



Life YOUiversity

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

Strengthening Family Resilience

By: Kelly Smith, Family Advocacy Program Manager and Army Community Service Comprehensive Soldier and Family Fitness (CSF2) Master Resiliency Trainer, Joint Base Myer-Henderson Hall

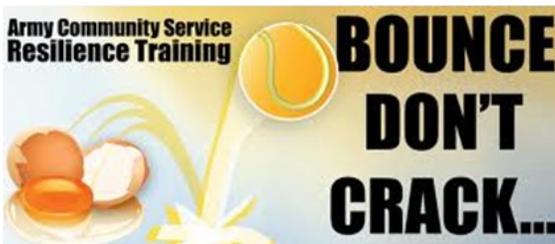
Many military Families throughout this country have shown remarkable resiliency to natural, economic and social challenges. Strong Families are able to react to such challenges in the same way a tennis ball responds when hitting the ground: It goes down, but it also "bounces back."

Families show resiliency in unique ways, there are no universal rules for success. Resiliency involves not only the ability to cope with everyday stress; it also requires hard work, cooperation and forgiveness. A Family's ability to recover from crisis is influenced by life stressors and by Family perceptions. Families who use crises to learn new coping skills reduce the financial and emotional costs of repeated crises.

The Army recognizes that the strength of the Army is, in part, because of the support the Soldiers receive from their Families. By building the resilience of the total Army Family, Army Family members gain the skills to overcome hardships and adverse events so they are better able to cope with adversity and continue to be the pillar of support for the Soldiers.

The U.S. Army Installation Management Command (IMCOM) has joined forces with the Comprehensive Soldier & Family Fitness (CSF2) program to provide family resilience training through Army Community Service (ACS) Centers. The program is designed to provide Family members with the skills and coping strategies needed to take care of themselves and their Soldier. The master resilience trainers support the CSF2 and goals by training specific resilience techniques to Family members (and DA civilians) that increase emotional, social, spiritual and family strengths.

Joint Base Myer-Henderson Hall (JBM-HH) strives to have a READY & RESILIENT community that operates as a team to accomplish the mission. Master resiliency training is currently being offered and is open to ALL! For additional information or to register, please contact JBM-HH ACS at (703) 696-3510.



Remember..."It's not how you fall, but how you bounce." – Jackson Brown, Sr.

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): Tuesdays—December 10, 17, 2013 & January 7, 14, 21, 28, 2014

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.

28 Week Prenatal Class

Date(s): Every Tuesday

Time: 5:00 —7:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

Are you 28 weeks pregnant? What happens now? This class covers fetal kick counts, preterm labor precautions, birth plans and more. Includes a tour of the 5th floor. Registration required.

Breastfeeding Class

Date(s): The third (3rd) Tuesday and fourth (4th) Saturday of every month

Time: 10:00 a.m. —12:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

This class covers the advantages of breastfeeding, answers commonly asked questions, provides tips on how to get dad involved, and when to call for help. Registration required.

5th Floor Tour

Date(s): Every Tuesday and Thursday

Time: 5:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

Parents-to-be can call to schedule an appointment for a tour of the 5th floor, Labor & Delivery.

36 Week Prenatal Class

Date(s): Every Wednesday

Time: 5:00 —7:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

It's almost time for your new arrival! Are you packed? Come learn about true vs. false labor, coaches roles, postpartum care, and newborn characteristics. Includes a tour of the 5th floor. Registration required.

Baby Bundles

Date(s): December 5, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Instructor: Ms. Heather Larson

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): December 13, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Instructor: Ms. Heather Larson

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): January 9, 16, 23, 2014— **3 PART SERIES**

Time: 1:00—2:00 p.m.

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

Instructor: Ms. Sonja Foots

For information, call (703) 805-4547.

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

Fort Meade, Maryland

Preventing Misbehavior

Date(s): December 6, 2013

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

Children are not born with manuals, so getting all the help you can to assist you in training them to be productive men and women is s. Come and share some of your insight and get more tools. Call to register.

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.

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.

PARENTING (CONTINUED)

Tots, Tumble & Talk Playgroup

Date(s): Every Tuesday and Thursday

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.

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

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

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): December 3, 10, 17, 2013—**3 PART SERIES**

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.

JBM-HH Fort Myer, Virginia

Baby Sign

Date(s): December 5, 2013

Time: 12:00—1:30 p.m.

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

Instructor: New Parent Support Program Staff

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

Teach your pre-verbal children to communicate by using sign language. For parents of infants 6-18 months old. Feel free to bring a brown bag lunch. Pre-registration requested.

TransParenting®

Date(s): January 6, 13, 2014—**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.

This 2 part seminar provides parents who may be experiencing separation and/

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or divorce with the tools to ensure that they are able to continue supporting 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): January 31, 2014

Time: 12:00—2:00 p.m.

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

Instructor: Ms. Mary Cargill & Ms. Pamela Hirsch

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.



JBM-HH Henderson Hall, Virginia

1-2-3 Magic

Date(s): December 9, 2013 & January 6, 2014

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.

Lil Chesty's Playgroup

Date(s): December 10, 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): December 13, 2013 & January 24, 2014

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.



Cooperative Parenting & Divorce

Date(s): January 13, 2014

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.

