

## FFSC Little Creek-Fort Story

(757) 462-7563  
JEB Little Creek-Fort Story  
1450 D Street  
Virginia Beach, VA 23459-2444

## FFSC Newport News

(757) 688-6289  
2600 Washington Ave., Suite 201  
Newport News, VA 23607

## FFSC Norfolk

(757) 444-2102  
7928 14th Street, Suite 102  
Norfolk, VA 23505-1219

## FFSC Northwest

(757) 421-8770  
NSA Hampton Roads Northwest Annex  
4504 Relay Rd., Bldg. 374  
Chesapeake, VA 23522-4102

## FFSC Oceana/Dam Neck

(757) 433-2912  
1896 Laser Rd., Suite 120  
Virginia Beach, VA 23460-2281

## FFSC Portsmouth

(757) 953-7801  
620 John Paul Jones Circle, Bldg. 249  
NSA Hampton Roads - Portsmouth  
Portsmouth, VA 23708

## FFSC Yorktown

(757) 887-4606  
WPNSTA Yorktown  
1949 Von Steuben Drive  
Newport News, VA 23603

## Schedule a Counseling Appointment

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

## Military OneSource

militaryonesource.mil  
1 (800) 342-9647



## DEPARTMENT OF THE NAVY

*Fleet and Family Support Centers  
of Hampton Roads, Virginia  
7928 14th Street  
Norfolk, VA 23505-1219*

## Official Business

## FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

# SIGNAL

www.cnic.navy.mil/navylifema

OCT

NOV

DEC

2016

## HONOR, COURAGE, COMMITMENT

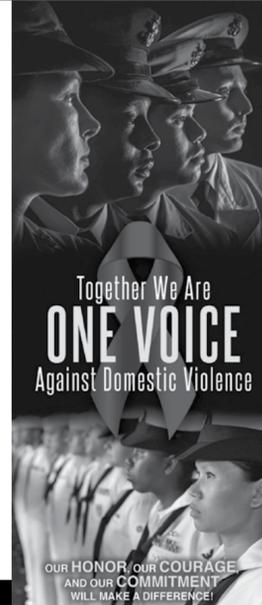
The U.S. Navy's core values are lived and reflected in our everyday practices and interactions. Just as the U.S. Navy operates from its core values, so should every intimate relationship.

## WHAT YOU CAN DO

- Participate in Domestic Violence Awareness Month events in October. Wear the purple ribbon in honor of domestic violence prevention.
- Spread the word about services provided by the Family Advocacy Program.
- Be proactive! Seeking help and using resources is STRENGTH.
- If you witness domestic violence, report it to the police.
- Know the signs of domestic violence.

Visit [www.thehotline.org](http://www.thehotline.org) for more information on signs of domestic violence and how to help.

Call Your FFSC or 1-800-799-SAFE (7233).



## Command Support Programs

### 21st Century CONSEP (Career Options and Navy Skills Evaluation Program)

The Standard for Career Readiness, this two-day course was developed to provide Navy Career Counselors and Fleet and Family Support Center (FFSC) staff an opportunity to guide first-term and mid-career Sailors through the career opportunities available in the Navy and in the civilian sector. This course will enhance mission readiness by giving Sailors the tools to make informed decisions about the educational and career options.

*\*First Term Workshop*

*\*\*Mid-Career Workshop*

### Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

### Exceptional Family Member POC Training

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: Any newly-designated EFMP POC in the Hampton Roads area.

### Family Readiness Group (FRG) Leadership Training

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information.

### FAP Command Leadership Training

This is a one-day introductory course that emphasizes the command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues and reporting. Who should attend: COS, XOS, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

### Navy Family Ombudsman Basic Training

This training consists of 9 modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COS, XO's, Chaplains, CMCs, COBs, and their spouses.

### PCO/PXO Spouses Workshop

This is a one-day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

### SAPR Command POC Training

The Sexual Assault Prevention and Response (SAPR) POC Training is four hours. The Command SAPR POC is responsible for coordinating mandated annual awareness, prevention and education training. The SAPR POC maintains and provides current information and referrals to base and community programs for victims. The SAPR POC ensures mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending this training will be designated by their command and will represent the command in all sexual assault cases.

