MILITARY SAVES WEEK
February 24-March 1

Life YOUniversity

Volume 14, Issue 3

February / March 2014

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.

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

Tips for Selecting Mutual Funds

By: Jin Lim, Financial Counselor, SOS Program, Army Community Service, Joint Base Myer-Henderson Hall

Many people ask what are the best mutual funds to buy? I am not allowed to give advice on specific funds, and in my opinion, I don't believe there is any perfect fund matches for each individual. Despite this, we still need to understand the general terms and characteristics of mutual funds before investing. Therefore, when your financial advisor offers to invest in some mutual funds for you, you have at least general idea about those funds. This information may give you some guidelines when selecting mutual funds on your own.

- **Ignore short-term performance.** Returns over a quarter, or a year or even two years are meaningless noise, at best. Warren Buffett says "You can't judge an investor from what they've done over six months or a year."
  Remember that past performance doesn't guarantee future performance. Look at long-term performance to see how well the fund did for last 10 years at least. In addition, study the style, reputation, longevity, and performance of a manager.
- **Focus on expenses.** Lower-cost funds beat higher-cost funds over extended periods. The average domestic stock fund with expense ratio in the cheapest 20% among such funds had a 59% chance of outperforming its index over the five years that ended in 2010, Morningstar reports.
  The most common mistake that people make is focusing too much on the past performance rather than expenses. Look for expense ratio. There are plenty of no Load (means no transaction costs) funds to choose from.
- **Corporate culture matters.** There's more than meets the eye to a fund's expense ratio. The way a fund firm treats you, the investor, typically mirrors how it treats its employees. Remember, even half way competent money managers can find high-paying work elsewhere if the company they're working for mistreating them.
  Take a look at the top 10 holdings of a mutual fund to find out corporate cultures.
- **Study risk-adjusted returns.** When assessing a fund's record, you need to look not only at long-term total returns but also at a fund's volatility. You can do this by simply eyeballing a fund's standard deviation (mean to measure a risk) and its total return numbers.
  What it means is that your best bet is to find mutual funds which have both low expense ratio and high ratings (4 star-star rating or higher) in Morningstar reports.
- **Sometimes an index fund really is the best choice.** No matter how hard you work at it, you may determine that the best bet is to invest in an index fund, particularly in taxable accounts.
  Index fund is a type of mutual fund with a portfolio constructed to mirror the components of a market index such as S&P 500. Unlike mutual funds, index funds trade like stocks. Since index funds are passively managed, they generally give the advantage of lower fees and lower taxes in taxable accounts.

*Disclaimer: *Jin's remarks* are opinion only and do not reflect the official views of the Army, nor are they to be counted as recommendations from a Certified Financial Planner.

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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.

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 (Labor & Delivery)
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): February 6, 2014
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): February 20, 2014
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.

ScreamFree Parenting
Date(s): February 25, 2014, & March 4, 11, 18, 2014—**4 PART SERIES**
Time: 5:30—8:00 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Scottie Hampton
For information, call (703) 805-2693/2631.
This revolutionary approach to raising kids by keeping your cool gives parents the opportunity to learn how to relate to your child(ren) in a calm, cool, and connected way. Parents are compelled to focus on their own behavior for the benefit of their child(ren). Registration required.

Infant Massage
Date(s): March 6, 13, 20, 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

Common Sense Parenting: Helping Children Succeed in School
Date(s): February 28, 2014
Time: 11:30 a.m.—12:30 p.m.
Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade
Instructor: Ms. Tamica Barnum
For information, call (301) 677-9014/18.
Get information and tips on helping ensure a productive and successful school experience for your children. Call to register.

Common Sense Parenting: Preventing Misbehavior
Date(s): March 7, 2014
Time: 11:30 a.m.—12:30 p.m.
Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade
Instructor: Ms. Tamica Barnum
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 in society is important. Come and share some of your insight and get more tools. Call to register.

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All Classes/Events Subject to Change

PARENTING

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. 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—11:15 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.

Two Homes, One Family

Date(s): February 3, 2014
Time: 10:00—11:00 a.m.
Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling
POC: Military & Family Support Center Staff
For information, call (202) 433-6151.
During this interactive training we will help you define co-parenting and understand why it's important. We will also discuss the do's and don'ts, and help you begin to make a Family plan that fits your current situation.

New Parents of Infants

Date(s): February 27, 2014
Time: 9:00—10:00 a.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 will discuss the basics of child rearing infants 0-12 months of age. Participants will explore definitions, expectations, and opinions revolving around parenting while reviewing developmental stages of infancy, baby necessities, and household safety precautions.

ScreamFree Parenting

Date(s): March 6, 2014
Time: 1:00—2:00 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.
Whether you are at your wit's end or just need a little calm in the chaos this class can help! Join us and let us help you create the Family that you've always wanted.

Social-Emotional Development for Infants

Date(s): March 19, 2014
Time: 9:00—10:00 a.m.
Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling
POC: Military & Family Support Center Staff
For information, call (202) 433-6151.
As a result of attending this program, participants will be able to understand what social-emotional development is 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.

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): February 4, 11, 18, 2014—**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.

Teen Talk 4 Parents

Date(s): February 10, 2014
Time: 4:00—4:45 p.m.
Location: 1191 Menoher Drive, FAP Office, Joint Base Andrews
Instructor: Ms. Joyce Cravin & LT Francis Ugoh
To register, call (240) 857-9680.
Parents will learn skills and other methods to provide and enable teens to thrive.

Teen Trivia Challenge

Date(s): February 21, 2014
Time: 6:00—8:00 p.m.
Location: 4700 Yuma Road, Youth Center, Joint Base Andrews
Instructor: Representatives from different agencies
To register, call (240) 857-9680.
In support of Teen Dating Violence Awareness Month, this event will include breakout sessions for girls and boys ages 11-17 and their parents. Parents sessions include a FBI representative speaking about internet safety and a Prince Georges' State Attorney representative talking about dating, violence, and sexting. The Sexual Assault Response Program Manager will speak with the teens/tweens about healthy relationships and identifying risky behaviors.

JBM-HH Fort Myer, Virginia

TransParenting ®

Date(s): February 3, 10, 2014 & March 3, 10, 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/ 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.

Play, Learn, Grow: The 5 Love Languages of Children

Date(s): February 13, 2014
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.
Join other parents and children (under 5 years old), for a time of crafts, stories, and songs. Parents will be given an overview of the concept of a Love Language and will receive a copy of the book, "The 5 Love Languages of Children." Registration required.

Darkness To Light– Stewards of Children

Date(s): February 26, 2014
Time: 9:00—11:30 a.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Ms. Nanci Pedulla & Ms. Marcella Rustioni
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.

