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2073 Tartar Avenue, Bldg. 585
Virginia Beach, VA 23461

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(757) 462-7563
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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 23322-4102

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

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



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



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 & 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.

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, XO's, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

Navy Family Ombudsman Basic Training

This training consists of nine 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.

Ombudsman Advanced Training

This training is for all Ombudsmen that have completed the Ombudsman Basic Training course. The purpose of advanced training is to support Ombudsmen's ongoing educational and informational needs.

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.

Prospective CPO

This training will assist Prospective Chief Petty Officers with several of the requirements in support of the MCPON's CPO 365 Guidance to include Family Advocacy Overview, Sexual Assault Prevention and Response, Suicide Awareness, Operational Stress Control and an FFSC brief. Early intervention and prevention programs have a direct impact on the quality of life for our Sailors and families and will be of benefit to our future CPOs.

SAPR Command POC Training

This eight-hour course of instruction provides guidance to senior-trained and SAPR command-level designees to effectively manage the command sexual assault awareness and prevention educational activities onboard their units and commands. The training also provides current information and guidance on POC's roles and responsibilities to include available military and community victim support services, implementation of the confidentiality policy requirement, and recent changes within the SAPR program. The POCs would also ensure command personnel are trained and designated for each position within the command SAPR program.

SAPR Ethics Training

All SAPR Victim Advocates must take this required two-hour Ethics class every two years to maintain their SAPR Defense Sexual Assault Advocate Credentialing Program (D-SAACP) Credentials. This class reviews the Victim Advocate Code of Ethics, to include Setting Boundaries with Clients, Conflicts of Interest, and Professional Standards.

SAPR Victim Advocate Basic Training

The 40-hour victim advocate basic training prepares participants with the skills and knowledge to become Unit Victim Advocates. The training covers a broad spectrum of services available to sexual assault victims

to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care. Participants will also gain a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Upon successful completion of the training, participants are eligible to apply to the Department of Defense Sexual Assault Certification Program (D-SAACP) as a requirement to be certified as a "SAPR Victim Advocate".

SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAACP) credentialing. These workshops provide SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAACP credentialed victim advocates in the Hampton Roads area and all other SAPR trained personnel are welcome. 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.

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 on 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.

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.

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.

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.

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 mistakes 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 411

This workshop provides expectant parents with information on what to expect from a newborn, as well as basic parenting skills for service members. Topics discussed are stages of development, how to handle crying, temper tantrums and alternative measures for discipline. Registration is open to first time expectant service members.

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.

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.

Stress Management (Multi-Session)

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.

Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach to 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.

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.

Blended Retirement System

The BRS Overview will cover the difference between the Legacy or High 3 retirement system and the new Blended Retirement System which took effect on January 1,



FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

SIGNAL

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LIFE SKILLS EDUCATION PROGRAM

Military life presents a unique and unpredictable set of challenges that can often leave many personal and professional relationships in need of a checkup. When was your last relationship checkup? Healthy relationships are an important part of military life. Life Skills programs are designed to provide Sailors and their family members with the tools to improve relationships in every aspect of their lives. Feeling stressed or angry? In need of some tools to be more effective with your communication? Kids stressing you out? Maybe you are looking to develop your leadership skills? The Life Skills Education Program has a variety of classes available that will strengthen personal and professional relationships, build confidence, improve quality of life, and ensure mission readiness.



Select the Fleet and Family Support Center that is most convenient to you and call 1-800-372-5463 to register for a training program, or register online at www.cnic.navy.mil/regions/cnrma/ffr/support_services/ffsc_class_registration.html

For more information on Hampton Roads FFSC Classes visit navylifemidlant.com/ffsc

sponsored savings and investment program to build wealth and achieve financial independence in this 90-minute workshop.

Vacation Planning

This is a 60-minute course designed to help service members plan for a vacation, including associated travel costs. Participants will also learn how to develop strategies to avoid overspending and accumulating excessive debt. This course is suitable for all audiences.

Your Insurance Needs

Covers the basic types of insurance and what they can do for you including life, health, homeowners and rental insurance, as well as SGLI and DIC.

Relocation Assistance Programs

Foreign-Born Spouse Connection
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, and learn about the many resources available to make your new life experience positive.