### SAPR Victim Advocate Basic Training

This five-day, basic training prepares command SAPR personnel to facilitate training for the crew, fulfill reporting requirements, assist victims, and either manage or be a team member for the SAPR Program at their command. Who should attend: command-appointed SAPR POCs and SAPR Advocates, approved by the command, who want to assist victims of sexual assault.

### SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAAP) credentialing. This is a single-session workshop that provides SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAAP credentialed victim advocates in the Hampton Roads area

## In Portsmouth? Avoid the Toll!

Take advantage of our FFSC Portsmouth office at 620 John Paul Circle, Bldg. 249, Portsmouth, VA 23708. It's at the Naval Medical Center Portsmouth beside the Child Wait Center. We offer Counseling, New Parent Support, Exceptional Family Member Program services, as well as many education classes. Call FFSC Portsmouth at 953-7801 for more information.

and all other SAPR trained personnel are welcome to attend. However, continuing education hours are not mandated for other SAPR positions.

### Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

## Counseling/Support Programs

### 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. Open to military beneficiaries and their partners.

## Military Life Skills Education Programs

### Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel and their adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

### Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

### Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

### Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

### Dual Military Parenting

Dual Military Parents face unique challenges in balancing military careers and family responsibilities. This workshop is intended to assist Dual Military Parents navigate their unique military family lifestyle. Discussion topics include Building Healthy Relationships, Deployment Readiness, Parenting in a Military Family, Family Care Plan, Career Planning, and sharing challenges and successes with Dual Military Parents.

### Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

### Foreign-Born Spouses Support Group

Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign-born military spouses to network and share resources, discuss the American way of life, develop friendships, receive monthly newsletters, and learn about the many resources available to make your new life experience positive.

### 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.

### New Parent Resource Awareness Workshop

This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

### Parenting in a Military Family

This workshop explores 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.

### Parenting Teens

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

### Personal Communications

Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

### Ready Navy

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Ready Navy public awareness program.

### Single Parenting in the Military

This single-session workshop explores ways for active duty single parents to balance their military and parental responsibilities and looks at the opportunities and challenges of parenting alone in the military. Discussion topics include dealing with changes, co-parenting, talking with your child(ren) about his/her other parent, dating, resources for single military parents, and more.

### Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children under age six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills, developing skills for communicating effectively with young children, and much more.

### Systematic Training for Effective Parenting (STEP): School-age

This seven-session program offers participants a wealth of information and skills for parenting 5 to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the goals of misbehavior, mutual respect, and family meetings.

### Systematic Training for Effective Parenting (STEP): Teen

This seven-session workshop covers all of the STEP principles plus information on understanding why teens misbehave, peer pressure, excitement, and superiority. Topics include discouraging and encouraging atmospheres; rational and irrational parent responses to emotional scenes; listening and communicating respectfully; and experiencing consequences and exploring alternatives. Realistic video segments on teen experimentation with drugs, alcohol, and sex generate parent discussion of coping strategies explained in the text *Parenting Teenagers*.

### 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.

### Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more.

## Personal Financial Management Programs

### Art of Money Management

This workshop provides in-depth instruction and information on developing successful money management skills. Topics include understanding and using credit, Navy pay and allowances, spending strategies, and how to save and invest.

### Car Buying Strategies

Looking for a car but don't want to get taken for a ride? In this single-session program, 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.

### Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting

This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

### Command Financial Specialist (CFS) Refresher Training

Review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial hot topics. Open to all trained Command Financial Specialists.

### Command Financial Specialist (CFS) Training

This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve

as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term, solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands.

### Consumer Awareness

Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

### Credit Management

This single-session workshop provides 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 single-session 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.

### Financial Leadership Seminar

This four-hour training is for non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems, develops skills in handling a financial crisis, and creates an awareness of resources available. Agenda includes budgeting and Personal Financial Management (PFM), consumer awareness, legal issues, processing letters of indebtedness, garnishments, and more.

### Homeownership

VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

### How to Survive the Holidays Financially

Learn how to reduce the financial stress of the holidays. This 90-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt. Make the most of the holiday season.



### Million Dollar Sailor

A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

### Raising Financially Fit Kids

This 90-minute interactive program is designed for parents of children of all ages. Parents will explore their own financial habits and skills, as well as learn techniques to teach their children sound financial management skills. Participants will also assess their current financial situation, learn to how to communicate effectively with family members about finances, and implement age-appropriate financial practices for their children.