Baby Bundles

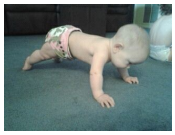
Date(s): March 28, 2014
Time: 12:00—2:00 p.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Ms. Mary Cargill & Ms. Pamela Hirsch
For information and to register, call (703) 696-3512/6511.
Prepare your home and relationship for the changes that are needed when your baby 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

Lil Patriots Playgroup

Date(s): Every Wednesday
Time: 10:00—11:00 a.m.
Location: USO at Indian Head Naval Base
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): February 21, 2014 & March 21, 2014
Time: 8:30 a.m.—2:30 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): February 24, 2014 & March 24, 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.

Triple P! Raising Confident, Competent Children

Date(s): March 10, 2014
Time: 2:00—3:30 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 instill in your child 6 important life skills to raise confident and competent children. Pre-registration required.

Cooperative Parenting & Divorce

Date(s): March 17, 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.

Read Life YOUniversity on the Web

www.jbmhh.army.mil or www.jbmhhmwr.com

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.

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.

Becoming A Love & Logic Parent
Date(s): February 6, 13, 20, 2014—**3 PART SERIES**
Time: 5:30—7:30 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Mary Skinner-Vance
To register, call (703) 784-2570.
Enjoy three fun evenings learning the six modules of applying the COOL formula to parenting techniques. Child care may be provided. Pre-registration required. Call for further information and to pre-register.

Toddler Time

Date(s): February 11, 25, 2014 & March 11, 25, 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
For more information, call (703) 784-4248.
This interactive playgroup is for children 1-3 years of age and their parents.

Baby and Me
Date(s): February 11, 25, 2014 & March 11, 25, 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.
Network with other parents of newborns while learning about infant stimulation, infant massage, infant sign language, and how to read to your baby.

Boots and Babies
Date(s): February 18, 2014 & March 18, 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.

Healthy, Blended Families
Date(s): February 18, 2014
Time: 6:00—8:00 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 help parents gain a better understanding of the common and practical issues facing blended Families.

Can Do Parenting
Date(s): February 19, 27, 2014 & March 5, 2014
Time: 5:00—7:00 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Glenda Mitchell & Ms. Trish Burkes
For more information, call (703) 784-4248.
Come explore different techniques for effective communication and discipline, while focusing on nurturing your children. For parents of children ages 2-6. Child care may be available on a limited basis. Call to reserve your space.

Baby Boot Camp
Date(s): February 22, 2014 & March 21, 2014
Time: 8:00 a.m.—3:30 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Trish Burkes & 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.

Want to receive this publication via email?
Call (703) 696-3512 or email Karen.a.stpierre.ctr@mail.mil

PARENTING (CONTINUED)

1-2-3 Magic
Date(s): March 12, 2014
Time: Call for times
Location: TBD, Marine Corp Base, Quantico
Instructor: Ms. Trish Burkes
To register, call (703) 784-4248.
Add some new tools to your parenting toolkit! Come explore different techniques for effective discipline for parents with children ages 2-12.

Understanding Pregnancy
Date(s): March 20, 27, 2014 —**2 PART SERIES**
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.

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 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.

ScreamFree Marriage
Date(s): January 28, 2014, February 4, 11, 18, 2014—**4 PART SERIES**
Time: 5:30—8:00 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Scottie Hampton
For information, call (703) 805-2693/2631.
The ScreamFree Marriage journey begins with learning calming ways to reduce anxiety by focusing on individual self respect and personal growth. Learn how to relate to each other in a calm, cool, connected way, celebrate differences and create a foundation for a great relationship. Registration required.

What's Your Love Language?
Date(s): February 14, 2014
Time: 1:00—3:00 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Scottie Hampton
For information, call (703) 805-2693/2631.
During this 2 hour workshop you will learn about the Five Love Languages, how to recognize your own love language, and ways to begin speaking your partner's love language. Registration required.

Spouse Meet & Greet
Date(s): February 19, 2014 & March 19, 2014
Time: 10:00 a.m.—12:00 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen Henderson
For information, call (703) 805-4152/1799.
For spouses new to the Fort Belvoir military community or military life. Children are welcome. Registration required.

Stress Management
Date(s): March 13, 2014
Time: 10:00—11:00 a.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Donita McDonald
For information, call (703) 805-2693.
This class enables participants to obtain information about stress and how to manage it.

Anger Management
Date(s): March 18, 2014
Time: 1:00—3:00 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Scottie Hampton
For information, call (703) 805-2693/2631.
Participants will learn about anger as a basic emotion, how to recognize what triggers anger, the impact of uncontrolled anger on self and others, and helpful tools to manage anger in a healthy way. Registration required.

Fort Meade, Maryland

Building Healthy Relationships

Date(s): February 7, 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.
Learn skills to build healthy personal and professional relationships.

Anger Management
Date(s): February 10, 2014 & March 12, 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.

Spouse Meet & Greet
Date(s): February 20, 2014
Time: 5:00—7:00 p.m.
Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade
Instructor: Ms. Tamica Barnum
For information, call (301) 677-9014/18.
Join us for wonderful friendship, food, prizes, and to learn about Maryland and Fort Meade. Contact us for more information.

Stress Management

Date(s): February 26, 2014 & March 10, 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.

Effective Communication
Date(s): March 5, 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.
Sharpen skills to develop healthy and effective communication. Call for more information.

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): February 5, 12, 2014 & March 5, 12, 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.

Building Self-Esteem
Date(s): February 13, 2014
Time: 10:00—11:00 a.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 interactive workshop will help participants define self-esteem, understand the negative aspects of low self-esteem, and learn ways to boost self-esteem.

Sponsor Training
Date(s): February 14, 2014 & March 14, 2014
Time: 1:30—3:00 p.m.
Date(s): February 28, 2014 & March 28, 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.

Effective Communication In The Workplace

Date(s): February 19, 2014
Time: 1:00—2:00 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 workshop teaches what effective communication is, how to achieve it, and roadblocks to avoid so you can accomplish what you want from your communication.

Suicide Prevention Coordinator Training
Date(s): February 20, 2014
Time: 2:00—3:00 p.m.
Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling
Instructor: Military & Family Support Center Staff
To register, call (202) 433-6151.
Learn how to recognize the warning signs of suicide, what resources are available, and how to teach others about suicide prevention. Help save a life!

Smooth Move & Overseas Planning

Date(s): February 25, 2014 & March 25, 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.

Stress Management

Date(s): February 25, 2014 & March 26, 2014
Time: 2:00—3:00 p.m. & 10:00—11:00 a.m.
Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling
Instructor: Military & Family Support Center Staff
To register, call (202) 434-6151.
Helps participants define stress and personalize the topic while learning coping skills.

Spouse Buzz—Spouse Experience

Date(s): February 26, 2014
Time: 10:00 a.m.—2:00 p.m.
Location: Bolling Club, Bldg. 50, Theisen St., Washington, DC 20032
Instructor: Military.com Representatives
For more information, call (703) 270-7261.

