

# FLEET AND FAMILY SUPPORT CENTER






## APRIL 2025



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>CHILD ABUSE PREVENTION</b>  <b>PURPLE UP FOR MILITARY KIDS</b>	<b>1</b> Job Search/Support Workshop <b>"VIRTUAL"</b> 0900 - 1030	<b>2</b> Spouse Job/Resume Support Workshop <b>"VIRTUAL"</b> 0900 - 1030	<b>3</b> USA Jobs FY2025 Application Workshop <b>"VIRTUAL"</b> 1030 - 1200 AI Resume Building <b>"TEAMS VIRTUAL"</b> 1330 - 1500	<b>4</b> AI Resume Building <b>"VIRTUAL"</b> 0800 - 0930 Life Skills Anger Management <b>"VIRTUAL"</b> 1000 - 1100
<b>7</b> Basic Resume Workshop <b>"VIRTUAL"</b> 0900 - 1030 Advanced Resume Workshop <b>"VIRTUAL"</b> 1300 - 1430	<b>8</b> American Job Bank <b>"VIRTUAL"</b> 1000 - 1130 Home Buying <b>"VIRTUAL"</b> 1000 - 1100	<b>9</b> DANTES <b>"VIRTUAL"</b> 0900 - 1130 Feeding Your Newborn 1000 - 1130 Baby Suite 1230 - 1400 Ombudsman Assembly Meeting <b>"VIRTUAL"</b> 1700 - 1800	<b>10</b> Benefits Delivery at Discharge (BDD) 1000 - 1100 O*NET A to Z <b>"VIRTUAL"</b> 1300 - 1430 AI Transition Support <b>"TEAMS VIRTUAL"</b> 1330 - 1500	<b>11</b> USA Jobs FY2025 <b>"VIRTUAL"</b> 0800 - 0930 Life Skills Stress Management <b>"VIRTUAL"</b> 1000 - 1100
<b>14</b>	<b>15</b> Job Search/Support Workshop <b>"VIRTUAL"</b> 0900 - 1030 7 Healthy Money Habits <b>"VIRTUAL"</b> 1000 - 1100	<b>16</b> Spouse Job/Resume Support Workshop <b>"VIRTUAL"</b> 0900 - 1030	<b>17</b> USA Jobs FY2025 Application Workshop <b>"VIRTUAL"</b> 0900 - 1000	<b>18</b> Stoics & Stress <b>"VIRTUAL"</b> 0800 - 0930 Life Skills Effective Communication <b>"VIRTUAL"</b> 1000 - 1100
<b>21</b> Basic Resume Workshop <b>"VIRTUAL"</b> 0900 - 1030 Advanced Resume Workshop <b>"VIRTUAL"</b> 1300 - 1430	<b>22</b> FAP 101 1300 - 1400 	<b>23</b> Infant Massage 1000 - 1130 Couples Communication 1300 - 1400	<b>24</b> EFMP POC Training 1300 - 1400	<b>25</b> Life Skills Conflict Resolution <b>"VIRTUAL"</b> 0900 - 1000
<b>FY25 TAP WEEK "RETIREE CLASS" 0800—1600</b>				
<b>28</b> SAIL Training 1300 - 1400	<b>29</b>	<b>30</b> Parenting 101 1000 - 1130		 



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To register for classes listed go to: <https://e.afit.edu/BZ2ccddCC>

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

**7 HEALTHY MONEY HABITS** — Money... We all need it, but do we know how to use it effectively. Come learn the seven healthy money habits to help you reach financial freedom.

**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** — An introduction on using AI platforms (ChatGPT, Gemini, Co-Pilot etc.) to build resumes. Includes an introduction on applying science to include the notion.

**AI TRANSITION SUPPORT** — A workshop on how to find and use AI to find employment/career transition support services.

**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 [Jane Ramsey, New Parent Support \(361\) 961-2368](#) or [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.

**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.

**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. Contact [Michael Graham \(361\) 961-0688](#) for registration details.

**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, Jane Ramsey, \(361\) 961-2368](#) or 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.

**HOME BUYING** - Gain a deeper understanding of the home loan process from the application to choosing a mortgage that works best for you. Learn the differences between different mortgage options to include the VA Home Loan, FHA, and conventional loans

**INFANT MASSAGE** - This Learn the art of Infant Massage. With the power of touch, Infant Massage helps with crying, colic, relieving tension, and baby & parent bonding process. Babies from newborn to 12 months old are welcome to join. [Contact Jane Ramsey at \(361\) 961-2368 /72](#) if you have any questions.

**JOB SEARCH/SUPPORT WORKSHOP** — Information on job market trends & career support services. Designed for ADMS'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.

**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.

**PARENTING** - Parents or expecting parents come join New Parent Support for information and practical solutions to parenting issues. Our parenting classes may improve parent competency and empowerment, improve positive parenting practices, improve child behavior and parent child interactions.

**PURPLE UP FOR MILITARY KIDS** - Recognizing the unique challenges and sacrifices faced by military children, they are resilient and brave.

**SAIL TRAINING** - CAP will provide Sailor Assistance and Intercept for Life (SAIL) training for Sailors to include Suicide Prevention Coordinators (SPCs), Chaplains and Commands. Contact [Kim Kelley \(361\) 961-1301](#) for registration details.

**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** - An introduction to Stoic principles and philosophy as they relate to Stress Management. Workshop includes a exercises and modern-day applications of Stoicism.

**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](mailto: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