

The Bridge



APRIL 2015

MEETING YOUR NEEDS AT HOME. AT SEA.

Sexual Assault Prevention & Response Program

Dear Friends,

Thank you. Thank you ALL for your ongoing support to the Sexual Assault Prevention and Response Program (SAPR). One thing for sure, the battle against sexual assault in the military cannot be fought alone, the Program depends heavily on your assistance to spread the word and help our fallen Sailors and Marines when they need us... if they need us.

The Program continues to evolve with new policies and higher standards. We must demand and emphasize to respect our core values as we shall always respect one another, a simple concept really.



This year we bring awareness as all other years with several events throughout the month. We encourage all to take part in the SAPR 5K Race/walk on April 13 at Indian Head and on April 22nd at Dahlgren. The SAPR Team is also offering South Potomac tenants the opportunity to schedule the SAPR Table Top Exercise (TTX) at your command. Why not bring all the subject matter experts to your commands to answer all of your SAPR questions. Contact your command SARC for more information (540) 653-1164.

Please contact the Fleet and Family Support Center (540) 653-1839 for information of events throughout April.

V/r,

Installation SARC



Month of the Military Child

KIDS COUNT.... Because:

They are
Today's joy,
Tomorrow's leaders,
Our most precious nature resource,
Our country's future.

Kids are individuals with rights.
They grow best in families.
The capabilities they develop are theirs for life,
And the need good role models.
Healthy children become self-sufficient, productive adults.

They contribute to our families and
Communities as they grow.
They are a source of values, energies, and ideas
For the next century.

They remind us that we were kids once.
Their vision of our world is refreshingly simple.
They force us to answer, "why?"
They help us keep our perspective.

They remind us of the freedoms we value.
We serve so that they may have a future.
We serve so that they may be free.
A Nation is measured by its concern for children.

We at the Fleet and Family Support Center salute you!

FEATURES

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LOOKING AHEAD TO MAY
Relocation Assistance



Fleet and Family Support Center
NSF Dahlgren — Building 214
6027 School House Lane, Suite 208
Dahlgren, VA
(800) 500-4947 • (540) 653-1839

Fleet and Family Support Center
NSF Indian Head
4260 Steve's Way, Indian Head, MD
(800) 500-4947 • (301) 744-6725

Sexual Assault "Hotline"
(540) 424-0660

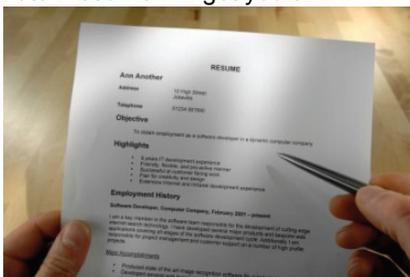
Domestic Violence "Hotline"
(800) 799-7233



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Intro to Investments</i> 1200-1300 Indian Head	<i>Small Business</i> 2-3APR 0800-1600 Dahlgren	
		1	2	3
<i>Technical Track</i> 6-7APR 0800-1600 Dahlgren <i>SAPR Refresher</i> 1300-1500 Dahlgren		<i>Federal Resume</i> 1100-1400 Indian Head <i>SAPR Movie Day</i> 1300-1600 Dahlgren	<i>Higher Education</i> 9-10APR 0800-1600 Dahlgren	<i>Stress Management</i> 1100-1230 Dahlgren
6	7	8	9	10
		TAX DAY <i>Overseas Transfer</i> 1030-1200 Indian Head <i>Deployment Discussion</i> 1200-1300 Indian Head	<i>New Spouse Orientation</i> 0900-1000 Dahlgren <i>Deployment Discussion</i> 1200-1300 Dahlgren	
13	14	15	16	17
	<i>Command Leadership Brief</i> 0900-1200 Dahlgren <i>Intro to Investments</i> 1400-1500 Dahlgren	ADMINISTRATIVE PROFESSIONALS' DAY <i>Overseas Transfer</i> 0900-1030 Dahlgren	<i>Capstone</i> 0800-1600 Dahlgren <i>Magic 1,2,3</i> 23-24APR 1100-1230 Dahlgren	
20	21	22	23	24
26 <i>IA Family Fun Event</i> 1600-1800 Dahlgren			To attend any of our classes offered, please call and register for a seat.	
27	28	29	30	

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 includes tips on translating military terminology.