This out of your seat, no power point, win a prize workshop helps spouses build your "happily ever after" military life. Lunch is provided. For more information visit: http://spousebuzz.com/military-spouse-experience

Assertiveness

Date(s): March 13, 2014
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.
The main objective of this course is to help participants learn assertive communication skills.

Resolving Family Conflicts

Date(s): March 17, 2014
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.
Participants learn to communicate their needs to Family members better and resolve conflicts as they arise which will strengthen the Family relationship.

Keeping Your Marriage Strong

Date(s): March 27, 2014
Time: 1:00—2:00 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.
Keeping a marriage strong takes work and dedication. This class will discuss marriage expectations, communication, conflict resolution, money matters, and how to remain close over the years.

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.

Family Advocacy Safety Education Seminar (FASES)

Date(s): February 5, 2014 & March 5, 2014
Time: 8:00 a.m.—12:00 p.m.
Location: 1191 Menoher Drive, Family Advocacy Office, Joint Base Andrews
Instructor: Representatives from different agencies
Referrals from 1st Sergeants and Commanders, call (240) 857-9680.
Educational seminar provides information to reduce the risk for child and partner maltreatment, increasing knowledge and skill building for Families with potential risk factors, and promotes resilience plus mission readiness.

Heart Link– Spouse Orientation

Date(s): February 8, 2014
Time: 10:00 a.m.
Location: The Club At Andrews, Joint Base Andrews
Instructor: Ms. Shelly Walker
To register, call (301) 981-7087.
This orientation target group is new spouses with 5 years or less to the military, however all spouses are welcome to attend.

Anger/Stress Awareness

Date(s): February 11, 2014
Time: 12:00—12:45 p.m.
Location: 1191 Menoher Drive, Family Advocacy 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—The Basics

Date(s): February 25, 2014
Time: 12:00—12:45 p.m.
Location: 1191 Menoher Drive, Family Advocacy 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): March 17, 24, 31, 2014
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): February 7, 2014 & March 7, 2014
Time: 1:00—2:30 p.m.
Date(s): March 21, 2014
Time: 8:00—9:30 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): February 7, 2014 & March 1, 2014
Time: 10:00—11:00 a.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Mr. Corwin Smith & Ms. Chantele Smith
To register, call (703) 696-1053/0156.
Overview of customs and culture for Korea (and other Pacific destinations upon request).

Stress Management

Date(s): February 12, 2014 & March 12, 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.

Hearts Apart

Date(s): February 12, 2014 & March 12, 2014
Time: 5:30—7:00 p.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Mr. Corwin Smith & Ms. Chantele Smith
To register, call (703) 696-1053/0156.
Networking group for Families whose spouse is serving away from home.

Anger Management

Date(s): February 19, 2014 & March 19, 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.

Healthy Heart

Date(s): February 21, 2014 & March 14, 2014
Time: 1:00—2:30 p.m.
Date(s): February 28, 2014 & March 28, 2014
Time: 8:00–9:30 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.

Welcome to Germany

Date(s): February 21, 2014 & March 21, 2014
Time: 10:00—11:00 a.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Mr. Corwin Smith & Ms. Chantele Smith
To register, call (703) 696-1053/0156.
Overview of customs and culture for Germany (and other European destinations upon request).

International Spouse Group

Date(s): February 26, 2014
Time: 5:00—6:30 p.m.
Location: American Legion Post 139, Arlington, VA 22201
POC: Mr. Corwin Smith or Ms. Chantele Smith
For information, call (703) 696-1053/0156.
Forum that offers international military spouses an opportunity to meet other spouses and obtain information on relevant topics such as the installation and the surrounding area.

The Use of Technology to Stalk

Date(s): February 27, 2014
Time: 9:00—10:00 a.m.
Location: Community Activities Center, Bldg. 405, Fort Myer
Guest Speaker: Ms. Michelle Garcia, Stalking Resource Center
For more information, call (703) 696-8463/3512.
Those who work with victims of stalking should be familiar with the various ways that technology can be used to stalk. In this interactive workshop, participants will learn about the various ways offenders use technologies, such as phones, computers, video cameras, and global positioning systems (GPS), to stalk or premeditate crimes. Participants will also learn about preventative measures, safety planning, and legal remedies in order to promote safety, justice, and healing. Pre-registration required.

Smooth Move

Date(s): February 28, 2014 & March 26, 2014
Time: 1:00—3:00 p.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Mr. Corwin Smith & Ms. Chantele Smith
To register, call (703) 696-1053/0156.
Informal briefing to learn about new duty station, moving Tricare, arranging household good move with transportation office, sponsorship, housing and more in preparation for a PCS/relocation.

Coupled For Life

Date(s): March 13, 2014
Time: 5:00—7:00 p.m.
Location: Community Activities Center, Bldg. 405, Fort Myer
Instructor: Ms. Karen Ward, Beyond Two
For more information, call (703) 696-6511/3512.
This personality training is designed to help develop a better understanding of your partner's personality, provide tools to enhance communication skills, and tips for overcoming personality challenges. Each participant will receive an individual personality assessment, training materials, and a personality exercise.

JBM-HH Henderson Hall, Virginia

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): Wednesday Mornings—**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.

Incident Determination Committee—Family Advocacy Appointed Representatives Training

Date(s): February 6-7, 2014
Time: 8:00 a.m.—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 two day training is a requirement for Commanders who are appointed as representatives to the Family Advocacy Program (FAP). The training covers what to expect when working with FAP, the dynamics of domestic violence, child abuse, and prepares Commanders for the roles, expectations, and process of the Incident Determination Committee. This is a mandatory training prior to becoming a voting member of the Incident Determination committee. Registration required.

Welcome Aboard Brief
Date(s): February 11, 2014 & March 11, 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): February 28, 2014 & March 27, 2014
Time: 1:00—3:00 p.m.
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.

Coping With Work and Family Stress
Date(s): Tuesday's beginning March 25, 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.

Quantico, Virginia

Sponsorship Training
Date(s): February 4, 2014 & March 4, 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 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): February 6, 2014 & March 6, 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.

The 5 Love Languages

Date(s): February 11, 2014
Time: 6:00—8:00 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Ivette Bennett
For more information, call (703) 634-2672.
This workshop is a fun way to focus on keeping the love tank full. Each couple will receive a free copy of Dr. Gary Chapman's book, The Five Love Languages.

Commander's Welcome Aboard

Date(s): February 19, 2014 & March 19, 2014
Time: 8:30—10:30 a.m.
Location: Barber Physical Activity Center, 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.

PCS (OCONUS) Workshop
Date(s): February 20, 2014 & March 20, 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.

Stop Abuse With Family Education (SAFE)
Date(s): February 24, 2014 & March 31, 2014
Time: 9:00 a.m.—12:00 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.

