



Life YOUiversity

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

End Domestic Violence--

To Remain Silent is to Participate

By: Diane Neilson, Victim Advocate, JBM-HH Army Community Service Family Advocacy Program

October is the month for football, pink ribbons, and Halloween, but let's just take a moment to introduce you to another important theme represented by the purple ribbon! The purple ribbon symbolizes an issue that affects our homes and our communities at large. The National Online Women Resource Center on Violence against Women reported that nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. According to this staggering statistic, the likelihood that you know someone who is in a domestic violent relationship is high. In order to protect victims, one must know what being a victim of domestic violence looks like.

The Office of Violence against Women defines domestic violence as "a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over an intimate partner." Domestic violence can be physical, emotional, sexual, economic, or psychological. This type of relationship is often indicated by behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone. Domestic violence can have a devastating impact on the victim, the children, the family, and the community because the violence creates a home full of fear, desperation, and hopelessness.

Victims of domestic violence often suffer in silence, with little or no support or guidance. Unfortunately, this tragedy does not just affect adults, but children as well. Although children are not directly injured by violence, exposure to violence can contribute to behavioral, social, and emotional problems. Students who report being exposed to physical violence are more likely to abuse substances, are at greater risk of suicide, and may carry patterns of abuse into future relationships. Our efforts to address domestic violence must include these young victims as well.

October is Domestic Violence Awareness Month and is an opportunity to recommit ourselves to protecting our families and community by ending the violence. To end the violence, one must not be silent, but recognize it and report it. I challenge you to take the pledge this October to report Domestic Violence and practice awareness all year long.

To learn more about ways to prevent Domestic Violence, please visit:
National Coalition against Domestic Violence at <http://www.ncadv.org/aboutus.php>
Doorways for Families: <http://www.doorwaysva.org/domestic-violence/>

To report Domestic Violence, please contact:
Fort Myer Military Police: 703-696-3525
Joint Base Myer-Henderson Hall (Fort Myer) Domestic Violence Hotline:
703-919-1611

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All classes require 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.a.stpierre.ctr@mail.mil

PARENTING

Fort Belvoir, Virginia

Play Morning

Date(s): Every Tuesday

Time: 10:00 a.m.—12:00 p.m.

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

Instructor: Ms. Shadae Stringfield

For information, call (703) 805-2693.

This program allows moms, dads and their children (up to age 5), to come together each week to play in a group setting.

Baby Bundles

Date(s): October 2, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Instructor: Ms. Pamela Hirsch

For information, call (703) 805-2781.

Learn about postpartum expectations, infant care, and how to manage your budget requirements after your new baby arrives. Registration required.



Dads 101

Date(s): October 4, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Instructor: Ms. Pamela Hirsch

For information, call (703) 805-2781.

This class will walk new and expecting dads through the joys and trials of becoming an active father. Registration required.

Infant Massage

Date(s): October 31, 2013 November 7, 14, 21, 2013— **4 PART SERIES**

Time: 1:00—2:00 p.m.

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

Instructor: Ms. Sonja Fouts

For information, call (703) 805-4547.

Infant massage promotes bonding and teaches parents ways to calm and soothe their baby. Registration required.

Joint Base Anacostia-Bolling, DC

The DC Women, Infant, and Children (WIC) Nutrition Program (Mobile Unit)

Date(s): First (1st) and Second (2nd) Tuesday of each month

Time: 9:00 a.m.—3:00 p.m.

Location: BX & Commissary Parking Lot, Joint Base Anacostia-Bolling

POC: Military Family Service Center Staff

For information, call (202) 865-4942.

Information is provided to assist mothers in choosing healthier foods to improve children's health. WIC provides food high in iron, protein, calcium, vitamin C, and other nutrients. Pregnant and new mothers who are bottle feeding or breastfeeding with infants or children less than 5 years of age who are DC residents may be eligible.

Breastfeeding Basics Class

Date(s): First (1st) Tuesday of each month

Time: 1:00—3:30 p.m.

Life YOUiversity October/November 2013

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

POC: Ms. Karla Abney

For information, call (202) 433-6151.

Like any new skill breastfeeding takes practice to be successful. Pregnant women who learn about breastfeeding are more likely to be successful than those who do not. This class offers pregnant women and their partners the chance to prepare and ask questions before the baby's arrival.

Tots, Tumble & Talk Playgroup

Date(s): Every Tuesday and Thursday

Time: 9:45—11:45 a.m.

Location: Youth Center, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

Participants receive parenting information including potty training, discipline tips, and ScreamFree parenting to promote positive interaction between parents and children.

Potty Training

Date(s): October 10, 2013

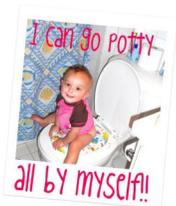
Time: 9:45—11:15 a.m.

Location: Youth Center, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

Let's get your 2 and 3 year old out of diapers and on the potty! Come learn some helpful tips to make potty training more successful for parents and toddlers.



Infant and Child CPR and First Aid Awareness Class

Date(s): October 15, 2013

Time: 10:00 a.m.—12:30 p.m.

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

POC: Ms. Karla Abney

For information, call (202) 433-6151.

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life. With an emphasis on hands-on learning, learn how to respond to common first aid emergencies, and cardiac and breathing emergencies in infants and children.

Understanding Temperament

Date(s): October 22, 2013

Time: 1:00—2:00 p.m.

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

POC: Military Family Service Center Staff

For information, call (202) 433-6151.

Participants will learn about temperament and how it affects the way their infant experiences the world around them.

Joint Base Anacostia-Bolling
New Parent Support Home Visitation Program provides individualized parenting support and education. For more information please call (202) 433-6150.

All Classes/Events Subject to Change

PARENTING (CONTINUED)

Joint Base Andrews, Maryland

Dads 101

Date(s): Last Tuesday of every other month—Call for dates

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, and fatherhood. All ranks and branches are welcome!

1-2-3 Magic (Effective Discipline for Children 2-12)

Date(s): October 2, 15, 22, 2013

Time: 12:00—1:00 p.m.

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

Instructor: Ms. Joyce Cravin & LT Francis Ugoh

To register, call (240) 857-9680.

Provides practical tools and techniques to help parents achieve respectful, healthy relationships with their children.

Active Parenting of Teens

Date(s): October 15, 2013 & November 19, 2013

Time: 4:00—4:45 p.m.

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

Instructor: Ms. Joyce Cravin

To register, call (240) 857-9680.

Parents will learn skills and other methods to help teens thrive.

JBM-HH Fort Myer, Virginia

Teen Dating Violence Awareness

Date(s): October 10, 2013

Time: 11:00 a.m.—12:00 p.m.

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

Instructor: Ms. Diane Neilson

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

Parents discover techniques to begin having discussion with your teens about healthy relationships. Parents will be given resources to continue the discussions at home with their teens.

Fall Fiesta on the Farm

Date(s): October 11, 2013 (Rain date October 18, 2013)

Time: 9:30 a.m.—12:00 p.m.

Location: Frying Pan Farm Park, 2709 West Ox Rd., Herndon, VA 20171

Instructor: New Parent Support Staff

For information and to register, call (703) 696-3512/6368.

Join the New Parent Support Program for a morning of fun at Frying Pan Park-Kidwell Farm! Families will be able to enjoy a free wagon ride and explore the cute animals on the farm. Parents and children (ages 0-5) are welcome.



Co-Parenting

Date(s): October 21, 28, 2013—**2 PART SERIES**

Time: 9:00—11:00 a.m.

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

Instructor: Family Advocacy Program Staff

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

The process of developing an effective co-parenting plan with your ex is challenging but essential to the healthy growth and development of children. This 2

part seminar provides parents who may be experiencing separation and/or divorce with the tools needed to help support their children despite the breakup of the Family unit. You must attend both sessions to receive a certificate of completion. Pre-registration required.

Baby Bundles

Date(s): October 25, 2013

Time: 12:00—2:00 p.m.

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

Instructor: Family Advocacy Program & New Parent Support Program Staff
For information and to register, call (703) 696-3512/6511.

