

FLEET AND FAMILY SUPPORT CENTER

SEPTEMBER – 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pre-Separation Workshop 1300-1600	2
5 FFSC CLOSED 	6	7 Benefits Delivery @ Discharge (BDD) 0800-1200 Family Welcome 0800-1500	8 Pre-Separation Workshop 1300-1600	9 Sponsor Training 1000-1200
12	13 Car Buying 1300-1500	14 Patriot Parent Brigade Conference Rm @ NASCC Youth Center 1000-1130 Understanding Military Sexual Trauma 0900-1100 **OMBUDSMAN APPRECIATION DAY**	15 Pre-Separation Workshop 1300-1600	16 Infant Massage 1030-1200
19 Survivor Benefits Plan 0900-1000 TSP Saving & Investing 1000-1100	20	21	22 Bells Across America for Fallen Service Members	23 Infant Massage 1030-1200 <div style="border: 1px dashed black; padding: 2px; width: fit-content;">Gold Star Mother's and Family Day Sept 25</div>
<i>Transition GPS –Separatees–Monday 0730–1700; Tues–Fri 0800–1600</i>				
26	27 Smooth Move 1300--1500	28 Patriot Parent Brigade Conference Rm @ NASCC Youth Center 1000-1130	29	30 Infant Massage 1030-1200

FFSC Front Desk : (361) 961-2372

Centralized Scheduling: (866) 293-2776

Bells Across America for Fallen Service Members— The event is a national program that remembers and celebrates the lives of fallen service members. The ceremony is being conducted simultaneously across the nation and the names of our fallen heroes will be read aloud. For more information contact the Installation Gold Star Coordinator Corcynthia Williams at 361-961-1675 or email at corcynthia.williams@navy.mil

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.

Infant Massage—Infant Massage Invitation to parents with a child under 12 months! Come learn the art of Infant Massage with New Parent Support. The class is held weekly, for five weeks, to learn the complete massage. For information or to register for the class, please call. Space is limited to the first 6-8 families.

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.

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.

Sponsor Training— The sponsor training is a one-hour training held each month. A sponsor sets the stage for newcomer's transit to be a smooth one. The FFSC teaches the ins and outs of providing a great foundation for newcomers to transition into their new job and environment.

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— SEPARATING SERVICE MEMBERS Military personnel who are retiring and are within 180 days of separating are **required** to attend this seminar. You may attend if you're up to 12 months away from your separation date. 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 obtain several documents from your Command Career Counselor or Admin Officer. **Registration Required—**
NASCC_FFSC_TGPS@NAVY.MIL

Understanding Military Sexual Trauma—(Advanced UVA training) This training will cover the definition of Military Sexual Trauma (MST); eligibility through the Veteran's Affairs, the impact of MST; Gender Differences, the difference between PTSD and MST and Recovery. Participants will participate in role-play and interactive scenarios. This workshop offers victim advocates (2 CEUs) for attendance/participation. **Call Pat Kapitan for registration @ 961-1670.**

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

FLEET & FAMILY SUPPORT CENTER — SEPTEMBER 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