Coupon Exchange
Date(s): March 4, 2014
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.

How To Avoid Falling In Love With A Jerk/Jerkette
Date(s): March 6, 2014
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 an eye-opening, practical and fun way to learn "How To Avoid Falling In Love With A Jerk/Jerkette."

Century Anger Management 8 Week Course

Date(s): March 25, 2014-May 13, 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.

Warriors At Ease Stress Management

Date(s): March 28, 2014
Time: 9:00 a.m.—3:00 p.m.
Location: Barber Physical Activities Center, Marine Corp Base, Quantico
Instructor: Ms. Rebecca Childress
For more information, call (703) 784-2570.
This popular one day stress management workshop covers learning how individual temperaments impact stress, diet and how to better manage stress through healthy eating choices. The day concludes with a relaxing yoga session. Registration requested.

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

PERSONAL GROWTH

Fort Belvoir, Virginia

Army Volunteer Corps Orientation

Date(s): February 5, 2014 & March 5, 2014
Time: 11:00 a.m.—12:30 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen 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.

Volunteer Management Information System (VMIS)

Date(s): February 18 & 19, 2014 & March 18 & 19, 2014
Time: 10:00 a.m.—1:00 p.m.
Date(s): February 20, 2014 & March 20, 2014
Time: 10:00 a.m.—12:00 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen 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.

Army Volunteer Corps AFAP/AFTB Advisory Council

Date(s): March 11, 2014
Time: 1:00—2:30 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen Henderson
For information, call (703) 805-4152.
The council allows volunteers and members of the installation to exchange information and discuss upcoming events.

Joint Base Anacostia-Bolling, DC

Volunteer Opportunities Available

Various positions located throughout the Military and Family Support Center

Call for more information

(202) 767-0450

JBM-HH Fort Myer, Virginia

Comprehensive Soldier & Family Fitness 2 (CSF2)

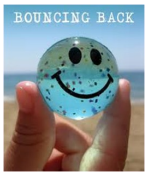
JBM-HH strives to have a READY & RESILIENT community that operates as a team to accomplish the mission. Master resiliency training is open to all.

CSF2—Identifying Strengths in Self and Others

Date(s): February 10, 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 identify character strengths in self and others to overcome challenges, increase team effectiveness, and strengthen relationships. Please complete the "VIA Signature Character Strengths Questionnaire" at www.authentichappiness.org prior to class.

CSF2—Assertive Communication & Active Constructive Responding (ACR)

Date(s): February 24, 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 communicate clearly and with respect, especially during conflict and challenges.

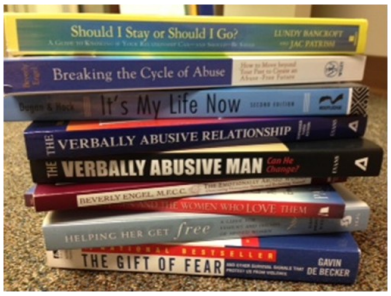


CSF2—MRT Overview & Hunt The Good Stuff

Date(s): March 10, 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.
Learn about the basics of Master Resiliency Training and begin to "Hunt the Good Stuff" in your life. Training is open to all.

CSF2—Activating Events, Thoughts, and Consequences

Date(s): March 24, 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.
Learn how to manage your reactions events (big and small) that happen in your life. Training is open to all.



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.

Volunteer Orientation

Date(s): February 7, 2014
Time: 10:00—11:00 a.m.
Location: Marine Corp Family Team Building, Bldg. 29, Room 100, Henderson Hall
POC: Ms. Kea Matory
For information and to register, call (703) 693-1253.
Learn more about upcoming volunteer opportunities, the requirements for the Outstanding Volunteer Service Award Medal, and how to get involved.

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.quantic.usmc-mccs.org.

Family Advocacy Professional Development Reading List

Date(s): February 19, 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 "Man's Search for Meaning" by Viktor Frankl. Open to all military ID card hold-ers.

KNOWLEDGE IS POWER!

The Family Advocacy Program is please to offer FREE reading materials for victims and survivors of domestic violence, their friends, and Family members. For more information, please call the FAP Victim Advocacy Program at 703-696-8463.

MILITARY FAMILY TEAM BUILDING

Fort Belvoir, Virginia

Personal Growth & Resiliency Level G

Date(s): February 25-27, 2014
Time: 9:30 a.m.—3:00 p.m.
Location: Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen Henderson
To register, call (703) 805-4152/1799.
Students will learn effective skills, develop communication strategies, learn to evaluate problem solving strategies, and generate effective solutions while developing and maintain healthy personal relationships.

Leadership Development Level L

Date(s): March 11-13, 2014
Time: 9:30 a.m.—3:00 p.m.
Location: Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen Henderson
To register, call (703) 805-4152/1799.
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): March 25-26, 2014
Time: 9:30 a.m.—3:00 p.m.
Location: Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Faitheleen Henderson
To register, call (703) 805-4152/1799.
Students will differentiate between available benefits and provided entitlements to select the most favorable to meet their individual needs.

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

JBM-HH Fort Myer, Virginia

Personal Growth & Resiliency

Date(s): February 20-21, 2014
Time: 8:30 a.m.—3:30 p.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Ms. Robin Cordovez
For information and to register, call (703) 696-1229.
This course provides personal development and encourages emerging leadership from within the Army community, as well as learning how to cope with challenging situations. Pre-registration is required.

JBM-HH Henderson Hall, Virginia

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

Date(s): February 7, 2014
Time: 9:00 a.m.—4:00 p.m.
Location: Marine Corp Family Team Building, Bldg. 29, Room TBD, Henderson Hall
Instructor: Ms. Erica S. Ramos
For information and to register, call (703) 693-1457.
Acculturation to the Marine Corps lifestyle to acquire knowledge, tools, and success to thrive in this lifestyle.

7 Habits of Highly Effective Military Families

Date(s): March 24, 2014
Time: 9:00 a.m.—4:00 p.m.
Location: Marine Corp Family Team Building, Bldg. 29, Room TBD, Henderson Hall
Instructor: Ms. Erica S. Ramos
For information and to register, call (703) 693-1457.
Learn 7 habits that can profoundly impact your life! Tools can be utilitzed to be successful in your military journey.

Quantico, Virginia

Family Readiness Support Team Training

Date(s): February 10, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Stephanie Taber
To register, call (703) 634-2765.
This training engages all members of the Family readiness team in sharing best practices, team building strategies, utilizing volunteer support and event planning/execution success.

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

Date(s): February 11-13, 2014 & March 18, 2014
Time: 6:00—9:00 p.m. & 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.