Federal Resume

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 Skills

Want to feel more confident at your next job interview? This 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 Search Strategies

Learn more about the crucial steps in the job search process. This workshop covers everything from assessing the hidden job market to finding a job long-distance, as well as job searching on the internet.

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.

Building Healthy Relationships

Provides tools to enhance healthy relationships, and educate military personnel and their families how to successfully nurture intimate relationships. Topics include expectations, communication and developing healthy habits.

Anger Management

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.

Communication 101

Would you like to improve your personal communication skills? This educational workshop can make a difference. Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills.

Victim Advocate Training - SAPR Training

This is a 40-hour, week-long training for prospective Volunteer Victim Advocates. It is an intense course where prospective Advocates will receive a wealth of information from all of the key individuals who have a role in the SAPR Program, tour the emergency room for when they need to respond to a case in person, and have extensive scenario practice in responding to a sexual assault hotline call. This training is followed by a credentialing process that all trainees must complete prior to becoming a fully certified Victim Advocate.

SAPR Refresher Trainings

These trainings are provided on a monthly basis as a requirement for credentialed advocates. They must complete 32 refresher training hours every 2 years after being credentialed in order to maintain their active Advocate status.

Welcome to the Military/New Spouse Orientation

This workshop provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, overview of TRICARE, financial planning and more. A great workshop for New Spouses, new to the military lifestyle and may need some support in learning a new world.

Preparing for Baby

This three hour workshop discusses the basics of money management and new changes in family life. Where are the hidden holes that your money will disappear into and what are the unexpected costs you should anticipate? When is it too much holding? Why are they crying so much? All these answers and more can/will be discussed.



Introduction to Investments

Some basic guidelines and terminology to better assist the new beginner in saving and investing for the future. 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 investment best suits you and your individual goals.



Car Buying Basics

Basic guidelines to consider financially when buying a car and how you can better prepare yourself before the purchase. Topics may include: important do's and don'ts BEFORE your step onto the car lot, negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Money Planning for Retirement

This interactive program introduces the basic concepts of financial retirement planning; including the military retirement system and the Thrift Savings Plan (TSP). It covers financial matters for those separating as well as those retiring.

Reading Your Credit Report

This 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. Topics may include: how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

Smooth Move

Transferring to a new duty station? This program offers tips to help make your move as "painless" as possible! The goal of the program is to educate personnel on the procedures necessary to facilitate the moving process, entitlements, financial planning, family preparation, and how to deal with the emotional cycle of relocation.



Kids on the Move

This program helps children of active duty personnel to understand the moving experience. Teaching children what to expect, and helping them understand the feelings of change and giving them ideas/activities to help adjust. All important steps toward alleviating some of the stress involved in moving someplace new.

Sponsorship Training

A training course for new sponsors on the things they need to do to better perform their duties as a command sponsor(s). What they should know and/or how to find the resources available to them.

Transition (TAP) GPS Class

The Transition Assistance Program (Goals, Plans, Success) to prepare the military member transitioning out into the civilian world. Program includes such things as benefits, preparing for leaving the service, what to do and

when how to write a resume in a language that a civilian will understand. Program is open to military members separating and retiring.

Career Option and Navy Skills Evaluation Program (CONSEP - 1st & Mid Term)

(1st Term) The class is a holistic approach to military career development. This program will help prepare the military member to take the helm and chart the journey of the career by improving knowledge and ability to make the correct choices in the future. (Mid Term) Part two of the military career development is a life cycle approach to navigating one's career journey. This program is designed to assist the person approximately 8-12 years into their military career. It will assist one to look ahead and start to prepare for the transition process into the civilian workforce.

Deployment Discussion & Telephone Family Support Group

Do you have a Service Member or loved one deployed? Join us for an informal discussion group to talk about your issues/solutions for deployment. Don't feel like you have to come in person. Join us anonymously via telephone. Find out just how NOT alone you really are.

Preparing for Deployment/Return & Reunion Brief

These are two separate briefs designed to brief the military member and the military families. Everyone knows it's a hard time when your loved one has to go away for duty. In both circumstances, is the family prepared not just emotionally, but financially, or in an emergency? Join us for a quick session and get a check-list of possible needed items, factors, possibility-plans. Things change, not just physically, but mentally, and emotionally. Prepare yourselves for, not just the service member leaving, but also the return home. Time has moved on, and so has life.

Parenting in a Military Family (Magic 1, 2, 3 / STEP)

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 a way that really works, 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.

All classes listed are offered throughout the calendar year, but are also available upon request.