



# Life YOUiversity

Quality personal and Family life skills education for the military community.

## Follow Your Heart Without Losing Your Mind

By: Molly Ryan, MSW, Education & Prevention Specialist, Behavioral Health Program, Marine & Family Programs, Henderson Hall

Falling in love and having a healthy relationship is an amazing experience. On the other hand, dating all the wrong people can be incredibly frustrating! Have ever asked yourself why you keep dating jerks/jerkettes? Do you want to find the right person for you? Let's explore some tips for the dating world!



We define a Jerk/Jerkette by their persistent resistance to change undesirable behavior. They are both male and female, of all ages and backgrounds. The most common way you become involved with a Jerk/Jerkette is by accelerating the pace of your relationship. This means that you may become too close, and too attached, too quickly! Dr. Van Epp from Love Thinks, the creator of the How to Avoid Falling for a Jerk/Jerkette curriculum, suggests that it is not until around three months that deep-seated patterns start to become evident. In other words, you can't recognize a pattern of behavior until you've had enough time to establish one!

The **How To Avoid Falling for a Jerk or Jerkette** curriculum was developed with workbooks and materials designed specifically for Military Personnel and their unique lifestyle. The workshops focus on how to follow your heart without minimizing and overlooking problems that are evident early in a relationship. Dr. Van Epp explains he has often heard his clients in counseling session's state, "If I had only known he/she was like this....."

Dr. Van Epp believes that many individuals did know that their dating partner's behavior was not desirable however; many chose to overlook their concerns. The classic "Love Is Blind" phenomenon draws many people into relationships too quickly and without truly knowing the other person. The workshop teaches participants how to identify early behaviors that are red flags for future conflict and emphasizes five crucial areas to explore with a person before you pick your partner.

### 5 KEY AREAS TO GROW TO KNOW

#### 1. Family Background

The "BIG LIE". This is the false belief that the way your family functioned during your growing up years will not influence you or your partner and the marriage you establish. We can learn A LOT about someone by knowing the influences of their family background, it's just a fact we can't ignore.

#### 2. Attitudes and actions of the conscience

Your conscience is the running commentary in your mind that monitors your actions and attitudes. Those lacking a healthy conscience have more difficulty with understanding others. Think how important this ability is for a long-term relationship! A person's conscience is revealed in seemingly "insignificant" patterns of behavior and attitudes that over time become difficult to live with.

#### 3. Compatibility potential

Do opposites attract? You certainly want someone to balance out your personal strengths and weaknesses, but not so much as to cause constant stress in your marriage. Initial sexual attraction may dominate a new relationship, leaving little room for true compatibility assessment. After awhile, you realize that you don't share the same sense of humor, view on marriage and children, or energy levels. Imagine a couch potato in a relationship with a tri-athlete. How long will they be compatible and find joy in their extracurricular activities together? Not long!

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*All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their Family members, and DoD civilians. All classes subject to change.*

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*For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.*

*To advertise your program, event or class in this bulletin, contact:*

**Karen St. Pierre**  
**(703) 696-3512**  
**Karen.Stpierre1@us.army.mil**

## PARENTING

### Fort Belvoir, Virginia

#### **Cooperative Parenting & Divorce**

**Date(s):** June 5, 12, 13, 2012

**Time:** 5:30—7:30 p.m.

**Location:** Army Community Service Classroom, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**POC:** Ms. Carelease Kouneski

**For information, call (703) 805-2631/2693.**

Divorcing or divorced parents learn to reduce parental conflict and avoid the risk factors that influence the child's post-divorce adjustment. It is designed to improve the quality of the parental relationship in situations of joint custody, separation, change of custody and paternity.

### Fort Meade, Maryland

#### **Dads 101**

**Date(s):** Every Monday

**Time:** 9:00—10:00 a.m.

**Location:** Army Community Service, Bldg 830, Fort Meade

**POC:** Ms. Rikki Ford

**For information, call (301) 677-5590.**

This workshop is for expectant fathers and fathers of children age 3 and under.

#### **Effective Communication for Parents**

**Date(s):** Every second (2nd) and fourth (4th) Monday

**Time:** 1:00—2:00 p.m.

**Location:** Army Community Service, Bldg 830, Fort Meade

**POC:** Ms. Rikki Ford

**For information, call (301) 677-3617/5590.**

This workshop is for expectant couples and couples with children of all ages.

#### **Common Sense Parenting**

**Date(s):** June 29, 2012 & July 13, 2012

**Time:** 11:30 a.m. — 12:30 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

Come and share some of your insight while obtaining more tools. Topic of discussion will be "Encouraging Positive Behavior." Please call to register.

Individualized Parenting Support and Education

Call for an appointment

(301) 677-3617

### Joint Base Anacostia-Bolling, DC

#### **Making Rules and Following Them**

**Date(s):** June 1, 2012

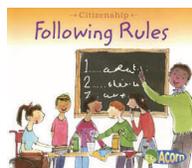
**Time:** 1:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Ms. Sarah Strecker

**For information, call (202) 433-6151.**

Learn how to create the home environment you desire by successfully implementing rules through using different techniques such as family meetings and involving your children in the rule making process.



#### **Guiding Your Child Through Adolescence**

**Date(s):** June 4, 2012

**Time:** 4:00 —5:00 p.m.

**Location:** Bellevue Navy Housing, Joint Base Anacostia-Bolling

**POC:** Ms. Amanda Woodyard

**For information, call (202) 433-6151.**

This class examines common challenges parents face when their children reach puberty and adolescence.



#### **Introduction to Nurturing Parenting**

**Date(s):** June 11, 2012 & July 9, 2012

**Time:** 10:00 —11:00 a.m.

**Location:** Navy College, Enterprise Hall, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Ms. Karla Abney & Ms. Kim Roundtree

**For information, call (202) 433-6150.**

Get an introduction to the most powerful characteristic a parent can have to promote a positive life for themselves and their children.

#### **Two Homes, One Family Plan**

**Date(s):** June 18, 2012

**Time:** 9:00 —11:00 a.m.

**Location:** : Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Ms. Amanda Woodyard

**For information, call (202) 433-6151.**

This interactive training will help you define co-parenting and understand why it's important. We will also discuss the do's and don'ts of co-parenting and help you begin to make a Family plan that fits your current situation.

#### **Ages & Stages: Infant, Toddler, and Preschooler Growth and Development**

**Date(s):** June 25, 2012 & July 16, 2012

**Time:** 10:00 —11:00 a.m.

**Location:** Navy College, Enterprise Hall, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Ms. Karla Abney & Ms. Kim Roundtree

**For information, call (202) 433-6150.**

Learn about the four primary stages of development all children go through, and increase your awareness of what to expect at each age and stage of development.

### Joint Base Andrews, Maryland

#### **Dads 101**

**Date(s):** Last Tuesday of every month

**Time:** 8:30 a.m. - 4:00 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Taught by Dads

**To register, call (240) 857-9680/7501.**

This class taught by dads, for dads to include topics on pregnancy, coaching during childbirth, relationship, parenting issues, and fatherhood. All ranks and branches welcome!

#### **Family Advocacy Safety Education Seminar**

**Date(s):** Second (2nd) Wednesday of every month

**Time:** 8:00 a.m. to 12:00 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Representatives from different agencies

## PARENTING

### **To register, call (240) 857-9680.**

Educational seminar provides information to reduce the risk for child and partner maltreatment, increases knowledge and skill building for Families with potential risk factors, and promotes resilience and mission readiness.

**Must be referred by 1st Sergeant.**

### **The Women, Infant, and Children (WIC)**

#### **Nutrition Program**

**Date(s):** Thursdays, except on Federal holidays—appointments required

**Time:** 8:30 a.m.—4:30 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Nurses from Prince George's County WIC Program

**To make an appointment, call (301) 856-9600.**

Information is provided to assist mothers with choosing healthier foods so babies and children grow and develop. WIC provides food high in iron, protein, calcium, vitamin C and other nutrients. Pregnant, new mothers, infants or child under 5 years of age who are Maryland residents may be eligible.

### **Bundles for Babies**

**Date(s):** June 13, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Andrews Military and Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker

**For information, call (301) 981-7087.**

Prepare yourself and your finances for a newborn.

### **Becoming a Love & Logic Parent—Parent's Life Class**

**Date(s):** June 21, 28, 2012, July 5, 12, 19, 26, 2012, & August 2, 9, 2012

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** 1LT Roserie, Ms. Carolyn Potts, & Ms. Victoria Glover

**For information, call (240) 857-9680.**

This is a unique class that will provide parents with practical techniques in love, which allow children to grow through their mistakes, and logic which allows them to live with the consequences of their choices.

### **1-2-3 Magic: Effective Discipline for Children 2-12**

**Date(s):** July 17, 20, 24, 27, 2012

**Time:** 12:00 — 1:00 p.m.

**Location:** FAP Office, Joint Base Andrews

**Instructor:** Ms. Shelly Walker, Ms. Shelly Smith, & Ms. Brenda Smith

**For information, call (240) 857-9680.**

This class will teach parents how to effectively manage a child's most challenging behavior, while keeping their sanity and self-respect.

## JBM-HH Fort Myer, Virginia

### **"The Fatherhood Initiative"**

**Date(s):** June 13, 2012

**Time:** 10:00 a.m. — 12:00 p.m.

**Location:** Patriot Sports Zone, Bldg 407, Fort Myer

**Instructor:** Ms. Karen Holmes

**For information and to register, call (703) 696-3512.**

Join us for a play morning that is all about "dad". Moms are encouraged to come as well. In support of "The National Fatherhood Initiative", participants will learn the importance of fathers having an active role in their children's lives and hear about some creative ways to incorporate him in your Family's routine even when he is away. Pre-registration is required.

Life YOUiversity

### **Baby Bundles**

**Date(s):** July 6, 2012

**Time:** 1:00—4:00 p.m.

**Location:** Community Activities Center, Bldg 405, Fort Myer

**Instructor:** Mr. Leonard Toyer, Ms. Heather Taylor & Ms. Karen Holmes

**To register, call (703) 696-3512/3510.**

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The Layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA). Class size is limited, call early to pre-register.



### **Staying Home Alone**

**Date(s):** July 9, & 13, 2012

**Time:** 10:00—11:00 a.m. & 5:00—6:00 p.m.

**Location:** Cody Child Development Center, Bldg 483, Fort Myer

**Instructor:** Ms. Karen Holmes

**For information and to register, call (703) 696-3512.**

This class is for children ages 9-12 and their parents. Parents will learn to develop a safety plan for their children, how to keep communication lines open and develop an awareness of the dangers of being home alone. Children will learn about handling emergencies, following safety rules, and handling feelings of boredom, loneliness and fear.