Family Readiness Volunteer Training

Date(s): February 12, 2014 & March 20, 2014
Time: 5:00—9:00 p.m. & 8:30 a.m.—12:00 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Stephanie Taber
To register, call (703) 634-2765.
This workshop is required for all Marine Corp Family Readiness Volunteers prior to serving as appointed Family Readiness Volunteers. Volunteers walk away understanding mission, their role, community resources, and immediately become an asset to the Command Team.

eMarine Administrative Training

Date(s): February 20-21, 2014 & March 26-27, 2014
Time: 8:00 a.m.—4:00 p.m.
Location: Gray Research Center, Marine Corp Base, Quantico
Instructor: Ms. Stephanie Taber

All Classes/Events Subject to Change

MILITARY FAMILY TEAM BUILDING

To register, call (703) 634-2765.
Workshop provides training on creating and maintaining Marine Corps unit specific web pages.

L.I.N.K.S. New Volunteer Orientation
Date(s): February 25, 2014
Time: 10:00 a.m.—12:00 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.

7 Habits of Highly Effective Military Families
Date(s): March 12, 2014
Time: 6:00—8:00 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Ms. Ivette Bennett
For information and to register, call (703) 634-2672.
This workshop provides skills and tools to "Sharpen the Saw" preserving and enhancing the greatest asset you have, your Family.

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

Date(s): March 21, 2014
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.

VETERAN, RETIREMENT & TRANSITION ASSISTANCE

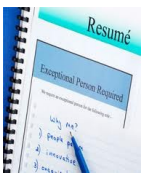
Fort Meade, Maryland

Transition Goals, Plans, Success (TGPS)
Date(s): February 10-14, 2014 & March 3-7, & 17-21, 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.

Retiree Brief
Date(s): February 24, 2014 & March 10, 2014
Time: 8:00—11:30 a.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.

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) 767-0450.
This is a mandatory briefing on benefits for transitioning service members.

Resume Review


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) 767-0450.
We review resumes by appointment. Call today.

Marketing Yourself For A Second Career
Date(s): February 7, 2014
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 stressors when it comes to transitioning from a military career to a civilian career. Learn what you can do to prepare yourself for a success transition, from identifying resources to executing an attention-getting resume and cover letter to landing the job that's right for you.

Disability Transition Assistance Program (DTAP)
Date(s): February 7, 2014
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.

Retirement Benefits Briefing
Date(s): February 21, 2014 & March 21, 2014
Time: 8:00—11:30 a.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.

Troops to Teachers
Date(s): March 21, 2014
Time: 10:00—11:30 a.m.
Location: Military & Family Support Center, Bldg. 13,
Joint Base Anacostia-Bolling
Instructor: Troops to Teachers Staff
For information, call (202) 767-0450.

This program provides funds to recruit, prepare, and support former members of the military services as teachers in high-poverty schools. Successful program candidates obtain certification or licensing as elementary school teachers, secondary school teachers, or vocational or technical teachers and become highly qualified teachers. The program also helps these individuals find employment in high-need local education agencies (LEAs) or charter schools.

JBM-HH Fort Myer, Virginia

Fort Myer ACAP offers many seminars and workshops for transitioning soldiers. Visit www.acap.army.mil to find schedules and information. Spouses are encouraged to attend. Pre-registration is required. Call (703) 696-0973 for more information.

See flyer on page 17

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

Job Search Through Social Media and Networking Systems

Date(s): February 3, 2014 & March 17, 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 members in navigating through the internet to find employment and provide techniques and resources to help you get hired!

Survivor Benefit Plan (SBP) Workshop

Date(s): February 5, 2014
Time: 9:00—11:30 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 integrates benefits from DOD, Department of Veterans Affairs (VA), and Social Security to enhance Family readiness.

Reviewing Job Descriptions

Date(s): February 5, 2014 & March 7, 2014
Time: 1:00—2:30 p.m. & 9:00 a.m.—1:00 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Career Resource Management Center Sstaff
For more information, call (703) 784-2511/4963.
Decipher job descriptions to determine if you meet the skills potential employers are looking for.

Disability Transition Assistance Program (DTAP)

Date(s): February 6, 2014
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.

Developing Your Private Resume

Date(s): February 7, 2014
Time: 9:00 —11:00 a.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 you with developing the content for your private sector resume.

Transition Readiness Seminar (TRS)

Date(s): February 10-14, 24-28, 2014 & March 10-14, 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.

Myers-Briggs Type Indicator Basics: Understanding Type

Date(s): February 18, 2014 & March 31, 2014
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 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.

Linked-In

Date(s): February 19, 2014 & March 5, 2014
Time: 1:00—3:00 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 you in understanding LinkedIn and its purpose. Also, you will create an account if you do not already have one.

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.

Joint Base Myer-Henderson Hall ACAP

SEMINARS AND WORKSHOPS

McNair Road, Building 404, Joint Base Myer-Henderson Hall, VA 22211
Office - 703- 696-0973 Fax – 703-696-3352
Email - acap.myer@serco-na.com Website - www.acap.army.mil

Reservations are required. Spouses are encouraged to register and attend!
Call the ACAP Center or log-in and schedule at www.acap.army.mil.
Available to all **registered** ACAP Center Clients.
***Location is in the ACAP building 404 unless notated.**

Retiring TAP

Jan	6-10 or 13-17*	0800-1600
Feb	10-14	0800-1600
Mar	10-14 or 17-21*	0800-1600

ETS TAP

Jan	6-10	0800-1600
Feb	3-7	0800-1600
Mar	3-7	0800-1600

Entrepreneur Track " Boots to Business"

Jan	21-22	0830-1530
Mar	18-19	0830-1530

Business Franchise Opportunities

Feb	20	1300-1500
Apr	17	1300-1500

Finding and Applying for Federal Jobs

Jan	29	1000-1200
Feb	26	1000-1200
Mar	26	1000-1200

Federal Resume Workshop

Jan	9*	1000-1200
Feb	6*	1000-1200
Mar	6*	1000-1200

Marketing Yourself for a Second Career

Jan	28	1300-1500
Feb	25	1300-1500
Mar	25	1300-1500

Career Resource Workshops

Jan	27	0800-1530
Feb	24	0800-1530
Mar	17	0800-1530

Accessing Higher Education

Feb	18-19*	0800-1600
Apr	24-25*	0800-1600

Smart Investments

Jan	29	1300-1500
Feb	26	1300-1500
Mar	26	1300-1500

Credit Scores from Good to Excellent

Jan	30	1300-1500
Feb	27	1300-1500
Mar	27	1300-1500

Home Buying

Jan	28	1000-1200
Feb	25	1000-1200
Mar	25	1000-1200

Debt Free

Jan	30	1000-1200
Feb	27	1000-1200
Mar	27	1000-1200

Tricare Benefits in Depth

Jan	23	1000-1200
Feb	20	1000-1200
Mar	20	1000-1200

Capstone

Jan	3 or 24	1000-1200
Feb	7 or 21	1000-1200
Mar	7 or 28	1000-1200

***Education Center Bldg 417 Rm 108**

Updated on 12/27/2013

VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

Small Business Administration Workshop (SBA)
Date(s): February 19—20, 2014
Time: 7:30 a.m.—4:30 p.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Career Resource Management Center Staff
For more information, call (703) 784-2511/4963.
Starting a small business requires an overall plan-selecting a location, deciding on a business structure, obtaining necessary licenses and permits. Determining which financing options will meet your short-term needs and long-term goals is crucial. This class answers your questions and points you in the right direction.

