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Fleet & Family Support

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# Center

## **2019**

### ***APRIL - JULY***

### ***BEACON NEWSLETTER***



**301-342-4911**

**FFSC\_Patuxent\_NAS@navy.mil**

#### **HOURS**

**MONDAY - THURSDAY | 7:30 A.M. - 4:30 P.M.**

**FRIDAY | 7:30 A.M. - 4 P.M.**

**\*CLOSED\*: MAY 30 FOR TRAINING**

# **Career Development**

## **10 Steps to a Federal Job**

Learn how to navigate the federal job system. Receive a Federal Jobseeker Guide with attendance. Information covered includes: Veteran's Preference, Application process, Knowledge, Skills and Abilities (KSAs).

## **Accessing Higher Education (AHE)**

This workshop is designed to help guide you through the variety of decisions involved in choosing a degree program, college institution, and funding, as well as the admissions process. The expected future outcome is you eventually creating a customized plan for a successful transition to a higher education institution.

## **Interviewing Skills**

Job interviews can be a source of stress for many people. Come to this three hour interactive seminar to learn about the interview process. Acing the Interview covers traditional and behavioral interview questions and methods of responding to those questions. Attendees will have the opportunity to practice their new skills and gain confidence in the interview process.

## **Boots to Business**

The Two-day Transition Assistance Program (TAP) Self-Employment Intensive Training Workshop is offered in collaboration among the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. We are recruiting 30 interested transitioning service members and veterans to participate in the workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more!

## **Basic Resume'**

Your resume is one of the most essential tools in your employment toolbox. This is an interactive training that will help you understand the basics of writing a resume, and how to best select the type of resume for you. You will learn how to craft a resume that will help you land the job you are looking for!

## **Schedule**

Workshop times:

8:30 a.m. - 12 p.m.

APR 30

MAY 23

JUN 20

JUL 10

Workshop times:

8 a.m. - 4 p.m.

MAY 16

AUG 6

Workshop times:

10 a.m. - 12 p.m.

APR 3

MAY 8

JUL 18

Workshop times:

8 a.m. - 4 p.m.

APR 17 & 18

JUL 9 & 10

Workshop times:

10 a.m. - 12 p.m.

APR 4

MAY 7

JUL 9

## **Career Exploration and Planning Track (CEPT)**

What are your career goals? What steps do you need to take to position yourself for success? CEPT helps answer those questions and offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals.

## **Financial Management Programs**

### **Command Financial Specialist Training**

This class is designed to provide financial education and training counseling and information referral at the command level. To qualify for this course, the candidate must be E-6 or above, highly motivated and financially stable. Trained individuals will represent their command and provide education at the command level. Business casual attire; no uniform.

### **Money on the Move**

Spring time is approaching and so are a lot of transfers. What should you be aware of when planning your move? How is a move going to affect you financially? Join the FFSC staff for some tips on moving and some resources to aid in the process.

### **Million Dollar Sailor's Online Course: Financial Health for Life**

Ever think that if you just had more money, your life would be less stressful? You are probably right. Successfully managing your financial life can prevent stress while providing more family stability, more options, and maybe even more fun! This easy to follow online video based program provides you with sound financial management skills that can be used to enhance your overall quality of life through persona financial growth and fitness, to improve overall operational readiness and performance. Go to Joint Knowledge Online (JKO) at: <https://jkodirect.jten.mil/> under Course Catalog and search for J30 P-US1375-Million Dollar Sailor (MDS) today!

## **Schedule**

Workshop times:

8 a.m. - 4 p.m.

JUN 5 & 6

SEPT 11 & 12

Workshop times:

8 a.m. - 4 p.m.

AUG 26-30

Workshop times:

8:30 - 10 a.m.

APR 4

# **Life Skills Education**

## **Stress Management**

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

## **Suicide Awareness / Prevention**

This program is designed to raise awareness about the issues surrounding suicide. Learn to identify the warning signs, how to respond to a suicidal person and information on how to access local resources.

## **Myers-Briggs Type Indicator (MBTI)**

Myers-Briggs Type Indicator (MBTI) is a widely used instrument designed to help you have increased insight into yourself and others. MBTI is useful for self-awareness, career interest, relationships and leadership. This workshop will also help you re-evaluate how you behave and interact with others.

## **Effective Communication**

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

## **Anger Management**

Anger is a basic emotion. Join this 2-hour workshop if you would like a better understanding of anger and would like to learn how to skillfully express and manage your anger in an effective way.

## **Miscellaneous**

## **John Hopkins Health Plan**

Whether you're already a member of the Johns Hopkins Health Plan or you're considering joining the "Plan," join us for an overview of eligibility, cost and provider locations. For More information, call 800-801-9322. To register for this workshop, call us at 301-342-4911.

## **Schedule**

Workshop times:  
2-4 p.m.

JUN 13

10 a.m. - 12 p.m.

JUL 22

Workshop times:  
Please call to  
schedule

Workshop times:  
8 a.m. - 12 p.m.

JUN 19

Workshop times:  
1-3 p.m.

APR 25

10 a.m. -12 p.m.

MAY 21

Workshop times:  
1-3 p.m.

MAY 21

9-11 a.m.

JUN 13

2-4 p.m.