Prepare your home and relationship for the changes that are needed when your baby arrives. A brief overview of the labor and delivery process, newborn care, and baby proofing your home will be discussed. Individuals will receive a bag of free baby care and safety items. Pre-registration required.



Darkness to Light—Stewards of Children

Date(s): October 30, 2013

Time: 9:00—11:30 a.m.

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

Instructor: Ms. Sonia Quinonez

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

This course teaches adults simple and pro-active steps to help protect children from sexual abuse. Open to parents, caregivers, and professionals. Pre-registration required.

Play, Learn, Grow: Holiday Home Safety

Date(s): November 14, 2013

Time: 10:00—11:30 a.m.

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

Instructor: Ms. Diane Neilson

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

Parents bring your children (ages 0-5) for a time of play, holiday crafts, and stories. You will receive a safety kit, in a handy ACS canvas tote bag, that will include items to help ensure the home you are staying in is safe for your little ones.

Baby Stages: Guide to Social and Emotional Development of Infants and Toddlers 0-3

Date(s): November 15, 2013

Time: 1:00—3:00 p.m.

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

Instructor: New Parent Support Staff

For information and to register, call (703) 696-3512/6368.

This class will provide an overview of developmental milestones for children ages 0-3. Learn how to assess your child for developmental milestones and discuss activities that you can do to help improve your child's social, gross motor, and cognitive development.

TransParenting

Date(s): November 18, 25, 2013—**2 PART SERIES**

Time: 9:00—11:00 a.m.

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

Instructor: Ms. Diane Neilson & Ms. Kelly Smith

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

The process of developing an effective co-parenting plan with your ex is challenging but essential to the healthy growth and development of children. This 2 part seminar provides parents who may be experiencing separation and/or divorce with the tools needed to help support their children despite the breakup of the Family unit. You must attend both sessions to receive a certificate of completion. Pre-registration required.

PARENTING (CONTINUED)

JBM-HH Henderson Hall, Virginia

Lil Chesty's Playgroup

Date(s): October 8, 2013 & November 12, 2013

Time: 10:00—11:30 a.m.

Location: MCCS Post #5 Classroom, Bldg 20, 2nd Deck, Marine Barracks Washington

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

An interactive playgroup where children learn age appropriate activities designed to improve their social, cognitive and motor skills. Parents can learn new activities and practice positive interaction with their children.

Baby Boot Camp

Date(s): October 25, 2013 & November 15, 2013

Time: 8:30 a.m.—3:30 p.m.

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

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

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): October 28, 2013 & November 25, 2013

Time: 1:00—3:00 p.m.

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

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

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

Cooperative Parenting & Divorce

Date(s): November 4, 2013

Time: 12:00—4:00 p.m.

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

Instructor: Ms. Diane Waters & Ms. Amaris Brown

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 and how to control impulses.

Triple P! The Power of Positive Parenting

Date(s): November 7, 2013

Time: 3:00—4:30 p.m.

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

Instructor: Ms. Amaris Brown

To register, call (703) 614-7204.

This evidence based curriculum assists parents with learning how to use positive parenting techniques using 5 core principles to promote their children's health and well being.

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.

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

Quantico, Virginia

WIC Program Services Available at MCB Quantico!

Date(s): Every Monday & Wednesday

Time: 8:30 a.m.—4:00 p.m.

Location: Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

POC: WIC Staff

For more information, call (703) 792-7319.

This site serves military Families who live on and off base. To determine if you are eligible for the program, or to transfer your current WIC enrollment to the Quantico site, please call and speak with a WIC representative.

Joint Base Myer-Henderson Hall

New Parent Support Program
Invites parents and children (0-5) for a morning of fun!

Fall Fiesta at the Farm

Where: Frying Pan Farm Park
2709 West Ox Road
Herndon, VA 20171

When: October 11th Rain Date October 18th

Time: 0930-1200

www.jbmhhMWR.com

For general or disabled access, information, and registration call (703) 696-3512 or TTY (703) 696-4675 or email Karen.a.stpierre.ctr@mail.mil

REGISTRATION ENCOURAGED

We will meet at the playground at Frying Pan Farm Park. Look for our sign with this flyer and the words "Meeting Point here".



PARENTING (CONTINUED)

Baby and Me

Date(s): October 8, 22, 2013 & November 12, 26, 2013

Time: 10:00—11:30 a.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Pam Pospisil

For more information, call (703) 784-4248.

Network with other parents of newborns while learning about infant stimulation, infant massage, infant sign language, and how to read to your baby.

Toddler Time

Date(s): October 8, 22, 2013 & November 12, 26, 2013

Time: 1:00—2:30 p.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Pam Pospisil

For more information, call (703) 784-4248.

This interactive playgroup is for children 1-3 years of age and their parents.

Boots and Babies

Date(s): October 15, 2013 & November 19, 2013

Time: 11:00 a.m.—12:30 p.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Glenda Mitchell

For more information, call (703) 784-4248.

This program is designed for assisting single active duty women (pregnant and with children) in making a successful adjustment to the unique responsibilities that come with being a military mom.

Baby Boot Camp

Date(s): October 18, 2013 & November 15, 2013

Time: 8:00 a.m.—3:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Marcia Griffo & Ms. Pam Pospisil

To register, call (703) 784-4248.

Learn about the first few months of your baby's life and the fulfillment of being a parent. Learn how positive parenting is important for infant development.

Can Do Parenting

Date(s): October 23, 30, 2013 & November 6, 2013

Time: 5:30—7:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Trish Burkes & Ms. Glenda Mitchell

To register, call (703) 784-4248.

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.

Come explore different techniques for effective discipline, while focusing on nurturing your children. For parents with children ages 2-4. Childcare may be provided. Please call for further information and to pre-register.

Understanding Pregnancy

Date(s): November 7, 14, 21, 2013 —**4 PART SERIES**

Time: 1:00—3:30 p.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Marcy Griffo & Ms. Glenda Mitchell

For more information, call (703) 784-4248.

Learn how to take care of yourself and your baby during pregnancy. Learn about breastfeeding and preparation for labor.

Yours, Mine, and Ours: Healthy Blended Families

Date(s): November 19, 2013

Time: 10:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Ivette Bennett

For more information, call (703) 634-2672.

This workshop is designed to provide Marine Corps Families information on what parents can do to help promote Family unity.

HOME, HEALTH & MARRIAGE ENRICHMENT

Fort Belvoir, Virginia

The Enemy Within (Anger Management Group)

Date(s): Every Tuesday

Time: 9:00—10:30 a.m.

Location: Fort Belvoir Community Hospital, Adult Behavioral Health, Rivers Pavillion, Fort Belvoir

Instructor: CPT Melinda Thiam, MD

For information and to register, call (571) 231-1254.

Learn to identify anger triggers and implement effective coping mechanisms, take responsibility for one's own actions and thoughts and learn how to use

anger as a warning signal.

Marriage 101 Workshop

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

Time: 9:00 a.m.—4:00 p.m.

Location: Chaplains Family Life Center, Fort Belvoir

POC: Family Life Center Staff

For information and to register, call (703) 805-2742.

Course provides couples with a better understanding of how to strengthen their marriage, communicate more clearly and effectively, and how to identify the stages that some marriages go through. Pre-registration required.



All Classes/Events Subject to Change

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Joint Base Anacostia-Bolling, DC

Domestic Violence Men's Group

Date(s): Every Tuesday

Time: 1:00—3:00 p.m.

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

Instructor: Family Advocacy Program Staff

To register, call (202) 433-9743.

The STOP Program, a 22 week Men's domestic violence intervention group, is accepting referrals from FAPs in the NCR. This is an open group; participants are given a certificate of completion for each session attended.



The Seven Principles for Making Marriage Work

Date(s): Every Tuesday beginning November 5, 2013

Time: 2:00—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) 433-9743.

The straightforward principles outlined in this group teach partners new and startling strategies for making their marriage work.

Right Start

Date(s): Every Wednesday

Time: 7:30 a.m.—12:30 p.m.

