



Fleet and Family Support Center
Naval Support Activity Bethesda



February Events 2017

Building 11, Room 112 Mon-Fri 7:30-4:00

Mon	Tue	Wed	Thu	Fri
		1 Sponsorship Training 9:30-11am	2 Dating Not Drama 9-11am Women, Infants, and Children (WIC) 9-12pm Resume Writing for Military Spouses 10-12pm	3
6 Job Search Strategies For Military Spouses 10-12pm	7 Interview Skills For Military Spouses 10-12pm Scream Free Couples (part 1) 12-2pm	8 Smooth Move 9:30-11am	9	10 Return & Reunion Brief 12-3pm
13	14 Pre-Deployment Brief 9-12pm Scream Free Couples (part 2) 12-2pm	15 BEAMS (part 1) 9-12pm Vacation Planning 10-12pm Star Service Training 10-12pm	16	17 Deployment Support Group 6-7pm
20 New Spouse Orientation 10-12pm	21 Understanding Autism 9-12pm Resume Writing for Military Spouses 10-12pm Scream Free Couples (part 3) 12-2pm	22 BEAMS (Part 2) 9-12pm Sponsorship Training 9:30-11am Happiest Baby 10-12pm	23 Stress Management 10-12pm	24
27 Spouse Support Group 10-12pm	28 EFMP POC Training 9-12pm Thrift Savings Plan 10-12pm			

Ongoing Classes:

VFW Medical Records Review for VA Benefits: Appointment Required. Tues - Fri 8:30-3pm

Transition GPS: This week long seminar is designed to prepare service members for their transition to civilian life.

If you are SEPARATING within 12 months, or RETIRING within 24 months please call to register.

Bus Tours: Call for a tour around Naval Support Activity Bethesda. Open to all personal. Every Wednesday 12-1:30pm. Please call ahead to schedule.

For more information or to register, please call (301) 319-4087 or email
usn.bethesda.nsabethesdamd.list.NNMCFFSC@mail.mil

Scream Free Couples: This video and discussion group will focus on calming down and getting closer in your relationship. Partner can't come? Do it for yourself! It only takes one person to make a positive changes in themselves and in their relationships.

Stress Management: Feeling a bit frazzled? Come learn how to manage stress before it manages you. Effective stress management can help improve sleeping habits, personal relationships, workplace environments, and much more.

Building Effective Anger Management– This 6 hour class which is divided into 2 interesting and interactive 3 hour sessions, will help you to better understand and manage your anger.

Data Not Drama : Wanting to find a relationship that lasts? Avoiding mismatched partners and unhealthy relationships from the beginning saves time, money, stress, and drama. Learn ways to build solid relationships and avoiding data drama.

Return and Reunion: Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

Pre-deployment brief: Designed to assist the IA service member in preparing for their deployment, presenters will focus on emotional, legal, financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

Deployment Support Group: Spouses that are geographically separated from their service members. Networking and connecting with other spouses for support.

Women, Infants, and Children (WIC): Are you a pregnant woman, new mother, or have infants and children under age 5 and live in Montgomery or Prince George's County? The FFSC is partnering with the Community Clinic, Inc., WIC program to answer any questions/pre-certify you for participation in the WIC program.

Happiest Baby On The Block: This 2 hour class is based on the best-selling parenting book and DVD, The Happiest Baby on the Block by pediatrician and child development expert Dr. Harvey Karp. This class provides participants with the necessary tools to calm a crying baby.

Understanding Autism and Applied Behavior: This workshop will provide an explanation of what Autism is, and how to help your child with social interactions and other social skills that may be beneficial to their well being.

EFMP Point of Contact Training: Training for EFMP Command POC's on the program their responsibilities and affiliates.

Vacation Planning: This short but fun workshop will provide you the insight on how to financially prepare for your vacation and optimize your resources while enjoying your well-deserved rest and relaxation. Topics include: Setting the stage for your vacation, planning your trip, cutting costs and how to build vacation expenses into your budget plan.

Thrift Savings Plan (TSP): How to set it up, how to make an investment selection, and how to manage it. Open to all active duty Service Members of any rank, all Federal Employees, all Contractors, all Retirees, all Reservists, and all family members.

Interview Skills for Military Spouses: Interviewing is a key step in getting a job; learn how to conduct yourself prepare, communicate, dress, and other valuable information.

Job Search Strategies for Military Spouses: Design strategies and techniques for conducting an effective job search.

Resume Writing for Spouses: improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

New Spouse Orientation: For new military spouses to support their entrance and ease their transition to the military culture.

Sponsorship Training: Learn important skills and resources to ease the transition of service members and their families as they move.

Smooth Move: Hands on workshop to guide you step by step through the moving process.

Spouse Support Group: will take place the last Monday of every month starting January 30th from 10-12pm. Spouse orientation will be for new spouses coming into military life. We will talk about different topics that are beneficial to military families. This will be held at the Balfour Beatty Community Center– Glen Haven.

All Active Duty military, Wounded Warriors, NMAs, Dependents, Retirees, Reservist, and DoD Civilians are eligible to participate in programs.

*some exception may apply

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