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 service 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

Accessing Higher Education

This two-day workshop is geared towards transitioning service members who plan to pursue higher education. It is designed to assist participants in developing educational goals and to assist with the admission process. Course curriculum includes instruction on identifying information related to federal financial aid; application for Federal Student Aid (FAFSA), online resources to assist in college and program selection; information on Veteran support clubs/organizations at certain institutions; college progression and associated costs; and best practices on adult and virtual learning.

Boots 2 Business (Entrepreneurship)

This two-day training provided by Small Business Administration (SBA) partners, which may include Small Business Development Centers, Service Corps of Retired Executives, Veterans Business Outreach Centers, and Women Business Centers focuses on feasibility analysis for business planning for transitioning service members interested in self-employment. Participants will walk away with a completed feasibility study of their own business concept that will serve as the basis for launching a new venture and for future business planning efforts.

Career Exploration and Planning

The Career Exploration and Planning Track (formerly CTTT) workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Service members and spouses who attend the two-day Department of Labor Career Exploration and Planning Track (CEPT) workshop will complete personalized career development assessments of occupational interest, aptitudes, and work values. These assessments will present workshop participants with a variety of tailored job recommendations aligned with their interests and aptitudes, some of which are classified as "high demand" or "high growth" occupations. Participants will learn to narrow their career focus by establishing achievable career goals and development strategies. Workshop facilitators will guide participants through a variety of career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements.

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 employer panel comprised of three or four human resources 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.

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); their 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.

Transition GPS classes are held:

- Monday, 6:30 a.m.-4:30 p.m. and Tuesday-Friday, 7:30 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

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**JAN • FEB • MAR 2019
PROGRAM CALENDAR**

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

DN	Dam Neck 492-6342	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 **JANUARY** **FEBRUARY** **MARCH**

COMMAND SUPPORT PROGRAMS			
21st Century CONSEP (Career Options and Navy Skills Evaluation Program)	JAN 29-30 (T&W) 8:00 a.m.-4:00 p.m. (First Term) (L)		FEB 27-28 (W&Th) 8:00 a.m.-4:00 p.m. (First Term) (O)
Deckplate Resource Awareness Training	JAN 9-10 (W&Th) 8:00 a.m.-4:00 p.m. (DN) JAN 23-24 (W&Th) 8:00 a.m.-4:00 p.m. (L)	JAN 28-29 (M&T) 8:00 a.m.-4:00 p.m. (N)	FEB 6-7 (W&Th) 8:00 a.m.-4:00 p.m. (DN) (NN) FEB 27-28 (W&Th) 8:00 a.m.-4:00 p.m. (N)
Exceptional Family Member POC Training	JAN 14 8:00 a.m.-Noon (L) JAN 22 8:00 a.m.-Noon (N)		FEB 8 8:00 a.m.-Noon (Y)
Family Readiness Group (FRG) Leadership Training	JAN 8 8:30 a.m.-4:00 p.m. (Basic Training) (N) JAN 19 8:00 a.m.-5:00 p.m. (Basic Training) (O)		FEB 2 9:00-11:00 a.m. (Homecoming Training) (N)
FAP Command Leadership Training			FEB 5 8:00 a.m.-4:00 p.m. (L)
Navy Family Ombudsman Basic Training	JAN 18-20 (F-SU) 8:30 a.m.-4:00 p.m. (N)		FEB 22-24 (F-SU) 8:30 a.m.-4:00 p.m. (L) FEB 28-MAR 2 (TH-S) 8:30 a.m.-4:00 p.m. (O)
Ombudsman Advanced Training			FEB 21 9:00-10:30 a.m. (N) FEB 21 5:30-7:00 p.m. (N)
PCO-PXD Spouses Workshop			
Prospective Chief Petty Officer Training	JAN 4 8:00 a.m.-Noon (N) JAN 10 8:00 a.m.-Noon (N)		FEB 8 8:00 a.m.-Noon (N) FEB 11 8:00 a.m.-Noon (N)
SAPR Command POC Training	JAN 9 7:30 a.m.-4:30 p.m. (N) JAN 17 8:00 a.m.-4:30 p.m. (P)		FEB 7 8:00 a.m.-5:00 p.m. (O) FEB 20 8:00 a.m.-4:30 p.m. (Y)
SAPR Ethics Training	JAN 10 10:00 a.m.-Noon (N)		
SAPR Victim Advocate Basic Training	JAN 7-11 (M-F) 8:00 a.m.-5:00 p.m. (O) JAN 14-18 (M-F) 7:30 a.m.-4:30 p.m. (N)	JAN 14-18 (M-F) 8:00 a.m.-5:00 p.m. (L) JAN 28-FEB 1 (M-F) 8:00 a.m.-4:30 p.m. (Y)	FEB 4-8 (M-F) 8:00 a.m.-4:30 p.m. (P) FEB 11-15 (M-F) 7:30 a.m.-4:30 p.m. (N)
SAPR Victim Advocate Continuing Education Training	JAN 24 9:00 a.m.-Noon (Y)		FEB 7 9:00-11:00 a.m. (N) FEB 13-14 (W&Th) 8:00 a.m.-5:00 p.m. (O) FEB 14 9:00-11:30 a.m. (L) FEB 28-MAR 1 (TH&F) 8:00 a.m.-4:30 p.m. (P)
Sponsor Training	JAN 3 9:00-11:00 a.m. (NN) JAN 3 2:00-4:00 p.m. (L) JAN 23 1:00-3:00 p.m. (O)	JAN 31 9:00-10:00 a.m. (N)	FEB 6 2:00-4:00 p.m. (L) FEB 7 9:00-11:00 a.m. (Y) FEB 28 9:00-10:00 a.m. (N)