10 Steps to a Federal Job / Federal Resume Lab
Date(s): February 21, 2014 & March 19, 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.

STRONG Interest Inventory & Career Satisfaction
Date(s): March 3, 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 provides an overview of the STRONG inventory and how it can be a powerful method for matching interests with opportunities for jobs, education, and leisure activities. Participants must complete the STRONG inventory before attending this class.

Market Yourself For A Second Career

Date(s): March 5, 2014
Time: 9:00—11:30 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 provide attendees with skills and resources to prepare for a career after leaving the service. Participants will learn techniques to effectively navigate the job market.

Job Fair
Date(s): March 21, 2014
Time: 9:00 a.m.—2:00 p.m.
Location: The Clubs at Quantico, Marine Corp Base, Quantico
Instructor: Career Resource Management Center Staff
For more information, call (703) 784-2511/4963.
The Wounded Warrior Regiment and MCCS Career Resource Management Center will be hosting this job fair. Call for more information.

Executive Transition Readiness Seminar (O5, O6's)
Date(s): March 24-28, 2014
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.

FINANCIAL READINESS

Fort Meade, Maryland

Home Buying
Date(s): February 3, 2014
Time: 1:00—3:00 p.m.
Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade
Instructor: Mr. Brian Pampuro
To register, call (301) 677-9014/18.
Learn about credit reports, the mortgage and appraisal process, and many other useful tools. This lesson also includes instruction and information materials to assist service members and Families with their home buying.

Paying For College
Date(s): February 24, 2014
Time: 1:00—3:00 p.m.
Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade
Instructor: Mr. Brian Pampuro
To register, call (301) 677-9014/18.
Participants will be able to compare and evaluate different college funding options and identify resources for researching financing alternatives.

Car Buying

Date(s): March 10, 2014
Time: 1:00—3:00 p.m.
Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade
Instructor: Mr. Brian Pampuro
To register, call (301) 677-9014/18.
This class will help teach participants to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car, and to negotiate effectively when purchasing an automobile.

Gambling Awareness
Date(s): March 24, 2014
Time: 1:00—3:00 p.m.
Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade
Instructor: Mr. Brian Pampuro
To register, call (301) 677-9014/18.
This lesson provides information on gambling statistics, the prevalence of gambling problems and military directives. Each participant will complete a self-assessment on gambling habits and discuss the warning signs of problem or compulsive/pathological gambling. Referral resources are discussed, and mini-scenarios are used to provide for application of knowledge.

Credit Management
Date(s): March 31, 2014
Time: 1:00—3:00 p.m.
Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade
Instructor: Mr. Brian Pampuro
To register, call (301) 677-9014/18.
Learn how to establish and maintain good credit and avoid excessive debt.

Joint Base Anacostia-Bolling, DC

Investing 101—How Military Saves Can Help

Date(s): February 3, 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.
Protect your Family and your future by increasing your financial readiness.

Consumer Awareness

Date(s): February 4, 2014 & March 4, 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.

Home Buying with Pentagon Federal

Date(s): February 5, 2014 & March 5, 2014
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.

Credit Management

Date(s): February 11, 2014 & March 11, 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 learn how to establish and maintain good credit and determine a safe debt load.

Pentagon Federal Credit Union-PFM Team

Date(s): February 12, 19, 2014 & March 19, 2014
Time: 12:00—1:00 p.m.
Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling
Date(s): March 12, 2014
Time: 12:00—1:00 p.m.
Location: Military & Family Support Center, Bldg 72, 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.

Understanding Your TSP

Date(s): February 13, 2014
Time: 12:00—1:00 p.m.
Location: Pentagon, Room 5D253A, Washington, DC
Date(s): March 13, 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.
As a result of attending this program, participants will be able to understand the thrift savings plan program.

Financing for Couples

Date(s): February 14, 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.
Join us for this special Valentine's class focusing on financing for couples.

Car Buying

Date(s): February 18, 2014 & March 18, 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.
Determine how much you can afford, learn how to negotiate a fair price, and research available vehicles, lenders and sellers.

Command Financial Specialist Forum

Date(s): February 20, 2014
Time: 9:00—10:00 a.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 meet and share ideas about their respective programs during this quarterly forum in accordance with OPNAVINST 1740.5B.

Raising Financially Fit Kids

Date(s): February 20, 2014
Time: 11:00 a.m.—12:00 p.m.
Location: Washington Navy Yard
Date(s): March 27, 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.

Command Financial Specialist Leadership Forum

Date(s): February 21, 2014
Time: 2:00—3:00 p.m.
Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling
Instructor: Military & Family Support Center Staff
To register, call (202) 433-6151.
Provides an introduction and overview of the Command Financial Specialist program and resources available to commands and financial prevention techniques.

Million Dollar Ways

Date(s): February 25, 2014
Time: 9:00 a.m.—3:00 p.m.
Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling
Instructor: Military & Family Support Center Staff
To register, call (202) 433-6151.
Provides a basic understanding of financial issues, creates an awareness of assistance resources, develops program solving skills with regards to financial issues, and explores strategies of achieving financial growth.

Student Loans with Pentagon Federal

Date(s): February 26, 2014 & March 26, 2014
Time: 12:00—1:00 p.m.
Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling
Instructor: Pentagon Federal Staff
To register, call (202) 433-6151.
Participants will receive information on student loans.

Identity Theft

Date(s): February 27, 2014
Time: 12:00—1:00 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 tools and resources to protect you from identity theft or help you if your identity has been stolen.

Command Financial Specialist Training

Date(s): March 10-14, 2014
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 elected by your command to attend this course and you must attend the entire training in order to be certified.

JBM-HH Fort Myer, Virginia

MILITARY SAVES WEEK

The purpose of Military Saves Pledge Drive is to remind Servicemembers and their Families how important it is to save and to promote good saving behaviors. Without financial stability, Servicemembers will experience financial hardship that can lead to stress that will affect unit readiness and their career. By developing a habit of saving regularly, Servicemembers don't need to worry about unforeseen financial crisis for life after the military. JBM-HH will have Military Saves Pledge Drive to increase the awareness of Military Saves Campaign and to encourage Servicemembers to make a pledge during Military Saves Week (Feb 24 - Mar 1). Servicemembers and their Families can contact JBM-HH Financial Readiness Program at 703-696-3510 to make an appointment for the personal financial counseling session. They can also call Military-OneSource(800-342-9647) to have in-person and over the phone financial counseling at no cost.