All Classes/Events Subject to Change

PARENTING (CONTINUED)

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.

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): December 10, 2013 & January 14, 28, 2014

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): December 17, 2013 & January 21, 2014

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.

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.

Baby and Me

Date(s): December 10, 2013 & January 14, 28, 2014

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

Baby Boot Camp

Date(s): December 20, 2013 & January 24, 2014

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.

Understanding Pregnancy (4 Part Series)

Date(s): January 9, 16, 2014 —**Part 1 & 2**

Time: 8:30 a.m.—12:30 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.

Cooperative Parenting and Divorce

Date(s): January 10, 2014

Time: 11:00 a.m.—3:00 p.m.

Location: Cox Hall, Marine Corp Base, Quantico

Instructor: Ms. Stacie Gravlee & Ms. Teshia Hackler

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

This workshop will help you understand how to build a healthy co-parenting relationship that will benefit your child(ren) for years to come. We will discuss the grieving process of losing relationships; ages and stages of development of children and what children need to hear or don't need to hear at various stages. Our discussion is child focused. Pre-registration required.

Making meaningful memories with your loved ones is the best gift to give this holiday!

Here are some suggestions:

Take a family photo, bake fun holiday treats with your children; decorate the house for the holidays as a family; drive around neighboring communities and look at their light displays; make s'mores by the fire.



HOME, HEALTH & MARRIAGE ENRICHMENT

Fort Belvoir, Virginia

The Enemy Within (Anger Management Group)

Date(s): Every Wednesday

Time: 9:00—10:30 a.m.

Location: Fort Belvoir Community Hospital, Adult Behavioral Health, Rivers Pavilion, 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.



Fort Meade, Maryland

Stress Management

Date(s): December 2, 2013 & January 22, 2014

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

Join us for this basic course on identifying and managing stress. Call to register.

Anger Management

Date(s): December 12, 2013 & January 15, 2014

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

It really is better to have it and not need it, than to need it and not have it. Call to register.

Joint Base Anacostia-Bolling, DC

The Seven Principles for Making Marriage Work

Date(s): Every Tuesday

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 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

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): December 4 & 11, 2013 or January 8 & 15, 2014 — **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.

Conflict Resolution

Date(s): December 5, 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.

Coping With Holiday Stress

Date(s): December 10, 2013

Time: 9:45—11:15 a.m.

Location: Youth Center, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

The holidays can be stressful. This class will examine how you view holiday preparation and how your perceptions can lead to stress overload.

We will discuss ways to limit holiday burnout and offer strategies for reducing stress during the holidays.



Holiday Stress Busting Tip:

Play a little: Go ice skating, play some hockey or flag football with your buddies, play "Chef" with your child- try some new recipes.

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Sponsor Training

Date(s): December 13, 2013 & January 10, 2014

Time: 1:30—3:00 p.m.

Date(s): January 24, 2014

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.

Smooth Move & Overseas Planning

Date(s): January 28, 2014

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.

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.



Mid-Day Control...Better Manage Anger

Date(s): December 2, 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): December 5, 2013

Time: 1:00—2:30 p.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.

Stress Management

Date(s): December 11, 2013 & January 15, 2014

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. Pre-registration required.

Healthy Heart

Date(s): December 12, 2013

Time: 1:00—2:30 p.m.

Date(s): December 19, 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.



HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Anger Management

Date(s): December 18, 2013 & January 22, 2014

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, the impact of unmanaged anger, and resources on how to recognize and manage triggers. Pre-registration required.

Survival Skills 101

Date(s): January 9, 16, 23, 30, 2014—**4 PART SERIES**

Time: 10:00—11:30 a.m.

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

Instructor: Ms. Diane Neilson

To register, call (703) 696-3512.

Missing the tools to survive in this world? In this 4-part series, you will learn how to use your strengths to improve your personal and professional life. Learn how to manage difficult emotions, effectively communicate with others, and enhance conflict resolution skills. Pre-registration required.

JBM-HH Henderson Hall, Virginia

Welcome to 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.

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.

Welcome Aboard Brief

Date(s): December 10, 2013 & January 14, 2014

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): December 19, 2013 & January 30, 2014

Time: 1:00—3:00 p.m.

Life YOUiversity

Location: Marine & Family Services, Conference Room, Bldg. 12, 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.

Anger & Stress Management

Date(s): Wednesday Mornings beginning 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.

Coping With Work and Family Stress

Date(s): Tuesday's beginning January 14, 2014—**12 PART SERIES**

Time: 2:30—4:00 p.m.

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

Instructor: Ms. Molly Ryan

To register, call (703) 614-7204.

This 12-session class is designed to assist participants with understanding the role of stress, practice problem solving techniques, developing stress management skills such as deep breathing/relaxation, assertive communication, self-talk, eating right and exercising, and encourages self monitoring tools to manage stress. Participants will develop a personalized stress management plan in the final session. Pre-registration is required.

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

Quantico, Virginia

Coupon Exchange

Date(s): December 3, 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

All Classes/Events Subject to Change

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

tips and insight to the savings programs at the Commissary and local community.

Incident Determination Committee (IDC)

Family Advocacy Brief for Commanders & Senior Leaders

Date(s): December 6, 2013 & January 10, 2014

Time: 8:30 a.m.

