s):** February 21, 2013 & March 21, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

This class highlights the difference between index mutual funds and actively managed funds. Participants will be able to use free database tools to find high performing actively managed funds. Registration required.

### **Command Financial Specialist Course**

**Date(s):** March 4-8, 2013

**Time:** 7:30 a.m. — 4:00 p.m. each day

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

This 5 day course is a prerequisite for officers, staff non-commissioned officers, chief petty officers and petty officers first class assigned by their commanding officer as a unit Command Financial Specialist (CFS). Registration is required.

### **Begin Confident Investing in Index Mutual Funds**

**Date(s):** March 5, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

This class is intended for persons who know they need to invest money in the "stock market" but do not want to have to become highly knowledgeable to begin investing in a prudent manner. Registration required.

### **Personal Credit: Credit Worthiness, Reports, Scores, and Management**

**Date(s):** March 14, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

Learn about the credit system, debt management and consumer rights. Learn how to improve your credit score and how to dig out of a deep debt situation. Registration required.

### **Personal Financial Management & Financial Planning**

**Date(s):** March 19, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

Learn to set and evaluate your financial goals and objectives. The class includes related facets of personal financial management; identifying needs vs. wants, fixed and variable expenses and discretionary expenses. Registration required.

### **Fundamentals of Planning for Retirement From The Military**

**Date(s):** March 28, 2013

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check-in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff  
**To register, call (703) 614-6950.**

This class provides an overview of five elements of retirement planning to include "High 3 vs. CBS/REDUX" and Survivor Benefit Plan (SBP). A second objective is to acquaint attendees with the integrated financial planning process and to provide them examples of financial plans they might reasonably develop with the assistance of a professional financial planner. Registration required.

## ARNG G1 GATEWAY

The Gateway provides vital information that Soldiers and families need to know about ARNG HR programs & processes.

Visit the Gateway to find comprehensive pages and learn how to take advantage of ARNG programs including medical, educational & financial benefits as well as deployment support & family programs.

<https://g1armg.army.pentagon.mil>

**A ONE-STOP SHOP FOR ARNG HR RESOURCES**

**FEATURING  
INFORMATION ON  
SOLDIER & FAMILY  
SUPPORT &  
BENEFIT PROGRAMS**



## FINANCIAL READINESS (CONTINUED)

### Patuxent River, Maryland

#### **Paying For Those Holiday Bills**

**Date(s):** February 6, 2013

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Jim Walsh

**To register, call (301) 342-4911.**

This workshop will explore tips that could help put you on the right start to easing your holiday debt-load.



#### **Financial Consideration For Families & Deployment**

**Date(s):** February 20, 2013

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Jim Walsh

**For more information, call (301) 342-4911.**

Military life is a mobile life. You never know when, to where, or for how long you may be called to serve. With that in mind, this workshop offers tips to help prepare your Family finances for deployment.

#### **Shred Day**

**Date(s):** February 26, 2013

**Time:** 11:00 a.m. — 1:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**POC:** Mr. Jim Walsh

**For more information, call (301) 342-4911.**

Bring your personal documents and come join this FREE service to have them professionally shredded; keeping them out of the hands of identity thieves!

#### **Two Day Financial Informational Seminar**

**Date(s):** February 27-28, 2013

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**POC:** Mr. Jim Walsh

**For more information, call (301) 342-4911.**

During this 2-day seminar there will be an assortment of financial classes offered. Topics include, checking and savings accounts, credit reports and scores, credit and debt management, mid/long term saving and investing, TSP overview and retirement plans. There will also be time during the second half of the day for one on one sessions with a personal financial counselor.

#### **Understanding Your Credit Score/Report**

**Date(s):** March 6, 2013

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Jim Walsh

**For more information, call (301) 342-4911.**

Learn to become more familiar with the critical elements of your credit report. We'll explore the major sections of a typical credit, why it's important to check your report, what to do in cases of inaccurate information, and how to decipher your credit score.

#### **How To Create A Budget**

**Date(s):** March 20, 2013

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Jim Walsh

**For more information, call (301) 342-4911.**

Learn how to keep your finances in order by tracking where your money comes from, how much is there, and where it is all going.

### Quantico, Virginia

#### **Banking & Financial Services**

**Date(s):** February 6, 2013

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Become educated as a consumer on your rights and how to spot scams and rip-offs.

