



# ARMY COMMUNITY SERVICE EVENTS

## MARCH 2013



### Federal Resume Job Kit Workshop

Fri, 1 Mar, 0830-1600, Bldg 1520, ATC Classroom – Create a Federal Resume using various techniques. Learn all aspects of what it takes to obtain a Federal Government Job Call 301-619-2208 for more information

### PCS/Levy Brief:

Mon, 4 Mar, 0830-1130, Bldg 1520, Rm 7,  
Wed, 20 Mar, 0830-1130, Bldg 1520, Breakout Rm 3

### Credit Wise

Thu, 7 Mar, 1130-1230, Bldg 1520. You need to window shop for loan options before signing on the bottom line. Hands on training with online tools. For more info, call 301-619-3456.

### Financial Peace University (FPU)

Thu, 7 Mar to Thu, 9 May, 1800-2000, Fort Detrick Post Chapel. The FPU is a 9-week program that encourages positive behavior with accountability and support while taking into consideration the military lifestyle. Personal financial success is the ultimate goal. This program requires registration. Please call 301-619-3455/3456/2197 for more information.

### Understanding Pregnancy and Healthy Habits

Fri, 8 Mar, 1100, the Balfour Beatty Community Center. A healthier pregnancy starts here! Presenting the latest research-based prenatal care recommendations, we will go over healthy habits and partner involvement, all while stressing the importance of good prenatal health. We will go over fetal development, medical care and exercise. Help you understand the discomforts associated with pregnancy as well as your emotions. Come and learn what your body is going thru during this exciting time.

### Anger Management/Communication Skills.

Fri, 8 MAR, 0900-1600, Chapel. To register call 301-619-7171 by 06 MAR 2013.

### Mandatory 1st Term Soldiers' Personal Finance Class

Tue, 12 Mar, 0800-1600, Bldg 1520. Course is for all service members on 1st duty assignment who have not completed mandatory training. Please call to register or for more info, 301-619-3456/2197.

### Infant Massage-It's Amazing!

Thu, 14 Mar and Fri, 22 Mar, (2 part class) 1000 at Balfour Beatty Community Center. Please call 301-619-0323 to register as space is limited. Bring a blanket and your child as well. If still pregnant, no worries, come and learn we will have practice babies for you.

Parents have always loved touching and stroking their babies, and babies love to be soothed and cuddled. Interactions of touch play a vital part in baby's emotional and neurologic development. Share the many benefits of infant massage, such as but not limited to, relaxation, stimulation, and communication by learning infant massage with your baby.

### Coupon Exchange

Thu, 14 and 28 Mar, 1130-1300 AND 1530-1700, Post Chapel, 1776 Ditto Ave. Come browse our boxes of clipped and organized coupons to help you save a little or a lot. Bring your unwanted coupons to exchange with others. For more info, call 301-619-3456/2197.

### Resiliency Training: Introduction:

#### What is Resiliency and why is it important?

Fri, 15 Mar, 1000-1100 & 1400-1500,  
Bldg 1520, ACS Family Room.  
Fri, 29 Mar, 1000-1100 & 1400-1500,  
Bldg 1520, ACS Family Room.  
Registration MANDATORY: Please call 301-619-2197 to register no later than the Monday prior to class.

### Women & Money Seminar Series, Session 2

Wed, 20 Mar, 1130-1300, Bldg 1520. Prepare for the “what ifs (suddenly single, pregnant, and returning student)”, protect credit rating and increase insurance awareness. For more information or to register, please call 301-619-3455/3456.

### Hearts Apart:

Thu, 21 Mar, 1100-1200, Bldg 1520, ACS Family Room. Please call 301-619-6364 no later than 18 March to register

### Mini Job Fair (Co-Sponsored)

Wed, 27 Mar, 1000-1400, Bldg 1529, Community Activities Center (CAC). Employers are hiring! Job seekers need to attend this hiring event. Come prepared with resume and a smile. Dress to impress, be ready for on-the-spot interviews. Call 301-619-2208/6636 to register.

### Employment Development 2 Day Workshop

28-29 Mar, 0830-1630, Bldg 1520, Rm 7. This 2 Day comprehensive Employment workshop is for all military & their family members seeking employment! Learn how to create resumes, conduct interviews, and negotiate salaries, etc. Learn various skills to enhance your job search. Call 301-619-2208/6636 to register!