Location: Conference Room 3035 T2 Trailers (across from Marine Mart), Marine Corp Base, Quantico

Instructor: Ms. Mary Skinner-Vance

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

All allegations of Family abuse are required to be presented at the base IDC. Unit representatives are required to receive training prior to attending the IDC. Let us help you better understand the dynamics of Family abuse, policies that govern our process, and your important role at the IDC. Guest speakers include representatives from NCIS and SJA.

Sponsorship Training

Date(s): December 10, 2013 & January 14, 2014

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.



Conflict Management

Date(s): December 11, 2013

Time: 10:00—11:30 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Ivette Bennett

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

This workshop addresses interpersonal conflict and is designed to help service members and their Families become more aware of conflict; empowering them to make healthy choices by managing their responses to conflict.

PCS (CONUS) Workshop

Date(s): December 12, 2013 & January 3, 2014

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.

Commander's Welcome Aboard

Date(s): December 18, 2013 & January 15, 2014

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.

This 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.

Life YOUiversity December 2013 / January 2014

PCS (OCONUS) Workshop

Date(s): December 19, 2013 & January 23, 2014

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.

Building Lasting Relationships

Date(s): December 19, 2013

Time: 10:00—11:30 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Ivette Bennett

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

This workshop provides practical information and tools to enhance healthy relationships and educate partners on how to successfully nurture and maintain a positive union.

Stop Abuse With Family Education (SAFE)

Date(s): December 23, 2013 & January 27, 2014

Time: 1:00—4:30 p.m.

Location: Voluntary Education Center, Classroom 8, 2089 Roan Street, Marine Corp Base, Quantico

Instructor: Family Advocacy Clinicians & Victim Advocates

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

This 4.5 hour workshop is for couples who will be reuniting after a Military Protective Order has been lifted. The Family Advocacy Program recommends all couples take this course prior to reunification. The class provides a standardized safety planning process for all Families to increase positive coping skills, education, and support to build healthy relationships.

Century Anger Management 8 Week Course

Date(s): January 7, 2014—February 25, 2014 (Tuesday's)

Time: 9:00—11:00 a.m.

Location: Voluntary Education Center, Classroom 8, 2089 Roan Street, Marine Corp Base, Quantico

Instructor: Ms. Rebecca Childress

Date(s): January 28, 2014—March 18, 2014 (Tuesday's)

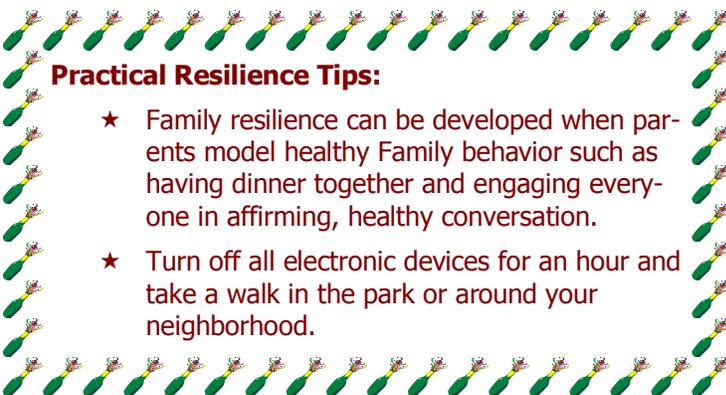
Time: 9:00—11:00 a.m.

Location: Cox Hall, TBS Side, Marine Corp Base, Quantico

Instructor: Ms. Anita Payne, & Ms. Mary Jo Betyak-Eisler

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

During this 8 week course learn how to successfully apply anger management skills in the workplace, relationships, or any other life situation where anger control is needed. Each week will focus on a different core tool.



Practical Resilience Tips:

- ★ Family resilience can be developed when parents model healthy Family behavior such as having dinner together and engaging everyone in affirming, healthy conversation.
- ★ Turn off all electronic devices for an hour and take a walk in the park or around your neighborhood.

All Classes/Events Subject to Change

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Warriors At Ease Stress Management

Date(s): January 17, 2014

Time: 9:00 a.m.

Location: Barber Physical Activities Center, Marine Corp Base, Quantico

Instructor: Ms. Rebecca Childress

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

This full day holistic stress management course helps balance your warrior intensity (of Family member/civilian stresses) with a total holistic approach.

WARRIORS AT EASE

Be a Warrior, Not a Worrier!

FRIDAY, 17 JANUARY, 0900

Barber Physical Activity Center



Skills Techniques Options Plans (STOP) - 16 Week Group for Men

Date(s): January 29, 2014, Wednesday's

Time: 1:00—4:30 p.m.

Location: Voluntary Education Center, Classroom 8, 2089 Roan Street, Marine Corp Base, Quantico

Instructor: Ms. Amanda Norah & Ms. Teshia Hackler

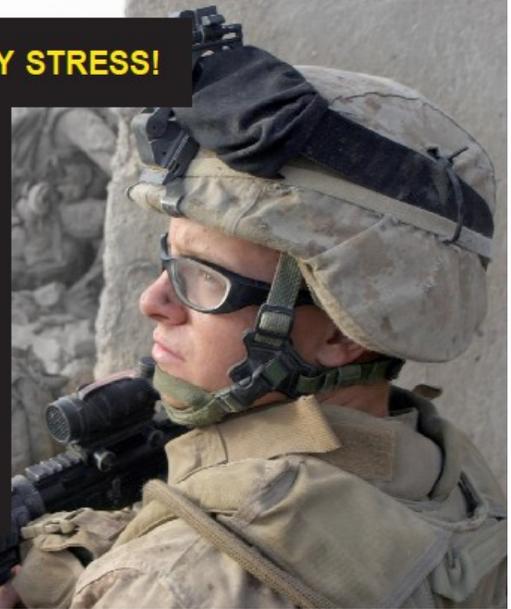
For more information, call (703) 784-2570.