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

Instructor: Various

To register, call (202) 767-0450.

Information for those Air Force personnel new to Joint Base Anacostia-Bolling. Registration required.

And Baby Makes Three

Date(s): Every Wednesday beginning October 23, 2013

Time: 3:30—5:30 p.m.

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

Instructor: Ms. Karla Abney & Ms. Amanda Woodyard

To register, call (202) 433-6063 or (202) 685-0983.

Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. This class teaches couples the skills needed to maintain healthy marriages, so partners can avoid the pitfalls of parenthood.

Anger Management

Date(s): October 2, & 9, 2013 or November 6, & 13, 2013 — **2 SESSIONS**

Time: 9:00 a.m.—12:00 p.m.

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

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

This class is designed to help participants reduce unacceptable expressions of anger at home and at work. Pre-registration is required. Must attend both dates to receive a certificate.

Sponsor Training

Date(s): October 11, 2013 & November 8, 2013

Time: 1:30—3:00 p.m.

Date(s): October 25, 2013 & November 22, 2013

Time: 9:00—10:30 a.m.

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

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Learn about resources and programs available to make your sponsorship experience a success.

Conflict Resolution

Date(s): October 15, 2013

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) 434-6151.

This workshop teaches participants to define conflict, learn about coping techniques, and discover how they feel when faced with conflict.

Assertiveness

Date(s): October 17, 2013

Time: 9:00—10:00 a.m.

Location: Washington Navy Yard, Bldg 101, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

The main objective of this course is to help participants learn assertive communication skills.

Smooth Move & Overseas Planning

Date(s): October 29, 2013 & November 26, 2013

Time: 9:00—11:00 a.m.

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

Instructor: Various

To register, call (202) 767-0450.

This workshop offers tips to help make your move as "painless" as possible. Topics include hints on household goods shipping, travel and financial planning, and ways to reduce relocation stress. Open to all active duty, retiring, and separating military personnel and their Families.

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

Instructor: HAWC Staff

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

This course provides guidance and instructions for those 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 sessions at 3, 6, and 12 months will be conducted. Medication and patches are available for TRICARE beneficiaries only.



Connecting Military Members and their Families with Available Housing!

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Stress Management

Date(s): Offered weekly, Thursdays

Time: 3:00—4:00 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: HAWC Staff

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: HAWC Staff

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.



Anger/Stress Awareness

Date(s): October 15, 2013 & November 19, 2013

Time: 12:00—12:45 p.m.

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

Instructor: Ms. Joyce Cravin

To register, call (240) 857-9680.

Provides practical tips for daily life management, personal, and family well-being.

Couples Communication

Date(s): October 29, 2013 & November 26, 2013

Time: 12:00—12:45 p.m.

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

Instructor: Ms. Joyce Cravin

To register, call (240) 857-9680.

Demonstrates effective use of verbal and varied media tools to hear and be heard.

Mid-Day Control...Better Manage Anger

Date(s): November 18, 2013

Time: 12:00—10:00 p.m.

Location: Military & Family Support Center, Joint Base Andrews

Instructor: Ms. Joyce Cravin & Ms. Shelly Walker

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.

JBM-HH Fort Myer, Virginia

Pre-Diabetes & Diabetes Refresher

Date(s): October 3, 2013 & November 7, 2013

Time: 1:00—2:30 p.m.

Date(s): October 17, 2013

Time: 8:30—10:00 a.m.

Location: Andrew Rader Clinic Conference Room, Bldg. 525, Fort Myer

Instructor: Ms. Beth Triner

To register, call (703) 696-7930.

This class is intended for patients with impaired fasting glucose or pre-diabetes. It may also be appropriate as a refresher class on carbohydrate counting.

Welcome to Korea

Date(s): October 4, 2013 & November 1, 2013

Time: 10:00—11:00 a.m.

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

Instructor: Ms. Joy Curtis

To register, call (703) 696-0153/0156

Learn about Korean customs, culture, language, household shipments, driving, auto, pet, and passport information.

Installation Wide DV Training: "Crazy Love"

Date(s): October 9, 2013

Time: 10:30—11:30 a.m.

Location: Town Hall, Bldg. 243, Fort Myer

POC: Ms. Lindsay Seals

To register, call (703) 696-3512.

Ms. Leslie Steiner Morgan, award-winning author, will share her story as a Survivor of domestic violence and the importance of bystander intervention.

Healthy Heart

Date(s): October 10, 2013 & November 14, 2013

Time: 1:00—2:30 p.m. 8:30—10:00 a.m.

Date(s): October 24, 2013

Time: 8:30—10:00 a.m.

Location: Andrew Rader Clinic Conference Room, Bldg. 525, Fort Myer

Instructor: Ms. Beth Triner

To register, call (703) 696-7930.

This class is intended for patients with high cholesterol and/or hypertension. Information on therapeutic lifestyle changes and dietary interventions (DASH Eating Plan) to improve blood lipids and blood pressure will be presented.

Stress & Anger Management

Date(s): October 16, 23, 2013—**2 PART SERIES**

Time: 9:00—11:00 a.m.

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

Instructor: Ms. Diane Neilson

To register, call (703) 696-3512.

This 2 part series will guide you through the basics of identifying stressors in your life, create an individual stress management plan and begin to understand how the misused and misplaced anger may have a negative effect on personal and professional relationships.



All Classes/Events Subject to Change



DEPARTMENT OF THE ARMY
JOINT BASE MYER – HENDERSON HALL
204 LEE AVENUE
FORT MYER, VIRGINIA 22211-1199

REPLY TO
ATTENTION OF

Proclamation for Domestic Violence Awareness Month, October 2013

END DOMESTIC VIOLENCE: TO REMAIN SILENT IS TO PARTICIPATE

When we prevent Domestic Violence, we promote safety within our Families and show respect for the dignity of all our Soldiers, DA Civilians, and Family members. It is imperative that Army leaders and community members remain focused on the urgency of this issue.

When an incident of Domestic Violence occurs, it cannot be kept a private matter. Violence and abuse in Family relationships have negative effects that go far beyond the couple involved. It puts stress on their children, their extended Family, their friends, and their neighbors. Not only does Domestic Violence undermine the ability of Families to be resilient, it also undermines "readiness."

The message to everyone in the Joint Base Myer-Henderson Hall community is: ***End Domestic Violence – To remain silent is to participate.***

If you are involved in Domestic Violence, get help. If you know of Domestic Violence happening around you, show your commitment to prevention. Take action.

You can learn to **Recognize It**. Recognize signs of distress as soon as they become apparent. Recognize the challenges that intimate relationships bring. Learn new skills in communication and negotiation. *The Family Advocacy Program (FAP) and other Army Family Programs are readily available to help - relationship workshops, anger management classes, support groups, and counseling.*

You can **Report It**. Report both perpetrators and victims of abuse. Report abuse to FAP when you learn of it.

You can **Prevent It**. Prevent Domestic Violence before it starts. Prevent at risk situations by knowing that safe relationships are based on trust and mutual respect. Let people know Domestic Violence – whether physical, verbal, or emotional – has no place in our community. *Where violence occurs, trust and respect are missing or broken. Make a firm decision to find healthy solutions. Don't go it alone. Enlist the help of others. Let FAP be your partner in prevention.*

Join me to make this October's Domestic Violence Awareness Month the beginning of a year-round campaign to end Domestic Violence. **Promote the trust and respect that make all relationships strong.** Contact Joint Base Myer-Henderson Hall FAP at 703-696-1200. Army Strong!