#### **Taxes Related to Personal Financial Management**

**Date(s):** February 13, 2013

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Planning your taxes can be just as important as planning your budget. Come review the tax process to better prepare yourself before tax time.

#### **Legal Issues of Personal Financial Management**

**Date(s):** February 27, 2013

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Make sure you understand the legal issues in reference to financial planning. What's in the contract? Review items that may be over looked in making your financial plans.

#### **Car Buying**

**Date(s):** March 13, 2013

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Purchasing a vehicle is a large investment that can impact your short and long term status. Develop skills and strategies to make wise choices.

#### **Financial Planning For Your Move**

**Date(s):** March 20, 2013

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Review how to plan your move, reduce stress, and save money.

#### **Housing Options**

**Date(s):** March 27, 2013

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Renting, buying your home or living in base housing, which one will serve you best? Come review the different options and issues about this important choice.



## EMPLOYMENT READINESS

### Fort Belvoir, Virginia

#### Employment Readiness Orientation

**Date(s):** Every Tuesday

**Time:** 12:45—2:30 p.m.

**Location:** Army Community Service, Bldg 200,  
9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Provides information and assistance on acquiring employment in the National Capitol Region. Speakers include representatives from Appropriated Funds and Non-appropriated funds. Topics include spousal preference, veteran preference, and general information regarding employment in the DC, Maryland and Northern Virginia area. Please bring your military ID card and 3 copies of your resume.



#### ABCs of Federal Employment & Federal Resume Preparation

**Date(s):** February 7, 2013 & March 7, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200,  
9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Provides instruction on writing a federal resume as well as useful information regarding seeking employment in the federal government.

#### Kelly Recruiting

**Date(s):** February 14, 2013 & March 21, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200,  
9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Offers employment readiness clients the opportunity to meet one-on-one with placement agencies. Call for appointment and more info.

#### Basic Resume Preparation

**Date(s):** February 21, 2013 & March 21, 2013

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200,  
9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Learn how to build a resume to get hired! Registration required.

### Fort Meade, Maryland

*Note: Many of these employment classes are provided jointly by Army Community Service and Fleet and Family Support Center at Ft. Meade.*

#### Resume Writing

**Date(s):** February 5, 2013 & March 5, 2013

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates & Ms. Vikki Torrence

**For information, call (301) 677-9014/17/18.**

Come receive tips on creating winning resume styles and selecting the right one for your career goals. Also, learn about the power of writing cover letters and follow-up letters. Call to register.

#### Federal Employment

**Date(s):** February 12, 2013 & March 12, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates & Ms. Vikki Torrence

**For information, call (301) 677-9104/17/18.**

This workshop is designed to teach the basics of the Federal Employment system. Call to register.

#### Job Search Strategies

**Date(s):** February 26, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Vikki Torrence

**For information, call (301) 677-9014/17/18.**

Learn techniques to help you succeed in your job search as well as tools for networking and negotiating job offers. Call to register.

#### FGGM Youth Job Fair

**Date(s):** March 21, 2013

**Time:** 3:00—6:00 p.m.

**Location:** McGill Training Center, 8450 Zimborski Road, Fort Meade

**POC:** Ms. Vikki Torrence & Ms. Julie Yates

**For information, call (301) 677-5590/9014.**

Come out and bring copies of your resume.

#### Interviewing Skills

**Date(s):** March 26, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/17/18.**

This workshop teaches basic interviewing skills and tips on dressing for success so you can present yourself as the best candidate for the job of your choice. Learn the do's and don'ts at job interviews. Also included are strategies on how to successfully work a job fair.

### Joint Base Anacostia-Bolling, DC

#### Resume Writing Workshop

**Date(s):** February 5, 19, 2013 & March 12, 2013

**Time:** 12:00—3:00 p.m. (Feb. 5) & 9:00 a.m.—12:00 p.m. (Feb. 19 & Mar. 12)

**Location:** Military & Family Support Center, Bldg 13,  
Joint Base Anacostia-Bolling

### Life YOUiversity

Read it on the web at:

[www.jbmhh.army.mil](http://www.jbmhh.army.mil) or

[www.fortmyermwr.com/index/ACS.html](http://www.fortmyermwr.com/index/ACS.html)

Subscribe for electronic distribution by

emailing: [Karen.stpierre1@us.army.mil](mailto:Karen.stpierre1@us.army.mil)

Find more Family programs on the web at:

[www.mccshh.com](http://www.mccshh.com)

## EMPLOYMENT READINESS (CONTINUED)

**Instructor:** Military & Family Support Center Staff  
**To register, call (202) 767-0450.**

Learn skills to construct a resume and tailor your resume to your needs.