### Retirement Planning

This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the new Thrift Savings Plan (TSP). This is a must if you are leaving the military.

### Savings and Investments

This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable participants to save and invest wisely. Explore various investment options and learn which instrument best suits you and your individual goals.

### SMART Start: Finances for Newlyweds

This class provides financial information and guidance to single service members contemplating marriage and newly married service members. Topics covered are short and long-term financial goal-setting, spending plans, savings and investing, and effective communication on financial matters.

### 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 in this ninety-minute workshop.

## Relocation Assistance Programs

### Overseas Transfer Workshop

Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty members, spouses, and dependents 12 years and older.

### Smooth Move Workshop

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families.

## Family Employment/Transition Assistance Programs

### Career Planning

Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop, you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

### 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 also includes tips on translating military terminology.

### The Federal Employment System

In this single-session workshop, 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? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

### Job Network

Job Network is a monthly, one-hour employer panel comprised of three human resource personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

### Job Search Strategies

Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the Internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

### Transition GPS (Goals, Plans, Success)

This is a five-day DOD workshop with mandatory components for military members who are retiring or separating, exiting or considering leaving the military, and are making the transition to the civilian sector. The workshop provides instruction on skills identification, resume preparation, interview techniques, and veterans' entitlements. Spouses are welcome to attend as space permits.

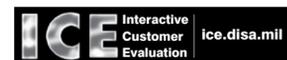
Transition GPS classes are held Monday, 6:30 a.m.-4:30 p.m., and Tuesday-Friday, 8:00 a.m.-4:30 p.m. Registration is Monday at 6:30 a.m. See your Command Career Counselor for a quota and workshop requirements to attend Transition GPS. For additional information, call (757) 444-3522/6089/1149 or fax (757) 444-6095.

### Transition Assistance Services Available at all FFSCs:

- Workshops and counseling on all financial aspects of transition
- Survivor Benefit Program (SBP)
- Individual transition counseling
- Transition information and employment referral

### VA Disability Benefits Review

This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, and divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.



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# OCT • NOV • DEC 2016 PROGRAM CALENDAR

## FLEET & FAMILY SUPPORT CENTERS (FFSC) OF HAMPTON ROADS — SITES & PHONE NUMBERS

L	Little Creek 462-7563	NN	Newport News 688-6289	N	Norfolk 444-2102	NW	Northwest 421-8770	O	Oceana 433-2912	P	Portsmouth 953-7801	Y	Yorktown 887-4606
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FFSC PROGRAMS	OCTOBER	NOVEMBER	DECEMBER
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### COMMAND SUPPORT PROGRAMS

