



July 2024 Fleet & Family Support Center Programs

245 Moreell Ave, Facility 30 228-871-3000 cnic_se_glf_ffsc_support@us.navy.mil
0700-1630 Mon-Thurs, 0700-1530 Fri.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Did you Know? Navy Fleet & Family Support Centers turn 45 years old this Month!	2 Problem Solving for Stress Management 1100-1200 Suicide Prevention 1300-1400	3 Scan for FFSC on Facebook: 	4 Happy 4th of July Independence Day Holiday	5 <i>In July we highlight the FFSC's Employment Assistance Program. Check out our great classes for job-seekers!</i>
8 	9 Toddler Tuesday 1630-1730	10 How to Change Myself 1200-1300 Military Spouses: Thriving During Deployment 1100-1200	11 Smooth Moves 0930-1100 EFMP 101 1000-1100 Managing Stress & Anger 1000-1200 on 11, 18, 25 Jul	12 NMCRS Budget for Baby— Call NMCRS at 228-871-2610
15 Transition Assistance Program Day 1 0800-1530	16 TAP Day 2 0800-1530 Military Spouse Tuesday: Employment - Moving for Military Spouses 1700-1830	17 TAP Day 3 0800-1530 LinkedIn 101 1700-1830	18 DOL Employment Day 1 0800-1530 My Education Day 1 0800-1530 EFMP Gathering & Craft Night 1700-1900	19 DOL Employment Day 2 0800-1530 My Education Day 2 0800-1530
22 Credit Management 1000-1100 Emergency Prep: Getting Started! 1600-1700	23 CAPSTONE 0900-1100	24 EFMP POC Training 1300-1500 Job Search Strategies 1700-1830	25 Financial Emergency Preparedness 1000-1100	26 Civilian and Federal Resume Class 0800-1200
29 Cost-Effective Ways to Build Your Hurricane Prep Kit 1600-1700	30 What Parenting Experts Say About Parenting 1200-1300 Baby Boot Camp 1300-1500	31 Family Advocacy Program 101 1300-1400 The Expecting Father 1300-1500 Employment Vision Board 1700-1830	July is "National Parks & Recreation Month" & "Month of the Military Consumer." See the National Park Service and the Military Consumer websites (.gov) for information.	

CLASS DESCRIPTIONS: Please pre-register for classes at **(228)871-3000** or email **cnic_se_glfp_ffsc_support@us.navy.mil**.

Baby Boot Camp, Tues, 30 July, 1300-1500

- For individuals or couples, ideal for expecting parent(s), info on Keesler AFB Labor & Delivery, & how to care for newborns.

CAPSTONE, Tues, 23 July, 0900-1100

- Transitioning service members get required paperwork signed off.

Civilian & Federal Resume Writing Workshop, Fri, 26 July, 0800-1200

- Create a winning resume that accurately reflects the value you bring to a potential employer.

Cost-Effective Hurricane Prep Kits, Mon, 29 July, 1600-1700

- When prices are high, how can you purchase ALL THE THINGS a hurricane preparation kit should have?

Credit Management, Mon, 22 July, 1000-1100

- Credit scores, pitfalls to avoid, and how to best approach your use of credit.

EFMP 101, Thurs, 11 July, 1000-1100

- Ask your questions and get answers!

EFMP POC Training, Wed, 24 July, 1300-1500

- Command-selected POCs learn the role & how to educate others.

EFMP Gathering & Craft Night, Thurs, 18 July, 1700-1900

- Join us for a time of fellowship and sharing of ideas.

Emergency Prep: Getting Started! Mon, 22 July, 1600-1700

- Overcoming the obstacles to take the 3 steps.

Employment Vision Board, Wed, 31 July, 1700-1830

- Create a vision board to clarify your employment goals.

Family Advocacy Program 101, Wed, 31 July, 1300-1400

- Learn about the program; myths and facts; resources for help; open to everyone.

Financial Emergency Preparedness, Thurs, 25 July, 1000-1100

- Planning to have the resources and money we need before, during, and after an event.

How to Change Myself, Wed, 10 July, 1200-1300

- What to change, where to start, and pitfalls to avoid.

Job Search Strategies, Wed, 24 July, 1700-1830

- Specific steps to success in landing the job you want.

LinkedIn 101, Wed, 17 July, 1700-1830

- What is LinkedIn and how can you best use it?

Managing Stress and Anger, the last 3 Thursdays of July, 1000-1200

- Extensively covers sources, causes, & reactions to anger.

Military Spouse Tuesday: Employment Edition—Moving for Military Spouses, Tues, 16 July 1700-1830

- What you must know about YOUR employment when moving.

Military Spouses: Thriving During Deployment, Wed, 10 July, 1100-1200

- What those who came before us learned about best ways to cope

NMCRS Budget for Baby, Fri, 12 July; Call Navy-Marine Corps Relief Society at 228-871-2610 to obtain class time and sign up

- How to adjust your budget; expenses associated with the new baby; receive a gift for attending class.

Problem Solving for Stress Management, Tues, 2 July, 1100-1200

- Good problem solving skills can prevent an over-reaction of stress or anger.

Smooth Moves, Thurs, 11 July, 0930-1100

- Must-know information about having a less-stressed PCS move.

Suicide Prevention, Tues, 2 July, 1300-1400

- Learn about resources for prevention when someone is struggling with the challenges of life.

The Expecting Father, Wed, 31 July, 1300-1500

- Supporting your pregnant partner through communication; proper nutrition; understanding changes in her body; changes that YOU experience during the pregnancy.

Toddler Tuesday, Tues, 9 July, 1630-1730

- Join with other parents of toddlers to play with your little one and discuss parenting ideas in a relaxed setting.

Transition Assistance Program (TAP), 15-17 July, 0800-1530

- Educates eligible service members about transitioning from active duty to civilian life.

TAP My Education Track Workshop, 18 & 19 July, 0800-1530

- Two-day class prepares transitioning service members and other attendees for higher education; explains options for funding.

DOL Employment Workshop, 18 & 19 July, 0800-1530

- Two-day class explores career options & how to select and apply for jobs.

What the Experts Say about Parenting, Tues, 30 July, 1200-1300

- Find out what experts recommend.