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.

JBM-HH Henderson Hall, Virginia

Unable to attend one of our scheduled classes listed below? You can call us and schedule and individual "Tutorial". Call (703) 614-6590.

Personal Financial Management & Planning

Date(s): February 5, 2014 & March 5, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
Learn to set and evaluate your financial goals and objectives. The class includes related facets of personal financial management, identifying needs versus wants, fixed and variable expenses, and discretionary expenses. Registration required.

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

Date(s): February 6, 2014 & March 6, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
Learn about the credit system, debt management and consumer rights. Learn how to improve your credit score and how to dig out of a deep debt situation. Registration required.

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

Date(s): February 12, 2014 & March 12, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check—in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
This class will help Marines become alert, savvy consumers by recognizing and advertising techniques that target consumers. Registration required.

Strategies for Buying or Leasing a Car

Date(s): February 13, 2014 & March 13, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check—in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
This class includes negotiations with the sales force, the purchase decision, and cost-related contents of the purchase contract. Class also includes the relative advantages and disadvantages of buying new or used versus leasing. Registration required.

Home Buying and Mortgages
Date(s): February 19, 2014 & March 19, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
Learn about the home buying process from deciding how much you can afford, to working with an agent, the mortgage process and different types of mortgages to closing the deal . Registration required.

Investing: Basics of Stocks, Bonds, Mutual Funds, TSP & Compound Interest
Date(s): February 20, 2014 & March 20, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
This class highlights the difference between index mutual funds and actively managed funds. Participants will be able to use free database tools to find high performing actively managed funds. Registration required.

Investing: Focus on Mutual Funds
Date(s): February 26, 2014 & March 26, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
This class is intended for persons who know they need to invest money in the "stock market" but do not want to have to become highly knowledgeable to begin investing in a prudent manner. Registration required.

Fundamentals of Planning for Retirement from the Military

Date(s): February 27, 2014
Time: 11:30 a.m. — 1:00 p.m.
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
This class provides an overview of five elements of retirement planning to include "High 3 vs. CBS/REDUX" and SBP. A second objective is to acquaint attendees with the integrated financial planning process and to provide them examples of financial plans they might reasonably develop with the assistance of a professional financial planner. Registration required.

Command Financial Specialist Course
Date(s): March 17-21, 2014
Time: 7:30 a.m. — 4:00 p.m. each day
Location: Bldg 29, Check-in at Room 204, Henderson Hall
Instructor: Marine & Family Services Personal Financial Management Staff
To register, call (703) 614-6950.
This 5 day course is a prerequisite for officers, staff non-commissioned officers, chief petty officers and petty officers first class assigned by their commanding officer as a unit Command Financial Specialist (CFS). Registration is required.

Quantico, Virginia

Saving & Investing

Date(s): February 4, 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.
Start developing skills and knowledge that will assist you in obtaining your financial goals.

Credit & Debt Management
Date(s): February 5, 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 techniques and behaviors to establish and maintain good credit and avoid excessive debt.

Basic Financial Management
Date(s): February 7, 14, 21, 2014 & March 7, 14, 21, 28, 2014
Time: 9:00—10:30 a.m.
Location: Voluntary Education Center, Marine Corp Base, Quantico
Instructor: Personal Finance Management
For more information, call (703) 784-2650.
Come learn how you can get your information organized and working properly to keep your financial plans on the road to financial success.

Military Saves Campaign
Date(s): February 25-27, 2014
Time: 8:00 a.m.—3:00 p.m.
Location: Voluntary Education Center, Marine Corp Base, Quantico
Instructor: Personal Finance Management
For more information, call (703) 784-2650.
Topics vary from home buying to taxes to TSP contributions.

Managing Income, Expenses, Savings and Credit
Date(s): March 4, 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.
Managing your finances involves more than paying your bills on time. Develop goals, monthly budgets and learn how to maintain good credit.

Car Buying
Date(s): March 18, 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.
Purchasing a vehicle is a large investment that can impact your short term status. Develop skills and strategies to make wise choices.

Helping the Army Take Care of Its Own Since 1942
ARMY EMERGENCY RELIEF

AER CAMPAIGN 2014
Army Wide March 1-May 15, 2014
JBM-HH March 3-May 15, 2014

To Donate contact your unit representative.
For more info call (703) 696-3510

EMPLOYMENT READINESS

Fort Belvoir, Virginia

Employment Readiness Orientation

Date(s): February 4, 18, 2014 & March 4, 18, 2014
Time: 12:45—2:30p.m.
Location: Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir
POC: Ms. Laureen Dupree
To register, call (703) 805-4590.

Provides information and assistance 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.

ABCs of Federal Employment & Federal Resume Preparation

Date(s): February 6, 2014 & March 6, 2014
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.

Job Fair

Date(s): February 19, 2014
Time: 10:00 a.m.—2:00 p.m.
Location: Fort Belvoir Community Center, Fort Belvoir
POC: Ms. Laureen Dupree
To register, call (703) 805-4590.
Many employers will be on hand to speak with. Bring copies of your resume and business attire is recommended.

Kelly Recruiting

Date(s): February 20, 2014 & March 20, 2014
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.

Basic Resume Preparation

Date(s): February 27, 2014 & March 19, 2014
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.

Fort Meade, Maryland

Resume Writing

Date(s): February 4, 2014
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): March 4, 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): February 11, 2014
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): March 11, 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.

Job Search Strategies

Date(s): February 25, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade
Instructor: Employment Readiness Program Staff
For information, call (301) 677-5590.
Learn techniques to help you succeed in your job search, as well as the tools for networking and negotiating job offers.

Interviewing Skills

Date(s): March 25, 2014
Time: 9:00 a.m.—2:00 p.m.
Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade
Instructor: Ms. Julie Yates
For information, call (301) 677-9014/17.
Learn about basic interviewing techniques, tips on dressing for success, and how to successfully work a job fair.

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): February 4, 2014
Time: 8:30—10:30 a.m.
Location: Military & Family Support Cen ter, Bldg 13, Joint Base Anacostia-Bolling

Date(s): February 5, 2014
Time: 1:00—3:00 p.m.
Location: Admiral Gooding Center, Washington Navy Yard

Date(s): March 4, 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.

Applying For a Federal Job
Date(s): February 4, 2014 & March 4, 15, 20, 2014
Time: 12:00—3:00 p.m. & 9:00 a.m.—12:00 p.m.
Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Date(s): February 5, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Admiral Gooding Center, Washington Navy Yard

Date(s): March 4, 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.