### **Moving Families Through Change**

**Date(s):** July 31, 2012

**Time:** 1:00 — 5:00 p.m.

**Location:** Army Community Service, Room 14, Bldg 201, Fort Myer

**Instructor:** Ms. Karen Holmes & Ms. Kelly Smith

**For information and to register, call (703) 696-3512.**

This workshop provides parents tools and resources to help their children adjust and handle the effects of separation and divorce. Pre-registration is required.

## JBM-HH Henderson Hall, Virginia

### **Baby Boot Camp**

**Date(s):** June 22, 2012 & July 27, 2012

**Time:** 8:30 a.m.—3:30 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters & Ms. Nicole Morrill

**To register, call (703) 614-7204.**

An all day workshop on the basics of newborn care. Expectant parents will learn diapering, bathing, how to soothe a crying infant, when to call the doctor, safe sleeping practices, all about immunizations and how to enjoy becoming a parent.



### **1-2-3 Magic**

**Date(s):** June 25, 2012 & July 30, 2012

**Time:** 1:00 — 3:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters & Ms. Nicole Morrill

**To register, call (703) 614-7204.**

A workshop designed for parents of children ages 2-12. This program explores consistent and effective age-appropriate discipline techniques.

### **Cooperative Parenting & Divorce**

**Date(s):** July 9, 2012

All Classes/Events Subject to Change

## PARENTING (CONTINUED)

**Time:** 12:00 — 4:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters & Ms. Nicole Morrill

**To register, call (703) 614-7204 .**

Explore ways to reduce conflict between parents as their roles shift from married couple to co-parents. Participants will learn the impact of parental conflict on their child's development, to identify their contributions to conflict, and how to control impulses.

### Enhanced Emergency Child Care & Family Child Care Homes

Are You a Marine Family in need or short term emergency child care?

**Call Ms. Mary Sue Rainey at (703) 693-5666**

## Patuxent River, Maryland

### Playgroup

**Date(s):** Every Thursday

**Time:** 10:00 —11:00 a.m.

**Location:** Glen Forrest Community Center

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and Family members.

### Amazing Newborns

**Date(s):** June 5, 2012

**Time:** 6:00—8:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

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."

### Budgeting for Baby

**Date(s):** June 27, 2012 & July 25, 2012

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Chapel Annex, Bldg 401, NAS Patuxent River

**Instructor:** Ms. Maureen Farrell

**To register, call (301) 342-4911.**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing Family. All Navy and Marine Corp Service Members that attend will receive a new layette worth more than \$100.

### Active Parenting—Ages 5-12

**Date(s):** July 12, 19, 26, 2012—**3 PART SERIES**

**Time:** 4:00—6:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Discover how to eliminate power struggles with discipline skills that really work. At the same time, learn how to develop your children's pride, inner strength, and sense of responsibility . Video and discussion format.



**Live Homework Help Online Tutoring is a free, live online tutoring service for K-12 students, college students, and adult learners available 24/7.**

**Students work with certified tutors on homework, essay writing and test prep in 20 subjects. Student and tutor use chat, interactive whiteboards and file-sharing in a secure online classroom.**

**Sessions can be replayed, emailed and printed.**

**To obtain a Family password to Tutor.com at no charge, please contact, Bart MacMillan at Henderson Hall Lifelong Learning  
Phone #: 703-614-9104.**

## HOME, HEALTH & MARRIAGE ENRICHMENT

### Fort Belvoir, Virginia

#### Stress Management

**Date(s):** June 6, 2012

**Time:** 9:30 a.m. — 11:30 p.m.

**Location:** Army Community Service Classroom, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**Instructor:** Ms. Carelease Kouneski

**For information, call (703) 805-2631/2693**

Learn skills to help manage a busy lifestyle.

#### Marriage Enrichment 101 Workshops

**Date(s):** June 13, 2012 & July 11, 2012

**Time:** 9:30 a.m. — 4:00 p.m.

**Location:** Chaplain Family Life Center, Bldg. 1186, Fort Belvoir

**POC:** Chaplain Kepley & Assistants

**For information, call (703) 805-2742**

A minimum of 7 hours of pre-marital counseling is required for all couples desiring to be married in a Ft. Belvoir Chapel. This one day workshop assists couples in fulfilling this requirement. A certificate is provided. This training is also open to other couples planning marriage but not intending to use the Ft. Belvoir facilities for their wedding. Communication skills, conflict management, and coping skills during deployment are some of the topics covered in these workshops.



### FREE USO Farmer's Market

1st Wednesday of the month at noon  
6099 Abbott Road, Bldg. 2115  
Fort Belvoir, Virginia  
(703) 805-2464

*Bring your shopping bag and enjoy free food*

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### Fort Meade, Maryland

#### **Stress Management**

**Date(s):** June 11, 2012 & July 9, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

Are you stressed out? Please get help! Sign up and register today.

#### **Anger Management**

**Date(s):** June 28, 2012 & July 3, 2012

**Time:** 1:00—3:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

It really is better to have it and not need it, then to need it and not have it? Call today to register for this class and have the tools needed to managing anger.

### Joint Base Anacostia—Bolling, DC

#### **Anger Management**

**Date(s):** June 6, 13, 20, 27, 2012— **4 PART SERIES**

**Time:** 9:00 —11:00 a.m.

**Location:** Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

**POC:** Ms. Amanda Woodyard & Ms. Sarah Strecker

**For information, call (202) 433-6151.**

Participants will learn about the patterns of angry behavior and try out a variety of acceptable coping strategies to handle angry feelings. This class is designed to help participants reduce unacceptable expressions of anger at home and at work. Pre-registration is required. Must attend all four sessions.

#### **Conflict Resolution**

**Date(s):** June 19, 2012

**Time:** 2:00 —4:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Ms. Sarah Strecker

**To register, call (202) 433-6151.**

This workshop teaches participants to define conflict, discover how they feel when faced with a conflict, how to resolve it appropriately as it occurs.

#### **Summer Stress Busters**

**Date(s):** June 25, 2012

**Time:** 9:00 —11:00 a.m.

**Location:** WNY, Bldg 101, Room 132, Joint Base Anacostia-Bolling

**Instructor:** Ms. Amanda Woodyard & Ms. Sarah Strecker

**To register, call (202) 767-0450.**

This course will help participants manage stress and gain coping strategies they can utilize during the summer months.

### Joint Base Andrews, Maryland

#### **Tobacco Cessation Program**

**Date(s):** Offered monthly, please call for dates

**Time:** 11:30 a.m. —1:00 p.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Life YOUiversity**

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

This course provides guidance and instructions for those individuals who desire to quit tobacco use. This is a weekly workshop that meets every Thursday for 4 sessions. Participants must attend all sessions. Follow-up at 3, 6, and 12 months will be conducted. Medication and patches are available for TRICARE beneficiaries only.



#### **Stress Management**

**Date(s):** Offered weekly, Thursdays

**Time:** 2:00—3:00 p.m.

**Location:** Health & Wellness Center (HAWC), Bldg 1444, Joint Base Andrews

**Instructor:** Family Advocacy, HAWC & Resiliency Staff

**To register, call (240) 857-5601/8942.**

Topics discussed:

1st Thursday—Controlled breathing

2nd Thursday—Muscle based relaxation

3rd Thursday—Mental relaxation

4th Thursday—Mediation

5th Thursday—Stress and self care awareness—this class is 2 hours from 2:00-4:00 p.m.

#### **Fitness Fundamentals & Weight Management**

**Date(s):** Offered monthly, call for dates

**Time:** 8:30—10:30 a.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

This class combines basic nutrition and meal planning for weight management with the fundamentals of starting and developing a fitness program. Fitness attire is not required however participants should dress comfortably in loose fitting clothes and proper shoes.

#### **Pregnancy & Exercise**

**Date(s):** Offered monthly, call for dates

**Time:** 8:00 —9:00 a.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

This class will give you information needed to exercise safely and effectively during your pregnancy. Information follows the American College of Obstetricians and Gynecologists (ACOG) guidelines for exercise during pregnancy. Be sure to talk with your doctor before starting any exercise program.



#### **Mid-Day Control....to Better Manage Anger**

**Date(s):** June 11, 18, 25, 2012— **3 PART SERIES**

**Time:** 11:00 a.m. — 12:00 p.m.

**Location:** Military & Family Support Center, Joint Base Andrews

**Instructor:** Ms. Shelly Walker & Ms. Joyce Cravin

**To register, call (301) 981-7087**

Gain control of anger by learning to identify triggers, practice calming techniques and finding helpful ways to express this often misused emotion.



The Automated Housing Referral Network (AHRN.com) is sponsored by the Department of Defense and all Service Branches and is designed to improve the process of connecting military members and their Families with available housing.

**All Classes/Events Subject to Change**

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### JBM-HH Fort Myer, Virginia

#### Welcome to Korea

**Date(s):** June 1, 2012

**Time:** 10:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Relocation Staff

**To register, call (703) 696-0153/0156 or email [fortmyerrelocation@gmail.com](mailto:fortmyerrelocation@gmail.com).**

Learn about sponsorship, Korean customs, culture, language, household shipments, driving, auto, pet, and passport information. Register by calling or email [rene.fizer@us.army.mil](mailto:rene.fizer@us.army.mil).

#### His Needs, Her Needs

**Date(s):** June 5, 2012

**Time:** 5:00—6:30 p.m.

**Location:** Cody Child Development Center, Bldg. 483, Fort Myer

**Instructor:** Ms. Karen Holmes

**To register, call (703) 696-3512.**

Begin the process of renewing the love in your marriage. Learn what your partner may need from you to trigger their love again.

#### Conflict Resolution: Building Strong Relationships

**Date(s):** June 6, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Kelly Smith & Ms. Andrea Verdino

**To register, call (703) 696-3512.**

Learn how to respond to others by building strong relationships and using praise to build mastery and winning streaks in life. Please call to register.

#### Welcome to Germany

**Date(s):** June 21, 2012 & July 19, 2012

**Time:** 10:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Relocation Staff

**To register, call (703) 696-0153/0156 or email [fortmyerrelocation@gmail.com](mailto:fortmyerrelocation@gmail.com).**

Learn about sponsorship, German customs, culture, language, household shipments, driving, auto, pet, and passport information. Register by calling or email [rene.fizer@us.army.mil](mailto:rene.fizer@us.army.mil).

