

FLEET AND FAMILY SUPPORT CENTER







NOVEMBER 2024



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>November 3</p>	 <p>November 10</p>	<p>1</p> <p>AI Resume Building Workshop "VIRTUAL" 0800 - 0930</p> <p>Life Skills Anger Management "VIRTUAL" 1030 - 1130</p>
<p>4</p> <p>Basic Resume Workshop "VIRTUAL" 0900 - 1030</p> <p>Advanced Resume Workshop "VIRTUAL" 1300 - 1430</p>	<p>5</p> <p>Job Search/Support Workshop "VIRTUAL" 0900 - 1030</p> <p>Baby Sensory Time 1000 - 1100</p>	<p>6</p> <p>Spouse Job/Resume Support Workshop "VIRTUAL" 0900 - 1030</p>	<p>7</p> <p>USA Jobs Application Workshop "VIRTUAL" 1030 - 1200</p> <p>Smooth Move Workshop 1100 - 1200</p>	<p>8</p> <p>USA Jobs FY2025 Workshop "VIRTUAL" 0800 - 0930</p> <p>Life Skills Effective Communication "VIRTUAL" 1030 - 1130</p>
BOOTS TO BUSINESS 0800—1600				
<p>11</p>  <p>FFSC CLOSED</p>	<p>12</p> <p>American Job Bank "VIRTUAL" 1000 - 1130</p> <p>Survivor Benefits Plan "VIRTUAL" 1000 - 1100</p>	<p>13</p> <p>DANTES "VIRTUAL" 0900 - 1130</p> <p>Feeding Your Newborn 1000 - 1130</p> <p>Baby Suite 1230 - 1400</p>	<p>14</p> <p>Benefits Delivery at Discharge (BDD) 1000 - 1100</p> <p>O*NET A to Z "VIRTUAL" 1300 - 1430</p>	<p>15</p> <p>Stoics and Stress Workshop "VIRTUAL" 0800 - 0930</p> <p>Life Skills Stress Management "VIRTUAL" 1030 - 1130</p>
<p>18</p> <p>Basic Resume Workshop "VIRTUAL" 0900 - 1030</p> <p>Advanced Resume Workshop "VIRTUAL" 1300 - 1430</p>	<p>19</p> <p>Job Search/Support Workshop "VIRTUAL" 0900 - 1030</p> <p>Developing a Spending Plan 1000 - 1100</p>	<p>20</p> <p>Spouse Job/Resume Support Workshop "VIRTUAL" 0900 - 1030</p> <p>Ombudsman Assembly Meeting "VIRTUAL" 1700 - 1800</p>	<p>21</p> <p>USA Jobs FY2025 Application Workshop "VIRTUAL" 1030 - 1200</p> <p>EFMP POC Training 1300 - 1400</p>	<p>22</p> <p>Life Skills Conflict Resolution "VIRTUAL" 1030 - 1130</p>
FY25 TAP WEEK "SEPARATEE CLASS" 0800—1600				
<p>25</p> <p>SAIL Training 1300 - 1400</p>	<p>26</p> <p>FAP 101 1300 - 1400</p>	<p>27</p> <p>Couples Communication 1300 - 1400</p>	<p>28</p>  <p>FFSC CLOSED</p>	<p>29</p>

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To register for classes listed go to: <https://e.afit.edu/ICYPBJVV>

FOLLOW US ON FACEBOOK: "HTTPS://WWW.FACEBOOK.COM/FFSCNASCC" OR SEARCH FFSCNASCC

ADVANCED RESUME WORKSHOP — This one-hour workshop includes organizing resume data and information, exploring the mechanics of structuring and building a resume and understanding the different kinds of resumes and when to use them.

AI RESUME BUILDING WORKSHOP – Using AI tools to build effective resumes.

BABY SENSORY - Bring your young children for sensory activities and a sensory story time with New Parent Support.

BABY SUITE - Join New Parent Support and NMCRS for monthly sessions to start or add to your parenting experience. We are providing Guest Speakers, Baby/Parenting Information, Questions Answered and Resources. Contact [Cheryl Mills](#), [Visiting Nurse NMCRS \(361\) 537-8719](#) and come join us for support, information and some fun!

BASIC RESUME WORKSHOP - This workshop is for anyone who'd like to have a basic understanding of different types of resumes, how to build a basic resume and choosing the best resume to market oneself for their career.

