



The

Fleet & Family Support

Center

2019

JANUARY - MARCH

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.

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!

Schedule

Workshop times:
8:30 a.m. - 12 p.m.
FEB 20
MAR 20

Workshop times:
8 a.m. - 4 p.m.
FEB 21

Workshop times:
10 a.m. - 12 p.m.
FEB 5

Workshop times:
8 a.m. - 4 p.m.
JAN 23 & 24
APR 17 & 18

Resumes That Get You Hired!

Your resume is one of the most essential tools in your employment toolbox. This class is a three hour interactive training that will help you understand the three types of resumes, what information should be included on your 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!

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 and 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.

Schedule

Workshop times:
10 a.m. - 12 p.m.
FEB 12
MAR 27

Workshop times:
8 a.m. - 4 p.m.
MAR 13 & 14

Workshop times:
8 a.m. - 4 p.m.
MAR 18-22

Workshop times:
8:30-10 a.m.
FEB 21

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.

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:
1-3 p.m.
MAR 28

Workshop times:
Please call to
schedule

Workshop times:
8 a.m. - 12 p.m.
MAR 21

Workshop times:
2-4 p.m.
MAR 7

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) 313-9483.

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.

**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.navymwrpaxriver.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:
1-2 p.m.
MAR 11

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."

Transition GPS (TGPS)

Transition GPS (Retiree: 5-Day Curriculum)

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs, it is a must attend workshop where topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of veterans benefits, etc. Please see your Career Counselor to sign up. Seating is limited. Business casual attire, no uniform.

Transition GPS (Separatee: 5-Day Curriculum)

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.

MAR 19

Workshop times:

8 a.m. - 4 p.m.

JAN 28 - FEB 1

MAR 4-8

Workshop times:

8 a.m. - 4 p.m.

FEB 11-15

MAR 25-29

Sexual Assault Prevention & Response (SAPR)

SAPR 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.

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.

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.

Schedule

Workshop times:

12-4:30 p.m.

FEB 4

Workshop times:

9:30 a.m. - 4:30 p.m.

MAY 20

Workshop times:

7:30 a.m. - 5 p.m.

APR 29 - MAY 3



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