

October 2024 Fleet & Family Support Center Programs



245 Moreell Ave., Facility 30
0700-1630 Monday-Thursday and 0700-1530 Friday

In October we highlight Baby Sleep Safety, Domestic Violence Awareness & Prevention, and the Exceptional Family Member Program (EFMP). Please visit our FFSC lobby for info!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>To sign up for classes</i> Call 228-871-3000 or email cnic_se_glfp_ffsc_support@us.navy.mil</p>	<p>1 Relationship Pitfalls To Avoid & What to Do Instead 1530-1600</p>	<p>2 </p>	<p>3 DVAM Proclamation Signing 0800 Managing Your Anger and Stress 1000-1200 (3, 10, 17, 24 October)</p>	<p>4 </p>
<p>7 Transition Assistance Program Day 1 0800-1530</p>	<p>8 TAP Day 2 0800-1530</p>	<p>9 TAP Day 3 0800-1530</p>	<p>10 My Employment Day 1 of 2 0800-1530 My Education Day 1 of 2 0800-1530 EFMP 101 1000-1100</p>	<p>11 My Employment Day 2 0800-1530 My Education Day 2 0800-1530</p>
<p>14 </p>	<p>15 Tea Time with the EFMP Liaisons 1000-1200 Toddler Tuesday 1630-1730</p>	<p>16 Smooth Moves 1300-1500</p>	<p>17 I.E.P. Essentials 1000-1200 EFMP Family Gathering & Craft Night 1700-1900</p>	<p>18 NMCRS Budget for Baby Class Call 228-871-2610 to sign up!</p>
<p>21 Retiree TAP Day 1 0800-1530 Prepared for Power Outages! 1600-1630</p>	<p>22 Retiree TAP Day 2 0800-1530</p>	<p>23 Retiree TAP Day 3 0800-1530 Teaching Children About Anger 1100-1200</p>	<p>24 Civilian & Federal Resume Writing 0800-1200 Secrets of TSP (Thrift Savings Plan) 1400-1500</p>	<p>25 CAPSTONE 0900-1100</p>
<p>28 Consumer Awareness 1000-1100 Suicide Prevention 1530-1630</p>	<p>29 EFMP POC Training 1000-1200 Baby Boot Camp 1300-1500 EAP Essentials: A Guide to Navigating Employment Success 1630-1730</p>	<p>30 Family Advocacy Program 101 1300-1400</p>	<p>31 Reduce Stress with Better Habits 1100-1130 The Expecting Father 1300-1500</p>	

Please sign up for classes in advance: cnic_se_glf_fpsc_support@us.navy.mil or 228-871-3000

Baby Boot Camp, *Tues, 29 Oct, 1300-1500*

- For individuals/couples; ideal for expecting parent(s); info about Keesler AFB Labor & Delivery; how to care for a newborn.

CAPSTONE, *Fri, 25 Oct, 0900-1100*

- Transitioning service members get required paperwork Signed.

Civilian & Federal Resume Writing Workshop, *Thurs, 24 Oct, 0800-1200*

- Create a winning resume.

Consumer Awareness, *Mon, 28 Oct, 1000-1100*

- Your rights, responsibilities, & who can help you.

EAP Essentials: A Guide to Navigating Employment Success, *Tues, 29 Oct, 1630-1730*

- Use the Employment Assistance Program to confidently reach your employment goals.

EFMP 101, *Thurs, 10 Oct, 1000-1100*

- Ask your questions and get answers!

EFMP Gathering and Craft Night, *Thurs, 17 Oct, 1700-1900*

- Join us for conversation and a project!

EFMP POC Training, *Tues, 29 Oct, 1000-1200*

- The requirements of this position and how to succeed.

Family Advocacy Program 101, *Wed, 30 Oct, 1300-1400*

- What domestic violence is; myths and facts; resources for help; open to everyone.

I.E.P. Essentials, *Thurs, 17 Oct, 1000-1200*

- What is the Individual Education Plan? Who should have one? How can I best advocate for my child?

Managing Anger and Stress, *3, 10, 17 & 24 Oct, 1000-1200*

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

NMCRS Budget for Baby, *Fri, 18 Oct; Call Navy-Marine Corps Relief Society at 228-871-2610*

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

Prepared for Power Outages! *Mon, 21 Oct, 1600-1630*

- What to do to be ready when the lights go out.

Reduce Stress with Better Habits, *Thurs, 31 Oct, 1100-1130*

- Identifying stress habits to get rid of and better ones to practice.

Relationship Pitfalls to Avoid & What to Do Instead, *Tues, 1 Oct, 1530-1600*

- Keeping my marriage respectful by avoiding the things that could hurt it.

Secrets of TSP (Thrift Savings Plan), *Thurs, 24 Oct, 1400-1500*

- Let's take the mystery out of investing in the TSP.

Smooth Moves, *Wed, 16 Oct, 1300-1500*

- Must-know information about the government "PCS" move.

Suicide Prevention, *Mon, 28 Oct, 1530-1630*

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

Tea Time with the EFMP Liaisons, *Tues, 15 Oct, 1000-1200*

- Meet with the EFMP staff and learn more about the program and what it offers.

Teaching Children About Anger, *Wed, 23 Oct, 1100-1200*

- How to help your child express anger appropriately.

The Expecting Father, *Thurs, 31 Oct, 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, 15 Oct, 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), *7-9 Oct, 0800-1530*

- For service members who are preparing to separate or retire.

Transition Assistance Program (TAP) for RETIREES, *21-23 Oct, 0800-1530*

- Provides retiring service members the must-know information.

TAP My Education Track Workshop, *10-11 Oct, 0800-1530*

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

TAP DOL Employment Workshop, *10-11 Oct, 0800-1530*

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