<b>21st Century CONSEP (Career Options and Navy Skills Evaluation Program)</b>	OCT 5-6 (W-TH) 8:00 a.m.-4:30 p.m. (Mid-Career) (Y) OCT 25-26 (T-W) 8:00 a.m.-4:30 p.m. (Mid-Career) (O)		DEC 13-14 (T-W) 8:00 a.m.-4:30 p.m. (First Term) (N)
<b>Deckplate Resource Awareness Training</b>	OCT 19 & 20 (W&TH) 8:00 a.m.-4:00 p.m. (O) OCT 25 & 26 (T&W) 8:00 a.m.-4:00 p.m. (L) OCT 24 & 25 (M&T) 8:00 a.m.-4:00 p.m. (N)	NOV 8 & 9 (T&W) 8:00 a.m.-4:00 p.m. (NN) NOV 29 & 30 (T&W) 8:00 a.m.-4:00 p.m. (O) NOV 28 & 29 (M&T) 8:00 a.m.-4:00 p.m. (N)	DEC 28 & 29 (W&TH) 8:00 a.m.-4:00 p.m. (N)
<b>Exceptional Family Member POC Training</b>	OCT 24, 8:00 a.m.-noon (N)	NOV 4, 8:30 a.m.-12:30 p.m. (O)	
<b>Family Readiness Group (FRG) Leadership Training</b>	OCT 1, 8:00 a.m.-5:00 p.m. (Basic Training) (L) OCT 11, 9:00-11:30 a.m. (Advanced Training) (O) OCT 11, 5:00-8:30 p.m. (Advanced Training) (O) OCT 13, 9:00-11:30 a.m. (Advanced Training) (N) OCT 13, 6:00-8:30 p.m. (Advanced Training) (N)	NOV 17, 6:00-9:00 p.m. (Homecoming Training) (N) NOV 17 & 18 (TH&F) 9:00-11:30 a.m. (Basic Training) (O)	DEC 6, 9:00-11:30 a.m. (Advanced Training) (L) DEC 6, 6:00-8:30 p.m. (Advanced Training) (L)
<b>FAP Command Leadership Training</b>	OCT 24, 8:00 a.m.-4:00 p.m. (N)		
<b>Navy Family Ombudsman Basic Training</b>	OCT 14-16 (F-SU) 8:30 a.m.-4:00 p.m. (O) OCT 21-23 (F-SU) 8:30 a.m.-4:00 p.m. (N)	NOV 18-20 (M-SU) 8:30 a.m.-4:00 p.m. (L)	DEC 1-3 (TH-SA) 8:30 a.m.-4:00 p.m. (O)
<b>PCO-PXO Spouses Workshop</b>		NOV 9, 9:00 a.m.-2:00 p.m. (L)	
<b>SAPR Command POC Training</b>	OCT 5, 8:00 a.m.-4:00 p.m. (O) OCT 13, 8:00 a.m.-4:00 p.m. (L)	NOV 3, 8:00 a.m.-4:00 p.m. (Y) NOV 8, 8:00 a.m.-4:00 p.m. (L) (O)	NOV 9, 7:30 a.m.-4:30 p.m. (N) DEC 8, 8:00 a.m.-4:00 p.m. (L) DEC 14, 7:30 a.m.-4:00 p.m. (N)
<b>SAPR Victim Advocate Basic Training</b>	OCT 17-21 (M-F) 8:00 a.m.-4:30 p.m. (N) OCT 17-21 (M-F) 8:00 a.m.-4:00 p.m. (Y)	NOV 14-18 (M-F) 8:00 a.m.-4:30 p.m. (N)	DEC 5-9 (M-F) 8:00 a.m.-4:00 p.m. (L) DEC 12-16 (M-F) 8:00 a.m.-4:30 p.m. (N)
<b>SAPR Victim Advocate Continuing Education Training</b>	OCT 6, 9:00 a.m.-noon (N) (Y)	NOV 3, 9:00 a.m.-noon (N) NOV 7, 9:00 a.m.-noon (NN)	NOV 16, 9:00-11:00 a.m. (O) DEC 1, 9:00 a.m.-noon (N) DEC 15, 9:00-11:30 a.m. (L)
<b>Sponsor Training</b>	OCT 4, 1:00-3:00 p.m. (O) OCT 5, 2:00-4:00 p.m. (L)	OCT 11, 9:00-11:00 a.m. (N) NOV 8, 1:00-3:00 p.m. (O) NOV 15, 9:00-11:00 a.m. (N)	NOV 22, 9:00-11:00 a.m. (L) NOV 29, 9:00-11:00 a.m. (NN) DEC 5, 2:00-4:00 p.m. (NW) DEC 6, 9:00-11:00 a.m. (O) DEC 13, 9:00-11:00 a.m. (N) DEC 19, 1:00-3:00 p.m. (L)

### COUNSELING/SUPPORT PROGRAMS

<b>Couples Workshop</b>	OCT 4 & 11 (T) 5:00-7:00 p.m. (O) OCT 20 & 27 (TH) 6:00-8:30 p.m. (N)	OCT 24 & 31 (M) 5:00-7:30 p.m. (L)	NOV 10 & 17 (TH) 6:00-8:30 p.m. (N)	DEC 22 & 29 (TH) 4:00-6:30 p.m. (N)
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### MILITARY LIFE SKILLS EDUCATION PROGRAMS