Fern O. Sumpter
COL, MI
Commanding

Printed on  Recycled Paper



Domestic Violence Awareness Month

Joint Base Myer-Henderson Hall
October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Ongoing Initiatives:</i>		1	2	3	4	5
<i>DVAM Book Club / Library Display</i> <i>Purple Ribbon Campaign</i>	<i>Pledge Display</i> <i>Silent Witness Display</i>			CMD & Community Partner Training Breakfast (William Kellibrew) 0730-0900 Spates Community Club		
6	7	8	9	10	11	12
			"Crazy Love" Leslie Morgan Steiner 1030-1130 JBM-HH Town Hall	Teen Dating Violence Awareness 1100-1200 ACS Classroom (Bldg 201)	Fall Fiesta at the Farm (Frying Pan Park) 0930-1200 Herndon, VA	Family Movie Night "Hotel Transylvania" 1900-2100 CYSS Lawn
13	14	15	16	17	18	19
	Columbus Day 		Stress Management 0900-1100 ACS Classroom (Bldg 201)			
20	21	22	23	24	25	26
	Effective Co-parenting (Part 1) 0900-1100 ACS Classroom (Bldg 201)	Forced Marriage Training (Tahirah Justice Project) 1000-1100 Education Ctr (Bldg 417)	Anger Management 0900-1100 ACS Classroom (Bldg 201)		Baby Bundles 1200-1400 ACS Classroom (Bldg 201)	
27	28	29	30	31		
	Effective Co-parenting (Part 2) 0900-1100 ACS Classroom (Bldg 201)		Child Sexual Abuse Prevention (Darkness to Light) 0900-1130 ACS Classroom (Bldg 201)		To register or for more information, please call 703-696-3512.	

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Got Drugs?

Turn in your unused or expired medication for safe disposal

October 25, 2013

10:00—2:00

JBM-HH Commissary



For more information call (703) 696-3900

Welcome to Germany

Date(s): October 17, 2013 & November 21, 2013

Time: 10:00—11:00 a.m.

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

Instructor: Ms. Joy Curtis

To register, call (703) 696-0153/0156

Learn about German customs, culture, language, household shipments, driving, auto, pet, and passport information.

Forced Marriage Training

Date(s): October 22, 2013

Time: 10:00—11:00 a.m.

Location: Education Center, Room 110, Bldg. 417, Fort Myer

POC: Ms. Lindsay Seals

To register, call (703) 696-3512.

The Tahiri Justice Center is a national non-profit organization that protects courageous immigrant women and girls refusing to be victims of violence, by providing holistic legal services and advocacy in courts, communities, and Congress. Participants will learn how to better screen for and identify potential warning signs or indicators of forced marriage within their communities.

Holiday Stress Management

Date(s): November 13, 2013

Time: 9:00—11:00 a.m.

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

Instructor: Ms. Diane Neilson

To register, call (703) 696-3512.

Participants will be given information on the basics of identifying stressors in their life and how to create their own stress management plan, with an emphasis on Holiday stress.

Anger Management

Date(s): November 30, 2013

Time: 9:00—11:00 a.m.

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

Instructor: Ms. Diane Neilson

To register, call (703) 696-3512.

Individuals will receive information on the basic principles of emotions management, specific information about the impact of unmanaged anger, and receive resources on how to recognize and manage the anger triggers in their own lives.

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.

Life YOUiversity October/November 2013

Men's Domestic Violence Intervention Group (STOP)

Date(s): Tuesday Mornings—Open Group

Time: 9:00—11:00 a.m.

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

Instructor: Family Advocacy Clinical Counselors

To register, call (703) 614-7204.

This 26 week group is a domestic violence treatment group for male participants who have been mandated or Command referred to attend based on Family violence in the home. Participants will learn new communication techniques, power and control dynamics, accepting responsibility for actions and minimizing blame in their intimate partner relationships. Participants must pre-register and be referred by a Family Advocacy Program, court-ordered, or with strong Command support.

Anger & Stress Management

Date(s): Next session begins January 8, 2014—**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 week class, participants will learn the eight tools to anger management. Topics include dealing with stress, empathy, learning to respond differently to situations, identifying negative self talk, communication skills, adjusting expectations, time outs, and forgiveness. Participants must complete eight sessions if certificate of completion is needed. Pre-registration is required.

Welcome Aboard Brief

Date(s): October 8, 2013 & November 12, 2013

Time: 8:00 a.m.—3:00 p.m.

Location: Marine Club, Henderson Hall

Instructor: Mr. Willie Acevedo

To register, call (703) 614-7202.

General information for all new to the area. Topics include childcare, housing, metro/transportation options, finance, Semper Fit programs, and many more!

Permanent Change of Station (PCS) Class

Date(s): October 31, 2013 & November 21, 2013

Time: 1:00—3:00 p.m.

Location: Marine Club, Henderson Hall

Instructor: Mr. Willie Acevedo

To register, call (703) 614-7202.

General information on preparing for your PCS move. Topics of discussion include household goods, entitlements, finances and e-relocation websites.

FREE

USO –Metro's Supermarket Sweep

1st Wednesday of the month at noon
Operation USO Care Package Warehouse
9455 Jackson Loop, Bldg. 1415
Fort Belvoir, Virginia
For more info contact:
kj@usometro.org



Bring your shopping bag and enjoy free food

All Classes/Events Subject to Change

10

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Quantico, Virginia

Sponsorship Training

Date(s): October 1, 2013 & November 12, 2013

Time: 9:00—11:00 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 with 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): October 3, 2013 & November 14, 2013

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 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.

Coupon Exchange

Date(s): October 8, 2013

Time: 10:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

For more information, call (703) 634-2663.

This event is designed to exchange money saving coupons, while exchanging tips and insight to the savings programs at the Commissary and local community.

Honey Let's Talk: Interpersonal Communication

Date(s): October 9, 2013

Time: 10:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Ivette Bennett

For more information, call (703) 634-2663.

This workshop is an educational experience to increase competence using more effective communication skills and promote healthy relationships.

Commander's Welcome Aboard

Date(s): October 16, 2013 & November 13, 2013

Time: 8:30—10:30 a.m.

Location: Barber Physical Activity Center, & The Clubs at Quantico Marine Corp Base, Quantico

Instructor: Relocation Assistance Program

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

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.

7 Habits of Highly Effective Families

Date(s): October 16, 2013

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Ivette Bennett

Life YOUiversity

For more information, call (703) 634-2672.

This workshop provides framework for applying universal, self-evident principles enabling Families to communicate more effectively about their issues and resolve them successfully.

PCS (OCONUS) Workshop

Date(s): October 17, 2013 & November 25, 2013

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.

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.

ExtravaGOWNza

Date(s): October 19, 2013

Time: 9:00 a.m.—2:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

For more information, call (703) 634-2663.

This event allows spouses to select a dress to attend the Marine Corps Ball.

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

MOVIE ON THE LAWN

"Hotel Transylvania"
Rated PG | 91 minutes

FREE

Saturday, October 12 * 7 PM
Cody Child Development Center
483 Carpenter Road | Fort Myer, VA

Don't forget to bring a blanket or chair!
Movies are subject to change without notice.
In the event of severe weather, showing will be cancelled.

MWR

www.jbmhhmwr.com

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f t y p

All Classes/Events Subject to Change

PERSONAL GROWTH

Fort Belvoir, Virginia

Army Volunteer Corps Orientation

Date(s): October 10, 2013 & November 14, 2013

Time: 11:00 a.m.—12:30 p.m.

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

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152.

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

Army Volunteer Corps AFAP/AFTB Advisory Council

Date(s): November 19, 2013

Time: 1:00—2:30 p.m.

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

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152.

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

JBM-HH Henderson Hall, Virginia

Tutor & Buddy Program For Partnership In Education

Date(s): October 21, 2013 & November 4, 18, 2013

Time: 11:40 a.m.—1:05 p.m.

Location: Barcroft Elementary School, Arlington, VA

POC: Ms. Liz Barnes

For information and to RSVP, call (703) 693-8378.

Mentors are needed for these events. Transportation is provided. Bus departs at 11:40 near the pull-up bars at Smith Gym. Please RSVP.



ARMY LAUNCHES SOS WEBSITE



Survivor Outreach Services launched a website to keep Families of Fallen Soldiers connected to the Army. The website <http://www.sos.army.mil>, provides information about benefits, entitlements, events, and governmental and non-governmental resources. Spread the word and let us know if there is information you would like to see on this website.