#### Spouse Meet and Greet

**Date(s):** June 26, 2012

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Old Town Alexandria

**Instructor:** Relocation Staff

**To register, call (703) 696-0153/0156 or email [fortmyerrelocation@gmail.com](mailto:fortmyerrelocation@gmail.com).**

Are you new to the area and looking to meet other spouses while learning about the local area? Come join us and learn where to go, what to see and how to navigate like a local.

#### Anger Management

**Date(s):** June 27, 2012 & July 25, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Karen Holmes

**To register, call (703) 696-3512.**

Have you ever wondered where intense anger comes from and what a person can do to learn to separate the emotion anger from the behavior anger? Join us and learn what anger really is, and what you can do to express your anger without destructive behavior.

#### Sponsorship Training

**Date(s):** July 12, 2012

**Time:** 10:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Relocation Staff

**To register, call (703) 696-0153/0156 or email [fortmyerrelocation@gmail.com](mailto:fortmyerrelocation@gmail.com).**

Learn the ins and outs of being an effective sponsor.

#### Stress Management

**Date(s):** July 18, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Karen Holmes

**To register, call (703) 696-3512.**

Learn to identify personal sources of stress, and strategies to take control of stress symptoms.

### JBM-HH Henderson Hall, Virginia

#### Aqua Aerobics

**Date(s):** Mondays, Tuesdays, Wednesdays and Thursdays

**Time:** 10:30—11:30 a.m.

**Location:** Zembiec Pool, Henderson Hall

**POC:** Ms. Laura Guthrie

**For more information, call (703) 693-7351.**

Shallow water aerobics on Monday and Wednesday as well as deep water aerobics on Tuesdays and Thursdays. Free to all active duty, retired, DoD civilians and their Families. Pre-registration is required.



#### Anger & Stress Management

**Date(s):** Wednesday Mornings—Open Group—**8 PART SERIES**

**Time:** 9:00 — 11:00 a.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204 .**

Anger is a normal emotion however many of us struggle to express our emotions in a healthy way. In this eight part workshop you will learn how to recognize what triggers your anger and develop realistic strategies that will help reduce angry outbursts. In addition, the long term effects of stress and techniques for managing stress will be discussed. Must attend all eight sessions for certification. Registration is required.



For participating theaters and movie schedule visit:

<http://www.regmovies.com/summermovieexpress/>

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### **How to Avoid Falling For a Jerk/Jerkette**

**Date(s):** June 5, 2012

**Time:** 8:00 a.m.—3:00 p.m.

**Location:** Marine and Family Services, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

Feel like you keep dating all the wrong people and don't know why? This class is designed for singles that are dating and looking for tips on building a healthy relationship. Topics include identifying warning signs for future disagreements, recognizing what you are looking for in a future partner, and the five key areas to explore before commitment. Pre-registration is required.

### **7 Habits of Highly Effective Military Families**

**Date(s):** June 9, 2012

**Time:** 9:00 a.m.—4:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Learn how to be more proactive and think win-win to create synergy in your Family/marriage.

### **PREP—Couples Communication**

**Date(s):** June 22, 2012 & July 25, 2012

**Time:** 9:00 a.m.—4:00 p.m.

**Location:** Marine and Family Services Conference Room, Bldg 29, Room 103 Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Learn how to communicate more effectively with your spouse, particularly when it counts in times of conflict.

### **Married & Loving It!**

**Date(s):** June 29, 2012

**Time:** 8:00 a.m.—3:00 p.m.

**Location:** Marine and Family Services, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

This workshop is designed for newly engaged or recently married couples. Couples will work on various skills such as financial management, anger and communication building techniques, and additional joint decision making topics. Pre-registration required.



### **Real Colors / Real Stress**

**Date(s):** July 12, 2012

**Time:** 1:00—4:00 p.m.

**Location:** Marine and Family Services, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

Real colors is a communication and stress management class that utilizes research about personality and temperaments to help participants understand themselves and those around them in a new way! Based upon the four colors blue, green, orange, and gold, participants learn their preferred way of "seeing the world" and how to work well with the other colors. Stress management techniques are developed based upon participant's primary color. Registration is required.

### **4 Lenses For Couples**

**Date(s):** July 19, 2012

**Time:** 6:00—8:30 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Life YOUiversity**

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Learn how to communicate effectively with your spouse/significant other, based on your individual personality types, strengths and needs.

### **Rape Aggression Defense (RAD) Basic**

**Date(s):** July 23, 25, 30, & August 1, 2012— **4 SESSIONS**

**Time:** 6:00—9:00 p.m.

**Location:** Marine and Family Services, Bldg 12, (First Night), Henderson Hall & Smith Gym, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

RAD is a dynamic self-defense class aimed to teach women prevention techniques and options to protect themselves if attacked. The mission of the class is to develop and enhance the options of self defense, so that they may become viable options to the woman who is attacked. DoD ID holders are all welcome to attend this free class! Call to register.

### **Keychain Defense—Rape Aggression Defense (RAD) - Part 2!**

**Date(s):** August 2, 2012

**Time:** 6:00—8:00 p.m.

**Location:** Smith Gym, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 614-7204.**

The advanced RAD class is open to female DoD ID card holders who have completed the basic 4 part class. Participants will learn how to use the Kubotan keychain as an additional option for self-defense. Please call to register.



*(Continued from page 1)*

#### **4. Examples of other relationship patterns**

If your dating partner is rude to customer service staff, their mother, and others around them, why should you assume that you will always remain the exception to their rude behavior? You won't, and eventually that rudeness will be directed towards you!

#### **5. Skills for building and maintaining relationships**

The ability to disagree maturely, to apologize, and the ability to communicate ones thoughts and personal needs is essential to maintaining a long-term healthy relationship. If your partner is lacking these abilities, it's right to be concerned about the future.

The [How to Avoid Falling for a Jerk/Jerkette](#) curriculum is geared towards singles and those re-entering the dating field. In June and July, the Behavioral Health Branch at Henderson Hall, Marine & Family Programs will be offering day long How to Avoid Falling for a Jerk/Jerkette workshops. If you are interested in attending the workshops please check the website at [www.mccsHH.com/Prevention](http://www.mccsHH.com/Prevention) or call 703-614-7204 for class dates and times. For more information on Love Thinks, visit their website at [www.lovetheinks.org](http://www.lovetheinks.org).

Reference:

\*\*Van Epp, J. (2007). *How To Avoid Falling in Love With a Jerk/Jerkette. The Foolproof way to follow your heart without losing your mind.* The McGraw Hill Companies.

**All Classes/Events Subject to Change**

# HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

## Patuxent River, Maryland

### **Couple's Communication**

**Date(s):** June 5, 2012

**Time:** 11:00 a.m. — 12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Linda Schmid

**To register, call (301) 342-4911.**

Let's face it, relationships don't come with instructions. Come join us to learn how to have open communication.

### **Personal Communication**

**Date(s):** June 11, 2012

**Time:** 9:00 — 10:00 a.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Linda Schmidt

**To register, call (301) 342-4911.**

Would you like to improve your personal communication skills? This one-session workshop can make a difference. Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills.

### **Welcome to Pax**

**Date(s):** June 20, 2012 & July 18, 2012

**Time:** 9:00 — 11:00 a.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Take a windshield tour of the NAS Patuxent River Complex, and attend a class jam-packed with information about the base and surrounding communities.

### **Stress Management**

**Date(s):** June 20, 2012 & July 10, 2012

**Time:** 11:00 a.m. — 12:00 p.m. & 2:30 — 4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Linda Schmid

**To register, call (301) 342-4911.**

Manage your stress by learning what it is, what causes it, and how to help yourself get a handle on it.

### **Anger Management**

**Date(s):** July 19, 26, 2012 & August 2, 9, 16, 23, 2012

**Time:** 3:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Linda Schmid

**To register, call (301) 342-4911.**

Join this workshop if you would like a better understanding of anger and how to manage it. The emphasis will be on recognizing sources of anger and modifying behavior.

### **Clinical Counseling Services Available**

Service and Family members can make an appointment with a counselor to address any of the many stressors facing today's military Families by calling:

**(202) 685-6019**

## Quantico, Virginia

### **Men's 16 Week Group**

**Date(s):** Wednesday's (May—September)

**Time:** 1:00 — 4:30 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St., Quantico

**Instructor:** Family Advocacy Clinicians

**For more information, call (703) 784-2570.**

This 16 week group for men explores the cycle of abuse with the goal of preventing domestic abuse. You must have a recommendation/referral to participate in the group.

### **Anger Management**

**Date(s):** June 1, 2012 & July 20, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St., Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

Learn to recognize sources and triggers of anger and coping techniques.



### **Real Colors, Real Stress**

**Date(s):** June 8, 2012 & July 27, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St., Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

This workshop is designed for clients who have a basic understanding of stress and want an opportunity to develop a unique stress reduction plan using knowledge gained through an interactive group process. The stress management plan will use information from your primary personality temperament.

### **Sponsorship Training**

**Date(s):** June 12, 2012 & July 3, 2012

**Time:** 9:00 — 11:15 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961.**

This training is designed to help all sponsors in the performance of their duties. We provide helpful hints, checklists, and an overview of sponsorship duties, resources and handouts. Spouses assisting with an accompanied tour sponsorship are also encouraged to attend.

### **PCS (CONUS) Workshop**

**Date(s):** June 14, 2012 & July 5, 2012

**Time:** 9:00 — 11:15 a.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961/4962.**

This mandatory workshop provides a great deal of pre-departure and destination information such as moving tips, financial concerns, relocation and travel entitlements, base and community information and more.

### **Commander's Welcome Aboard**

**Date(s):** June 20, 2012 & July 18, 2012

**Time:** 8:30—11:50 a.m.

**Location:** The Clubs At Quantico, Marine Corp Base, Quantico



## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961/4962.**

Start your tour right! The workshop is designed to inform newcomers about programs and services aboard Quantico, that include information on recreation, education, medical services, local legal issues, safety issues, chapel programs and more. This mandatory brief is open to all ranks, military and civilian personnel. Spouses are highly encouraged to attend.

### **PCS (OCONUS) Workshop**

**Date(s):** June 28, 2012 & July 19, 2012

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Relocation Assistance Program

**For more information, call (703) 784-4961/4962.**

This mandatory workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe.