### **Lunchtime Webinar: Exploring Franchise Ownership**

**Date(s):** February 11, 2013 & March 11, 2013

**Time:** 12:00 —1:30 p.m.

**Location:** Home, workstation or military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (800) 818-9929.**

This program is a webinar. Interested individuals can call the above number and complete this program from wherever they may be.

### **Tips For a Federal Career**

**Date(s):** February 13, 2013

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Learn about the federal employment system, how to interpret job announcements, determining if you are eligible to apply, and building your outline format for the federal resume system.



### **Applying For a Federal Job**

**Date(s):** February 14, 22, 2013 & March 7, 21, 2013

**Time:** 9:00 a.m. —12:00 p.m.

**Date(s):** February 19, 26, 2013

**Time:** 12:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Understanding the federal employment process, completing the application, and applying for the job.

### **Boots to Business– Small Business Administration**

**Date(s):** February 19-20, 2013 & March 19-20, 2013

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Working with the Small Business Administration to explore the possibility of owning your own business.

### **Meet The Employer**

**Date(s):** February 20, 2013 & March 20, 2013

**Time:** 8:00 a.m. — 12:00 p.m.

**Location:** Bolling Club, Joint Base Anacostia-Bolling

**Instructor:** Various Employers

**To register, call (202) 767-0450.**

Provides an opportunity to speak with recruiters from employment organizations.

### **Dress for Success**

**Date(s):** February 20, 2013 & March 20, 2013

**Time:** 1:00 — 3:00 p.m.

**Location:** Bolling Club, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Learn how to dress for the interview and the work place.

### **Interview Techniques**

**Date(s):** February 21, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Discuss the process and approach for interviewing for a job.

## Joint Base Andrews, Maryland

### **Key Spouse LinkedIn Webinar**

**Date(s):** February 27, 2013

**Time:** 9:00 a.m.—12:00 p.m..

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker

**To register, call (301) 981-7087.**

A group webinar for Key Spouses to learn strategies for job searching.

## JBM-HH Fort Myer, Virginia

### **Employment Readiness Program Orientation**

**Date(s):** February 8, 21, 2013 & March 5, 19, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Judy Joyner

**To register, call (703) 696-3047/3510.**

Provides information and assistance on acquiring employment in the National Capitol Region. Topics include spousal preference, veteran preference, and general information regarding employment in the DC, Maryland and Northern Virginia area.

## Patuxent River, Maryland

### **Interviewing Techniques**

**Date(s):** February 6, 2013

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Angela Armer

**To register, call (301) 342-4911.**

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank-you letters, and negotiating job offers.

## Military Spouse Employment Partnership

[www.msepjobs.com](http://www.msepjobs.com)

“The gateway to employment opportunities  
for Military Spouses.”

## EMPLOYMENT READINESS (CONTINUED)

### 10 Steps to a Federal Job

**Date(s):** February 20, 2013 & March 29, 2013

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Angela Armer

**To register, call (301) 342-4911.**

Learn how to navigate the federal job system.

### Resume Writing

**Date(s):** March 5, 2013

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Angela Armer

**To register, call (301) 342-4911.**

This program offers many different trends and techniques for writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited.

The Fleet & Family Support Center  
will bring seminars and workshops  
to your Command!  
Call (301) 342- 4911

## Quantico, Virginia

### Spouse Career Day

**Date(s):** February 4, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

This program offers two great workshops—College 101, Scholarship Programs and assistance with spousal employment. Space is limited, so reserve your spot now!

### Building Better Resumes

**Date(s):** February 5, 2013 & March 5, 2013

**Time:** 9:00—11:00 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

Given that you have less than two minutes to attract an employer's attention and convince them to interview you, it is critical that your resume be clear, focused, and targeted to the job. Optimize your chances of success by learning how to write a resume that avoids common mistakes.