Life YOUiversity October/November 2013

Quantico, Virginia

Quantico Voluntary Education Center

Take Your Education to the Next Level

Services Include:

- ★ Certification Programs, Associates, Bachelors, Masters Degrees, and Doctoral Degrees
- ★ Face to Face and Online Classes
- ★ Education Counseling, GI Bill Scholarship Information, Academic Skills and Tutoring, Free Proctored Testing, Military and Civilian Testing
- ★ On site representatives from Northern Virginia Community College, Old Dominion University, Florida Tech University, Park University, University of Maryland University College, Central Texas College, Averett University

For more information please contact us at 703-784-3340 or check out our website at www.quantico.usmc-mccs.org.



All Classes/Events Subject to Change

MILITARY FAMILY TEAM BUILDING

Fort Belvoir, Virginia

Military Knowledge

Level K

Date(s): October 9, 2013 & November 20, 2013

Time: 9:30 a.m.—3:00 p.m.

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

Instructor: Ms. Faithleen Henderson

To register, call (703) 805-4152.

Participants will learn about the mission, commitment required, and challenges of military life in order to define realistic expectations to positively impact the military experience.



Personal Growth & Resiliency

Level G

Date(s): November 13, 2013

Time: 9:30 a.m.—3:00 p.m.

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

Instructor: Ms. Faithleen Henderson

To register, call (703) 805-4152.

Learners will employ effective skills and develop communication strategies for their personal and professional lives.

Fort Meade, Maryland

New Spouse Connection

Date(s): October 7, 2013

Time: 7:00—8:30 p.m.

Location: Community Readiness Center Bldg., 830 Chisholm Rd., Fort Meade
POC: Ms. Pia Morales

For information and to register, call (301) 677-4110.

If you are new to the Ft. Meade area or just looking for a particular resource, this is a great way to get connected.

Military Family Team Building Level 1

Date(s): October 24-25, 2013

Time: 8:30 a.m.—2:00 p.m.

Location: Community Readiness Center Bldg., 830 Chisholm Rd., Fort Meade
POC: Ms. Pia Morales

For information and to register, call (301) 677-4110.

Level 1 courses are targeted toward people new to the military or anyone interested in updating personal skills or basic knowledge.

JBM-HH Fort Myer, Virginia

Military Knowledge (Formerly AFTB Level I)

Date(s): November 14-15, 2013

Time: 8:30 a.m.—3:30 p.m.

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

Instructor: Ms. Robin Cordovez

For information and to register, call (703) 696-1229.

Courses are targeted toward those new to the army or interested in updating personal skills or basic knowledge of the army. Pre-registration is required.

Personal Growth and Resiliency (Formerly AFTB Level II)

Date(s): November 28-29, 2013

Time: 8:30 a.m.—3:30 p.m.

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

Instructor: Ms. Robin Cordovez

For information and to register, call (703) 696-1229.

Provides personal development and encourages leadership from within the Army community, as well as addresses how to cope with challenging situations. Pre-registration is required.

Quantico, Virginia

L.I.N.K.S. New Volunteer Orientation

Date(s): October 22, 2013 & November 18, 2013

Time: 10:00—1:00 a.m. & 1:00—2:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2663.

Workshop provides training for new volunteers to the L.I.N.K.S. program.

L.I.N.K.S. for Spouses

Date(s): October 26, 2013 & November 19, 2013

Time: 8:30 a.m.—4:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2663.

Workshop provides an overview of the Marine Corps structure, services, and benefits available to spouses as part of the Marine Corps Family.



COMPASS

A SPOUSES GUIDE TO NAVY LIFE

All Spouses Welcome

For Information or to register online:

www.gocompass.org. All sessions held at
JBAB

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www.twitter.com/#!/jbmhhacs



VETERAN, RETIREMENT & TRANSITION ASSISTANCE

Joint Base Anacostia-Bolling, DC

Pre-Separation Brief

Date(s): By Appointment

Time: By Appointment

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

Instructor: Military Family Service Center Staff

For information, call (202) 685-6019.

This is a mandatory briefing on benefits for transitioning service members.



Disability Transition Assistance Program (DTAP)

Date(s): October 4, 2013 & November 1, 2013

Time: 9:00—10:00 a.m.

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

POC: Military Family Service Center Staff

For information, call (202) 767-0450.

This briefing will focus on various veteran benefits that apply to those who suspect they have a service connected disability, injury, or illness that was aggravated by service. The briefing will provide information on vocational rehabilitation, employment and much more.

Transition Benefits Briefing

Date(s): October 18, 2013 & November 15, 2013

Time: 8:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg. 13,

Joint Base Anacostia-Bolling

Instructor: Various

For information, call (202) 767-0450.

Briefing on entitlements and services for those transitioning from the military.

Marketing Yourself For A Second Career

Date(s): October 25, 2013

Time: 9:00—11:30 a.m.

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

Instructor: Military Officers Association of America (MOAA)

For information, call (202) 767-0450.

There are many challenges, rewards, and even stresses when it comes to transitioning from a military career to a civilian career. Learn what you can do to prepare yourself for a successful transition; from identifying resources to executing an attention-getting resume and cover letter to landing the job that's right for you.

Hiring Our Heroes

Date(s): November 1, 2013

Time: 9:00 a.m.—12:00 p.m.

Location: Bolling Club, Joint Base Anacostia-Bolling

POC: Fleet & Family Support Center

For information, call (202) 767-0450.

The U.S. Chamber of Commerce's Hiring Our Heroes hiring fair is committed to making this one of a kind, free hiring fair a win-win for employers and veteran/military spouse job seekers.



2013 Hiring Our Heroes Veterans Event – Washington, DC
Joint Base Anacostia-Bolling
The Bolling Club (Bldg 50)
November 1, 2013

Join us November 1, 2013 from 10:00 a.m. to 1:00 p.m., for a job fair for veteran job seekers, active duty military members, guard and reserve members, and military spouses at the Bolling Club. This event will be a one-of-a-kind FREE hiring fair for both employers and job seekers.

EMPLOYERS

Must register for FREE at HOH.Greatjob.net

JOB SEEKERS

Register for FREE at HOH.Greatjob.net
 to guarantee admission. Walk-ins welcome but space not guaranteed.

The U.S. Chamber of Commerce's "Hiring Our Heroes" event is co-sponsored locally by Joint Base Anacostia-Bolling (JBAB) Military Family Support Center, the Employer Support of the Guard & Reserve (ESGR), the U. S. Department of Labor Veterans Employment and Training Service (DOL VETS), U. S. Department of Veterans Affairs, the American Legion and United States Navy and the United States Coast Guard, NBC News, and other local partners.

For registration questions, please contact us at hiringourheroes@uschamber.com or call 202-463-5807.



VETERANS' EMPLOYMENT AND TRAINING SERVICE
 UNITED STATES DEPARTMENT OF LABOR



Boots to Business— Starting Your Own Business

Date(s): November 12-13, 2013

Time: 8:00 a.m.—4:00 p.m.

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

Instructor: Transition TGPS

For information, call (202) 767-0450.

This two day seminar introduces returning veterans to entrepreneurship.

Patuxent River, Maryland

Veterans Benefits Appointments

Appointments are now available to meet with a Disabled American Veterans Representative or local Veterans Affairs representative.

Please note that we have moved! We are now located in Bldg. 421. Our new phone number is (301) 757-2250.

JBM-HH
 Retiree Appreciation Day
 October 11, 2013
 8:30-11:30 am
 Spates Community Club

VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

Quantico, Virginia

Myers-Briggs Type Indicator and Type in the Workplace

Date(s): October 1, 2013 & November 12, 2013

Time: 9:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

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

This workshop will help participants understand the four-letter Myers-Briggs Type Indicator (MBTI) type code for them to gain further understanding of themselves and how their preferences relate to their career search. Participants must complete the MBTI assessment before the workshop.

Federal Resume Lab

Date(s): October 2, 2013

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

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

This lab will assist you with developing your federal resume and also create an account on USAJobs.



LinkedIn

Date(s): October 3, 2013

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

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

This workshop will assist you in understanding LinkedIn and its purpose. Also, you will create an account if you do not already have one.