### **Core Issues—7 Week Group**

**Date(s):** July 9, 2012 through August 20, 2012 (Monday afternoons)

**Time:** 1:00 —3:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St., Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

Join us for this popular 7 week group where we will discuss alternatives to power struggles, core beliefs, and introduce you to some basic relaxation techniques you can continue to practice.

### **Married and Loving It (MALI)**

**Date(s):** July 17, 2012 through August 14, 2012 (Tuesday evenings)

**Time:** 5:00 —7:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Ms. Rebecca Childress

**For more information, call (703) 784-2570.**

This evidence based educational group is for couples who want to improve communication; set guidelines for establishing a sound financial future; identifying anger and how to solve conflict in healthy ways; set healthy boundaries with in-laws and other extended Family members; and discussing other factors that help couples truly enjoy married life. Pre-registration is required. Child-care may be available upon request.

## PERSONAL GROWTH

### Fort Belvoir, Virginia

#### **Army Volunteer Corps AFAP/AFTB Advisory Council**

**Date(s):** June 12, 2012 & July 10, 2012

**Time:** 1:00—2:30 p.m.

**Location:** Army Community Service White Room, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

The Council allows volunteers and members of the installation to exchange information and discuss upcoming events.

#### **Army Volunteer Corps Orientation**

**Date(s):** June 13, 2012 & July 11, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Army Community Service White Room, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

The orientation provides volunteers with information on how to register, how to track volunteer hours, and of available volunteer opportunities on the installation.

#### **Volunteer Management Information Systems (VMIS)**

**Date(s):** June 19-21, 2012 & July 17-19, 2012

**Time:** 10:00 a.m. — 1:00 p.m.

**Location:** Army Community Service White Room, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**Instructor:** Ms. Valret Kirkland

**To register, call (703) 805-1800.**

This training will help volunteers utilize VMIS system to create their profile, log volunteer hours, and search for volunteer opportunities.



### JBM-HH Henderson Hall, Virginia

#### **College 101 / TA Brief**

**Date(s):** Every Tuesday

**Time:** 9:00—10:00 a.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Mr. Bart McMillan

**To register, call (703) 614-9104 .**

College 101 is your guide on the road to success! It will prepare you for taking that first step toward your goal in pursuing your voluntary, off-duty education.

#### **Tutor Buddies**

**Date(s):** Every Tuesday

**Time:** 11:00 a.m. - 12:00 p.m.

**Location:** Barcroft Elementary School, Arlington, VA

**POC:** Ms. Renee Lilley

**For more information call (703) 693-1253 .**

The Henderson Hall Partners in Education Program is looking for volunteers to tutor children at Barcroft Elementary School. Transportation is provided.

#### **College-Level Examination Program (CLEP) & DANES Subject Standardized Tests (DSSTs)**

**Date(s):** Every Wednesday

**Time:** 9:00—10:00 a.m. & 1:00—3:00 p.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Park University Services

**To register, call (703) 486-8666 .**

CLEP & DSSTs are computer-based tests used to grant exemption from and provide credit for specific college courses. Free to active duty/reserve personnel; for eligible civilians and veterans each test costs \$80 plus \$20 administrative fee.



## SCHOOL LIAISON OFFICES

**Joint Base Anacostia-Bolling (202) 404-1652**

**JBMHH-Henderson Hall (703) 693-8378**

**JBMHH- Fort Myer (703) 696-3817**

**Patuxent River (301) 757-1871**

**Life YOUiversity**

**All Classes/Events Subject to Change**

## PERSONAL GROWTH (CONTINUED)

### Patuxent River, Maryland

#### **SAPR Victim Advocate Training**

**Date(s):** June 18-22, 2012

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

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 and help them through the investigative, medical and judicial processes that they opt to pursue.

#### **SAPR Refresher Training**

**Date(s):** June 20, 2012

**Time:** 1:00 — 3:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level. Great opportunity for current advocates to earn refresher hours.



## MILITARY FAMILY TEAM BUILDING

### Fort Belvoir, Virginia

#### **Army Family Team Building Level III**

**Date(s):** June 7, 2012 & July 14, 2012

**Time:** 9:30 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, White Room, 9800 Belvoir Rd., Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

Level III teaches leadership skills, and group management.

#### **Army Family Team Building Level I**

**Date(s):** June 9, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, White Room, 9800 Belvoir Rd., Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

The first of ten classes to help you navigate the army life such as Army Acronyms, Chain of Command, Benefits and Entitlements and more.

#### **Army Family Team Building Level II**

**Date(s):** July 12, 2012

**Time:** 9:30 a.m.—3:00 p.m.

**Location:** Army Community Service, Bldg 200, White Room, 9800 Belvoir Rd., Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

Level II offers ways to effective problem solving, and networking with community agencies.

#### **New Spouse Connection and Meet n Greet**

**Date(s):** June 12, 2012 & July 10, 2012

**Time:** 7:00 — 8:30 p.m.

**Location:** Potomac Place Neighborhood, 3998 Second Corps Blvd., Fort Meade

**POC:** Ms. Pia Morales & Ms. Amber Rustad

**For information, call (301) 677-4110.**

This is an opportunity for all new spouses to the Ft. Meade community and surrounding area to become connected! All services are invited to attend. Information will include childcare options, scholarships for spouses, area attractions, volunteer opportunities, public transportation, and AFTB. Will include social and activity get together for meet and greet.

#### **Concept Block: "Maintaining Healthy Relationships"**

**Date(s):** June 18, 2012

**Time:** 1:00 — 4:00 p.m.

**Location:** Army Community Service, 830 Chisholm Ave., Bldg 830, Fort Meade

**POC:** Ms. Pia Morales & Ms. Amber Rustad

**For information, call (301) 677-4110.**

Class will provide a set of skills and options for maintaining a healthy relationship.

#### **Level I: "Navigating Military Life"**

**Date(s):** July 12-13, 2012

**Time:** 8:30 a.m. — 2:00 p.m.

**Location:** Potomac Place Neighborhood, 3998 Second Corps Blvd., Fort Meade

**POC:** Ms. Pia Morales & Ms. Amber Rustad

**For information, call (301) 677-4110.**

Level I provides tools to navigate the military lifestyle. Modules include Expectations of Military Life, Understanding Military Acronyms, Military Traditions and Customs and more!

### Fort Meade, Maryland

#### **Level III: "Learning To Lead Others"**

**Date(s):** June 7-8, 2012

**Time:** 8:30 a.m. — 3:30 p.m.

**Location:** Potomac Place Neighborhood, 3998 Second Corps Blvd., Fort Meade

**POC:** Ms. Pia Morales & Ms. Amber Rustad

**For information, call (301) 677-4110.**

Level III provides tools to help you become a self-confident leader who possesses the attributes and traits that others admire. Training will provide an opportunity to give back to your community as a leader!

#### **Concept Block: "Know Your Community Resources"**

**Date(s):** July 16, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Army Community Service, 830 Chisholm Ave., Bldg 830, Fort Meade

**POC:** Ms. Pia Morales & Ms. Amber Rustad

**For information, call (301) 677-4110.**

Class will provide a network of Ft. Meade community resources

## MILITARY FAMILY TEAM BUILDING (CONTINUED)

### JBM-HH Fort Myer, Virginia

#### **Army Family Team Building Level I**

**Date(s):** June 14-15, 2012 & July 5-6, 2012

**Time:** 8:30 a.m. — 3:30 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Robin Cordovez

**To register, call (703) 696-3510.**

Learn about Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize community resources, attain better financial readiness and understand the goal and impact of the Army mission on daily life.

#### **Army Family Team Building Level II**

**Date(s):** July 19-20, 2012

**Time:** 8:30 a.m. — 3:30 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Robin Cordovez

**To register, call (703) 696-0168.**

Grow personally through self-development modules. Learn how to improve your communication skills, personal relationships, and stress management skills.

### JBM-HH Henderson Hall, Virginia

#### **LINKS for Spouses**

**Date(s):** June 7, 2012, June 16, 2012, & July 21, 2012

**Time:** 9:00 a.m. — 4:00 p.m.

**Location:** Bldg 12, Conference Room, Henderson Hall

**Instructor:** L.I.N.K.S. Trainer

**To register, call (703) 693-1457.**

This program offers an orientation to the Marine Corps lifestyle. It will also help spouses new to the Marine Corps community adapt to the unique challenges Military life often presents. Learn about Marine Corps history, benefits and services, dealing with separations and deployments, tips on moving, and much more.

#### **LINKS for Marines**

**Date(s):** June 28, 2012 & July 25, 2012

**Time:** 9:00 a.m. — 4:00 p.m.

**Location:** Bldg 12, Conference Room, Henderson Hall

**Instructor:** L.I.N.K.S. Trainer

**To register, call (703) 693-1457.**

L.I.N.K.S. is a program within Marine Corps Family Team Building that enhances the readiness of Marines, single, married, and their Families by offering an orientation to the Marine Corps lifestyle.



## VETERAN, RETIREMENT & TRANSITION ASSISTANCE

### Fort Meade, Maryland

#### **Transition Assistance Program (TAP)**

**Date(s):** June 4-8, 2012 & July 9-13, 2012

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** TBD

**POC:** Ms. Pamela Stangee

**For information, call (301) 677-9014/9017/9018.**

Separating or retiring? Call to register for this program.



**Instructor:** Various

**To register, call (301) 342-4911.**

TAP is for separating and retiring military members. It is a joint venture by the FFSC, and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your career counselor to sign up. Seating is limited.

#### **CARIT Brief**

**Date(s):** June 6, 2012 & July 18, 2012

**Time:** 1:00 — 2:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Various

**To register, call (301) 342-4911.**

The Atlantic Fleet Career Information Team from Anacostia conducts a mandatory CARIT brief to all honorably separating military members to receive the necessary page 13 required for separation out processing.

#### **Disability Transition Assistance Program (DTAP)**

**Date(s):** July 30, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 830, Fort Meade

**POC:** Ms. Pamela Stangee

**For information, call (301) 677-9014/9017/9018.**

If you are medically separating or retiring, then this class is for you! Call to register.

#### **Executive Transition Assistance Program (ETAP)**

**Date(s):** July 23-27, 2012

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Various

**To register, call (301) 342-4911.**

ETAP is for the retiring E8/E9 and O5 and above. It is a joint venture by the FFSC, and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, interview techniques, salary negotiations, financial considerations, and an overview of veterans benefits.