The Automated Housing Referral Network (AHRN.com) is sponsored by the Department of Defense and all Service Branches and is designed to improve the process of connecting military members and their Families with available housing.

### Local Employment Workshop

**Date(s):** February 7, 14, 21, 28, 2013 & March 7, 14, 28, 2013

**Time:** 8:30—9:30 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

This workshop is open to active duty, retirees, Family members and DoD personnel and focuses on local area employment opportunities, contacts and job search techniques.

### Acing The Interview

**Date(s):** February 19, 2013 & March 26, 2013

**Time:** 9:00—10:00 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

So many questions to answer. What should you wear? What types of questions should you expect? Prepare for that upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank you letters, and negotiating job offers.

### Job Fair Success Strategies

**Date(s):** February 26 2013 & March 19, 2013

**Time:** 9:00—10:00 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

Learn how attending a job fair can jump start your job search and how to stand out among the masses.

### Local Employment Workshop

**Date(s):** March 21, 2013

**Time:** 8:30—9:30 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

This workshop is open to active duty, retirees, Family members and DoD personnel and focuses on local area employment opportunities, contacts and job search techniques.



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# DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

## Fort Belvoir, Virginia



Soldiers (Active, Reserve, and National Guard), deploying DoD Civilians and their Families will be provided Pre-deployment, Deployment, Reunion, Reintegration, and Reset training, support, and resources by the Mob/Deployment and Family Readiness Program in the Fort Belvoir Army Community Service.

Training is also offered for CARE Teams, FRsAs, Rear Detachment Commanders, Trauma in the Unit, and Children and Deployment under the Operation Ready guidelines.

This program also offers Family Readiness Group (FRG) assistance which consists of the monthly FRG Roundtable, trainings in FRG Leadership, Funds and Fundraising, Marketing and Networking, and FRG Essentials; desk side commander's briefs on our programs and support are also available.

The FRG Roundtable is held monthly and is for FRG Leaders/FRG Representatives, Family Readiness Support Assistants (FRSA), and Commands to attend monthly to receive information and resources to pass on to their FRGs.

To schedule a training, individual appointment, or briefing at Fort Belvoir, please call Carol Janer at 703-805-5683 or 703-805-4590 to arrange. Childcare can be provided if these appointments or classes are made on a Monday or a Thursday with NLT 4 working days prior to the scheduled session.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Information on preparing for deployment. Spouses are highly encouraged to attend.

### **Reintegration (Return & Reunion)**

**Date(s):** February 6, 27, 2013 & March 6, 13, 20, 27, 2013

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Information for those returning from a deployment. Spouses are highly encouraged to attend.

### **Ombudsman / Key Spouse Assembly with Advanced Training**

**Date(s):** February 9, 2013

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 404-1640.**

Advanced training for current Ombudsman and Key Spouses. Registration required.

### **Ombudsman / Key Spouse Basic Training**

**Date(s):** March 22-24, 2013

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 404-1640.**

The spouse volunteers serve as links between spouses and Families of deployed service members, unit commanders and first sergeants, and other community services and off-base agencies. The integration of the Ombudsman and Key Spouse programs are Joint Base specific. All newly appointed Ombudsman/Key Spouses must complete this three day training.

## Fort Meade, Maryland

### **Reunion and Reintegration Brief**

**Date(s):** February 15, 2013 & March 15, 2013

**Time:** 1:00 — 3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Karol Yox

**To register, call (301) 677-9014/17/18.**

Learn ways to make post deployment life less stressful, healthy and fun! Call to register.

### **Pre-Deployment Brief**

**Date(s):** February 28, 2013 & March 28, 2013

**Time:** 9:30 — 11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Karol Yox

**To register, call (301) 677-9014/17/18.**

Pre-deployment brief of Individual Augmentee's and their Families. Registration required.