Transition Readiness Seminar (TRS)

Date(s): October 7-11, 2013, & November 4-8, 2013

Time: 7:00 a.m.—5:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico (August dates) & TBA (September dates)

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 four copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

Disability Transition Assistance Program (DTAP)

Date(s): October 16, 2013

Time: 9:00—11:30 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

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

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

Transition Readiness Seminar (Retirees Only)

Date(s): October 21-25, 2013

Time: 7:30 a.m.—4:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico (August dates) & TBA (September dates)

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 four copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

Boots-2-Business

Date(s): October 28-29, 2013

Time: 8:00 a.m.—4:30 a.m.

Location: Lifelong Learning Center, Marine Corp Base, Quantico

Instructor: Small Business Administration

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

This two day workshop is devoted to assisting veterans in starting their own business.

Executive Transition Readiness Seminar (O5, O6's)

Date(s): October 28– November 1, 2013

Time: 7:30 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.

Bring three copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

Federal Employment Workshop

Date(s): November 14, 2013

Time: 9:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

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

This workshop will assist attendees with writing a federal resume and learning about the knowledge, skills, and abilities (KSAs) required for those positions.

Executive Transition Readiness Seminar (E8, E9, CWO4's)

Date(s): November 18-22, 2013

Time: 7:30 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.

Bring three copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

Job Search Through Social Media and Networking Systems

Date(s): November 25, 2013

Time: 9:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

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

This workshop will assist members in navigating through the internet to find employment and provide techniques and resources to help you get hired!

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.

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

Joint Base Anacostia-Bolling, DC

Consumer Awareness

Date(s): October 1, 2013 & November 5, 2013

Time: 11:00 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.

This program focuses on deterring, detecting, and defending against consumer awareness. Discussions on the basic steps every consumer should take to ensure they get the most for their money.

Credit Management

Date(s): October 8, 2013

Time: 11:00 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.

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



Understanding Your TSP

Date(s): October 9, 2013 & October 16, 2013

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 13, (October 9th) & Military & Family Support Center, Bldg 72, (October 16th), Joint Base Anacostia-Bolling

Instructor: Pentagon Federal Staff

To register, call (202) 433-6151.

As a result of attending this program, participants will be able to understand the thrift savings plan program.

Raising Financially Fit Kids

Date(s): October 24, 2013

Time: 11:00 a.m.—12:00 p.m.

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

POC: Military Family Service Center Staff

For information, call (202) 433-6151.

Participants will learn how to assess their finances, communicate effectively with Family members about finances, and implement age-appropriate financial practices for children.

Command Financial Specialist Training

Date(s): October 28-November 1, 2013

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.

Command Financial Specialists are trained to establish, organize and administer the command's personal financial management program. You must be selected by your command to attend this class. In order to be certified, you must attend the entire training.

Home Buying with Pentagon Federal

Date(s): November 6, 2013

Time: 11:00 a.m.—12:00 p.m.

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

Instructor: Pentagon Federal Staff

To register, call (202) 433-6151.

Participants find out what it takes to purchase a home, and the advantages/disadvantages of various types of home loans.

Pentagon Federal Credit Union-PFM Team

Date(s): November 13 & 20, 2013

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 13, (November 13th) & Military & Family Support Center, Bldg 72, (November 20th) Joint Base Anacostia-Bolling

Instructor: Pentagon Federal Staff

To register, call (202) 433-6151.

Join us for a series of financial classes on various topics.

Thrift Savings Plan

Date(s): November 14, 2013

Time: 11:00 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.

Learn about the Thrift Savings Plan and how it can help your financial future.

Car Buying

Date(s): November 19, 2013

Time: 11:00 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.

Determine how much you can afford, learn how to negotiate a fair price, and research available vehicles, lenders and sellers.

Student Loans with Pentagon Federal

Date(s): November 27, 2013

Time: 11:00 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.

Participants will receive information on student loans.

JBM-HH Fort Myer, Virginia

1st Termers Money Management

Date(s): Every Tuesday

Time: 9:00 a.m.—2:00 p.m.

Location: Bldg. 246, RIP TOG Classroom, Fort Myer

Instructor: Financial Readiness Program Staff

For information and to register, call (703) 696-0163.

This training is mandatory for all incoming soldiers E4 and below.



It's not too early to begin planning your holiday budget!
Need help, contact your local financial readiness program.

FINANCIAL READINESS (CONTINUED)

Naval Support Activity Bethesda, Maryland

Car Buying

Date(s): October 16, 2013

Time: 10:00—11:30 a.m.

Location: Walter Reed National Military Medical Center, Bldg. 11, Room 16 (Lower Level), Bethesda, MD

Instructor: Mr. Lee Acker

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

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

Surviving the Holiday Financial Hangover

Date(s): October 24, 2013

Time: 1:00—2:30 p.m.

Location: Walter Reed National Military Medical Center, Bldg. 11, Room 16 (Lower Level), Bethesda, MD

Instructor: Mr. Brian Pampuro

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

This workshop will assist you in preparing or reviewing your current spending plan, help you examine your holiday priorities, determine spending limits, as well as, offer smart shopping tips and other gift giving options.

Federal Benefits

Date(s): November 14, 2013

Time: 10:00—11:30 a.m.

Location: Walter Reed National Military Medical Center, Bldg. 11, Room 16 (Lower Level), Bethesda, MD

Instructor: Mr. Lee Acker

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

November 11–December 9, 2013 is open enrollment season for Federal Employee Benefits. Come get a basic overview of your health, life, dental, vision, TSP and flexible spending account. Learn specifics on life insurance options and long term care plans.

Who Wants to Be a Millionaire?

Date(s): November 20, 2013

Time: 10:00—11:30 a.m.

Location: Walter Reed National Military Medical Center, Bldg. 11, Room 16 (Lower Level), Bethesda, MD

Instructor: Mr. Brian Pampuro

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

Would you like to expand your financial knowledge in a unique and fun filled way? Join us in this play as you learn event. Let the games begin.



Quantico, Virginia

Retirement Planning

Date(s): October 2, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

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

Come see what financial action you might want to consider as you transition from military to civilian life.

Military Pay, Allowances and Benefits

Date(s): October 9, 2013

Life YOUiversity

Time: 11:00 a.m.—1:00 p.m.

Location: Voluntary Education Center, Marine Corp Base, Quantico

Instructor: Personal Finance Management

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

Come learn how being familiar with your LES can ensure that you are receiving the complete military compensation you deserve.

Managing Income, Expenses, Savings and Credit

Date(s): October 16, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, 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 learn how to maintain good credit.



Credit & Debt Management

Date(s): October 22, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Voluntary Education Center, Marine Corp Base, Quantico

Instructor: Personal Finance Management

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

Review techniques and behaviors to establish and maintain good credit and avoid excessive debt.

Saving & Investing

Date(s): October 30, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, 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.

Consumer Awareness

Date(s): November 6, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Voluntary Education Center, Marine Corp Base, Quantico

Instructor: Personal Finance Management

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

Become an educated consumer on your rights and how to spot scams and rip-offs.

Banking & Financial Services

Date(s): November 13, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

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

This class will provide you with an understanding of personal banking and financial services.

Virginia Sales Tax Holiday

October 11-14, 2013

During this four-day holiday, purchases of products meeting the Energy Star and WaterSense qualifications, such as certain energy-efficient appliances, will be exempt from the Virginia sales tax. Eligible products must be priced at \$2,500 or less for each item, and be purchased for noncommercial home or personal use. For details, visit our [Energy Star and WaterSense Qualified Products Holiday page](#).

All Classes/Events Subject to Change

EMPLOYMENT READINESS

Fort Belvoir, Virginia

Employment Readiness Orientation

Date(s): Every Tuesday

Time: 12:45—2:00 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 assistance on acquiring employment in the National Capitol Region. 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.

Basic Resume Preparation

Date(s): October 3, 2013 & November 21, 2013

Time: 10:00 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.

Learn how to prepare a resume that gets results.



ABCs of Federal Employment & Federal Resume Preparation

Date(s): October 10, 2013 & November 7, 2013

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

How To Work A Job Fair

Date(s): October 16, 2013

Time: 10:00 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.