MILITARY LIFE SKILLS EDUCATION PROGRAMS			
Building Effective Anger Management Skills (BEAMS)	JAN 7, 9, 11, 14, 16 & 18 (MWF) 8:00-10:00 a.m. (Y) JAN 8, 10, 15, 17, 22 & 24 (T&Th) 1:00-3:00 p.m. (N) JAN 15, 17, 22, 24, 29 & 31 (T&Th) 1:00 p.m.-3:00 p.m. (O)		FEB 5, 7, 12, 14, 19 & 21 (T&Th) 9:00-11:00 a.m. (L) FEB 6, 8, 13, 15, 20, & 22 (W&F) 1:00-3:00 p.m. (N)
Building Healthy Relationships	JAN 3 6:00-8:30 p.m. (L) JAN 15 4:00-6:30 p.m. (N)		FEB 12 4:00-6:30 p.m. (N) FEB 12 3:00-5:00 p.m. (DN)
Children and Divorce	JAN 8-9 (T&W) 3:00-5:00 p.m. (N) JAN 9 8:00 a.m.-Noon (NW)		FEB 5-6 (T&W) 3:00-5:00 p.m. (N) FEB 27 1:00-5:00 p.m. (O)
Couples Workshop	JAN 17 & 24 (TH) 4:00-6:30 p.m. (N)	JAN 22 & 24 (T&Th) 9:00-11:30 a.m. (NN)	FEB 4 & 11 (M) 5:00-7:30 p.m. (L) FEB 21 & 28 (TH) 4:00-6:30 p.m. (N)
Dads and Discipline	JAN 25 9:00-11:30 a.m. (N)		
Enhancing Stepfamilies			MAR 5 8:30-11:00 a.m. (DN) MAR 6 2:30-5:00 p.m. (N)
Love Thinks	JAN 9 4:00-5:30 p.m. (N) JAN 28 11:00 a.m.-12:30 p.m. (NN)		MAR 5-6 (T&W) 4:00-5:30 p.m. (N)
New Parent Resource Awareness Workshop			FEB 8 8:30 a.m.-12:30 p.m. (O)
Parenting 411			MAR 14-15 (TH&F) 8:30 a.m.-12:30 p.m. (DN)
Parenting in a Military Family	JAN 15 2:30-5:00 p.m. (N) JAN 22, 24 (T&Th) 2:00-4:30 p.m. (DN)	JAN 31 8:00 a.m.-12:30 p.m. (L)	FEB 5, 7 (T&Th) 2:00-4:30 p.m. (DN) FEB 27 8:00 a.m.-1:00 p.m. (NW) FEB 19-20 (T&W) 2:30-5:00 p.m. (N) FEB 28 9:00 a.m.-2:00 p.m. (NN)
Parenting Teens	JAN 16 2:00-4:30 p.m. (DN)		FEB 27 2:30-5:00 p.m. (N)
Personal Communications	JAN 2 1:00-3:00 p.m. (N)		MAR 19 1:00-3:00 p.m. (N)
Single Parenting in the Military			FEB 15 9:00-11:30 a.m. (N) FEB 20 8:00-10:30 a.m. (O)
Stress Management (Multi-Session)	JAN 7, 9, 14 & 16 (M&W) 9:00-11:00 a.m. (N) JAN 16, 18, 23 & 25 (W&F) 9:00-11:00 a.m. (L)		FEB 5, 7, 12, & 14 (T&Th) 9:00-11:00 a.m. (N) FEB 12, 14, 19 & 21 (T&Th) 8:00-10:00 a.m. (NN) FEB 12, 14, 19 & 21 (T&Th) 2:00-4:00 p.m. (O)
Stress Management (Single Session)			FEB 6 8:00 a.m.-1:00 p.m. (P)
Systematic Training for Effective Parenting (STEP)	JAN 17, 24, 31 & FEB 7, 14, 21, 28 (TH) 6:00-8:00 p.m. (Teen) (N)		FEB 12, 14, 19, 21, 26, 28 & MAR 5 (T&Th) 3:00-5:00 p.m. (School Age) (DN)
Welcome to the Military	JAN 15 Noon-2:00 p.m. (P)		FEB 4 1:00-4:00 p.m. (L)