## Joint Base Anacostia-Bolling, DC

### **Pre-Deployment Briefing**

**Date(s):** February 4, 11, 25, 2013 & March 4, 11, 25, 2013

**Time:** 9:00 a.m.—12:00 p.m.

## JBM-HH Fort Myer, Virginia

**Hearts Apart Support Group**—see pg. 25



## JBM-HH Henderson Hall, Virginia

### **Joint Services Hearts Apart Networking Group**

**Date(s):** Second (2nd) Wednesday of every month

**Time:** 5:30 — 7:00 p.m.

**Location:** American Legion, Post 139, Arlington, VA

**Instructor:** Ms. Jennifer Russo

**To register, call (703) 693-8906.**

Connecting Families dealing with separation from their loved ones due to deployment or TAD/TDY. Children are welcome and a potluck meal will be served.



## DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING (CONTINUED)

### Patuxent River, Maryland

#### **Individual Augmentee (IA) Indoctrination**

**Date(s):** February 11-15, 2013

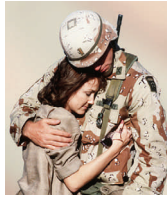
**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Michelle Stubblefield

**To register, call (301) 342-4911.**

Individuals who have been selected for Individual Augmentee are strongly encouraged to report to FFSC on TAD orders for this week long process. Various



presenters will take care of all your IA needs through this one stop shop. Pre-registration is required the Friday prior to the class start date.

#### **New Spouse Orientation**

**Date(s):** March 26, 2013

**Time:** 12:00 —3:00 p.m. (Jan. 11th only)

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Michelle Stubblefield

**To register, call (301) 342-4911.**

Learn how to make your military time more successful and enjoyable. Understand military language and customs, understand your benefits and entitlements, as well as the culture of the military Family.

## SUPPORT GROUPS

### Joint Base Andrews, Maryland

#### **Military Parents Without Partners (MPWP)**

**Date(s):** Third (3rd) Thursday of every month

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Youth Center, Joint Base Andrews

**POC:** MSgt Krishonda Camacho

**For more information, call (240) 857-8258.**

MPWP is an opportunity to network with parents in a similar situation, ease transitions to this base or changes in Family situations, and be the voice to JBA on needs of military parents without partners.

This group allows newly arrived spouses a chance to meet other spouses while learning about services and resources available in Joint Base Myer-Henderson Hall and the surrounding community.

### Quantico, Virginia

#### **WAKE-Women's Awareness Knowledge and Education**

**Date(s):** Mondays—Ongoing and open group (Brief pre-screening required)

**Time:** 5:30 —7:30 p.m.

**Location:** Marine Corp Base, Quantico

**Instructor:** Victim Advocates

**For more information, call (703) 784-2570.**

WAKE is a support and educational group designed for the specific needs of women, both active duty and Family members, who have experienced conflict in intimate relationships. WAKE is led by professional, experienced Victim Advocates in a supportive, respectful environment. You will reflect, learn, and be strengthened and encouraged by the information shared. A brief pre-screening is required before attending this group.

### JBM-HH Fort Myer, Virginia

#### **Hearts Apart Support Group Meeting**

**Date(s):** February 13, 2013 & March 13, 2013

**Time:** 5:30—7:00 p.m.

**Location:** American Legion, Post 139, 3445 Washington Blvd., Arlington, VA 22201

**POC:** Relocation Program

**To register, call (703) 696-0156 or email [rene.fizer@us.army.mil](mailto:rene.fizer@us.army.mil).**

This is a joint services networking group for Families whose sponsor is serving away from home on deployment, unaccompanied tour, or extended TDY/TCS. Registration required.



#### **International Spouse Group**

**Date(s):** February 15, 2013

**Time:** 5:00—6:30 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**POC:** Relocation Program

**To register, call (703) 696-0156 or email [usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil](mailto:usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil)**

This group offers international military spouses an opportunity to meet other spouses and obtain information about the installation, the surrounding area, and various other relevant topics.

#### **Spouse Meet and Greet**

**Date(s):** March 26, 2013

**Time:** 5:00—6:30 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**POC:** Relocation Program

**To register, call (703) 696-0156 or email [usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil](mailto:usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil)**

#### **Through A Child's Eyes (Ages 6-12)**

**Date(s):** Thursday's through February 14, 2013

**Time:** 5:30—7:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Ms. Amanda Norah & Ms. Kristiana Poole

**To register, call (703) 784-2570.**

This support and educational group is designed for the specific needs of children who have experienced or witnessed domestic violence and other Family dysfunction in their homes. A brief pre-screening is required before attending. Children will have the opportunity to discuss anger management, making and keeping friends, self-esteem and other valuable social skills. Adult learning opportunities will be provided simultaneously.