Learn tips to make the most of attending a job fair.

Job Fair

Date(s): October 24, 2013

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.

Employers will be on hand to talk and accept resumes. Bring copies of your resume.

Health Career Information

Date(s): November 13, 2013

Time: 10:00 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.

Find out what careers and qualifications you need for jobs in the health care industry.

Interviewing/Salary Negotiation Techniques

Date(s): November 14, 2013

Time: 10:00 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.

Learn the do's and don'ts of interview success and how to negotiate that salary you deserve!

Kelly Recruiting

Date(s): November 21, 2013

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.

Offers employment readiness clients the opportunity to meet one-on-one with placement agencies. Call for appointment and more info.

Joint Base Anacostia-Bolling, DC

Resume Review

Date(s): By Appointment

Time: By Appointment

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

Instructor: Military & Family Support Center Staff

To register, call (202) 685-6019 (Centralized Scheduling).

Bring your resume and have it reviewed by Military & Family Support Center Staff.

Networking Through Social Media

Date(s): October 1, 2013

Time: 8:30—10:30 a.m.

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

Date(s): October 15, 2013

Time: 1:00—3:00 p.m.

Location: Pentagon, Room 4D440

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Learn how to conduct your job search by using LinkedIn, Facebook, and Twitter.



Acing The Interview

Date(s): October 4, 2013 & November 6, 2013

Time: 8:30—11:30 p.m.

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

Instructor: Various

To register, call (202) 767-0450.

Learn tips to help you put your best foot forward on the job interview.

EMPLOYMENT READINESS (CONTINUED)

Applying For a Federal Job

Date(s): October 8, 2013 & November 19, 2013

Time: 12:00—3:00 p.m.

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

Date(s): October 15, 2013 & November 5, 2013

Time: 9:00 a.m.—12:00 p.m.

Location: Pentagon, Room 4D440

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Understanding the federal employment process, completing the application, and applying for the job.



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) 767-0450.

Learn tips to prepare for a successful job interview.

Family Member Employment Readiness Program Workshop

Date(s): October 31, 2013

Time: 10:00 a.m.—12:00 p.m.

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

Instructor: Various

To register, call (202) 767-0450.

Explore the employment avenues for military spouses. This month's topic will be resume writing.

Resume Writing Workshop

Date(s): October 16, 2013

Time: 9:00 a.m.—12:00 p.m.

Location: Admiral Gooding Center, Washington Navy Yard

Date(s): October 19, 2013 & November 16, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Date(s): October 22, 2013 & November 5, 2013

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) 767-0450.

Learn the skills to construct and tailor your resume to your needs.

ADECCO

Date(s): November 5, 2013

Time: 11:00 a.m.—2:00 p.m.

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

Instructor: ADECCO Staff

To register, call (202) 767-0450.

ADECCO Staffing US is the nation's leading provider of recruitment and workforce solutions and a preeminent workforce management. Call for a one-on-one consultation.

Job Search Strategies / Networking

Date(s): October 21, 2013

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) 767-0450.

Job seekers will learn to utilize a variety of job search strategies to help them stand out in a crowd.

Steps to Starting Your Own Business

Date(s): November 14, 2013

Time: 8:00 a.m.—12:00 p.m.

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

Instructor: Various Employers

To register, call (202) 767-0450.

Learn the steps to starting your own business by the experts.

Exploring Franchise Ownership

Date(s): October 22, 2013

Time: 9:00—11:00 a.m.

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

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Learn about all aspects of franchise ownership.

Meet The Employer

Date(s): October 23, 2013 & November 14, 2013

Time: 8:00 a.m.—12:00 p.m.

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

Instructor: Various Employers

To register, call (202) 767-0450.

This program gives you the opportunity to meet and network with various employers throughout the area.

Interview Techniques

Date(s): October 24, 2013

Life YOUiversity

PENTAGON JOB FAIR **Tuesday, November 26th** **10 AM to 2 PM** **Pentagon Conference Center**

Attendees must have a Pentagon Badge or Active Military ID (no exceptions). All individuals who have their own Pentagon escort may attend. If active military, then he/she must be assigned to the Pentagon to be an escort.

For more questions or more info,

**Janet.giles@jobzoneonline.com or phone
434-263-5102 or 540-226-1473**

All Classes/Events Subject to Change

EMPLOYMENT READINESS (CONTINUED)

JBM-HH Fort Myer, Virginia

Job Search For Newcomers

Date(s): October 3, 18, 2013 & November 7, 22, 2013

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.

This course provides information and assistance on acquiring employment in the National Capitol Region. Topics include spousal preference, veteran preference, and general information regarding employment in the DC, Maryland and Northern Virginia area.

Resume Class

Date(s): October 29, 2013 & November 12, 2013

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.

Learn about the different kinds of resumes, what to put in a resume, and which resume to use.

Job Fair

Date(s): November 5, 2013

Time: 9:00 a.m.—2:00 p.m.

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

POC: Ms. Judy Joyner

For more information, call (703) 696-3047/3510.

This job fair is sponsored jointly by Army Community Services' Employment Readiness Program, Army Career & Alumni Program (ACAP), and the Virginia Employment Commission (VEC). Many employers will be on hand to speak with. Bring copies of your resume and business attire is recommended.

Patuxent River, Maryland

The Fleet & Family Support Center
will bring seminars and workshops
to your Command!

Call (301) 342-4911

Quantico, Virginia

Local Employment Workshop

Date(s): October 3, 10, 17, 24, 31, 2013 & November 7, 14, 21, 2013

Time: 8:30—9:30 a.m.

Location: Voluntary Education Center, Marine Corp Base, Quantico

Instructor: Family Member Employment Assistance Program

To register, call (703) 784-3232.

This workshop is open to active duty, retirees, Family members and DoD personnel and focuses on local area employment opportunities, contacts and job search techniques.

Spouse Career Day

Date(s): October 7, 2013 & November 4, 2013

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!

Acing The Interview

Date(s): October 22, 2013 & November 18, 2013

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.

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.

Job Fair Success Strategies

Date(s): October 29, 2013 & November 20, 2013

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.

Learn how attending a job fair can jump start your job search and how to stand out among the masses.



MySECO Overview

The Spouse Education and Career Opportunities Program Website

The Spouse Education and Career Opportunities Program provides expert education and career guidance to military spouses worldwide and offers comprehensive information, tools and resources to support SECO lifecycle phases: career exploration, education and training, employment readiness, and career connections. The new MySECO website ensures spouses have 24-7 access to online education and career information, resources, tools and assessments. Using the tools and assessments, spouses can begin to explore their interests, skills, passions and personality type to determine the best fit for education and career choices to start to build a portable and meaningful career path.

For more information visit <https://myseco.militaryonesource.mil>





1-800-342-9647

Resources & Help for Military Members, Spouses & Families

www.militaryonesource.com

DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

Fort Belvoir, Virginia

Family Readiness Group (FRG) Roundtable

Date(s): October 3, 2013 & November 7, 2013

Time: 10:30 a.m.—12:00 p.m.

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

Instructor: Ms. Carol Janer

For information, call (703) 805-5683

October's meeting will have personnel from medical, hospital command and PAO to answer any questions you may have. November we will have information on holiday preparedness, what's happening in the area, and programs that can help Families get through the holidays financially and ideas for FRG events. Free child care when reserved by 28 September for the October meeting and 1 November for the November meeting.

Basic Family Readiness Group Course

Date(s): October 16, 2013

Time: 9:00 a.m.—3:00 p.m.

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

Instructor: Ms. Carol Janer

For information, call (703) 805-5683

FRG overview, communication, funds and fundraising, volunteers, meetings, and more. Free child care when registering no later than 9 October.

Family Readiness Group (FRG) Leadership Course

Date(s): November 20, 2013

Time: 10:30 a.m.—12:00 p.m.

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

Instructor: Ms. Carol Janer

For information, call (703) 805-5683

Learn leadership skills, how to run meetings and events smoothly, communication and social media, knowing your resources, delegating, and working with different personalities. Free child care available when you register by 13 November.

