



Baby Boot Camp: New Parent Support and Navy Marine Corp Relief Society partner to present a class on becoming a parent. The Navy Marine Corp Relief Society presents a budget for having a new baby and all the expenses which may be incurred. They also offer a free layette which is valued about \$100.00 and this includes a hand knitted blanket. New Parent Support presents information about safety, bathing, cord care, diapering and how to cope with the crying of your infant. We discuss postpartum depression and practical ways to care for and cope with the demands of a new baby. This class is for expecting parents and parents of newborns. Register at 361-961-3482.

Benefits Delivery at Discharge (BDD) This is for service members who have experienced service-connected disability issues. Through BDD, your VA Disability Claim files through a Fast Track program allowing for adjudication of claims within 120 days after separation from service. **Registration required NASCC_FFSC_TGPS@NAVY.MIL** .

Car Buying Designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile.

Family Welcome—NAS Corpus Christi wishes to welcome all new arrivals to South Texas! Please join Fleet and Family Support Center as we present all the important relocation information you might need to make your tour here enjoyable and productive. Service members and families of all branches of service are welcome to attend.

Feeding Your Baby This class presented by New Parent Support and partners with the lactation consultant Cheryl Mills who is part of Navy Marine Corp Relief Society, We discuss all aspects of feeding your baby. We discuss breastfeeding and bottle feeding. This is a three week class with the first two classes geared to the Moms and the last class just for Dad's. We want our parents to feel free to ask any questions and be prepared to feed their newborn baby. This class is designed for expecting parents or parents of newborns. To register contact 361-961-2368.

Home Buying— Looking to purchase a home in the future or just want to learn more about the home buying process? Join us as we discuss the steps of the home buying process, ways to get the greatest deal on your investment, things to look for and ways to advocate for your family, and so much more! The information provided is helpful for anyone thinking of purchasing a home within the next few years. Registration is required by calling Lora Meza at 961-1127 or email lora.meza.ctr@navy.mil

Patriot Parent Brigade A support group for expectant parents and parents with children under age 4 facilitated by the New Parent Support team. Call New Parent Support to confirm dates at **361-961-1024** or **361-961-2368**.

Pre-separation workshop—Mandatory workshop for all members planning on attending TGPS that have not already been through pre-separation counseling with their command career counselor. To register for the workshop send request via email to NASCC_FFSC_TGPS@navy.mil.

SAPR Initial Victim Advocate training is the 40-hour training required for all individuals interested in becoming SAPR Victim Advocates. The October 17-21 training will be held Monday-Friday, from 0800-1600 at FFSC located on the 5th floor of the NHC. Attire for this training is "civilian". Please remember that attire should be appropriate for a military setting -- recommend jeans/slacks, polo shirts/blouse; no shorts, flip flops or inappropriate slogans/logos on t-shirts. Registration is required for planning purposes and to ensure that all attendees complete the required paperwork prior to training attendance. Register by contacting the SARC at (361) 961-1670 or e-mail: pat.kapitan@navy.mil.

Smooth Move This workshop provides information to relocating service members and their families with permanent change of station (PCS) orders within the Continental United States (CONUS). Topics include an overview of the moving process, tips and techniques for coping, managing the move, moving with children, and resources available throughout the relocation process.

Survivor Benefit Plan (SBP) This workshop discusses all of the benefits a service member and their loved one should be aware of in case tragedy should strike. The information provided is essential for all to ensure that military families are prepared for the worst case scenario and will financially be able to survive.

Thrift Savings Plan (TSP) Join in the discussion on ways to maximize your contribution to your Thrift Savings Plan (TSP) and alternative ways to save and invest for your future!

Transition GPS Seminar- RETIRING SERVICE MEMBERS - Military personnel who are retiring and are within 2 years of separating are required to attend this seminar. **SEPARATEES** - Military personnel who are separating and are within 1 year of separation are required to attend this seminar. Spouses are highly encouraged to attend. Topics that are covered include resumes, job search skills, job interviewing, federal and state employment options, veterans benefits, pay & travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, military obligations, and more. Prior to attending Transition GPS you must have PRE-SEPARATION counseling and a completed DD Form 2846. Contact your Command Career Counselor/Command Transition Officer or the FFSC TGPS staff for more information. Registration Required- NASCC_FFSC_TGPS@NAVY.MIL

Like us on Facebook at "Fleet and Family Support Center, NAS Corpus Christ"

FLEET & FAMILY SUPPORT CENTER — OCTOBER 2016

Registration is required for workshops, please call —Front Desk: **361-961-2372**
To schedule an individual appointment, please call—Centralized Scheduling: **866-293-2776**
All classes and workshops facilitated at the FFSC unless otherwise specified

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