BENEFITS DELIVERY AT DISCHARGE - This is for service members who will be filing a service-connected disability claim with the VA. Through BDD, your VA Disability Claim is "fast tracked" allowing for adjudication before separation from service. BDD claims can only be submitted between 90-180 days before separation. By appointment only.

BOOTS TO BUSINESS - This two-day workshop is an entrepreneurial education and training program offered by the Small Business Administration. This course provides an overview of entrepreneurship and applicable business ownership fundamentals. This class is a must if you are wanting to start a business. For registration information email us at: nascctap@us.navy.mil

COUPLES COMMUNICATION – This clinician led class helps you communicate openly & honestly with your partner. You'll learn to identify & address issues threatening your relationship. Contact [Kim Kelley \(361\)961-1301](#) for registration details.

DEVELOPING A SPENDING PLAN– Learn about the importance of developing financial goals and having a plan to help you make those goals a reality.

EFMP POC TRAINING - The Command EFMP POC Training prepares the POCs for their new role. At the conclusion of training the POC will be able to meet the needs of the EFM families as well as provide resources.

FAP 101 - This training will provide education on the Family Advocacy Program (FAP) process. Attendees will gain knowledge on FAP reports and reporting options, and the progress of a case from start to finish. This training will satisfy their Command Leadership FAP Training requirements per OPNAVINST 1752.2C. Please contact [Kim Kelley \(361\) 961-1301](#) for registration details.

FEEDING YOUR NEWBORN — Class is presented by New Parent Support & NMCRS lactation consultant [Cheryl Mills](#), [Visiting Nurse NMCRS \(361\) 537-8719](#). We discuss all aspects of feeding your baby, breastfeeding & bottle feeding. We want our parents to feel free to ask any questions & feel confident in feeding their newborn.

JOB SEARCH/SUPPORT WORKSHOP— Information on job market trends & career support services. Designed for ADSM's, veterans & their families.

LIFE SKILLS—STRESS MANAGEMENT, EFFECTIVE COMMUNICATION, CONFLICT RESOLUTION & ANGER MANAGEMENT— These education programs are designed to help you and your family increase your resilience and learn competency to confidently manage the Navy lifestyle.

NAVIGATING DOD SKILLBRIDGE — The DoD SkillBridge Program is an opportunity for Service Members to gain valuable civilian work experience through specific industry trainings, apprenticeships, or internships prior to before leaving military service.

OMBUDSMAN ASSEMBLY MEETING — Ombudsman Virtual Assembly Meeting will be held monthly.

O*NET A to Z - This workshop provides information on one of the most useful and informative job and career support online sites; particular emphasis is given to services available specifically for transitioning active duty service members.

SAIL TRAINING - CAP will provide Sailor Assistance and Intercept for Life (SAIL) training for Sailors to include Suicide Prevention Coordinators (SPCs), Chaplains and Commands.

SMOOTH MOVE CLASS - The Smooth Move Workshop will address move-related topics such as who pays what for your move, how to ship your personal property, dealing with the stress of moving and expectations of the sponsorship program.

SPOUSE JOB/RESUME SUPPORT – Job and Resume support workshop that introduces and discusses major job/career websites, military-spouse employment support services and resume writing information and support.

STOICS AND STRESS – Using Stoic principles to deal with stress.

SURVIVOR BENEFITS PLAN – This brief will help Sailors and Navy family members make informed choices about enrolling in SBP. There will also be a Q&A session, join us to learn more!

TRANSITION ASSISTANCE PROGRAM (TAP) - If separating or retiring in next 18-24 months you MUST contact a Command Career Counselor (CCC)/Career Planner to schedule a TAP/TRS class. Contact us at nasccTAP@us.navy.mil for any TAP/TRS related questions. Contact your local CCC or transition officer POC to start the process.

USA JOBS APPLICATION PROCESS— This workshop covering USAJOBS and the importance of using the USAJOBS application template, taking advantage of all the data blocks, as well as understanding the OPM Merit Principles; uploading attachments.

FFSC Counselors are available for Crisis Intervention 24/7. For more information on our counseling services or to make an appointment, please contact Art Corona at 361-961-2875 or in an emergency 361-533-0156.

SAPR 24/7 Services are available through DoD Safe Helpline @ 877-995-5247 and through the VA duty phone 361-438-7778. Virtual training is also available—contact the SARC @ 361-523-3580.

"988" SUICIDE & CRISIS LIFELINE - 988 is a 3-digit dialing code, with direct connection to free, confidential, compassionate, accessible care and support for anyone experiencing mental health related distress. You can also call the current number - 1-800-273-8255