Fort Meade, Maryland

Pre-Deployment Brief

Date(s): October 4, & 18, 2013 & November 1, & 15, 2013

Time: 9:30—11:00 a.m.

Location: Community Readiness Center, 830 Chisholm Ave., Fort Meade

Instructor: Ms. Pia Morales

To register, call (301) 677-4110.

Open to active duty members scheduled to deploy within the next two months. Spouses are welcome to attend.

FRG Basic Course

Date(s): October 23, 2013

Time: 9:00—11:00 a.m.

Location: Potomac Place Neighborhood Center., Fort Meade

Instructor: Ms. Pia Morales

To register, call (301) 677-4110.

Open to all FRG members and FRSA's and Family Readiness POC's.

Joint Base Anacostia-Bolling, DC

Reintegration (Return & Reunion)

Date(s): October 2, 9, 16, 23, 30, 2013 & November 6, 13, 20, 2013

Time: 9:00—11:00 a.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.

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://g1arng.army.pentagon.mil>

A ONE-STOP SHOP FOR ARNG HR RESOURCES

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



DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING (CONTINUED)

Pre-Deployment Briefing

Date(s): October 7, 21, 28, 2013 & November 4, 18, 25, 2013

Time: 9:00—11:00 a.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.



eMarine Administrator Training

Date(s): October 28-30, 2013, November 5-6, 2013 & November 7-8, 2013

Time: 8:00 a.m.—4:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Stephanie Taber

To register, call (703) 634-2765.

This training provides important safety precautions, instilling confidence for Families to be responsible for their personal safety and their Families while their spouse is deployed.

Family Readiness Command Team Advisor/Family Readiness Assistant Training

Date(s): October 29, 2013 & November 19, 2013

Time: 9:00 a.m.—12:30 p.m. (October 29th) & 5:00—8:00 p.m. (November 19th)

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Stephanie Taber

To register, call (703) 634-2765.

This training provides the required information to operate as a successful Command Team Advisor/Family Readiness Assistant and as a member of the Family Readiness Command Team.

Ombudsman Basic Training

Date(s): November 13-15, 2013

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) 404-1640.

This basic training is required of all Ombudsmen and must be documented. This course provides the foundational information necessary for Ombudsmen to properly execute their duties by OPNACVINST1750.1G CH-1.

Quantico, Virginia

Family Readiness Officer Training

Date(s): October 1, 2013 & November 26, 2013

Time: 8:00 a.m.—4:00 p.m.

Location: Gray Research Center, Marine Corp Base, Quantico

Instructor: Ms. Stephanie Taber

To register, call (703) 634-2765.

This training is designed to orient and guide the Family Readiness Officer in their roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Officer Program.

Family Care Plan

Date(s): November 6, 2013

Time: 11:30 a.m.—12:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Ivette Bennett

To register, call (703) 634-2672.

This workshop covers the requirements of the Marine Corps Order 1740.13 which mandates Marines to put in place a plan of action in order to take care of Family members they are responsible for while in their absence.



SUPPORT GROUPS

Fort Belvoir, Virginia

Military Multiples (M2) Support Group

Date(s): Second (2nd) Thursday of each month

Time: 12:00—1:00 p.m.

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

Instructor: Ms. Sonja Foots

For information, call (703) 805-4547.

Support group for Families with twins, triplets, or higher birth orders. Registration required.

Single Parent Support Group

Date(s): October 15, 2013 & November 19, 2013

Time: 12:00—1:30 p.m.

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

Instructor: Ms. Donita McDonald

For information, call (703) 805-2561.

Support group to discuss challenges and resources for single parent Families. Registration required.

Joint Base Andrews, Maryland

Military Parents Without Partners (MPWP)

Date(s): Third (3rd) Thursday of every month

Time: 11:30 a.m.—12:30 p.m.

Location: Youth Center, Joint Base Andrews

POC: MSgt Krishonda Camacho

For more information, call (240) 857-8258.

MPWP is an opportunity to network with parents in a similar situation, ease transitions or changes in Family situations, and be the voice to JBA on needs of military parents without partners.

Life YOUiversity

Read it on the web at: www.jbmhh.army.mil or www.fortmyermwr.com/index/ACS.html

Subscribe for electronic distribution by emailing: Karen.a.stpierre.ctr@mail.mil

Find more Family programs on the web at: www.mccshh.com

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)



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
Fort Myer (703) 696-3510

Pax River
(301) 342-4041/4911

Joint Base Anacostia-Bolling
(202) 404-6502

Quantico Marine Corp Base
(571) 931-0524/0533

Fort Meade, Maryland

EFMP Walking Group

Date(s): October 10, 2013 & November 14, 2013

Time: 8:15—9:30 a.m.

Location: Arundel Mills Mall (in front of Best Buy-inside)

POC: Ms. LaToya Travis

For more information, call (301) 677-4473.

Develop social bonds, gain physical endurance, and build resiliency! Come walk with us.

EFMP Bowling

Date(s): October 16, 2013 & November 20, 2013

Time: 5:30—7:00 p.m.

Location: The Lanes at Fort Meade

POC: Ms. LaToya Travis

For more information, call (301) 677-4473.

Fort Meade EFMs bowl one free game with shoe rental. Discounted game and shoes for other Family members.

Joint Base Anacostia-Bolling, DC

USAF Exceptional Family Member Program

Date(s): Daily Monday through Friday

Time: 7:00 a.m.—4:00 p.m.

Location: Bldg. 1300, Room 259E, Joint Base Anacostia-Bolling

POC: Exceptional Family Member Staff

For more information, call (202) 767-0450.

These programs support and identify active duty sponsors who have EFMs with special educational or medical needs.

JBM-HH Henderson Hall, Virginia

Special Education 101 Brief

Date(s): October 17, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Pentagon 2nd Floor, Corridor 2 Room 2C253, Pentagon

Instructor: Ms. Karen Driscoll

For more information and to register, call (703) 693-5353.

Join us for a workshop on the “need to know” information on special education law necessary to best advocate for your child.

Online classes
Exceptional Parent Magazine
Respite care resources

Contact your local EFMP manager

Life YOUiversity

EFMP Basics

Date(s): October 21, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Marine Barracks Washington, Post 5, Ground Floor Classroom, Washington, DC

Instructor: Ms. Debbie Baker

For more information and to register, call (703) 693-5353.

This workshop will discuss why EFMP exists, and how it can help you to support and advocate for your exceptional Family member.

Respite Care Reimbursement Program Updates

Date(s): October 24, 2013 & November 26, 2013

Time: 12:00—1:00 p.m.

Location: Bldg. 12 Conference Room, Henderson Hall

POC: Ms. Debbie Baker

For more information and to register, call (703) 693-5353.

This brief outlines the background, use, requirements, level of need, and changes to the respite care policy effective 1 October 2013. This course is available via WebEx by request.

Pathways Autism Education Series:

Guiding Military Families After a Diagnosis

Date(s): October 28, & 29, 2013— **2 PART SERIES**

Time: 6:00—8:30 p.m.

Location: Bldg. 12 Conference Room, Henderson Hall

Instructor: Dr. Hanna C. Rue

For more information and to register, call (703) 693-5353.

This two night seminar is designed for parents or caregivers of children diagnosed with an autism spectrum disorder. Evening One covers assessing and managing challenging behaviors, and Evening Two covers choosing and using evidence based practices for the treatment of children.

Exceptional Siblings Brief

Date(s): November 18, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Marine Barracks Washington, Post 5, Ground Floor, Room 146, Washington, DC

Date(s): November 21, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Bldg. 12 Conference Room, Henderson Hall

POC: Ms. Debbie Baker

For more information and to register, call (703) 693-5353.

What can we do to be sensitive to the challenges faced by the “typical” child, and help them negotiate these challenges? This workshop will explore issues related to siblings of children with disabilities, as well as some practical suggestions for addressing these issues.



All Classes/Events Subject to Change

Life YOUiversity

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

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www.jbmhwmwr.com/index/ACS.html

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