PERSONAL FINANCIAL MANAGEMENT PROGRAMS			
Art of Money Management	JAN 8 8:30 a.m.-4:30 p.m. (Y)	JAN 11 8:00 a.m.-4:00 p.m. (N)	
Blended Retirement System	JAN 24 1:00-2:30 p.m. (L)		FEB 14 9:00-11:30 a.m. (P) FEB 26 9:00-10:30 a.m. (NW)
Car Buying Strategies	JAN 2 Noon-1:30 p.m. (N) JAN 22 9:00-10:30 a.m. (NN)	JAN 25 9:00-10:30 a.m. (NW) JAN 29 9:00-10:30 a.m. (P)	FEB 6 Noon-1:30 p.m. (N) FEB 13 9:00-10:30 a.m. (Y) FEB 12 3:30-5:00 p.m. (O) FEB 25 6:00-7:30 p.m. (Y)
Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting	JAN 11 8:30-9:30 a.m. (L)	JAN 17 9:00-10:00 a.m. (NN)	FEB 1 8:30-10:00 a.m. (O) FEB 7 1:00-2:30 p.m. (N)
Command Financial Specialist (CFS) Refresher Training	JAN 10 8:00 a.m.-4:00 p.m. (N)		FEB 4 8:00 a.m.-4:00 p.m. (L)
Command Financial Specialist (CFS) Training	JAN 7-11 (M-F) 7:30 a.m.-4:00 p.m. (L) JAN 14-18 (M-F) 7:30 a.m.-4:00 p.m. (NN)	JAN 28-FEB 1 (M-F) 7:30 a.m.-4:00 p.m. (DN)	FEB 4-8 (M-F) 7:30 a.m.-4:00 p.m. (N) FEB 25-MAR 1 (M-F) 7:30 a.m.-4:00 p.m. (DN) FEB 11-15 (M-F) 7:30 a.m.-4:00 p.m. (L)
Consumer Awareness	JAN 23 2:30-4:00 p.m. (L)		FEB 1 12:30-2:00 p.m. (NN) FEB 11 10:00-11:30 a.m. (Y) FEB 6 10:00-11:30 a.m. (N) FEB 12 12:30 p.m.-2:00 p.m. (O)
Credit Management	JAN 2 8:30-10:00 a.m. (N) JAN 15 5:00-6:30 p.m. (O) JAN 22 10:30 a.m.-Noon (NN)	JAN 23 1:00-2:30 p.m. (L) (NW) JAN 24 9:00-10:30 a.m. (P) JAN 24 2:00-3:30 p.m. (DN)	FEB 6 8:30-10:00 a.m. (N) FEB 13 10:30 a.m.-Noon (Y) FEB 13 10:30 a.m.-Noon (Y)
Developing Your Spending Plan	JAN 2 10:00-11:30 a.m. (N)	JAN 24 12:30-2:00 p.m. (DN)	
Family Financial Planning	JAN 23 10:00-11:30 a.m. (N)		MAR 4 10:00-11:30 a.m. (L) MAR 7 1:00-2:30 p.m. (NW) MAR 5 9:00-10:30 a.m. (P)