JUL 22

Workshop times:  
8-9 a.m.

3rd Friday of every month



## Tricare Brief

Need to know what all your TRICARE benefits are? The Fleet and Family Support Center is hosting a TRICARE overview. Q&A sessions after each presentation. Sign up in advance by calling (502) 313-9482 or (301) 769-9103.

## Disabled American Veterans (DAV)

The Disabled American Veterans (DAV) provides free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government. Must have base access. Call 301-342-4911 to schedule an appointment.

## Sponsorship Training

This training is intended for active duty personnel assigned to “Sponsor” another active duty person being assigned to NAS Pax River or Webster Field. All the tools needed to be a Great Sponsor are provided to the attendees. Call 301-342-4911 to sign up.

## Getting Ready for Kindergarten

Attend this presentation by an FFSC Clinical Counselor and the School Liaison Officer (SLO) to learn what your child needs to know before starting Kindergarten, plus how to prepare for the first day and where/when to enroll. This event is open to all with Base access. Space is limited, Call 301-342-4911 to reserve a seat.

## Sponsorship Coordinator Quarterly Meeting

Provide updates on instruction changes, ensure sponsor training is taking place, and address any sponsor issues. Registration is required. Please call 301-342-4911 to schedule.

*\*Relocation Program services at the Fleet & Family Support Center now focus solely on referral based services. Household items from the Loan Locker are now issued by the Information, Tickets and Travel Office. The hours of operation are Monday-Friday, 9 a.m. - 5 p.m. They can be reached at 301-342-3648 for more information. Smooth Move workshops are available via Military Once Source <http://www.militaryonesource.mil/>. Installation Tour/Overview is the responsibility of newcomers Command sponsor. Welcome Aboard information can be found at <https://www.navywmwrpaxriver.com/welcome-aboard>*

## Schedule

Workshop times:  
8-9 a.m.

1st Friday of every month

Available Fridays  
10 a.m. - 12:30 p.m. By  
appointment only

Workshop times:  
3-4 p.m.

JUN 5

10-11 a.m.

AUG 17

Workshop times:  
12-1:30 p.m.

APR 9

## **Programs For Parents & Caregivers**

### **Parents and Tots Playtime (formerly Playgroup)**

A great opportunity to meet other parents and kids, engage in activities, and have fun! St. Inie's Coffee Shop 46915 S. Shangri La Dr., Lexington Park MD 20635

### **Budgeting for Baby**

The Navy Marine Corps Relief Society will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100. Chapel Annex - 22187 Arnold Circle, Bldg. 401 Patuxent River, MD 20670

### **Amazing Newborns**

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby, and discuss feeding, health care, and safety issues. Participants will receive a complimentary Book, "Your Baby's First Year" and CD, "Heartbeat Lullabies."

## **Family Employment Readiness Program** **(FERP)**

### **Priority Placement Program-S**

After a PCS move it can be hard to maintain employment as military spouse. However, Executive Order (EO) 13473 and Priority Placement Program-S were put into place to help ease the burden of employment for military spouses to find and maintain employment. Join us to find out more about these programs and learn the process of registering and applying for federal positions as a military spouse.

## **Schedule**

Workshop times:

9:30-10:15 a.m.

Wednesdays

Workshop times:

10-11:30 a.m.

Workshop occurs on the last Wed. of each month.

*(except for Nov., which will be held on Dec. 4, 2019)*

Workshop times:

4-6 p.m.

MAY 7

SEPT 10

Workshop times:

10 a.m. - 12 p.m.

JUN 4

# **Sexual Assault Prevention & Response (SAPR)**

## **Schedule**

### **SAPR (Civilian) C-Training**

Under SECNAVINST 1752.4B SAPR-C Training is required for all civilians, and, if feasible, highly recommended for DON contractors. One Team, One Fight is the mandatory training for all DON civilians. This training meets Congressional, Department of Defense, and DON requirements for civilians and is an optional, additional training for military. The initial SAPR-C Training is in-person for all new hires. The mandatory annual SAPR Refresher training is done via TWMS once the in-person training has been completed. Please call 301-342-4911 for more information.

### **SAPR Quarterly Refresher Training**

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level. Training topics will vary and cover topics specific to the role and responsibilities of Victim Advocates. Please contact the Civilian Victim Advocate or SARC to schedule a workshop at your command.

Workshop times:  
12-4 p.m.

MAY 7  
OCT 7

### **SAPR Point of Contact (POC)**

An individual trained by the SARC who is responsible for implementing and coordinating Sexual Assault Prevention and Response training for the command, including mandatory annual GMTs. They also maintain current information regarding base and community victim services.

Workshop times:  
8 a.m. - 4 p.m.

MAY 20  
JUL 15  
SEPT 19

### **SAPR Victim Advocate Training**

A victim advocate is a trained volunteer who provides effective and appropriate support and guidance for victims of sexual assault. This training will prepare volunteers for the initial contact with victims while guiding them through the investigative, medical and judicial processes that they opt to pursue.

Workshop times:  
8 a.m. - 4 p.m.

AUG 26 - 30



**21993 Bundy Rd  
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Patuxent River, MD 20670**

**[www.NavyMWRPaxRiver.com](http://www.NavyMWRPaxRiver.com)**