This 16 week group for men explores cycles of abuse with the goal of preventing domestic abuse. Must have a recommendation to participate in the group. Contact the Family Advocacy Program for enrollment requirements.

PREPARE FOR HOLIDAY STRESS!

BALANCE YOUR WARRIOR INTENSITY WITH HOLISTIC STRESS MANAGEMENT:

- Education - Learn about stress and develop an individual plan
- Real Colors - Discover your unique strengths and discuss how your temperament and perception impact your stress management
- Diet - Discover the connection between food and stress
- Yoga - Awaken energy by balancing your mind and body with an afternoon yoga session designed to clear your mind from obstructions that may be preventing you of living to your full potential.



Like us on Facebook!

www.facebook.com/jbmhhacs



Follow us on Twitter!

www.twitter.com/#!/jbmhhacs



Workshop Presented by Quantico Family Advocacy Program and Semper Fit. Contact FAP to register or for more information: 703-784-2570. www.quantico.usmc-mccs.org



"Peace - It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart."

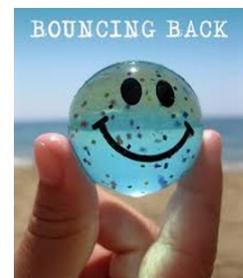


Practical Resilience Tips:

Know your personal strengths and which traits strengthen the character of those around you. Use those strengths to work well with others in a give and take manner. This can lead to good working relationships and strong friendships.

Accomplishing a goal can seem very difficult if we think about it as one big step. Small steps, with continuous progress, get us where we want to be. Set small daily goals and celebrate the progress towards your big goal, one step at a time.

Resilient Families tend to affirm and support each other even when it is not always convenient, i.e. Nicholas's older brother said he would take over Nicholas's chores for the week so that Nicholas can complete his school project.



PERSONAL GROWTH

Fort Belvoir, Virginia

Army Volunteer Corps Orientation

Date(s): January 8, 2014

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): January 14, 2014

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.

Volunteer Management Information System (VMIS)

Date(s): January 21, 22, 2014

Time: 10:00 a.m.—1:00 p.m.

Date(s): January 23, 2014

Time: 10:00 a.m.—12:00 p.m.

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

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152.

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

JBM-HH Fort Myer, Virginia

Comprehensive Soldier & Family Fitness 2 (CSF2)

JBM-HH strives to have a READY & RESILIENT community that operates as a team to accomplish the mission. Master resiliency training is open to all.

CSF2—Problem Solving

Date(s): December 2, 2013

Time: 1:00—3:30 p.m.

Location: JBM-HH Community Center, Bldg. 405, Fort Myer

POC: CPT Paul Brown & SGT Avrion Oliver

For information and to register, call (703) 696-2619/5962.

Participants will learn to accurately identify what may have caused the problem and identify solution strategies.



CSF2—Put It In Perspective (PIIP)

Date(s): December 16, 2013

Time: 1:00—3:30 p.m.

Location: JBM-HH Community Center, Bldg. 405, Fort Myer

POC: CPT Paul Brown & SGT Avrion Oliver

For information and to register, call (703) 696-2619/5962.

Participants will learn how to stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the worst, best, and most likely outcomes of a situation.

Life YOUiversity December 2013 / January 2014

CSF2—Mental Games

Date(s): January 13, 2014

Time: 1:00—3:30 p.m.

Location: JBM-HH Community Center, Bldg. 405, Fort Myer

POC: CPT Paul Brown & SGT Avrion Oliver

For information and to register, call (703) 696-2619/5962.

Participants will learn how to take their mind off counterproductive thoughts by using games that are hard and fun.

CSF2—Real Time Resilience (RTR)

Date(s): January 27, 2014

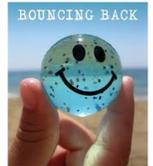
Time: 1:00—3:30 p.m.

Location: JBM-HH Community Center, Bldg. 405, Fort Myer

POC: CPT Paul Brown & SGT Avrion Oliver

For information and to register, call (703) 696-2619/5962.

Participants will learn how to shut down counterproductive thinking to enable greater concentration and focus on the task at hand.



JBM-HH Henderson Hall, Virginia

Tutor & Buddy Program For Partnership In Education

Date(s): December 16, 2013 & January 13, 27, 2014

Time: 11:40 a.m.—1:05 p.m.

Location: Barcroft Elementary School, Arlington, VA

POC: Ms. Kea Matory

For information and to RSVP, call (703) 693-1253.

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

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 web-site at www.quantico.usmc-mccs.org.

Family Advocacy Professional Development Reading List

Date(s): January 8, 2014

Time: 12:00—1:00 p.m.