### Patuxent River, Maryland

#### **Veterans Benefits Appointments**

Appointments are now available to meet with a Disabled American Veterans Representative or local Veterans Affairs representative. Please call to make an appointment. (301) 342-4911.

#### **Transition Assistance Program (TAP)**

**Date(s):** June 4-8, 2012 & July 16-20, 2012

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

Life YOUiversity

#### **Career Options and Navy Skills Evaluation Program (CONSEP)**

**Date(s):** July 11 & 12, 2012

**Time:** 8:00 a.m.—4:00 p.m.

**All Classes/Events Subject to Change**

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River  
**Instructor:** Command Career Counselors, Transition Assistance Manager & Personal Finance Manager  
**To register, call (301) 342-4911.**

This program is for the sailor in his/her second term enlistment. It is a lifecycle approach to transition education; a mid-career success workshop. Participants will be given the opportunity to perform a personal career assessment in order to make decisions about future goals.

### Quantico, Virginia

#### **TAP & Pre-Separation Seminar**

**Date(s):** June 4-8, 2012, June 18-22, 2012, & July 9-13, 2012

**Time:** 8:00 a.m.—4:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

You must register with your Career Retention Specialist or Unit Transition Counselor. Bring two copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

#### **Disability Transition Assistance Program (DTAP)**

**Date(s):** July 17, 2012

**Time:** 9:00 — 11:30 a.m.

**Location:** Religious and Family Services Center, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**To register, call (703) 784-2511/4963 .**

Welcome to this dynamic workshop that informs attendees about the Veterans Administration Vocational Rehabilitation Program. The goal is to encourage and assist potentially eligible service members in making an informed decision about VA's Vocational Rehabilitation and Employment Program.

#### **All Day VA Brief**

**Date(s):** July 18, 2012

**Time:** 8:30 a.m. — 3:30 p.m.

**Location:** Religious and Family Services Center, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**To register, call (703) 784-2511/4963 .**

Informational presentations address vocational rehabilitation and employment, homeless veterans, military survivor benefits, surviving spouses and more.

#### **TAP & Pre-Separation Seminar (Retirees)**

**Date(s):** July 23-27, 2012,

**Time:** 8:00 a.m.—4:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Career Resource Management Center

**For more information, call (703) 784-2511/4963.**

You must register with your Career Retention Specialist or Unit Transition Counselor. Bring two copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

#### Veteran Services

The Virginia Department of Veteran Services (VDVS) assists veterans, their Families and survivors in obtaining state, federal and local benefits to which they are entitled that they might not otherwise receive. The Department acts as informed advocates in the preparation, presentation and processing of claims for benefits under the complex laws and regulations administered by the US Department of Veterans Affairs and other federal agencies.

Office hours are Monday-Friday 9:00 a.m. to 3:00 p.m.

**Call (703) 630-2811 for locations and more info.**

## FINANCIAL READINESS

### Fort Meade, Maryland

#### **Dollars & Sense**

**Date(s):** June 5, 2012 & July 3, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/9017/9018.**

This course will help you better understand your relationship with money. Topics included are: basic budgeting, financial goals and priorities, saving and investing, and managing your credit.

#### **Developing Your Savings / Spending Plan**

**Date(s):** June 7, 2012 & July 21, 2012

**Time:** 1:00 —3:00 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Salome Smalling

**For information, call (301) 677-9014/9017/9018.**

Stop and think before you use those credit cards; ask yourself some serious questions. Call to register.

*Life YOUiversity June/July 2012*

#### **Financial Services and Account Management**

**Date(s):** June 12, 2012 & July 10, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell

**For information, call (301) 677-9014/9017/9018.**

Need help deciding where and how to do your banking? This course covers the pros and cons of credit union vs. bank and the services provided by each. We will also discuss how to manage, balance, and reconcile your bank accounts.

#### **Money Management**

**Date(s):** June 14, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-9014/9017/9018.**

Set yourself up to succeed financially by applying these practices and techniques. Call today to register.



*All Classes/Events Subject to Change*

## FINANCIAL READINESS (CONTINUED)

### Home Buying

**Date(s):** June 19, 2012 & July 5, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-9014/9017/9018.**

Thinking about buying a home? Are you really ready? What do you need to know before you buy? What programs are available to help you buy? Learn about credit reports, the mortgage process, the appraisal process, and many useful tools to become a more educated consumer.

### Car Buying

**Date(s):** June 21, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-5590/9014.**

Learn how much car you can afford, how to research available vehicles and lenders, and the art of negotiating a fair price.

### Gambling Workshop

**Date(s):** July 12, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell & Ms. Salome Smalling

**For information, call (301) 677-5590/9014.**

Discover how gambling habits can affect your financial well being.

### Investment Workshop

**Date(s):** July 17, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center, 830 Chisholm Ave., Fort Meade

**Instructor:** Mr. Ryan Yarnell & Ms. Salome Smalling

**For information, call (301) 677-5590/9014.**

Are you ready to have your money start working for you? Learn the basics of investing and take the mystery out of how investments can fit into achieving your financial goals.



## Joint Base Anacostia-Bolling, DC

### Car Buying

**Date(s):** June 5, 2012

**Time:** 2:00 —3:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military Family Support Center Staff

**To register, call (202) 433-6151.**

Learn how much car you can afford, how to research available vehicles and lenders, and the art of negotiating a fair price.

### Credit Management

**Date(s):** June 7, 2012 & July 5, 2012

**Time:** 2:00 —3:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military Family Support Center Staff

**To register, call (202) 433-6151.**

Participants learn how to establish and maintain good credit and determine a safe debt load.

**Life YOUiversity**

### Consumer Awareness

**Date(s):** June 12, 2012 & July 10, 2012

**Time:** 2:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Identify and protect yourself from misleading and fraudulent consumer practices.

### Thrift Savings Plan

**Date(s):** June 14, 2012 & July 12, 2012

**Time:** 2:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Participants will be able to explain the benefits of participation, enroll in TSP and successfully manage their TSP investments.

### Personal Financial Management Leadership Forum

**Date(s):** June 15, 2012

**Time:** 1:00 — 4:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Navy program for commanders to discuss financial issues as they relate to readiness. For more information contact David Rowe at (202) 685-0982.

### Renting

**Date(s):** June 21, 2012 & July 19, 2012

**Time:** 2:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

During this class we will explore your housing options, determine how much rent you can afford, and how to locate property and obtain a lease.

### Developing Your Spending Plan

**Date(s):** July 17, 2012

**Time:** 2:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Participants will learn to establish financial goals and complete a spending plan using the financial planning worksheet.

### Command Financial Specialist Training

**Date(s):** July 23—27, 2012

**Time:** 8:00 a.m.— 4:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Initial training for Command Financial Specialists appointed by their command.



**All Classes/Events Subject to Change**

## FINANCIAL READINESS (CONTINUED)

### JBM-HH Fort Myer, Virginia

#### **Baby Bundles**

**Date(s):** July 6, 2012

**Time:** 1:00—4:00 p.m.

**Location:** Community Activities Center, Bldg 405, Fort Myer

**Instructor:** Mr. Leonard Toyer, Ms. Heather Taylor & Ms. Karen Holmes

**To register, call (703) 696-3510.**

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA). Class size is limited, call early to pre-register.



#### **Fort Myer Financial Readiness Program**

*Classes offered include*

**Retirement Planning**  
**Buying a Foreclosed Home**  
**Remedial Check Writing**  
**Living Wills and Trusts**  
**Personal Financial Readiness**  
**Understanding Your Credit**  
**The Wise Consumer**  
**Banking and Financial Services**  
**First Termers Money Management**

*All Classes Require Pre-registration*

Call (703) 696-0163 for more information and to pre-register.

For more information on classes visit [www.mccshh.com/Finance.html](http://www.mccshh.com/Finance.html).

### JBM-HH Henderson Hall, Virginia

#### **Personal Credit: Credit Worthiness, Reports, Scores, and Management**

**Date(s):** June 19, 2012 & July 26, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

Learn about the credit system, credit reports, credit scores, debt management and consumer rights. Learn how to improve your credit score and how to dig out of a deep debt situation. Registration required.

#### **Consumer Awareness: Best Personal Practices vs. Frauds, Scams, and Unwise Purchases**

**Date(s):** June 21, 2012 & July 31, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

Focuses on helping Marines become alert, savvy consumers by recognizing and advertising techniques that target consumers, and learning to detect, deter, and defend against consumer fraud and predatory practices. Registration required.

#### **Strategies for Buying a Car**

**Date(s):** June 26, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

This class includes negotiations with the sales force, the purchase decision, and cost-related contents of the purchase contract. Class also includes the relative advantages and disadvantages of buying new, used or leasing. Registration required.

#### **Home Buying and Mortgages**

**Date(s):** June 28, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

Learn the home buying process; working with an agent, qualifying and applying for a mortgage, negotiating a price and closing the purchase. Registration required.

#### **Investing: Basics of Stocks, Bonds, Mutual Funds, TSP & Compound Interest**

**Date(s):** July 5, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

This class highlights the difference between index mutual funds and actively managed funds and includes the use of free database tools to find high performing actively managed funds. Registration required.

#### **Begin Confident Investing in Index Mutual Funds**

**Date(s):** July 10, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

This class focus is intended for persons who know they need to invest money in the "stock market" but do not want to have to become highly knowledgeable to begin investing in a prudent manner. Registration required.

#### **Fundamentals of Planning for Retirement from the Military**

**Date(s):** July 12, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

This class provides an overview of five elements of retirement planning to include "High 3 vs. CBS/REDUX" and SBP. A second objective is to acquaint attendees with the integrated financial planning process and to provide them examples of financial plans they might reasonably develop with the assistance of a professional financial planner. Registration required.

#### **Personal Financial Management & Financial Planning**

**Date(s):** April 19, 2012 & May 31, 2012

**Time:** 11:30 a.m. — 1:00 p.m.

**Location:** Bldg 29, Check—in at Room 204, Henderson Hall

**Instructor:** Marine & Family Services Personal Financial Management Staff

**To register, call (703) 614-6950.**

Learn to set and evaluate your financial goals and objectives. The class includes related faces of personal financial management; identifying needs vs. wants, fixed and variable expenses and discretionary expenses. Registration required.



