

# FFSC PORTSMOUTH

**OCT • NOV • DEC  
PROGRAM CALENDAR**

FFSC PROGRAMS	OCTOBER	NOVEMBER	DECEMBER
<b>FINANCIAL</b>			
TSP - Your Key to Your Financial Independence	OCT 8, 2:00 – 3:00 pm		
Car Buying Strategies	OCT 29, 2:00 – 3:00 pm		
How To Survive the Holidays Financially		NOV 12, 2:00 – 3:00 pm	DEC 3, 2:00 – 3:00 pm
Developing Your Spending Plan		NOV 25, 10:00 – 11:00 am	
Credit Management			DEC 11, 2:00 – 3:00 pm
<b>PARENTING</b>			
Parenting in a Military Family	OCT 20 & 27, 1:00 – 3:30 pm		
STEP		NOV 5 – DEC 10 (W) 9:00 – 11:30 am	
<b>LIFE SKILLS</b>			
Love Thinks	OCT 10, 8:00 – 9:30 am		DEC 8, 1:00 – 2:30 pm
Personal Communication	OCT 10, 9:30 – 11:00 am		DEC 8, 2:30 – 4:00 pm
Building Effective Anger Management		NOV 3-7 (M-F) 1:00 – 3:30 pm	
Couples Workshop		NOV 19, 12:00 – 5:00 pm	
Stress Management			DEC 1 & 5 (M, F) 8:00 am – 12:00 pm
Building Healthy Relationships			DEC 10, 1:00 – 3:00 pm
<b>EMPLOYMENT</b>			
Job Search Strategies	OCT 7, 8:30 – 11:30 am		
Federal Employment Strategies		NOV 4, 8:30 – 11:30 am	
Interview Techniques			DEC 9, 8:30 – 11:30 am



**We also provide one-on-one assistance for Transition and Employment resources.**  
**FFSC Portsmouth - 620 John Paul Jones Circle, Bldg 249 Portsmouth, VA 23708**  
 Registration is encouraged by calling 953-7801 or emailing [amanda.burbage.ctr@navy.mil](mailto:amanda.burbage.ctr@navy.mil).

**Fleet & Family Support Center's Portsmouth Office** is located at the Naval Medical Center beside the Child Wait Center. We offer Counseling, New Parent Support, Exceptional Family Member Program services, as well as Military Life Skills, Financial, and Parenting workshops.

## FINANCIAL

### CREDIT MANAGEMENT

Learn valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

### DEVELOPING YOUR SPENDING PLAN

Do you want to get control of your financial life? This workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

### HOW TO SURVIVE THE HOLIDAYS

Learn how to reduce the financial stress of the holidays and make the most of the holiday season. This workshop helps participants financially meet holiday spending demands without the pain of too much debt.

### CAR BUYING STRATEGIES

Looking for a car but don't want to get taken for a ride? Learn all the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

### TSP - YOUR KEY TO FINANCIAL INDEPENDENCE

The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence.



Visit us at  
[www.cnmc.navy.mil/navylifema](http://www.cnmc.navy.mil/navylifema)  
or scan this code  
with your smart phone.

## PARENTING

### SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP)

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children. Topics include ways to help your children become more responsible, respectful, and cooperative. Learn about communication, discipline, and the goals of misbehavior, mutual respect, and family meetings.

### PARENTING IN A MILITARY FAMILY

Explore what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

## LIFE SKILLS

### BUILDING HEALTHY RELATIONSHIPS

This session is designed to educate participants on how to successfully nurture intimate relationships. Topics include emotional record keeping expectations, communication and developing healthy habits. Do you know and meet your partner's top 3 needs? Do they know and meet yours? If not, this course can help!

### BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a multi-session, skill-building program for adults, personnel and their adult family members aged 18 and above hoping to change anger patterns. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

### STRESS MANAGEMENT

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

## COUPLES WORKSHOP

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem solve, and strengthen your relationship.

## LOVE THINKS

Are you tired of the same dating traps like becoming involved too quickly, dishonesty from the start or overlooking problem areas? Learn how to avoid common dating missteps when developing a new romance by attending "Love Thinks,:" a program for single or newly-dating military members who are tired of playing dating games and are ready to keep it real.

## PERSONAL COMMUNICATION

Would you like to improve your personal communication skills? Participants will learn about different communication styles, conflict resolution and ways to develop more effective speaking and listening skills.

## EMPLOYMENT

### EFFECTIVE RESUME WRITING

These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop includes tips on translating military terminology and explaining time-gaps in employment.

### THE FEDERAL EMPLOYMENT SYSTEM

Gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process and how to understand standard qualifications and testing requirements.

### INTERVIEW TECHNIQUES

Want to feel more confident at your next job interview? Learn positive answers to difficult questions, dressing for success, and the importance of body language and a positive attitude. Interview follow-up and salary negotiations are also discussed.

## ONE CALL FOR ALL

Schedule a Counseling Appointment  
at any Mid-Atlantic FFSC

1-800-FFSC-LINE (372-5463)

*Need childcare for kids 5 or younger?*

Arrange it in advance at the Child Wait Center, 953-6904. First time usage requires application and shot record.