Resume Writing Workshop
Date(s): February 6, 11, 20, 2014 & March 11, 25, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

Date(s): February 25, 2014 & March 18, 2014
Time: 12:00—3:00 p.m.
Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

Date(s): March 5, 2014
Time: 9:00 a.m.—12:00 p.m.
Location: Admiral Gooding Center, Washington Navy Yard
Instructor: Military & Family Support Center Staff
To register, call (202) 767-0450.
Learn the skills to construct and tailor your resume to your needs.

Exploring Franchise Ownership—Lunchtime Webinar
Date(s): February 10, 2014 & March 10, 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 during this webinar facilitated through the Military & Family Support Center.

Job Search Strategies
Date(s): February 18, 2014 & March 17, 2014
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.
Job seekers will learn to utilize a variety of job search strategies to help them stand out in a crowd.

Interview Techniques
Date(s): February 18, 2014 & March 17, 2014
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 tips to prepare for a successful job interview.

Meet The Employer
Date(s): February 19, 2014 & March 19, 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.

Family Member Employment Readiness Program Workshop
Date(s): February 27, 2014 & March 27, 2014
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.

Acing The Interview
Date(s): March 12, 2014
Time: 8:00 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.
Get advice on how to present yourself at an interview plus a segment on mock interviewing.

JBM-HH Fort Myer, Virginia

Job Search For Newcomers
Date(s): February 4, 20, 2014 & March 6, 18, 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.

Resume Class
Date(s): February 14, 2014 & March 11, 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.

Federal Job Search
Date(s): February 25, 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.
This class will teach participants how to search for federal employment.

Prepare For a Job Fair
Date(s): March 21, 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.

Job Fair
Date(s): March 27, 2014
Time: 10:00 a.m.—2:00 p.m.
Location: Officer's Club, 214 Jackson Ave., Fort Myer, VA 22211
POC: Ms. Judy Joyner
For more information, call (703) 696-3047/ 1-678-819-4153.
This job fair is sponsored jointly by Army Community Service's Employment Readiness Program, Army Career & Alumni Program (ACAP), and Civilian-jobs.com. Many employers will be on hand to speak with. Bring copies of your resume and business attire is recommended.

Quantico, Virginia

Building Better Resumes
Date(s): February 4, 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.
Optimize your chances of success by learning how to write a resume that avoids common mistakes.

Preparing For A Phone Interview
Date(s): February 18, 2014
Time: 9:30—11:30 a.m.
Location: Chapel Annex, Marine Corp Base, Quantico
Instructor: Family Member Employment Assistance Program
To register, call (703) 784-3232.
Learn how a phone interview differs from a face to face meeting and what questions to be prepared for.

Interview Techniques
Date(s): March 4, 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.

Local Employment Workshop
Date(s): March 18, 2014
Time: 10:00—11:30 a.m.
Location: 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.

1-800-342-9647

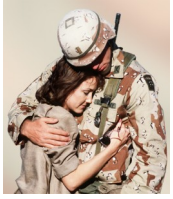
Resources & Help for Military Members, Spouses & Families

www.militaryonesource.com

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

DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

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): March 12-14, 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.

JBM-HH Henderson Hall, Virginia

Pre-Deployment Briefing

Date(s): March 4, 2014
Time: 10:00 a.m.—12:00 p.m.
Location: Marine Corp Family Team Building, Bldg. 29, Room 100, Henderson Hall
Instructor: Ms. Kea Matory
To register, call (703) 693-1253.
Come learn about the deployment cycle and prepare for upcoming deployments. This class is good tool for preparing yourself and your Family for a deployment.

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 Heath, 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) Friday 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): February 18, 2014 & March 18, 2014
Time: 6:00—7:30 p.m.
Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir
Instructor: Ms. Donita McDonald
For information, call (703) 805-2561/2693.
Monthly support group for single parents.

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.

JBM-HH Fort Myer, Virginia

Hearts Apart

Date(s): February 12, 2014 & March 12, 2014
Time: 5:30—7:00 p.m.
Location: Army Community Service Classroom, Bldg. 201, Fort Myer
Instructor: Mr. Corwin Smith & Ms. Chantele Smith
To register, call (703) 696-1053/0156.
Networking group for Families whose spouse is serving away from home.

Quantico, Virginia

Women's Awareness Knowledge and Education (WAKE)

Date(s): Every Tuesday
Time: 5:00—7:00 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.

Through A Child's Eyes (Ages 6-12)

Date(s): Thursday's February 6, 2014—March 6, 2014
Time: 5:30—7:00 p.m.
Location: Marine Corp Base, Quantico
Instructor: Ms. Amanda Norah & Ms. Kristiana Poole
To register, call (703) 784-2570.

This support and educational group is designed for the specific needs of children who have experienced or witnessed domestic violence and other Family dysfunction in their homes. A brief pre-screening is required before attending. Children will have the opportunity to discuss anger management, making and keeping friends, self-esteem and other valuable social skills. Adult learning opportunities will be provided simultaneously.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Fort Meade, Maryland

EFMP Walking Group

Date(s): February 13, 2014 & March 13, 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.

EFMP Bowling

Date(s): February 19, 2014 & March 19, 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): February 18, 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.

FOCUS Resiliency Training: Keeping Your Cool in the New Year

Date(s): February 20, 2014
Time: 12:00—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.
This interactive workshop will help you take a deep breath and build resiliency in 2014. Participants will learn to better understand their emotions and those of their Family members as well as learn a common language to talk to them.

Respite Care Reimbursement Program Orientation

Date(s): February 27, 2014 & March 27, 2014
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

Rights & Responsibilities

d 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

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.

Supplemental Social Security Income (SSI) Brief

Date(s): March 11, 2014
Time: 11:00 a.m.—1:00 p.m.
Location: Indian Head USO Center, 14 Strauss Ave., Indian Head, MD
Date(s): March 17, 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 cover the SSI program guidelines, the application process, and more.

Special Needs Forum

Date(s): March 20, 2014
Time: 11:00 a.m.—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 open forum provides information on current events and addresses issues of concern to our Families enrolled in EFMP.

Naval Support Activity, Bethesda, MD

Establishing and Maintaining Positive Relationships With Special Needs Children

Date(s): February 18, 2014
Time: 11:00 a.m.—12:00 p.m.
Location: Fleet & Family Support Center, 8901 Wisconsin Ave., Bldg. 11, Room 16, Bethesda, MD
Instructor: Ms. Tamara Pleasant
For more information and to register, call (301) 400-2543.
This class will show parents and children how to positively interact with each other.

Sensory Processing Disorder Workshop

Date(s): March 11, 2014
Time: 11:00 a.m.—12:00 p.m.
Location: Fleet & Family Support Center, 8901 Wisconsin Ave., Bldg. 11, Room 16, Bethesda, MD
Instructor: Ms. Tamara Pleasant
For more information and to register, call (301) 400-2543.
This workshop focuses on understanding Sensory Processing Disorder (SPD), and will feature toys that children can use to cope with this disorder.

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