## FINANCIAL READINESS (CONTINUED)

### Patuxent River, Maryland

#### **Credit Management**

**Date(s):** June 6, 2012

**Time:** 11:00 a.m. —12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**For more information, call (301) 342-4911.**

In this single session, we will discuss the who, what, when, and how of personal credit rating, and how to make intelligent use of that credit awareness as a consumer.

#### **Military Pay Issues**

**Date(s):** June 13, 2012

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**For more information, call (301) 342-4911.**

Get familiar with the military compensation system so you will be able to verify information on your Leave and Earning Statement (LES), and correct common pay problems.



#### **Budgeting for Baby**

**Date(s):** June 27, 2012 & July 25, 2012

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Chapel Annex, Bldg 401, NAS Patuxent River

**Instructor:** Ms. Maureen Farrell

**To register, call (301) 342-4911.**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corp Service Members that attend will receive a new layette worth more than \$100.

#### **Consumer Awareness**

**Date(s):** June 27, 2012

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**For more information, call (301) 342-4911.**

Every day someone becomes a victim of a financial threat like predatory lending, identity theft, and many other financial scams. Learn how to identify and defend yourself against these threats.

#### **ROTH TSP Option; Is It For You?**

**Date(s):** July 25, 2012

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**For more information, call (301) 342-4911.**

The federal Thrift Saving Plan added a new ROTH option in the spring of 2012. In this workshop, explore what the ROTH is, and how you could benefit; eligible to both uniformed services and active Federal employees.

#### **Renting**

**Date(s):** July 31, 2012

**Time:** 11:30 a.m. —12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**For more information, call (301) 342-4911.**

Life YOUiversity

Renting is a good option for the military lifestyle. This workshop offers a look at its flexibilities that home ownership does not provide. We will also discuss roommates, leases, and insurance needs.

### Quantico, Virginia

#### **Managing Income, Expenses, Savings and Credit**

**Date(s):** June 4, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Managing your finances involves more than paying your bills on time. Develop goals, monthly budgets and how to maintain good credit.

#### **Consumer Awareness**

**Date(s):** June 19, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

This class is designed to focus on basic steps every consumer should take to ensure they get the most for their money.

#### **Insurance**

**Date(s):** June 13, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Religious & Family Service Center, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Come and explore how insurance is important to you and your family.

#### **Saving and Investing**

**Date(s):** June 27, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Religious and Family Services Center, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Start developing skills and knowledge that will assist you in obtaining your financial goals.

#### **Car Buying**

**Date(s):** July 10, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Voluntary Learning Center, 3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Purchasing a vehicle is a large investment that can impact your short and long term financial status. Come to this class and learn to develop skills and strategies to make wise car buying choices.



#### **Financial Planning For Your Move**

**Date(s):** July 18, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Religious and Family Services Center, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

This class reviews how to plan your move, reduce stress, and save money.

**All Classes/Events Subject to Change**

## FINANCIAL READINESS (CONTINUED)

### Banking and Financial Services

**Date(s):** July 24, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Voluntary Learning Center,  
3088 Roan Street, Marine Corp Base, Quantico

**Instructor:** Personal Finance Management

**For more information, call (703) 784-2650.**

Not sure which financial institution will serve your needs? Learn how to evaluate and decide which institution serves your personal needs.



**For more information, call (301) 319-4087.**

This fun and interactive workshop is designed for young service members who are anxious to learn about and develop successful money management skills. Topics include understanding and establishing spending plans, saving strategies, making wise consumer choices and more.

### Retirement Planning

**Date(s):** July 12, 2012

**Time:** 10:00 — 11:30 a.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 8, Bethesda, MD

**Instructor:** Mr. Brian Pampuro & Mr. Lee Acker

**For more information, call (301) 319-4087.**

You hear a lot about planning for retirement. How is that done? How do you do it for yourself realistically? Is there more to it than just putting some money in the TSP or an IRA? Come find out at this retirement planning class.

## Walter Reed National Military Medical Center (WRNMMC), Bethesda, Maryland

### Million Dollar Service Member

**Date(s):** June 5-6, 2012 & July 24-25, 2012

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 16, Bethesda, MD

**Instructor:** Various

**For more information, call (301) 319-4087.**

Do you want to be a millionaire? This intense, two-day class will cover military pay, millionaire money management, consumer awareness, insurance, protecting wealth, credit management, car buying, home buying and retirement planning.

### Car Buying

**Date(s):** July 18, 2012

**Time:** 10:00 — 11:30 a.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 18, Bethesda, MD

**Instructor:** Mr. Brian Pampuro

**For more information, call (301) 319-4087.**

This class will help you avoid the tricks and traps of today's car buying maze, and learn how to research, shop, negotiate and finalize a car deal that is right for you.

### Woman Building Wealth: Making Financial Security a Priority

**Date(s):** June 7, 2012

**Time:** 9:30 — 11:00 a.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 158, Bethesda, MD

**Instructor:** Ms. Deborah Emerson

**For more information, call (301) 319-4087.**

Why do some women spend, spend, spend while others save, save, save? Women need more money than men for retirement. Come learn financial strategies for women in their 20's, 30's, 40's, 50's and beyond.

### Survivor Benefit Plan (SBP)

**Date(s):** June 14, 2012

**Time:** 10:00 a.m. — 12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 158, Bethesda, MD

**Instructor:** Mr. Bob Bieri

**For more information, call (301) 319-4087.**

Learn details about the Survivor Benefit Plan (SBP). What it is, how to decide which options to choose, and how to protect your loved ones after you are gone.

### Command Financial Specialist (CFS) Refresher Training

**Date(s):** June 20, 2012

**Time:** 8:00 — 11:00 a.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 158, Bethesda, MD

**Instructor:** Various

**For more information, call (301) 319-4087.**

If you are an existing CFS and it has been three years since your training or last refresher course, come to refresher training where we will review money financial counseling, money management and saving and investing.

### Developing Your Spending Plan

**Date(s):** June 21, 2012

**Time:** 10:00 a.m. — 11:30 a.m.

**Location:** Fleet & Family Support Center, Bldg. 11, Room 8, Bethesda, MD

**Instructor:** Mr. Brian Pampuro

**Life YOUiversity June/July 2012**

## ARNG G1 GATEWAY

The Gateway provides vital information that Soldiers and families need to know about ARNG HR programs & processes.

Visit the Gateway to find comprehensive pages and learn how to take advantage of ARNG programs including medical, educational & financial benefits as well as deployment support & family programs.

<https://g1armg.army.pentagon.mil>

**FEATURING  
INFORMATION ON  
SOLDIER & FAMILY  
SUPPORT &  
BENEFIT PROGRAMS**



**A ONE-STOP SHOP FOR ARNG HR RESOURCES**

# EMPLOYMENT READINESS

## Fort Belvoir, Virginia

### Employment Readiness Orientation

**Date(s):** Every Tuesday

**Time:** 12:45—2:30p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Provides information and assistance in acquiring employment in the area. Speakers include representatives from Appropriated Funds and Non-appropriated funds. Topics include, spousal preference, veteran preference and general information regarding employment in the DC, Maryland and Northern Virginia area. Please bring your military ID card and 3 copies of your resume.

### ABC's of Federal Employment & Federal Resume Preparation

**Date(s):** June 7, 2012 & July 12, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Provides information and instruction on writing a federal resume as well as useful information regarding seeking employment in the federal government.

### ADECCO Recruiting

**Date(s):** June 18, 2012 & July 16, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Gives employment readiness clients the opportunity to meet one on one with these placement agencies. You must have an appointment. Call for appointment and more info.



### Kelly Recruiting

**Date(s):** June 21, 2012 & July 19, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Laureen Dupree

**To register, call (703) 805-4590.**

Gives employment readiness clients the opportunity to meet one on one with these placement agencies. You must have an appointment. Call for appointment and more info.

## Fort Meade, Maryland

### Resume Writing

**Date(s):** June 5, 2012 & July 10, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

This workshop will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume. Call to register.

### Federal Employment

**Date(s):** June 12, 2012 & July 17, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**Life YOUiversity**

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

This free workshop is designed to teach the basics of federal employment system. Call to register.

### Interviewing Skills

**Date(s):** June 19, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

This workshop teaches basic interviewing skills and tips on dressing for success so you can present yourself as the best candidate for the job of your choice. Learn what to do and what not to do at job interviews. Also included are tips on how to successfully work a job fair.

### Career Exploration

**Date(s):** July 24, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

Using various assessment tools and techniques, learn about your personality preferences, values, and interests and how to use them for achieving personal and professional success. Call to register.

### Get Ready! Employment Orientation

**Date(s):** July 26, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Julie Yates

**For information, call (301) 677-9014/9017/9018.**

Learn about job readiness resources available through Ft. Meade's Employment Readiness Programs and Anne Arundel Workforce Development's Kick Start Program. Call to register.

## Joint Base Anacostia—Bolling, DC

### Applying For a Federal Job

**Date(s):** June 5, 20, 23, 29, 2012 & July 10, 27, 2012

**Time:** 9:00 a.m. — 12:00 p.m. (June 20th, 23rd, & July 10th) & 1:00—3:30 p.m. (June 5th, 29th, & July 27th)

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Understand the federal employment process, researching jobs, completing the application, and applying for the job.

### Job Search Strategies & Networking

**Date(s):** June 6, 13, 18, 2012 & July 18, 2012

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Let our professionals help you with your job searches, resume writing, interviewing skills and



**All Classes/Events Subject to Change**

## EMPLOYMENT READINESS (CONTINUED)

more! We're here to help you land a job that's right for you. Make your appointment today.

### **Resume Writing Workshop**

**Date(s):** June 7, 19, 26, 2012 & July 11, 24, 2012

**Time:** 9:00 a.m.—12:00 p.m. & 1:00—3:30 p.m. (July 24th)

**Date(s):** April 10, 2012

**Time:** 1:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Learn skills to construct a resume and cover letter, and tailor your resume to your needs.



### **Exploring Franchise Ownership Webinar**

**Date(s):** June 11, 2012 & July 9, 2012

**Time:** 12:00—1:00 p.m.

**Location:** Home, Workstation Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Various

**To register, call (800) 818-9929.**

This program is a webinar. Interested individuals can call the above number and complete this program at their workstations, home or join us at Bldg 13, Military Family Support Center.

### **Interviewing Techniques**

**Date(s):** June 14, 21, 2012 & July 21, 2012

**Time:** 9:00 a.m.—12:00 p.m. (June 14th & July 21st) & 1:00-3:30 p.m. (June 21st)

**Location:** Bolling Club, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Learn the skill of mastering a job interview and selling yourself. Discuss your weaknesses and strengths during the process.