Location: Conference Room 3035 T2 Trailers (across from Marine Mart), Marine Corp Base, Quantico

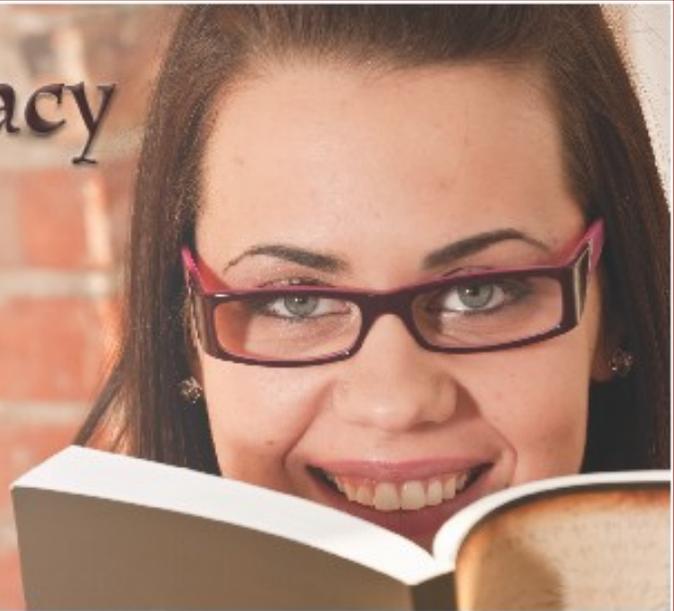
Instructor: Family Advocacy Staff

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

Join us for our ongoing book club discussion. This month our featured book is "Dinner With The Smiley's" by Sarah Smiley. Open to all military ID card holders. *See flyer pg. 11*

All Classes/Events Subject to Change

Family Advocacy Professional Development Reading List



Selections to make you think, talk, and take action.



Discussions held Wednesdays 1200-1300
Family Advocacy Program (FAP)
Trailer 2 (Conference Room)

For more information contact FAP at 703-784-2570.
www.quantico.usmc-mccs.org

Dates & Books

- | | |
|--------------|--|
| 13 November | "Her Best Kept Secret - Why Women Drink and How They Can Regain Control" by Gabrielle Glaser |
| 8 January | "Dinner with the Smiley's" by Sarah Smiley |
| 19 February | "Man's Search for Meaning" by Viktor Frankl |
| 2 April | "Mom and Me and Mom" by Maya Angelou |
| 14 May | "The Reason I Jump - The Inner Voice of a Boy with Autism" by Naoki Higashida |
| 25 June | "Warrior Princess - A US Navy Seal's Journey to Coming Out Transgender" by Kristen Beck |
| 6 August | "Looking for Esperanza" by Adriana Paramo |
| 17 September | "Half the Sky" by Kristof and Wudunn |

Open to professionals in the behavioral health community, community partners, active duty and their family member, and other interested people.

All are welcome!

MILITARY FAMILY TEAM BUILDING

Fort Belvoir, Virginia

Leadership Development Level L

Date(s): December 11-13, 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.

Students will analyze the behaviors associated with Maslow's hierarchy of Needs and identify motivational strategies to help fulfill those needs. Students also evaluated the importance of group needs and create a personal action plan to meet both individual and group needs.

Military Knowledge Level K

Date(s): January 14-15, 2014

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.

Students will differentiate between available benefits and provided entitlements to select the most favorable to meet their individual needs.

ITC

Date(s): January 28-30, 2014

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.

Students will assess personal platform skills and discuss how to improve skills. They will also discuss adult learning types; identify techniques to manage difficult situations and challenging behaviors.



Instructor: Ms. Erica S. Ramos

For information and 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.

Quantico, Virginia

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

Date(s): December 10, 2013 & January 14, 2014

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.

L.I.N.K.S. for Marines

Date(s): December 13, 2013

Time: 11:30 a.m.—4:00 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 that are available to Marines and their Families to aid in the success of achieving personal and Family readiness.

JBM-HH Fort Myer, Virginia

Military Knowledge (Formerly AFTB Level I)

Date(s): January 23-24, 2014

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.

JBM-HH Henderson Hall, Virginia

L.I.N.K.S.

Date(s): January 11, 2014

Time: 9:00 a.m.—1:00 p.m.

Location: Bldg. 12, Room 100, Henderson Hall

SEASON'S GREETINGS



COMPASS

A SPOUSES GUIDE TO NAVY LIFE

All Spouses Welcome

For Information or to register online:

www.gocompass.org. All sessions held at

JBAB

Look for us soon on facebook

Practical Resilience Tips:

- ★ Take some serious time to think about your life vision. Having a clear sense of what provides purpose and meaning can help to make you a more resilient person.
- ★ Daily expression and reflection of feelings such as gratitude, appreciation, and thankfulness can promote balance within your nervous system, leaving you feeling more rested, clam, and alert throughout the day.

VETERAN, RETIREMENT & TRANSITION ASSISTANCE

Fort Meade, Maryland

Retiree Brief

Date(s): December 2, 2013 & January 13, 2014

Time: 8:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee

For information, call (301) 677-9014/18.

If you are within 2 years of retirement eligibility you may be interested in attending this brief. Information will be provided on your Tricare, Johns Hopkins Family Health Plan, and Navy Mutual aid Financial planning and survivor benefit plan.