<b>Building Effective Anger Management Skills (BEAMS)</b>	OCT 12-28 (W&F) 1:00-3:00 p.m. (N)		NOV 1-17 (T&TH) 9:00-11:00 a.m. (N) (O)	DEC 5-16 (M,W,F) 9:00-11:00 a.m. (L) (N)
<b>Building Healthy Relationships</b>	OCT 11, 6:00-8:30 p.m. (N) OCT 18, 1:00-3:30 p.m. (P)	OCT 19, 9:00-11:30 a.m. (NW) OCT 26, noon-2:30 p.m. (N)	NOV 8, 4:00-6:30 p.m. (N) NOV 29, 1:00-3:30 p.m. (P)	DEC 13, 6:00-8:30 p.m. (N) DEC 20, 1:00-3:30 p.m. (P)
<b>Children and Divorce</b>	OCT 5, 3:00-7:00 p.m. (O) OCT 11 & 12 (T&W) 3:00-5:00 p.m. (N)	OCT 13, 12:30-4:30 p.m. (NW)	NOV 1, 3:00-7:00 p.m. (O) NOV 8 & 9 (T&W) 1:00-3:00 p.m. (P)	NOV 16, 12:30-4:30 p.m. (O) DEC 6 & 7 (T&W) 2:00-4:00 p.m. (N) DEC 6, 3:00-7:00 p.m. (O)
<b>Dads and Discipline</b>	OCT 18, 2:30-5:00 p.m. (N)			DEC 13, 4:00-6:30 p.m. (O)
<b>Dual Military Parenting</b>			NOV 9, 8:00-11:30 a.m. (O)	
<b>Enhancing Step Families</b>			NOV 15, 4:00-6:30 p.m. (O)	DEC 8, 2:30-5:00 p.m. (N)
<b>Love Thinks</b>			NOV 3, 1:00-2:30 p.m. (N)	NOV 3, 2:30-4:00 p.m. (P) DEC 15, 9:00-10:30 a.m. (O)
<b>New Parent Resource Awareness Workshop</b>	OCT 6, 1:00-4:00 p.m. (NW) OCT 7, 8:00 a.m.-noon (N)	OCT 12, 8:30 a.m.-12:30 p.m. (NN)	NOV 4, 8:00 a.m.-noon (O) NOV 18, 8:00 a.m.-noon (N)	DEC 16, 8:00 a.m.-noon (O)
<b>Parenting in a Military Family</b>	OCT 4 & 5 (T&W) 2:30-5:00 p.m. (N) OCT 19 & 26 (W) 1:00-3:30 p.m. (P)	OCT 20, 12:30-4:30 p.m. (NW)	NOV 1 & 2 (T&W) 2:30-5:00 p.m. (N) NOV 9, 9:00 a.m.-2:00 p.m. (L)	NOV 30 & DEC 1 (W&TH) 9:00-11:30 a.m. (N)
<b>Parenting Teens</b>	OCT 26, 4:00-6:30 p.m. (O)		NOV 29, 2:30-5:00 p.m. (N)	
<b>Personal Communications</b>	OCT 4, 5:00-7:00 p.m. (O)	OCT 17, 1:00-3:00 p.m. (P)	NOV 3, 1:00-3:00 p.m. (P)	NOV 4, 1:00-3:00 p.m. (N) DEC 12, 1:00-3:00 p.m. (P)
<b>Ready Navy</b>			NOV 21, 1:00-3:00 p.m. (L)	
<b>Single Parenting in the Military</b>	OCT 6, 4:00-6:30 p.m. (O) OCT 25, 10:00 a.m.-12:30 p.m. (NN)	OCT 25, 4:00-6:30 p.m. (O)	NOV 22, 1:00-3:30 p.m. (N)	
<b>Systematic Training for Effective Parenting (STEP)</b>	OCT 11-20 (T&TH) 3:00-7:00 p.m. (School Age) (O)		NOV 3-21 (M&TH) 2:30-5:00 p.m. (Early Childhood) (N)	
<b>Stress Management (Multisession)</b>	OCT 4 & 6 (T&TH) 8:00 a.m.-noon (NN) OCT 5 & 6 (W&TH) 1:00-4:30 p.m. (P)	OCT 11-20 (T&TH) 9:00-11:00 a.m. (N) OCT 17-26 (M&W) 9:00-11:00 a.m. (O)	NOV 8-17 (T&TH) 1:00-3:00 p.m. (N) NOV 14-23 (M&W) 1:00-3:00 p.m. (L)	NOV 15-17 (T-F) 1:00-3:30 p.m. (P) DEC 5-14 (M&W) 2:00-4:00 p.m. (O) DEC 6-15 (T&TH) 1:00-3:00 p.m. (N) DEC 13-15 (T-F) 1:00-3:30 p.m. (P)
<b>Welcome to the Military</b>			NOV 10, 9:00 a.m.-noon (NW)	