### **Career Week**

**Date(s):** June 18-22, 2012

**Time:** 9:00 a.m.—12:00 p.m., 1:00—3:00 p.m. & 8:30 a.m.—12:30 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

This week long program is devoted to aiding you in your job search. Topics include Job Search Strategies, Resume Writing, Applying for a Federal Job, MBTI & Your Job Search, Interview Techniques and Troops to Teachers. Each day will offer one of these topics. Please call for the specific date and time for each topic.

### **Myers Briggs Type Indicator**

**Date(s):** June 21, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Finding a job that fits your style that you'll be happy with is rare. This workshop utilizes Myers-Briggs and Strong Interest Inventories to guide you to a career that fits. Inventories must be completed a minimum of 3 days prior to class date. Contact instructor for information about completing inventories.

### **Networking for Military Spouses**

**Date(s):** June 28, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

Discuss the uses of career assessment instruments and methods for learning about the education and training requirements, job conditions, and occupational outlook of different careers and industries. You must speak to the instructor prior to attending this course.

## JBM-HH Fort Myer, Virginia

### **Employment Readiness Program Orientation**

**Date(s):** June 8, 22, 2012 & July 13, 27, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Judy Joyner

**To register, call (703) 696-3047/3510.**

Provides information and assistance in acquiring employment in the area. Topics include, spousal preference, veteran preference and general information regarding employment in the DC, Maryland and Northern Virginia area.

## Patuxent River, Maryland

### **Resume Writing**

**Date(s):** June 26, 2012

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 3090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

This program offers many different trends and techniques for writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited.

### **Interview Techniques**

**Date(s):** July 2, 2012

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 3090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank you letters, and negotiating job offers.

### **Myers Briggs**

**Date(s):** July 9, 2012

**Time:** 8:00 a.m.—12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 3090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

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.



## EMPLOYMENT READINESS (CONTINUED)

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

**Date(s):** July 31, 2012

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 3090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

Learn how to navigate the federal job system.

**The Fleet & Family Support Center will bring seminars and workshops to your Command!**

**Call (301) 342 - 4911 for more info.**

## Quantico, Virginia

### **Spouse Career Day**

**Date(s):** June 4, 2012 & July 2, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

This program offers two great workshops—College 101, Scholarship Programs and assistance with spousal employment. Space is limited so reserve your spot now!

### **Building Better Resumes**

**Date(s):** June 5, 19, 2012 & July 10, 24, 2012

**Time:** 9:00—11:00 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

Given that you have less than two minutes to attract an employer's attention and convince them to interview you, it is critical that your resume be clear, focused, and targeted to the job. Optimize your chances of success by learning how to write a resume that avoids common mistakes.

### **Local Employment Workshop**

**Date(s):** June 7, 14, 21, 28, 2012 & July 5, 12, 19, 26, 2012

**Time:** 8:30—9:30 a.m.

**Location:** Voluntary Education Center, (June 7th, 21st & July 12th, 26th) Marine Corp Base, Quantico & Religious & Family Service Center (June 14th, 28th & July 5th, 19th)

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

Focuses on local area employment opportunities, contacts and job search techniques. This workshop is open to active duty, retirees, Family members and DoD personnel.

### **Employment Video Viewing**

**Date(s):** June 14, 28, 2012 & July 12, 26, 2012

**Time:** 1:30—2:30 p.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

There will be videos that are designed to strengthen your job skills, covering a wide range of employment related topics.

### **Acing The Interview**

**Date(s):** June 26, 2012

**Time:** 8:30—10:30 a.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

So many questions to answer. What should you wear? What types of questions should you expect? Prepare for that upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank you letters, and negotiating job offers.

### **Spouse Career Networking**

**Date(s):** June 17, 2012 & July 25, 2012

**Time:** 11:30 a.m.—1:30 p.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

A monthly meeting for spouses and Family members to greet each other, learn and share information on networking. Registration required.

### **Hiring Session**

**Date(s):** June 29, 2012 & July 27, 2012

**Time:** 12:30—1:30 p.m.

**Location:** Voluntary Education Center, Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

This is a great opportunity for military spouses and Family members to participate in staffing agency on-site interviews. Bring your resume! Some of the occupational fields will be administrative/clerical, construction, executive/managerial, general labor, banking, marketing/sales, and many more.

### **Job Fair Success Strategies**

**Date(s):** April 3, 2012

**Time:** 9:00—10:00 a.m.

**Location:** Voluntary Education Center (February 28th), & Religious and Family Services Center (March 6th), Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**To register, call (703) 784-3232.**

Learn how attending a job fair can jump start your job search and how to stand out among the masses. Job fairs can put your resume into a potential employer's hand.

### **Military Spouse Employment Partnership**

[www.msepjobs.com](http://www.msepjobs.com)

**“The gateway to employment opportunities for Military Spouses.”**



**1-800-342-9647**

**Resources & Help for  
Military Members,  
Spouses & Families**

[www.militaryonesource.com](http://www.militaryonesource.com)

# DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

## Fort Meade, Maryland

### Pre-Deployment Brief

**Date(s):** June 14, 2012 & July 19, 2012

**Time:** 9:00 — 10:30 a.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Karol Yox

**For information, call (301) 677-9014/9017/9018.**

Pre-deployment brief of IA's and their Families. Please call to register.



### Spouse Meet & Greet

**Date(s):** June 21, 2012

**Time:** 10:00 — 11:00 a.m.

**Location:** Fleet and Family Support Center, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Karol Yox

**For information, call (301) 677-9014/9017/9018.**

This event is open to new spouses to the Navy, military life and Fort Meade. Please call to register.

### Hearts Apart

**Date(s):** June 26, 2012

**Time:** 5:30 — 7:00 p.m.

**Location:** Fire House, 6619 Mapes Rd., Fort Meade

**POC:** Ms. Karol Yox

**For information, call (301) 677-9014/9017/9018.**

Please call for more information.

## Joint Base Anacostia—Bolling, DC

### Pre-Deployment Briefing

**Date(s):** Every Tuesday

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Information on preparing for deployment. Spouses are highly encouraged to attend.

### Reintegration (Return & Reunion)

**Date(s):** Every Tuesday

**Time:** 2:00—3:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 767-0450.**

Information for those returning from a deployment. Spouses are highly encouraged to attend.

### Ombudsman / Key Spouse Basic Training

**Date(s):** June 8-10, 2012

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 433-6151.**

The spouse volunteers serve as links between spouses and families of deployed service members, unit commanders and first sergeants, and other community

services and off-base agencies. The integration of the Ombudsman and Key Spouse programs are Joint Base specific. All newly appointed ombudsman/key spouses must complete this three day training.

### Ombudsman /Key Spouse Assembly with Advanced Training

**Date(s):** June 16, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

**Instructor:** Military & Family Support Center Staff

**To register, call (202) 404-1640.**

Advanced training for current Ombudsman and key spouses.

## JBM-HH Fort Myer, Virginia



**Hearts Apart Support Group**—see pg. 22

## JBM-HH Henderson Hall, Virginia

### Command Team Advisor/Family Readiness Assistant Training

**Date(s):** June 1, 2012 & July 6, 2012

**Time:** 12:00—4:00 p.m.

**Date(s):** June 14, 2012 & July 19, 2012

**Time:** 5:30—8:30 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Renee Lilley

**To register, call (703) 693-1253.**

This volunteer training is for spouses, parents and extended Family members appointed to the role of Family Readiness Advisor for the unit. This training covers all aspects of the advisors role on the command team and expectations in the unit Family readiness program. Family readiness assistant training is required prior to this course. These are one hour required trainings for appointed volunteers.

### Command Team Training

**Date(s):** June 6, 2012 & July 11, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Renee Lilley

**To register, call (703) 693-1253.**

This training covers all aspects of the command team and the unit Family readiness program. This is a 4 hour long required training for all members of the UPFRP Command Team.

### Family Readiness Officer Training

**Date(s):** June 12, 2012 & July 16, 2012

**Time:** 8:00 a.m.—3:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Renee Lilley

**To register, call (703) 693-1253.**

Training for all civilian, active duty, and deputy Family readiness officers assigned and appointed to the unit. This training covers the command team and layout of the unit Family Readiness Program, funding administration, volunteer management, and readiness and deployment support as well as local resources. This is a 6 hour required training.

**All Classes/Events Subject to Change**

## DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING (CONTINUED)

### Family Care Plan

**Date(s):** June 19, 2012

**Time:** 11:00 a.m.—12:30 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8096.**

Learn how to plan and prepare for your Family's needs before you deploy.

### CO/Senior Enlisted Spouse Training

**Date(s):** June 22, 2012 & July 27, 2012

**Time:** 12:00—4:00 p.m.

**Location:** Bldg 29, Room 100, Henderson Hall

**Instructor:** Ms. Renee Lilley

**To register, call (703) 693-1253.**

This volunteer training is for spouses, appointed to the role of Command Team Advisor for the unit. This training covers all aspects of the advisors role on the command team and expectations in the unit Family Readiness Program. Family readiness assistant training is required prior to this course. This is an hour long required training for appointed volunteers.

### Individual Augmentee (IA) Indoctrination

**Date(s):** June 11-15, 2012 & April 30-May 4, 2012

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Alexandria Hoffman

**To register, call (301) 342-4911.**

Individuals that have been selected for Individual Augmentee are strongly encouraged to report to FFSC on TAD orders for this week long process. Various presenters will take care of all your IA needs through this one stop shop. Pre-registration is required the Friday prior to the class start date.

## Patuxent River, Maryland

### Ombudsman Assembly

**Date(s):** June 12, 2012

**Time:** 6:00—7:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090,

NAS Patuxent River

**Instructor:** Ms. Alexandria Hoffman

**To register, call (301) 342-4911.**

The assembly allows Ombudsmen to stay in touch with each other and to share personal lessons that they have learned from past experiences. The Assembly exists to support the local, appointed command ombudsmen. All command ombudsmen should attend to represent their commands and Families' interests.

### Return & Reunion

**Date(s):** July 16, 2012

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Alexandria Hoffman

**To register, call (301) 342-4911.**

This program is designed to facilitate a smooth transition for military personnel from the combat environment to Family, community and workplace. Spouses are encouraged to attend.