Transition Goals, Plans, Success (TGPS)

Date(s): December 9-13, 2013 & January 6-10, & 27-31, 2014

Time: 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee

For information, call (301) 677-9014/18.

If you are separating or retiring this class will answer your questions and help you develop a plan for a smooth, successful transition. Call to register.

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): December 6, 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.

Boots to Business— Starting Your Own Business

Date(s): January 22-23, 2014

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.

Retirement Benefits Briefing

Date(s): January 24, 2014

Time: 8:00 a.m.—12:00 p.m.

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

Instructor: Various

Life YOUiversity

For information, call (202) 767-0450.

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

JBM-HH Henderson Hall, Virginia

Facebook Live Chat: Get The Most Out of Your GI Bill Benefit

Date(s): January 28, 2014

Time: 12:00—1:00 p.m.

Location: www.facebook.com/MCFTBHH

Instructor: TBD

To register, call (703) 693-5353.

This real-time, interactive meeting will feature subject matter experts. To attend, visit www.facebook.com/MCFTBHH; like our page; visit events; click on Facebook Live Chat: Get the Most Out of Your GI Bill Benefit and select join.



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.

Quantico, Virginia

Transition Readiness Seminar (TRS)

Date(s): December 2—6, 2013 & January 6—10, 2014

Time: 7:00 a.m.—5:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

To register, call (703) 784-2511/4693.

You must register with your Career Retention Specialist or Unit Transition Counselor (UTC). Bring 3 copies of DD Form 2648 (Pre-Separation Counseling Checklist) completely filled out. Dress is business casual.

Federal Resume Lab

Date(s): December 9, 2013

Time: 8:00 —10:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

To register, call (703) 784-2511/4693.

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

Linked-In

Date(s): December 9, 2013

Time: 10:00 a.m. —12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

To register, call (703) 784-2511/4693.

This workshop will assist members in navigating through the internet to find employment. Social media is one of America's most powerful employment tools, but too many opportunities are missed due to lack of social media networking systems knowledge. This workshop provides basic and advanced techniques and resources to help you get hired.



All Classes/Events Subject to Change

VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

Job Search Through Social Media and Networking Systems

Date(s): December 12, 2013

Time: 9:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

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!

LinkedIn

Date(s): January 15, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

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.

Reviewing Job Descriptions

Date(s): January 22, 2014

Time: 9:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

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

Decipher job descriptions to determine if you meet the skills potential employers are looking for.

10 Steps to a Federal Job / Federal Resume Lab

Date(s): January 24, 2014

Time: 8:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

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

This is a 2 part class. The first half will assist with your understanding of the Federal process. The second half will be a lab for you to develop your federal resume.

Transition Readiness Seminar (Retirees Only)

Date(s): January 27-31, 2014

Time: 7:00 a.m.—5:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

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.

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

Surviving the Holidays Financially

Date(s): December 3, 2013

Time: 11:00 a.m.—12:00 p.m.

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

Date(s): December 11, 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 how to calculate a holiday spending plan, ways to avoid common shopping mistakes, no or low-cost option for gift giving, and tips to avoid spending more than you can afford.



Home Buying with Pentagon Federal

Date(s): December 4, 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.

Life YOUiversity December 2013 / January 2014

Credit Management

Date(s): December 10, 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): December 12, 2013 & January 9, 2014

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.

Car Buying

Date(s): December 17, 2013 & January 21, 2014

Time: 11:00 a.m.—12:00 p.m.

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

All Classes/Events Subject to Change

FINANCIAL READINESS (CONTINUED)

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.

Pentagon Federal Credit Union-PFM Team

Date(s): December 18, 2013 & January 15, 2014

Time: 12:00—1:00 p.m.

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

Date(s): January 8, 2014

Time: 12:00—1:00 p.m.

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

Consumer Awareness

Date(s): January 7, 2014

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.

Student Loans with Pentagon Federal

Date(s): January 22, 2014

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.

Raising Financially Fit Kids

Date(s): January 23, 2014

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.

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.

Quantico, Virginia

Taxes Related to Personal Financial Management

Date(s): December 4, 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.

This class is designed to develop knowledge and skills that will enable you to determine your tax filing status and how to minimize your tax liability with appropriate tax reducing strategies.

Insurance

Date(s): December 11, 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.

Come explore why insurance is important to you and your Family. Come review how to do an insurance analysis and prepare yourself for the future.

Legal Issues of Personal Financial Management

Date(s): December 18, 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.

Come learn how to protect yourself and your Family from legal pitfalls and develop knowledge that you might not be aware that you need.

Car Buying

Date(s): January 7, 28, 2014

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.

Purchasing a vehicle is a large investment that can impact your short term status. Develop skills and strategies to make wise choices.

Financial Planning For Your Move

Date(s): January 9, 2014

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 how to plan your move, save money and reduce the stress.

Housing Options

Date(s): January 14, 2014

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.

Renting, buying your home, or living in base housing, which one will serve you best? Come review the different options and issues about this important choice.



FINANCIAL READINESS (CONTINUED)

Financial Planning for Family Separation & Reunion

Date(s): January 16, 2014

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 provides Families with an understanding of the importance of planning financially not only for daily living, but also for periods of Family separations due to military obligations. It helps you create a budget for managing personal and household finances while deployed, protect your personal identity, identify how to use credit wisely, and more.