April is...

### Child Abuse Prevention Month

Check with your installations Family Advocacy Office for upcoming special programs, classes and events!

# EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

## Fort Meade, Maryland

### Let's Talk About Marriage... A Discussion

**Date(s):** February 13, 2013

**Time:** 6:00—8:00 p.m.

**Location:** Fort Meade Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Facilitator:** Military & Family Life Consultant

**To register, call (301) 677-4473.**

Come join us for a discussion about what it takes to have a strong and healthy marriage.

### EFMP Bowling

**Date(s):** February 20, 2013 & March 20, 2013

**Time:** 5:30—7:00 p.m.

**Location:** The Lanes at Fort Meade Bowling Center

**POC:** EFMP Staff

**To register, call (301) 677-4473**

Check out how we have improved our bowling events for 2013! Register for free games and shoe rental at <https://webtrac.mwr.army.mil/webtrac/meadecyms.html> or call (301) 677-1156. Once registered, there is a limited menu for EFMs ages 0-18 and their siblings to eat at no cost! Adult EFMs register for free games and shoe rental at the EFMP office. Discounted games and shoe rental for other adult Family members are available. Must call to register no later than the Friday prior to the event.



### Families Helping Families

**Date(s):** March 13, 2013

**Time:** 6:00—8:00 p.m.

**Location:** Fort Meade Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Facilitator:** Ms. Renee Cotton

**To register, call (301) 677-4473.**

Come learn how to be a better advocate for your child. Meet with other parents and learn what resources are available.

## Joint Base Anacostia-Bolling, DC

### USAF Exceptional Family Member Program and Special Needs Identification & Assignment Coordination

**Date(s):** Daily Monday through Friday

**Time:** 7:30 a.m.—4:30 p.m.

**Location:** Bldg. 17, Room 102, Joint Base Anacostia-Bolling

**POC:** Ms. Ruth Jones

**For more information, call (202) 404-6551.**

These programs support and identify active duty sponsors who have EFMs with special educational or medical needs.

## JBM-HH Henderson Hall, Virginia

### EFMP Resource Training / Support Group

**Date(s):** February 12, 2013

**Time:** 11:00 a.m. —1:00 p.m.

**Location:** CBIRF, Indian Head Chapel Office

**Date(s):** February 13, 2013 & March 13, 2013

**Time:** 6:00—8:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Date(s):** February 18, 2013

**Time:** 10:00 —11:30 a.m.

**Location:** Marine Barracks Washington, Post 5, Ground Floor, Room 126, Washington, DC

**Date(s):** February 21, 2013

**Time:** 10:30 a.m. —12:30 p.m.

**Location:** Bldg. 12 Conference Room, Henderson Hall

**POC:** Exceptional Family Member Staff

**For more information and to register, call (703) 693-4172/6510.**

Training on advocacy and support group for EFMs.

### Share The Load: Asking For What You Need When You Need It

**Date(s):** March 12, 2013

**Time:** 11:00 a.m. —1:00 p.m.

**Location:** CBIRF, Indian Head Chapel Office

**Date(s):** March 18, 2013

**Time:** 10:00—11:30 a.m.

**Location:** Marine Barracks Washington, Post 5, Ground Floor, Room 126, Washington, DC

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**Location:** Bldg. 12 Conference Room, Henderson Hall

**POC:** Exceptional Family Member Staff

**For more information and to register, call (703) 693-4172/6510.**

Training on advocacy and support group for EFMs.



## Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?

Contact Your Exceptional Family Member Program Manager



Fort Belvoir (703) 805-2967

Joint Base Andrews (240) 857-6079

Joint Base Myer– Henderson Hall  
Henderson Hall (703) 614-7200

Fort Meade  
(301) 677-5590

Joint Base Myer– Henderson Hall  
Fort Myer (703) 696-8467

Pax River  
(301) 342-4041/4911

Joint Base Anacostia-Bolling  
(202) 404-6511

Quantico Marine Corp Base  
(571) 931-0524/0533

# Life YOUiversity

Quality personal and Family life skills education for the military community.

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[www.jbmhwmwr.com/index/ACS.html](http://www.jbmhwmwr.com/index/ACS.html)**

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