### PERSONAL FINANCIAL MANAGEMENT PROGRAMS

<b>Art of Money Management</b>	OCT 13, 8:00 a.m.-4:00 p.m. (L) OCT 25, 8:00 a.m.-4:00 p.m. (N)		NOV 10, 8:00 a.m.-4:00 p.m. (L) NOV 17, 8:30 a.m.-4:30 p.m. (Y)	NOV 22, 8:00 a.m.-4:00 p.m. (N) DEC 7, 8:00 a.m.-4:00 p.m. (O) DEC 9, 8:00 a.m.-4:00 p.m. (L)	DEC 20, 8:00 a.m.-4:00 p.m. (N)
<b>Car Buying Strategies</b>	OCT 5, noon-1:30 p.m. (N)	OCT 18, 9:30-11:00 a.m. (P)	NOV 2, noon-1:30 p.m. (N)		DEC 7, noon-1:30 p.m. (N)
<b>Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting</b>	OCT 28, 9:30-11:00 a.m. (Y)		NOV 4, 8:30-10:00 a.m. (O)		DEC 8, 1:00-2:30 p.m. (N)
<b>Command Financial Specialist (CFS) Refresher Training</b>	OCT 14, 8:00 a.m.-4:00 p.m. (N)		NOV 7, 8:00 a.m.-4:00 p.m. (O)		DEC 9, 8:00 a.m.-4:00 p.m. (L)
<b>Command Financial Specialist (CFS) Training</b>	OCT 3-7 (M-F) 7:30 a.m.-4:00 p.m. (N) (O) OCT 17-21 (M-F) 7:30 a.m.-4:00 p.m. (L)	OCT 24-28 (M-F) 7:30 a.m.-4:00 p.m. (Y) OCT 31-NOV 4 (M-F) 7:30 a.m.-4:00 p.m. (L) (N) (O)			DEC 5-9 (M-F) 7:30 a.m.-4:00 p.m. (NN) (N) DEC 12-16 (M-F) 7:30 a.m.-4:00 p.m. (L)
<b>Consumer Awareness</b>	OCT 5, 10:00-11:30 a.m. (N)		NOV 2, 10:00-11:30 a.m. (N)		DEC 7, 10:00-11:30 a.m. (N)
<b>Credit Management</b>	OCT 4, 1:00-2:30 p.m. (NW) OCT 5, 8:30-10:00 a.m. (N) OCT 31, 1:00-2:30 p.m. (O)		NOV 1, 1:00-2:30 p.m. (NW) NOV 2, 8:30-10:00 a.m. (N) NOV 8, 9:30-11:00 a.m. (P)	NOV 22, 5:00-6:30 p.m. (O) NOV 28, 2:30-4:00 p.m. (O)	DEC 7, 8:30-10:00 a.m. (N) DEC 13, 5:00-6:30 p.m. (O) DEC 14, 1:00-2:30 p.m. (NW)
<b>Developing Your Spending Plan</b>	OCT 4, 1:00-2:30 p.m. (P)		NOV 28, 1:00-2:30 p.m. (O)		DEC 7, 1:00-2:30 p.m. (NW)
<b>Financial Leadership Seminar</b>	OCT 5, 8:00 a.m.-noon (NN)	OCT 26, 8:00 a.m.-noon (N)	NOV 8, 8:00 a.m.-noon (L)	NOV 10, 8:00 a.m.-noon (N)	DEC 21, 8:00 a.m.-noon (N)
<b>Homeownership</b>	OCT 12, 8:30 a.m.-3:00 p.m. (O)	OCT 27, 8:30 a.m.-3:00 p.m. (N)			DEC 1, 8:30 a.m.-3:00 p.m. (N) DEC 6, 8:30 a.m.-3:00 p.m. (O)
<b>How to Survive the Holidays Financially</b>	OCT 18, 5:00-6:30 p.m. (O)	OCT 31, 2:30-4:00 p.m. (O)		NOV 17, 1:00-2:30 p.m. (NW)	
<b>Million Dollar Sailor</b>			NOV 7 & 8 (M&T) 8:00 a.m.-4:00 p.m. (N)		
<b>Raising Financially Fit Kids</b>	OCT 26, 1:00-3:00 p.m. (N)				
<b>Retirement Planning</b>	OCT 12, noon-1:30 p.m. (N)		NOV 9, noon-1:30 p.m. (N)		DEC 14, noon-1:30 p.m. (N) DEC 21, 1:00-2:30 p.m. (L)
<b>Savings and Investments</b>	OCT 12, 8:30-10:00 a.m. (N)		NOV 9, 8:30-10:00 a.m. (N) NOV 22, 9:30-11:00 a.m. (P)		DEC 12, 8:30-10:00 a.m. (O) DEC 14, 8:30-10:00 a.m. (N)
<b>SMART Start: Finances for Newlyweds</b>	OCT 25, 5:00-6:30 p.m. (O)		NOV 10, 1:00-2:30 p.m. (N)		
<b>TSP - Your Key To Financial Independence</b>	OCT 12, 10:00-11:30 a.m. (N)		NOV 9, 10:00-11:30 a.m. (N)		DEC 6, 1:00-2:30 p.m. (P) DEC 12, 10:00-11:30 a.m. (O) DEC 14, 8:30-10:30 a.m. (NN) DEC 14, 10:00-11:00 a.m. (N) DEC 21, 10:00-11:30 a.m. (L)