Consumer Awareness

Date(s): January 22, 2014

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.

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



EMPLOYMENT READINESS

Fort Belvoir, Virginia

ABCs of Federal Employment & Federal Resume Preparation

Date(s): December 5, 2013 & January 9, 2014

Time: 9:00 a.m.—12:00 p.m.

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

POC: Ms. Lauren 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.

Employment Readiness Orientation

Date(s): December 10, 17, 2013 & January 7, 21, 2014

Time: 12:45—2:30p.m.

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

POC: Ms. Lauren 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.

Kelly Recruiting

Date(s): December 19, 2013

Time: 9:00 a.m.—12:00 p.m.

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

POC: Ms. Lauren 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.

Basic Resume Preparation

Date(s): December 19, 2013 & January 23, 2014

Time: 10:00 a.m.—12:00 p.m.

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

POC: Ms. Lauren Dupree

To register, call (703) 805-4590.

Learn how to prepare a resume that gets results.



Fort Meade, Maryland

Resume Writing

Date(s): December 3, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Instructor: Ms. Rose Holland

For information, call (301) 677-7571.

Date(s): January 7, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates & Ms. Pam Stangee

For information, call (301) 677-9014/17.

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

10 Steps To A Federal Job

Date(s): December 10, 2013

Time: 9:00 a.m.—12:00 p.m.

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

Instructor: Ms. Rose Holland

For information, call (301) 677-7571.

Date(s): January 14, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates & Ms. Pam Stangee

For information, call (301) 677-9014/17.

Learn about understanding job vacancy announcements, writing your federal and electronic resumes, and KSAs (knowledge, skill, and ability statements), and tracking your applications.

How To Work A Job Fair

Date(s): January 23, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates & Ms. Pam Stangee

For information, call (301) 677-9014/17.

Job fairs can be a vital part of your job search, but only if you know how to work them. This workshop will help you strategize and make the most of a job fair opportunity.

Career Exploration

Date(s): January 28, 2014

Time: 9:00 a.m.—12:00 p.m.

EMPLOYMENT READINESS (CONTINUED)

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade
Instructor: Ms. Julie Yates & Ms. Pam Stangee
For information, call (301) 677-9014/17.
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.

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.



Exploring Franchise Ownership—Lunchtime Webinar

Date(s): December 9, 2013 & January 13, 2014
Time: 12:00—1:30 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 about all aspects of franchise ownership.

Resume Writing Workshop

Date(s): December 10, 2013 & January 28, 2014
Time: 12:00—3:00 p.m.
Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling
Date(s): December 18, 2013 & January 8, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Admiral Gooding Center, Washington Navy Yard

Date(s): December 21, 2013, January 14, 2014, & January 23, 2014
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 the skills to construct and tailor your resume to your needs.

Troops to Teachers

Date(s): December 13, 2013
Time: 9:00—11:30 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.
Troops to Teachers is a U.S. Department of Defense program that helps eligible military personnel begin a new career as teachers in public schools where their skills, knowledge and experience are most needed.

Applying For a Federal Job

Date(s): December 17, 2013 & January 7, 2014
Time: 12:00—3:00 p.m. & 9:00 a.m.—12:00 p.m.

Life YOUiversity

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling
Date(s): January 7, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Pentagon, Room 4E415
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.

Family Member Employment Readiness Program Workshop

Date(s): December 19, 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.

Networking Through Social Media

Date(s): January 7, 2014
Time: 1:00—3:00 p.m.
Location: Pentagon, Room 4E415
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.



Meet The Employer

Date(s): January 15, 2014
Time: 8:00 a.m.—12:00 p.m.
Location: Bolling Club, 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.

Job Search Strategies

Date(s): January 21, 2014
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.

Acing The Interview

Date(s): January 22, 2014
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.
Get advice on how to present yourself at an interview plus a segment on mock interviewing.

Franchise Seminar

Date(s): January 28, 2014
Time: 9:00—11:00 a.m.
Location: Military & Family Support Center, Bldg 13,

All Classes/Events Subject to Change

EMPLOYMENT READINESS (CONTINUED)

Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Information on starting your own business through franchise.

JBM-HH Fort Myer, Virginia

Job Search For Newcomers

Date(s): December 2, 2013 & January 10, 24, 2014

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.

Are You Prepared For a Job Fair

Date(s): January 14, 2014

Time: 9:00—11:00 a.m.

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

POC: Ms. Judy Joyner

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

Come learn how to be ready for a job fair. Topics include a 30 second commercial, what is appropriate to wear, and the importance of researching the companies.

Resume Class

Date(s): January 28, 2014

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.

Quantico, Virginia

Spouse Career Day

Date(s): December 2, 2013 & January 13, 2014

Time: 9:00—11:00 a.m.

Location: Voluntary Education Center, & Chapel Annex, 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!

Local Employment Workshop

Date(s): December 5, 12, 19, 26, 2013 & January 23, 2014

Time: 8:30—9:30 a.m.

Location: Voluntary Education Center, & Chapel Annex, 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.

Building Better Resumes

Date(s): December 17, 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.