Financial Leadership Seminar	JAN 11 8:30 a.m.-12:30 p.m. (Y)		FEB 12 8:00 a.m.-Noon (N)
Financial Planning for Deployment	JAN 16 Noon-1:30 p.m. (N)		
Home Buying			FEB 20 10:00-11:30 a.m. (N)
Homeownership	JAN 22 8:30 a.m.-3:00 p.m. (N) JAN 30 8:30 a.m.-3:00 p.m. (L)		FEB 21 8:30 a.m.-4:30 p.m. (O)
Marriage & Money	JAN 23 8:30-10:00 a.m. (N)		
Million Dollar Sailor	JAN 14-15 (M&T) 8:00 a.m.-4:00 p.m. (L) JAN 16-17 (W&Th) 8:00 a.m.-4:00 p.m. (O)	JAN 30-31 (W&Th) 8:00 a.m.-4:00 p.m. (N)	FEB 5, 12, 19 & 26 (T) 8:00 a.m.-Noon (L) FEB 27-28 (W&Th) 8:00 a.m.-4:00 p.m. (N)
Money and the Move			FEB 20 8:30-10:00 a.m. (N)
Paying for College			FEB 6 2:00-3:30 p.m. (O)
Paying Off Your Student Loans			FEB 6 3:30-5:00 p.m. (O)
Planning for Your Retirement	JAN 9 Noon-1:30 p.m. (N)		FEB 5 9:00-10:30 a.m. (P) FEB 13 Noon-1:30 p.m. (N) FEB 7 1:00-2:30 p.m. (NW)
Raising Financially Fit Kids	JAN 23 1:00-3:00 p.m. (N)		MAR 19 9:00-10:30 a.m. (P) MAR 21 9:00-10:30 a.m. (NW)
Renting			FEB 20 Noon-1:30 p.m. (N)
Saving and Investing	JAN 9 8:30-10:00 a.m. (N)		FEB 12 2:00-3:30 p.m. (O) FEB 20 1:00-2:30 p.m. (L) FEB 13 8:30-10:00 a.m. (N) FEB 27 1:00-2:30 p.m. (P) FEB 13 9:00-10:30 a.m. (NW)
Smart Transition Planning	JAN 16 8:30-10:00 a.m. (N)		FEB 19 9:00-10:30 a.m. (P) FEB 21 1:00-2:30 p.m. (NW)
Survivor Benefit Plan	JAN 16 10:00-11:30 a.m. (N)		
Thrift Savings Plan	JAN 9 10:00-11:30 a.m. (N) JAN 24 2:30-4:00 p.m. (L)	JAN 24 3:30-5:00 p.m. (DN) JAN 25 8:30-10:00 a.m. (Y)	FEB 13 10:00-11:30 a.m. (N) FEB 26 8:30-10:00 a.m. (Y)
Vacation Planning			MAR 8 9:00-10:30 a.m. (NW) MAR 27 1:00-2:30 p.m. (P) MAR 13 1:30-3:00 p.m. (N)
Your Insurance Needs	JAN 2 1:30-3:00 p.m. (N)		FEB 6 1:30-3:00 p.m. (N)