### RELOCATION ASSISTANCE PROGRAMS

<b>Foreign Born Spouses Support Group</b>	OCT 28, 10:00 a.m.-noon (O)		NOV 18, 10:00 a.m.-noon (O)	DEC 9, 10:00 a.m.-noon (O)
<b>Overseas Transfer Workshop</b>	OCT 18, 9:00 a.m.-4:00 p.m. (NW) OCT 25, 9:00 a.m.-4:00 p.m. (N)		NOV 9, 9:00 a.m.-4:00 p.m. (O) NOV 15, 9:00 a.m.-4:00 p.m. (NW)	NOV 28, 9:00 a.m.-4:00 p.m. (L) DEC 13, 9:00 a.m.-4:00 p.m. (NW) DEC 19, 9:00 a.m.-4:00 p.m. (N)
<b>Smooth Move Workshop</b>	OCT 12, 1:00-4:00 p.m. (NW)		NOV 8, 9:00 a.m.-noon (O) NOV 8, 1:00-4:00 p.m. (NW)	NOV 22, 9:00 a.m.-noon (N) DEC 6, 9:00 a.m.-noon (NW) DEC 7, 1:00-4:00 p.m. (L) DEC 13, 8:00-11:00 a.m. (NN)

### FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

<b>Career Planning</b>	OCT 3, 9:00 a.m.-noon (NW) OCT 11, 8:30-11:30 a.m. (N) OCT 17, 9:00 a.m.-noon (O) (Y)		NOV 1, 9:00 a.m.-noon (NN) NOV 7, 8:30-11:30 a.m. (N) NOV 8, 9:00 a.m.-noon (NW)	NOV 14, 9:00 a.m.-noon (O) NOV 29, 9:00 a.m.-noon (L)	DEC 5, 9:00 a.m.-noon (O) DEC 14, 9:00 a.m.-noon (Y) DEC 15, 9:00 a.m.-noon (O) DEC 19, 8:30-11:30 a.m. (N)
<b>Effective Resume Writing</b>	OCT 4, 9:00 a.m.-noon (L) (O) OCT 6, 9:00 a.m.-noon (NW) OCT 12, 8:30-11:30 a.m. (N) OCT 13, 9:00 a.m.-noon (O)	OCT 19, 9:00 a.m.-noon (O) (Y) OCT 27, 8:30-11:30 a.m. (N) OCT 28, 11:00 a.m.-2:00 p.m. (O)	NOV 2, 9:00 a.m.-noon (NN) NOV 2, 1:00-4:00 p.m. (O) NOV 8, 8:30-11:30 a.m. (N) NOV 9, 9:00 a.m.-noon (O)	NOV 16, 9:00 a.m.-noon (O) NOV 17, 9:00 a.m.-noon (L) NOV 21, 9:00 a.m.-noon (O) NOV 29, 9:00 a.m.-noon (O)	DEC 1, 8:30-11:30 a.m. (N) DEC 1, 9:00 a.m.-noon (NW) DEC 7, 9:00 a.m.-noon (O) DEC 12, 9:00 a.m.-noon (O) DEC 13, 9:00 a.m.-noon (L) DEC 13, 1:00-4:00 p.m. (Y) DEC 20, 8:30-11:30 a.m. (N) DEC 20, 9:00 a.m.-noon (O)