Optimize your chances of success by learning how to write a resume that avoids common mistakes.

Interview Techniques

Date(s): January 16, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, 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.



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 Meade, Maryland

Spouse Meet & Greet

Date(s): December 12, 2013

Time: 5:00—7:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Tamica Barnum

To register, call (301) 677-9014/17.

New spouses to the Navy, military life and Fort Meade. Children welcome. Registration required.

Family Readiness Officer Training

Date(s): December 17, 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.

Joint Base Anacostia-Bolling, DC

Pre-Deployment Briefing

Date(s): Every Monday

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.



Reintegration (Return & Reunion)

Date(s): Every Wednesday

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.

Ombudsman Basic Training

Date(s): January 8-10, 2014

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 Ombudsman 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 Command Team Advisor/Family Readiness Assistant Training

Date(s): December 12, 2013

Time: 9:00 a.m.—12:30 p.m.

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.

Financial Planning for Family Separation & Reunion

Date(s): January 16, 2014

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 provides Families with an understanding of the importance of planning financially not only for daily living, but also for periods of Family separations due to military obligations. It helps you create a budget for managing personal and household finances while deployed, protect your personal identity, identify how to use credit wisely, and more.

ARNG GI 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>

FEATURING
INFORMATION ON
SOLDIER & FAMILY
SUPPORT &
BENEFIT PROGRAMS



A ONE-STOP SHOP FOR ARNG HR RESOURCES



SUPPORT GROUPS

Fort Belvoir, Virginia

Motherhood

Date(s): Every Tuesday

Time: 4:00—5:30 p.m.

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

POC: CPT Melinda Thiam

For information, call (571) 231-3224, choose option #1.

Are you a new mother feeling discouraged, struggling with motivation to get up in the morning, and feel like your mood has affected your relationships with Family and friends? This group therapy addresses postpartum mood and adjustment difficulties. You can bring your infant less than 14 months of age with you! Registration required.

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 Fouts

For information, call (703) 805-4547.

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

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.

Quantico, Virginia

Women's Awareness Knowledge and Education (WAKE)

Date(s): Every Tuesday

Time: 1:00—3:00 p.m.

Location: Marine Corp Base, Quantico

Instructor: Victim Advocates

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

This support and educational group is designed for the specific needs of women, both active duty and Family members who have experienced conflict in intimate relationships. The group is led by experienced professionals in a supportive, respectful environment. You will reflect, learn, and be strengthened and encouraged by the information shared. Group is open and ongoing. A brief pre-screening is required. Please call for more information.

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

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

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 Anacotia-Bolling
(202) 404-6502

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

Fort Meade, Maryland

EFMP Walking Group

Date(s): December 12, 2013 & January 9, 2014

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.

Stress Management During The Holidays

Date(s): December 13, 2013

Time: 12:00—1:00 p.m.

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

POC: Ms. LaToya Travis

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

Holidays can be an overwhelming time of year. Come learn tips for maintaining balance, and building stress resilience during the holiday season.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) (CONTINUED)

EFMP Bowling

Date(s): December 18, 2013 & January 15, 2014

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: 8:00 a.m.—4:00 p.m.

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

EFMP Basics

Date(s): December 10, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: CBIRF/ Indian Head USO Center, 14 Strauss Ave., Indian Head, MD

Date(s): January 16, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Marine & Family Service Conference Room, Bldg. 12, Henderson Hall

Date(s): January 21, 2014

Time: 11:00 a.m.—1:00 p.m.

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

Advocacy Skills

Date(s): December 16, 2013

Time: 11:00 a.m.—1:00 p.m.

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

Date(s): December 19, 2013

Time: 11:00 a.m.—1:00 p.m.

Location: Marine & Family Service Conference Room, Bldg. 12, Henderson Hall

Instructor: Ms. Debbie Baker

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

Learn the basics of advocating for yourself or a loved one, share and share what you have learned with others.

Respite Care Reimbursement Program Orientation

Date(s): December 23, 2013

Time: 12:00—1:00 p.m.

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

POC: Ms. Debbie Baker

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

Learn all about the EFMP Family Support Program: who qualifies, the process to apply and receive reimbursement, and program guidelines. This workshop is essential if you would like to utilize the EFMP Respite Care Subsidy Program. This course is also available via WebEx by request. Contact our office prior to this class for information about accessing WebEx.

Respite Care Reimbursement Program Brief (Changes, Effective 1 October 2013)

Date(s): December 26, 2013

Time: 12:00—1:00 p.m.

Location: Marine & Family Services Conference Room, Bldg. 12, 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.

Online classes

Exceptional Parent Magazine
Respite care resources

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Traveling this Holiday Season?

Here are some things to keep in mind when traveling with children.

Children often become restless or irritable when on a long road trip. Keep them occupied by pointing out interesting sights along the way, bring soft, lightweight toys, and play their favorite music for a sing-along. Limit screen time. Plan to take a break from driving and give yourself and your child some time outside of the car every two hours.



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**ACS Family Advocacy Program,
Joint Base Myer-Henderson Hall
202 Custer Road, Bldg. 201
Fort Myer, VA 22211
(703) 696-3512**

**www.army.mil/jbmhh
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CONTACT:

**Karen St. Pierre
(703) 696-3512**

Karen.a.stpierre.ctr@mail.mil