RELOCATION ASSISTANCE PROGRAMS			
Foreign-Born Spouse Connection	JAN 18 9:00 a.m.-Noon (DN)		
Overseas Transfer Workshop	JAN 28 9:00 a.m.-4:00 p.m. (L) JAN 30 8:00 a.m.-3:00 p.m. (NN)	JAN 30 9:00 a.m.-4:00 p.m. (NW) (O)	FEB 11 9:00 a.m.-3:00 p.m. (N) FEB 12 9:00 a.m.-4:00 p.m. (P)
Smooth Move Workshop	JAN 10 6:00-9:00 p.m. (Y) JAN 14 9:00 a.m.-Noon (N) JAN 17 9:00 a.m.-Noon (P)	JAN 29 9:00 a.m.-Noon (O)	FEB 28 1:00-4:00 p.m. (L)

FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS			
Accessing Higher Education	JAN 23-24 (W&Th) 8:00 a.m.-4:00 p.m. (O)		FEB 20-21 (W&Th) 8:00 a.m.-4:00 p.m. (N)
Boots 2 Business (Entrepreneurship)	JAN 16-17 (W&Th) 8:00 a.m.-4:00 p.m. (N) JAN 30-31 (W&Th) 8:00 a.m.-4:00 p.m. (O)		MAR 5-6 (T&W) 8:00 a.m.-4:00 p.m. (L) MAR 12-13 (T&W) 8:00 a.m.-4:00 p.m. (P)
Career Planning	JAN 2 9:00 a.m.-Noon (O) JAN 7 9:00 a.m.-Noon (NN) JAN 14 8:30-11:30 a.m. (N)	JAN 14 9:00 a.m.-Noon (O) (P) JAN 14 1:00-4:00 p.m. (L)	FEB 1 9:00 a.m.-Noon (NW) FEB 4 9:00 a.m.-Noon (Y) FEB 11 9:00 a.m.-Noon (O)
Career Exploration and Planning	JAN 9-10 (W&Th) 8:00 a.m.-4:00 p.m. (N)		FEB 26-27 (T&W) 8:00 a.m.-4:00 p.m. (L) (NN)
Effective Resume Writing	JAN 8 9:00 a.m.-Noon (NN) (P) JAN 10 9:00 a.m.-Noon (NW) JAN 15 8:30-11:30 a.m. (N) JAN 15 1:00-4:00 p.m. (L) JAN 16 9:00 a.m.-Noon (O)	JAN 23 9:00 a.m.-Noon (P) JAN 29 5:00-8:00 p.m. (L)	FEB 5 9:00 a.m.-Noon (Y) FEB 5 9:00 a.m.-Noon (NN) FEB 5 1:00-4:00 p.m. (L) (P) FEB 20 9:00 a.m.-Noon (O) (P) FEB 6 8:30-11:30 a.m. (N) FEB 20 8:30-11:30 a.m. (N) FEB 13 9:00 a.m.-Noon (O) FEB 20 9:00 a.m.-Noon (O) (P) FEB 14 1:00-4:00 p.m. (NW) FEB 20 9:00 a.m.-Noon (NW)
Federal Employment System	JAN 9 8:30-11:30 a.m. (N) JAN 9 9:00 a.m.-Noon (NN) JAN 16 8:30-11:30 a.m. (N) JAN 16 9:00 a.m.-Noon (P) JAN 17 9:00 a.m.-Noon (L)	JAN 18 9:00 a.m.-Noon (O) JAN 24 9:00 a.m.-Noon (NW) JAN 28 9:00 a.m.-Noon (O) JAN 29 1:00-4:00 p.m. (P)	FEB 6 9:00 a.m.-Noon (Y) FEB 26 9:00 a.m.-Noon (O) FEB 7 1:00-4:00 p.m. (L) FEB 26 1:00-4:00 p.m. (P) FEB 13 9:00 a.m.-Noon (P) FEB 28 9:00 a.m.-Noon (NW) FEB 15 9:00 a.m.-Noon (O) FEB 28 9:00 a.m.-Noon (NW) FEB 21 8:30-11:30 a.m. (N)
Interview Techniques	JAN 8 9:00 a.m.-Noon (O) JAN 8 1:00-4:00 p.m. (NN) JAN 16 1:00-4:00 p.m. (L)	JAN 17 8:30-11:30 a.m. (N) JAN 17 9:00 a.m.-Noon (O) JAN 24 1:00-4:00 p.m. (P)	FEB 5 1:00-4:00 p.m. (Y) FEB 20 5:00-8:00 p.m. (L) FEB 6 9:00 a.m.-Noon (L) (O) FEB 21 9:00 a.m.-Noon (P) FEB 14 9:00 a.m.-Noon (O) FEB 22 8:30-11:30 a.m. (N)
Job Network	JAN 15 Noon-1:30 p.m. (N) JAN 16 Noon-1:00 p.m. (O)	JAN 17 Noon-1:00 p.m. (L)	FEB 6 Noon-1:00 p.m. (L) FEB 20 Noon-1:30 p.m. (N) FEB 13 Noon-1:00 p.m. (O)
Job Search Strategies	JAN 7 1:00-4:00 p.m. (NN) JAN 14 1:00-4:00 p.m. (N) JAN 15 9:00 a.m.-Noon (L) (O)		FEB 4 1:00-4:00 p.m. (Y) FEB 19 1:00-4:00 p.m. (N) FEB 11 9:00 a.m.-Noon (P) FEB 12 9:00 a.m.-Noon (O)
Transition GPS (Goals, Plans, Success)	Executive Retirement (E-9, W-4, W-5, O-5, and Above) Retiree Classes & Separatee Classes		
VA Disability Benefits Review	JAN 10 8:00 a.m.-4:30 p.m. (L) JAN 24 8:00 a.m.-4:30 p.m. (L)		FEB 7 7:30 a.m.-4:00 p.m. (O) FEB 28 8:00 a.m.-4:30 p.m. (L) FEB 14 8:00 a.m.-4:30 p.m. (L)