### Ombudsman Basic Training

**Date(s):** June 28, & 29, 2012

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Fleet & Family Support Center Staff

**To register, call (301) 342-4911.**

Are you a newly appointed Command Ombudsman? If so, please join us for this 2 day required training. You will learn all the things you need to be a successful Ombudsman.

Like us on Facebook!

[www.facebook.com/jbhmhacs](http://www.facebook.com/jbhmhacs)



Follow us on Twitter!

[www.twitter.com/#!/jbhmhacs](http://www.twitter.com/#!/jbhmhacs)



# Happy Birthday ACS

Come celebrate with us

Spates Community Club  
July 20, 2012  
11:00—1:00



FREE LUNCH, MUSIC, AND CAKE!

## SUPPORT GROUPS

### Fort Belvoir, Virginia

#### Single Parent Support Group

**Date(s):** June 19, 2012

**Time:** 5:30 — 7:30 p.m.

**Location:** Army Community Service, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**POC:** Ms. Donita McDonald

**To register, call (703) 805-2847/2693.**

Single parents come together to discuss and share resources about the challenges of being a single, working parent.

### Fort Meade, Maryland

#### New Mom Support Group

**Date(s):** Every Thursday

**Time:** 1:00—2:00 p.m.

**Location:** Potomac Place Neighborhood Center, Fort Meade

**Instructor:** Ms. Linda Heymsfield or Dr. Denise Hamlin-Glover

**To register, call (301) 677-4552.**

Support Group for new moms. Children up to 18 months are welcome.

### Joint Base Andrews, Maryland

#### Military Parents Without Partners (MPWP)

**Date(s):** Call for dates, time and location

**POC:** Ms. Krishonda Camacho & Ms. Joyce Cravin

**For more information, call (240) 565-8975 / (240) 857-9680.**

MPWP is a newly formed self-help support group that provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others; by offering an environment for support, friendship and the exchange of parenting techniques. Military single parents are defined as dual-military with a deployed spouse, divorced, never married, legally/geographically separated, widowed, custodial/non-custodial male and female parents; who are active duty, retired, civilian, and contractor assigned on the 779th wing at JBA. The goal is to include all wings and other bases.

### JBM-HH Fort Myer, Virginia

#### Hearts Apart Support Group Meeting

**Date(s):** June 14, 2012 & July 12, 2012

**Time:** 5:30—7:00 p.m.

**Location:** American Legion, Post 139, 3445 Washington Blvd., Arlington, VA 22201

**POC:** Relocation Program

**To register, call (703) 696-0156 or email [rene.fizer@us.army.mil](mailto:rene.fizer@us.army.mil).**

This is a joint services networking group for Families whose sponsor is serving away from home on deployment, unaccompanied tour, or extended TDY/TCS. Registration required.



#### S.P.I.N.—Single Parents Into Networking

**Date(s):** July 12, 2012

**Time:** 12:00 — 1:00 p.m.

**Location:** Memorial Chapel Choir Room, Fort Myer

**POC:** Ms. Karen Holmes

**To register, call (703) 696-3512.**

ACS Family Advocacy, in partnership with the JBM-HH Chaplains, offers this lunchtime group for single parents to help find resources and support about single parenting. This month participants will discuss boundaries: when to say yes and

**Life YOUiversity June/July 2012**

how to say no. Please pre-register no later than July 10th.

### JBM-HH Henderson Hall, Virginia

#### Women's Lunch Group

**Date(s):** Call for details!

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Marine & Family Services, Bldg 12, Henderson Hall

**POC:** Ms. Nancy Tran

**To register, call (703) 614-7204.**

Join us for a "brown bag lunch" to learn about and discuss the women's group currently being formed. Some topics of discussion for the group include self-esteem and self advocacy, healthy relationships, relationship safety, separation and divorce, stress management, domestic violence and reporting options for sexual assault and domestic violence.

### Quantico, Virginia

#### WAKE— Women's Awareness Knowledge and Education

**Date(s):** Monday's—ongoing open group

**Time:** 5:00—7:00 p.m.

**Location:** Voluntary Education Center, Classroom 8, 3089 Roan St., Marine Corp Base, Quantico

**POC:** Victim Advocates

**To register, call (703) 784-2570.**

WAKE is a support and educational group designed for the specific needs of women, both active duty and Family members, who have experienced conflict in intimate relationships. WAKE is led by professional, experienced Victim Advocates in a supportive, respectful environment. You will reflect, learn, and be strengthened and encouraged by the information shared.

## Spouse Meet and Greet



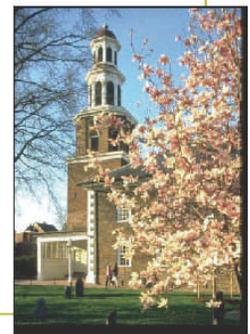
**June 26, 2012  
12-2PM**

**Join us for a trip to  
Old Town Alexandria!**

Meet other military spouses as we discover Old Town—a charming and historic neighborhood on the Potomac River.

We will explore the shops and restaurants of King Street, learn about Old Town's museums and historical sites, and take a stroll along the river.

Please R.S.V.P. to  
Danielle Orrell at  
703-696-0153 by June 21.



Army Community Service  
203 Custer Road, Bldg. 201  
Fort Myer, VA 22211



**All Classes/Events Subject to Change**

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

### Fort Belvoir, Virginia & JBM-HH Fort Myer, Virginia

#### ***Tricare, Other Benefits and Safety Issues for Military Parents of Children With Autism & Other Cognitive Disabilities***

**Date(s):** June 7, 2012

**Time:** 6:30 —9:00 p.m.

**Location:** Army Community Service 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Marcia O'Connor

**For more information, call (703) 696-8467.**

Parents will learn about medical benefits and safety issues for children with autism. Guest speaker will be LTC Scott Campbell. Reservations required.

### Fort Meade, Maryland

#### ***School Discipline for Students with Special Needs***

**Date(s):** June 13, 2012

**Time:** 6:00—8:00 p.m.

**Location:** Fort Meade Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Facilitator:** Ms. Joi Barnes

**To register, call (301) 677-4473.**

Join us as we discuss the requirements under the IDEA and resources and information of effective practices. Registration required. Open to military and non-military.

#### ***EFMP Bowling***

**Date(s):** June 19, 2012 & July 17, 2012

**Time:** 5:30—7:00 p.m.

**Location:** The Lanes at Fort Meade Bowling Center

**POC:** Ms. Anita Hendrix

**To register, call (301) 677-4779**

Check out how we have improved our bowling events for 2012! Free buffet food and give aways! EFMs ages 0-18 and their siblings: register for free games and shoe rental at <https://webtrac.mwr.army.mil/webtrac/meadecyms.html> or call (301) 677-1156. Adult EFMs register for free games and shoe rental at the EFMP office. Discounted games and shoe rental for other adult Family members available. Must call to register no later than Friday, June 15th for the June 19th bowling event, and Friday, July 13th for the July 17th bowling event.



#### ***EFMP Focus Group***

**Date(s):** July 11, 2012

**Time:** 6:00—8:00 p.m.

**Location:** Fort Meade Community Readiness Center, 830 Chisholm Ave., Fort Meade

**Facilitator:** EFMP representatives from each branch of service

**To register, call (301) 677-4122**

Use this opportunity to tell us what is working and areas for improvement within the EFMP. Registration required.

#### ***Little Hands EFMP Play Group***

**Date(s):** July 19, 2012

**Time:** 9:30—11:30 a.m.

**Location:** The Fort Meade Boundless Playground near Burba Lake, Fort Meade

**POC:** Ms. Anita Hendrix

**To register, call (301) 677-4479.**

This new playgroup is for Ft. Meade EFMP enrolled Families with children ages 0-5 years. Registration is limited to the first 15 people to register (includes children and parents).



### Joint Base Anacostia-Bolling, DC

#### ***USAF Exceptional Family Member Program and Special Needs Identification & Assignment Coordination***

**Date(s):** Daily Monday through Friday

**Time:** 7:30 a.m.—4:30 p.m.

**Location:** Bldg. 17, Room 102, Joint Base Anacostia-Bolling

**POC:** Ms. Ruth Jones

**For more information, call (202) 404-6551.**

The EMFP and SNIAC are two separate yet related functions working together to enhance the quality of life for Air Force Families. The programs support and identify active duty sponsors who have EFM's with special educational or medical needs.

### JBM-HH Fort Myer, Virginia

#### ***Tricare, Other Benefits and Safety Issues for Military Parents of Children With Autism & Other Cognitive Disabilities***

**Date(s):** June 7, 2012

**Time:** 6:30 —9:00 p.m.

**Location:** Army Community Service 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Marcia O'Connor

**For more information, call (703) 696-8467.**

Parents will learn about medical benefits and safety issues for children with autism. Guest speaker will be LTC Scott Campbell. Reservations required.

#### Rights & Responsibilities



Need information about your rights and responsibilities concerning disabilities?

Contact Your Exceptional Family Member Program Manager

Fort Belvoir (703) 805-2967

Joint Base Andrews (240) 857-6079

Joint Base Myer– Henderson Hall  
Henderson Hall (703) 614-7200

Fort Meade  
(301) 677-5590

Joint Base Myer– Henderson Hall  
Myer (703) 696-8467

Pax River  
(301) 342-4041/4911

Joint Base Anacotia-Bolling  
(202) 404-6511

Quantico Marine Corp Base  
(571) 931-0524/0533

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) (CONTINUED)

### **EFMP Book Club and Parent Networking Session**

**Date(s):** July 10, 2012

**Time:** 10:00 — 11:30 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Marcia O'Connor

**For more information, call (703) 696-8467.**

Discuss the special needs book of the month and enjoy parent networking. Lunch and books provided. Reservations required for books and lunch. EFMP questions answered in an informal and relaxed setting.

### **JBM-HH Henderson Hall, Virginia**

#### **EFMP Support Group: School Discipline for Students with Special Needs**

**Date(s):** June 13, 2012

**Time:** 6:00 — 8:00 p.m.

**Location:** Fort Meade, MD

**Instructor:** Ms. Jennifer Russo

**For more information and to register, call (703) 693-5353.**

Team up with Ft. Meade EFMP for a class on school discipline for students with special needs.

### EFMP Resources

Online Classes  
Exceptional Parent  
Magazine  
Respite Care

Contact your local  
EFMP Manager

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[www.jbmhwmwr.com/index/ACS.html](http://www.jbmhwmwr.com/index/ACS.html)**

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