






Fleet and Family Support Center Naval Support Activity Bethesda

January Events 2017

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



Mon	Tue	Wed	Thu	Fri
2 New Years Day Observed Center Closed	3	4 Sponsorship Training 9:30-11am Resume Writing for Military Spouses 10-12pm	5 WIC 9-12pm Interview Skills For Military Spouses 10-12pm Goal Settings 1-2:30pm	6 Return & Reunion Brief 12-3pm
9	10 BEAMS-Building Effective Anger Management (part 1) 9-12pm Pre-Deployment Brief 9-12pm Credit Management 10-12pm	11 Scream Free Parenting (part 1) 11:30-2pm	12 	13
16 Center Closed Martin Luther King Jr. Day	17 BEAMS-Building Effective Anger Management (part 2) 9-12pm Interview Skills For Military Spouses 10-12pm	18 Sponsorship Training 9:30-11am Car Buying Workshop 10-12pm Scream Free Parenting (part 2) 11:30-2pm	19 Infant Massage 1-2:30pm Deployment Support Group 6-7pm	20 Center Closed Inauguration
23	24 Job Search Strategies For Military Spouses 10-12pm Exceptional Family Member Snack and Chat 10-11:30am	25 Developing Workplace Skills and Career Development 10-12pm Happiest Baby 10-12pm Scream Free Parenting (part 3) 11:30-2pm	26 Family Financial Planning 10-12pm Time Management 12-2pm Infant Massage 1-2:30pm	27
30 Spouse Support Group 10-12pm	31  Play Group: Every Wednesday from 10-12pm! Located at the Balfour Beatty Community Center- Glen Haven!! For more information, please look on the back of the calendar!!		28 	

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 Parenting– This video and discussion will help parents learn how to: discipline without yelling and communicate more positively.

BEAMS: This interactive workshop teaches techniques for reducing and managing anger. Participation certificate awarded at completion of full 6 hours.

Goal Setting: Let's make positive goals for the New Year! This class focuses on self-motivating strategies to work towards accomplishing the goals one sets for themselves.

Time Management: Determine what is urgent, what is important, and what can safely be put on the back burner for another day.

Credit Management: Are you looking for answers to basic consumer credit management? Are you looking to buy a car or home? Have you experienced trouble with credit debt in the past and you're trying to clean it up? Are you aware that your security clearance, employment and car insurance may be impacted by your credit report and credit score? Come find out how your use of credit is impacting your financial life in the Credit Management class.

Car Buying: This class goes beyond how to pick the right car to how to get the right deal. This class will help you avoid the tricks and traps of today's car buying maze. Learn how to research, shop, negotiate, and finalize a car deal that's right for you.

Family Financial Planning: The Family Financial Planning Workshop is designed to help illustrate the costs involved in starting a family, or adding to your existing family, and emphasizes the need for preparing financially to cover those costs. This course is perfect for anyone who is considering starting or adding to a family.

EFMP Snack and Chat: This is a forum for parents to voice concerns and questions about EFMP services and link with the EFMP liaisons for individual needs and concerns.

Glen Haven Play Group: Bring a blanket for your children to sit on. For younger age group, if they have an older sibling, older sibling may attend. With older children we do circle time, sing some songs, read a book and after that can be a variety of different activities which may be a walk, a craft, free play. If weather permits we might play outside at the basketball courts. Come prepared to have fun. Located in the Balfour Beatty Community Center– Glen Haven.

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.

Women, Infants, and Children (WIC): 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.

Infant Massage: Learn to calm and soothe your baby through nurturing touch. For parents, care-givers and their babies up to one year of age.

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.

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.

Developing Workplace Skills and Career Development: Explore new way to create skills in the workplace that can assist in your future career development.

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.

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

*some exception may apply

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