<b>Federal Employment System</b>	OCT 5, 9:00 a.m.-noon (O) OCT 6, 9:00 a.m.-noon (L) OCT 13, 8:30-11:30 a.m. (N) OCT 20, 9:00 a.m.-noon (Y)	OCT 21, 9:00 a.m.-noon (O) OCT 27, 9:00 a.m.-noon (NW)	NOV 3, 9:00 a.m.-noon (NN) NOV 9, 8:30-11:30 a.m. (N) NOV 14, 9:00 a.m.-noon (L) NOV 16, 9:00 a.m.-noon (NW)	NOV 18, 9:00 a.m.-noon (O) NOV 29, 8:30-11:30 a.m. (N) NOV 30, 9:00 a.m.-noon (O)	DEC 5, 1:00-4:00 p.m. (L) DEC 8, 1:00-4:00 p.m. (NW) DEC 9, 9:00 a.m.-noon (O) DEC 15, 9:00 a.m.-noon (Y) DEC 21, 8:30-11:30 a.m. (N)
<b>Interview Techniques</b>	OCT 14, 8:30-11:30 a.m. (N) OCT 20, 9:00 a.m.-noon (O) OCT 21, 9:00 a.m.-noon (Y)	OCT 24, 9:00 a.m.-noon (L)	NOV 3, 1:00-4:00 p.m. (NN) NOV 10, 8:30-11:30 a.m. (N) NOV 10, 1:00-4:00 p.m. (NW)	NOV 16, 9:00 a.m.-noon (L) NOV 17, 9:00 a.m.-noon (O)	DEC 8, 9:00 a.m.-noon (O) DEC 12, 1:00-4:00 p.m. (L) DEC 15, 9:00 a.m.-noon (NW) DEC 15, 1:00-4:00 p.m. (Y) DEC 16, 11:00 a.m.-2:00 p.m. (O) DEC 21, 1:00-4:00 p.m. (N)
<b>Job Network</b>	OCT 4, noon-1:00 p.m. (L) OCT 12, noon-1:00 p.m. (N)	OCT 19, noon-1:00 p.m. (O) (Y)	NOV 2, noon-1:00 p.m. (NN) NOV 8, noon-1:00 p.m. (N)	NOV 16, noon-1:00 p.m. (O) NOV 17, noon-1:00 p.m. (L)	DEC 20, noon-1:00 p.m. (N)
<b>Job Search Strategies</b>	OCT 3, 9:00 a.m.-noon (L) OCT 11, 1:00-4:00 p.m. (N)	OCT 18, 9:00 a.m.-noon (O) (Y)	NOV 1, 1:00-4:00 p.m. (NN) NOV 7, 1:00-4:00 p.m. (N)	NOV 15, 9:00 a.m.-noon (O) NOV 17, 9:00 a.m.-noon (NW)	DEC 6, 9:00 a.m.-noon (O) DEC 6, 1:00-4:00 p.m. (L) DEC 13, 9:00 a.m.-noon (Y) DEC 19, 1:00-4:00 p.m. (N)
<b>Transition GPS (Goals, Plans, Success)</b>	<b>Executive Retirement (E-9, W-4, W-5, O-5 and above), Retiree Classes, Separatee Classes.</b>				
<b>VA Disability Benefits Review</b>	OCT 6, 7:30 a.m.-4:00 p.m. (O) OCT 13, 8:00 a.m.-4:30 p.m. (L)	OCT 27, 8:00 a.m.-4:30 p.m. (L)	NOV 3, 7:30 a.m.-4:00 p.m. (O) NOV 10, 8:00 a.m.-4:30 p.m. (L)	DEC 1, 7:30 a.m.-4:00 p.m. (O) DEC 8, 8:00 a.m.-4:30 p.m. (L)	

Call 1-800-372-5463 to make a counseling appointment. Call or visit [www.cnic.navy.mil/navylifema](http://www.cnic.navy.mil/navylifema) for more information or to register for any class. You can also use your smart phone to access the FFSC website by scanning this code:

