



# Life YOUiversity

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

## Summer, Summer, Summertime!!

A perfect time to take a break and enjoy fun in the sun with friends, Family, and to rejuvenate the mind, body and soul!

By: Ms. Sandra McLean, Family Advocacy Program Community Educator, Army Community Service, Joint Base Myer-Henderson Hall

June / July  
2014

**Most classes are open to all Service members, their Family members, and DoD civilians.**

**All classes require registration unless otherwise indicated. Registration information is included with each class description.**

**All classes subject to change.**

### Inside this issue:

<b><u>Summertime!</u></b>	1
★ <i>Parenting</i>	2-5
★ <i>Relocation Readiness</i>	7-9
★ <i>Health &amp; Marriage Enrichment</i>	9-13
★ <i>Personal Growth &amp; Volunteerism</i>	14
★ <i>Military Family Team Building</i>	15
★ <i>Veteran, Retirement &amp; Transition Assistance</i>	15-16
★ <i>Financial Readiness</i>	17-18
★ <i>Employment Readiness</i>	18-19
★ <i>Deployment &amp; FRG</i>	20
★ <i>Support Groups</i>	20
★ <i>Exceptional Family Member Program</i>	21

*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:*

**Joint Base Myer-Henderson Hall  
Army Community Service  
Family Advocacy Program  
703-696-3512**

It's time for some fun in the sun! All across America, the Winter of 2014 slammed us. From record breaking snowfall totals throughout the south to record breaking freezing temperatures in the mid-west, we all have felt the beatings of old man winter! Now that that is far behind us, we can look straight ahead to the warmer months and welcome the bright sunshine and exciting outdoor activities!

### Sun exposure

The big chill is over! Summertime is wonderful and many of us look forward to being outdoors with our Family and friends doing things that make us feel awesome. However, we should make sure that we protect our skin from the ultraviolet radiation rays. While at the poolside or beach, apply sunscreen with at least 15 SPF (sun protection factor) to the areas of the body that is not covered by clothing. Also, when possible you should wear a hat with at least three inches of brim, sunglasses that have 97%-100% UVA and UVB ray protection and clothing with a tight weave. In today's market, there are some really hot sunshades, so grab you a pair and get your protection and your swag on!

### Heat exposure

We all have heard of "heat-stroke" and many of you may have experienced it before. If so, you already understand how serious this can be. Symptoms may include any of the following: dizziness, trouble breathing, headaches, rapid heartbeat, nausea, vomiting, confusion and changes in blood pressure. Kids and the elderly are more susceptible to various heat related illnesses. So, stay hydrated, limit your time and your families' time in direct sunlight, and keep the body as cool as possible but most of all, be aware of the signs. You have to take care of yourself, there are only so many warm months that we have to enjoy, so let's not lose a second!

### Water Safety

Although it should go without saying, I must say it anyway. Please do not leave children unattended at the pool, beaches or in any other area that has standing water. A drowning can happen at the blink of an eye. In addition, if you are out with your Family on a boating excursion this summer, please wear a personal flotation device. Life jackets for kids and adults are state regulated, therefore, do the research and learn the guidelines in order to keep your Family safe. Now jump in, while keeping safety first!

### Food safety

Water play, summertime bar-be-ques and family picnics are the usual weekend, and sometimes weekday, Family affairs. During the hotter months it is most important to take a little extra precaution in food prep, food handling and hand sanitation. A good rule of thumb is to "keep the hot foods hot and the cold foods cold", especially during the summer bar-be-que season. Another thing to keep in mind is that cross contamination can sometimes cause food poisoning. So please, "stay away from the same old plate"! Go ahead, grab another one of those paper plates and trash that old one along with all of those icky germs too!

*(Continued on page 7)*

# PARENTING

## Fort Belvoir, Virginia

### Play Morning

**Date(s):** Every Tuesday (June 17—Last Play Morning till September)

**Time:** 10:00 AM– 12:00 PM

**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 PM– 7:00 PM

**Location:** Women's Health Clinic, Fort Belvoir Community Hospital

**Instructor:** Ms. Janie Lott

**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.

### 5th Floor Tour (Labor & Delivery)

**Date(s):** Every Tuesday and Thursday

**Time:** 5:00 PM

**Location:** Women's Health Clinic, Fort Belvoir Community Hospital

**Instructor:** Ms. Janie Lott

**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.

### Breastfeeding Class

**Date(s):** Third (3rd) Tuesday and Fourth (4th) Saturday of every month

**Time:** 4:00 PM– 6:00 PM Tuesdays & 10:00 AM– 12:00 PM Saturdays

**Location:** Women's Health Clinic, Fort Belvoir Community Hospital

**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.

### 36 Week Prenatal Class

**Date(s):** Every Wednesday

**Time:** 5:00 PM– 7:00 PM

**Location:** Women's Health Clinic, Fort Belvoir Community Hospital

**Instructor:** Ms. Janie Lott

**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):** June 5, 2014

**Time:** 9:00 AM– 12:00 PM

**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.



### ScreamFree Parenting

**Date(s):** June 10, 17, 24 and July 1, 2014—**4 PART SERIES**

**Time:** 6:00 PM– 8:30 PM

**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.

### 1-2-3 Magic (Effective Discipline for children ages 2-12)

**Date(s):** June 12, 2014

**Time:** 1:00 PM– 4:00 PM

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

**Instructor:** Ms. Sonja Fouts and Ms. Heather Larson

**For information, call (703) 805-4547/2781.**

1-2-3 Magic is simple, easy to learn, and effective discipline program for parents and other caretakers dealing with young children.

### Summer Adoption Fair

**Date(s):** June 14, 2014

**Time:** 9:00 AM– 12:00 PM

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

**Instructor:** Ms. Scottie Hampton

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

Are you Adoptive Parent? Or considering becoming the answer to a child's prayer? Join us, Army Community Service and United Methodist Family Service, for a Summer Adoption Fair to celebrate your unique family. We will provide you information, help you engage in conversation with other families and professionals and provide fun activities with giveaways so that you will always know where to come when you need a helping hand. Limited childcare available. Registration required.

### Dads 101

**Date(s):** June 19, 2014

**Time:** 9:00 AM– 12:00 PM

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

**Instructor:** Ms. Heather Larson

**For information, call (703) 805-2781.**

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



### Infant Massage

**Date(s):** July 10, 17, 24, 2014—**3 PART SERIES**

**Time:** 1:00 PM– 2:00 PM

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

**Instructor:** Ms. Sonja Fouts

**For information, call (703) 805-4547.**

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



## PARENTING (CONTINUED)

### **TransParenting®**

**Date(s):** June 26, 2014

**Time:** 1:00 PM– 5:00 PM

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

**Instructor:** Ms. Scottie Hampton

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

Whatever stage of separation or divorce you may be in, the *TransParenting* seminar will offer you tools and information to help you move your family through this period of significant change. This is a four hour seminar for parents experiencing a separation or divorce to gain critical information to assist them in co-parenting children in a healthy way. Limited Child Care is available. Registration is required.

**Instructor:** Ms. Tamica Barnum

**For information, call (301) 677-9014/17/18.**

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.

### **Common Sense Parenting: Preventing Misbehavior**

**Date(s):** July 11, 2014

**Time:** 11:30 AM– 12:30 PM

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

**Instructor:** Ms. Tamica Barnum

**For information, call (301) 677-9014/17/18.**

Call to register.

## Fort Meade, Maryland

### **Romp N Stomp**

**Date(s):** Every Tuesday

**Time:** 9:30 AM– 11:30 AM

**Location:** Boundless Playground, Fort Meade

**Instructor:** Ms. Colaina Townsend and Ms. Michelle Pineda

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

Parents and children ages 0-5 can meet and support one another while their children meet new friends and play together.

### **Calling All Dads**

**Date(s):** Second (2nd) and fourth (4th) Monday of every month

**Time:** 4:00 PM– 5:00 PM

**Location:** Potomac Place Neighborhood Center, 4998 2nd Corps. Blvd., Fort Meade

**Instructor:** Ms. Michelle Pineda

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

Gain support and skills from fellow fathers. For expecting fathers, and fathers with children of all ages. Children welcome. Registration required.

### **Families Dealing With Deployment**

**Date(s):** First (1st) and Third (3rd) Monday of each month

**Time:** 5:30 PM–6:30 PM

**Location:** Meuse Forest Neighborhood Center, 8700 91st Division Blvd., Ft. Meade

**Instructor:** Ms. Colaina Townsend

**To register, call (301) 677-5590**

Group for all family members experiencing an upcoming or current deployment, or who have recently returned from deployment. Children are welcome. Registration required.

### **Parenting with a Purpose**

**Date(s):** Every Wednesday

**Time:** 1:00 PM– 3:00 PM

**Location:** Meuse Forest Neighborhood Center, 8700 91st Division Blvd., Ft. Meade

**Instructor:** Ms. Michelle Pineda and Ms. Colaina Townsend

**To register, call (301) 677-5590**

Join this six-week parenting class for parenting with children of all ages. Registration required.

### **Common Sense Parenting: Encouraging Positive Behavior**

**Date(s):** June 6, 2014

**Time:** 11:30 AM– 12:30 PM

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

## JBM-HH Fort Myer, Virginia

### **Outdoor Play Morning**

**Date(s):** Every Wednesday

**Time:** 10:00 AM– 11:30 AM

**Location:** Virginia Highland Park- Playground #1, 1600 S. Hayes Street, Arlington, VA 22202,

**Instructor:** Ms. Pamela Hirsch and Ms. Mary Cargill

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

Play, songs, and story time for preschool children 0-5 years old. Enhance children's social and cognitive skills while parents support each other through sharing ideas, parenting experiences, concerns and information. Space is limited and pre-registration is required.

### **TransParenting®**

**Date(s):** June 2 & 9 & July 7 & 14, 2014—**2 PART SERIES**

**Time:** 9:00 AM– 11:00 AM

**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.

### **Play, Learn, and Grow: Fatherhood**

**Date(s):** June 4, 2014

**Time:** 10:00 AM– 11:00 AM

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

**Instructor:** Ms. Sandra McLean

**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 celebrating fathers. Children welcome. Registration required.

### **Splish, Splash, and Summer Fun**

**Date(s):** June 6, 2014 \*Rain Date - June 13, 2014\*

**Time:** 10:00 AM– 12:00 PM

**Location:** Virginia Highland Park, 1600 S. Hayes Street, Arlington, VA 22202

**Instructor:** Ms. Pamela Hirsch and Ms. Mary Cargill

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

Public Water Park for parents and children ages 0-5 to have a morning of fun! Please see link for rules and guidelines: <http://www.arlingtonva.us/departments/ParksRecreation/scripts/playgrounds/spraygrounds.aspx#virginia>



## PARENTING (CONTINUED)

### **Child Safety: Staying Home Alone**

**Date(s):** June 16, 2014  
**Time:** 9:00 AM– 10:30 AM

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer  
**Instructor:** Ms. Sandra McLean

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

For parents and children. Come and learn about the guidelines of leaving your child home alone specific to your county. Also, create a home safety plan for your children when not under your care. Registration required.

### **Baby Stages**

**Date(s):** June 20, 2014  
**Time:** 1:00 PM– 3:00 PM

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer  
**Instructor:** Ms. Pamela Hirsch and Ms. Mary Cargill

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

Learn to assess your child for developmental milestones and discuss activities that you can do to help improve your social, gross motor, and cognitive development. Pre-registration requested.

### **Baby Sign Language**

**Date(s):** July 17, 2014  
**Time:** 12:00 PM– 2:00 PM

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer  
**Instructor:** Ms. Pamela Hirsch and Ms. Mary Cargill

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

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.

### **Baby Bundles**

**Date(s):** July 25, 2014  
**Time:** 12:00 PM– 2:00 PM

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

**Instructor:** Ms. Mary Cargill and 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 AM– 11:00 AM

**Location:** USO at Indian Head Naval Base

**Instructor:** Ms. Diane Waters and 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.

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

**Date(s):** June 9 & July 21, 2014  
**Time:** 1:00 PM– 3:00 PM

**Location:** Marine Family Services Conference Room,

**Life YOUiversity June/July 2014**

Bldg 12, Henderson Hall

**Instructor:** Ms. Diane Waters and 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.

### **Baby Boot Camp**

**Date(s):** June 20 & July 18, 2014  
**Time:** 8:30 AM–2:30 PM

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

**Instructor:** Ms. Diane Waters and Ms. Amaris Brown

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

Expectant parents will learn diapering, bathing, how to soothe a crying infant, when to call the doctor, safe sleeping practices, all about immunizations, and how to enjoy becoming a parent.



### **Cooperative Parenting & Divorce**

**Date(s):** July 28, 2014  
**Time:** 12:00 PM– 4:00 PM

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

**Instructor:** Ms. Diane Waters and Ms. Amaris Brown

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

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

### **Triple P! Raising Responsible Teenagers**

**Date(s):** June 20 & July 14, 2014  
**Time:** 2:00 PM– 3:30 PM

**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 their child six (6) building blocks to raise emotionally resilient children. Pre-registration required.

## **Patuxent River, Maryland**

### **Playgroup**

**Date(s):** Every Thursday  
**Time:** 10:00 AM– 11:00 AM

**Location:** Glen Forrest Community Center, NAS Patuxent River

**Instructor:** Ms. Lolita Tyler– Lockett

**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.

### **Amazing Newborns**

**Date(s):** June 3, 2014  
**Time:** 4:00 PM-6:00 PM

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

**Instructor:** Ms. Lolita Tyler– Lockett

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

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby, and discuss feeding, health care, and safety issues. Participants will receive complimentary book, "Your Baby's First Year" and CD. "Heartbeat Lullabies."

**All Classes/Events Subject to Change**

## PARENTING (CONTINUED)

### **Budget for Babies**

**Date(s):** June 25 & July 30, 2014

**Time:** 10:00 AM– 12:00 PM

**Location:** Navy, Marine Corp Relief, Bldg. 401, NAS Patuxent River

**POC:** Fleet & Family Support Center staff

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

The Navy Marine Corp Relief Society will illustrate hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.00.

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

**Date(s):** July 8, 15, 22, 2014—**3 PART SERIES**

**Time:** 12:00 PM– 2:00 PM

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

**Instructor:** Ms. Michelle Adams and Ms. Sara Ulrich

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

Are you frustrated trying to find an effective and positive way to discipline your children? 1-2-3 Magic: Effective Discipline for Children ages 2-12 is an evidence-based, easy-to-learn method that will help promote effective parenting in a way that engages both mom and dad. We will help you break down the task of parenting into three straightforward jobs: controlling obnoxious behavior, encouraging good behavior, and strengthening your relationship between you and your children.

## MCB Quantico, Virginia

### **Toddler Time**

**Date(s):** June 10, 24 & July 8, 22, 2014

**Time:** 10:00 AM—11:30 AM

**Location:** Call for Details

**POC:** Ms. Pam Pospisil

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

Interactive playgroup for children ages 1-3 and their parents. Space is limited. Registration is required.

### **Baby and Me**

**Date(s):** June 10, 24 & July 8, 22, 2014

**Time:** 1:00 PM—2:30 PM

**Location:** Call for Details

**POC:** Ms. Pam Pospisil

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

Network with other parents with newborns and infants. Learn about infant stimulation, infant massage, infant sign language, and music and you baby, and other topic of interest to parents with children ages 0-12 months old. Space is limited. Registration is required.

### **Baby Boot Camp**

**Date(s):** June 13 & July 18, 2014

**Time:** 8:00 AM– 3:30 PM

**Location:** Religious and Family Services Annex, 3019 Embry Loop, MCB Quantico

**POC:** Ms. Pam Pospisil and Ms. Patricia Burkes

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

Learn about the first few months of your baby's life and the fulfillment of being a parent. Learn how to diaper, bath, dress and feed a baby. Learn ways to communicate with your baby, how to calm a fussy baby, and when to call the doctor. Learn how positive parenting is important for infant development. Focus on what to expect when you bring your baby home. This class is for both expectant moms and dads! Registration is required.

### **Understanding Pregnancy**

**Date(s):** July 25 & August 1, 2014 - **2 PART SERIES**

**Time:** 12:00 PM—4:00 PM

**Location:** Barber Physical Activity Center, Health Promotion Classroom, 2073 Barnett Avenue, MCB Quantico

**POC:** Ms. Marcy Griffio and Ms. Glenda Mitchell

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

Learn how to take care of yourself and your baby during pregnancy. In class #1, the focus is on breastfeeding. Class #2 focuses on labor preparation, including relaxation and breathing. Come to one or both classes. Both classes are for expectant moms and dads! Registration is required.

### **Sibling Preparation Class**

**Date(s):** June 21, 2014

**Time:** 9:00 AM– 10:00 AM

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

**POC:** Ms. Marcy Griffio and Ms. Patricia Burkes

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

An interactive workshop for parents with children ages 2 ½ to six who are want to help their older children adjust to having a new brother or sister. Fun for the whole family.

### **Can Do Parenting**

**Date(s):** June 11 & 18, 2014

**Time:** 3:00 PM—5:00 PM

**Location:** CDC South, 3314 Purvis Road, MCB Quantico

**POC:** Ms. Trish Burkes and Ms. Glenda Mitchell

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

Come and explore different techniques for effective discipline, while focusing on nurturing your children. For parents with children ages 2-6. Hourly Child care may be available on a limited basis. Pre-registration is required.

Joint Base Myer-Henderson Hall  
Family Advocacy Program presents:

As seen on CNN, Good Morning America, ABC World News Tonight, and more...

# The Happiest Baby on the Block



**\*\*Free Class for Professionals\*\***  
Learn how to teach parents techniques that will calm infants, strengthen Families, and reduce risk factors associated with abuse.

Harvey Karp, M.D.

## June 10, 2014

### 1:00 – 2:30 p.m.

JBM-HH Memorial Chapel Fellowship Hall  
101 McNair Road (Bldg 480)  
Fort Myer, VA 22211

To register or for more information, call (703) 696-3512 or TTY (703) 696-4675.

Like us on Facebook at JBMHHACS or visit [www.jbmhlmwr.com](http://www.jbmhlmwr.com)

# Tune in with Dad



Friday, 20 June  
0800

Hey Dads! Let's Unplug,  
Disconnect, Check Out,  
and Step Into the Wild  
with our kids!

Active Duty Dads & Children,  
ages 9 & up, can bond and  
have fun at this special father/child  
event in Prince William Forest Park.

#### Activities Include:

- Blind Trust Walk
- Real Colors
- Magic Stones
- Lava Raft
- Favorite Things
- Optional Hikes &  
Ranger-Led Programs

Sponsored by the Family Advocacy Program with  
key support from other special Dads in our community.

*Space is limited,  
so call today  
for your reservation.  
Family Advocacy Program,  
703-784-2570.*

[www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org)  
"Like" us on Facebook:  
Quantico FAP  
Follow us on Pinterest



# RELOCATION READINESS

## Fort Belvoir, Virginia

### Levy/Smooth Move Seminar– Invitation Only

**Date(s):** June 12, 26 & July 10, 24, 2014

**Time:** 9:30 AM– 11:00 AM

**Location:** Barden Education Center, 9325 Belvoir Rd., Ft Belvoir

**Instructor:** Ms. April Burns and Ms. Faithleen Henderson

**For information, call (703) 805-1795/3436/5058.**

This seminar is by invitation only. Please check with your unit to verify Cape Cycle date.



### Newcomers' Orientation

**Date(s):** June 17 & July 15, 2014

**Time:** 9:00 AM– 12:30 PM

**Location:** Fort Belvoir Community Center, 10300 Taylor Rd, Bldg. 1200, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**For information, call (703) 805-1795/3436/5058.**

For all new incoming personnel. Held every month, the first Tuesday after the 10th.

### Spouse Meet & Greet

**Date(s):** June 18 & July 16, 2014

**Time:** 10:00 AM– 12:00 PM

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

**Instructor:** Ms. April Burns and Ms. Faithleen Henderson

**For information, call (703) 805-805-1795/3436/5058.**

For spouses new to the Fort Belvoir military community or military life. Children are welcome. Registration required.

### Welcome to Germany

**Date(s):** June 19 & July 17, 2014

**Time:** 9:30 AM– 10:30 AM

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

**Instructor:** Ms. April Burns and Ms. Faithleen Henderson

**For information, call (703) 805-805-1795/3436/5058.**

Come learn about the traditions, culture, and life in Germany! Find out about schools, housing, child care, traveling with pets, managing your move and more. Family members are encouraged to attend.

### Welcome to Korea

**Date(s):** June 26 & July 24, 2014

**Time:** 1:30 PM–2:30 PM

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

**Instructor:** Ms. April Burns and Ms. Faithleen Henderson

**For information, call (703) 805-805-1795/3436/5058.**

Come learn about the traditions, culture, and life in Korea. Find out about schools, housing, child care, traveling with pets, managing your move and more. Family members are encouraged to attend.



### Hearts Apart Program

**Date(s):** July 16, 2014

**Time:** 6:30 PM–7:30 PM

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

**Instructor:** Ms. April Burns and Ms. Faithleen Henderson

**For information, call (703) 805-805-1795/3436/5058.**

For spouses who are geographically separated due to mission requirements; whether it is due to a deployment, unaccompanied tour, extended temporary duty, or field training exercises, this is for you! You are not alone, we are here to help.

## Read Life YOUiversity on the Web

[www.jbmhh.army.mil](http://www.jbmhh.army.mil) or [www.jbmhmmwr.com](http://www.jbmhmmwr.com)

### Summer in the City!

During the summer months, Washington DC has several events that are Family friendly. The streets of the District are congested and many roads into the District are congested. Do not let all of the congestion deter you from getting out and enjoying the beautiful City during the summer months. Once you get over the busyness and become part of the beautifulness, you can give you and your Family an experience of a lifetime. If you have some time off, why travel far? You can take the Family hiking in the Shenandoah National Park in Virginia or enjoy the serenity in the Catoctin Mountain Park in Maryland. Or you could grab a hotel at the National Harbor or a B&B in Old Town Alexandria. Either of these can be a mini-vacation for the entire Family.

Whatever your choice, just stay safe, have fun and enjoy these summer months to the best of your ability. This summer, relaxing your mind, rejuvenating your body, and replenishing your soul are most important to the total family and the total you. So get out there, it's SUMMERTIME!



## RELOCATION READINESS (CONTINUED)

### **Foreign-Born Spouse & Immigration Briefing**

**Date(s):** July 31, 2014

**Time:** 6:00 PM– 7:30 PM

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

**Instructor:** Ms. Faithleen Henderson

**For information, call (703) 805-805-1795/3436/5058.**

For those looking to obtain information on the naturalization process.

### **English as a Second Language (ESL)**

**Date(s):** June 3, 5, 10, 12 & July 1, 3, 8, 10 2014

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Faithleen Henderson

**For information, call (703) 805-805-1795/3436/5058.**

For those who need to improve their reading, writing, and speaking of the English language.

## JBM-HH Fort Myer, Virginia

### **Welcome to Korea**

**Date(s):** June 6 & July 18, 2014

**Time:** 10:00 AM– 11:00 AM

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

**Instructor:** Mr. Corwin Smith

**For information and to register, call (703) 696-0156/0153.**

Come to ACS for the 411 on Korea! Learn about topics including sponsorship, household shipments, personal vehicle shipments, driving, pets, passport information as well as customs, culture and language. Call or email: usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil. to register.

### **Hearts Apart**

**Date(s):** June 11, 2014

**Time:** 5:30 PM–7:30 PM

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

**Instructor:** Mr. Corwin Smith

**For information and to register, call (703) 696-0156/0153.**

Networking group for Family members whose sponsor is serving away from home.

### **Sponsorship Training**

**Date(s):** July 10, 2014

**Time:** 10:00 AM– 11:00 AM

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

**Instructor:** Mr. Corwin Smith

**For information and to register, call (703) 696-0156/0153.**

Information and hands on training for those wanting to be a sponsor. Call or email: usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil. to register.

### **Spouse Meet & Greet**

**Date(s):** July 24, 2014

**Time:** 12:00 PM–2:00 PM

**Location:** Fort Myer Fitness Center, Bldg 27

**Instructor:** Mr. Corwin Smith

**For information and to register, call (703) 614-7202.**

Forum that offers newly arrived spouses an opportunity to meet other spouses and obtain information about Joint Base Myer-Henderson Hall and the surrounding area.

## JBM-HH Henderson Hall, Virginia

### **Welcome to Germany**

**Date(s):** June 20 & July 25, 2014

**Time:** 10:00 AM– 11:00 AM

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

**Instructor:** Mr. Corwin Smith

**For information and to register, call (703) 696-0156/0153.**

Come to ACS for the 411 on Germany! Learn about topics including sponsorship, household shipments, personal vehicle shipments, driving, pets, passport information as well as customs, culture and language. Call or email: usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil. to register.

### **Welcome Aboard Brief**

**Date(s):** June 10 & July 12, 2014

**Time:** 8:00 AM–3:00 PM

**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**

#### **Smooth Move**

**Date(s):** June 26 & July 31, 2014

**Time:** 1:00 PM– 3:00 PM

**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.

## Patuxant River, Maryland

### **Welcome to Pax**

**Date(s):** June 4, 2014

**Time:** 9:00 AM– 11:00 AM

**Location:** Fleet and Family Support Center, BLDG 2090

**Instructor:** Ms. Jim Lettner

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

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

## MCB Quantico, Virginia

### **PCS CONUS Workshop**

**Date(s):** June 12 & July 17, 2014

**Time:** 9:00 AM– 11:15 AM

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

**Instructor:** Relocation Assistance Program staff

**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.

## RELOCATION READINESS (CONTINUED)

### **Sponsorship Training**

**Date(s):** June 10 & July 1, 2014

**Time:** 9:00 AM –11:00 AM

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

**Instructor:** Relocation Assistance Program staff

**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.

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

**Date(s):** June 18 & July 16, 2014

**Time:** 8:30 AM– 10:30 AM

**Location:** Barber Physical Activity Center,  
Marine Corp Base Quantico

**Instructor:** Relocation Assistance Program staff

**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):** June 28 & July 31, 2014

**Time:** 9:00 AM—12:00 PM

**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.



www.jbmmhMWR.com



## HEALTH & MARRIAGE ENRICHMENT

### **Fort Belvoir, Virginia**

#### **Anger 101**

**Date(s):** July 10, 2014

**Time:** 8:30 AM– 10:30 AM

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

**POC:** Ms. Scottie Hampton

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

Participants will learn about anger as a basic emotion, how to recognize what triggers anger, impact of uncontrolled anger on self and others and helpful tools to manage anger in healthy ways. Registration is required.

#### **What's Your Love Language?**

**Date(s):** July 24, 2014

**Time:** 8:30 AM– 10:30 AM

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

**Instructor:** Ms. Scottie Hampton

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

The secret to learning how to help your spouse feel loved is learning how to speak his or her language. During this 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 is required.



#### **Darkness To Light – Stewards of Children**

**Date(s):** July 30, 2014

**Time:** 9:00 AM– 11:30 AM

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

**Instructor:** Mr. Scott Campbell and  
Ms. Sonia Quinonez, SCAN

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

This workshop helps parents, caregivers, and professionals learn how to become Stewards of Children using proactive strategies to protect children from sexual abuse. Registration required.



#### **Stress Management**

**Date(s):** July 31, 2014

**Time:** 10:00 AM– 11:00 AM

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

**Instructor:** Ms. Donita McDonald

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

This class enables participants to obtain information about stress and how to manage it.

*All Classes/Events Subject to Change*

## HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### Fort Meade, Maryland

#### Anger Management

**Date(s):** June 3 & July 2, 2014

**Time:** 9:00 AM– 11:00 AM

**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



#### Effective Communication

**Date(s):** June 4, 2014

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Julie Yates

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

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

#### Stress Management

**Date(s):** June 17 & July 9, 2014

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Julie Yates

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

Are you stressed out? Help is here for you. Call to register.

#### Time Management

**Date(s):** July 16, 2014

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Julie Yates

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

Learn techniques to help you be more productive, make better choices, and achieve goals.

### JBM-HH Fort Myer, Virginia

#### Stress Management

**Date(s):** June 11 & July 9, 2014

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Sandra McLean

**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.



#### Anger Management

**Date(s):** June 25 & July 16, 2014

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Sandra McLean

Life YOUiversity June/July 2014

**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.

### JBM-HH Henderson Hall, Virginia

#### Men's Domestic Violence Intervention Group (STOP)

**Date(s):** Tuesday Mornings—Open Group

**Time:** 9:00 AM– 11:00 AM

**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 Management

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

**Time:** 9:00 AM– 11:00 AM

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

**Instructor:** Ms. Kati Groseclose

**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.

#### The Three C's of Communication

**Date(s):** June 4, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

Participants will explore how to communicate, collaborate, and then commit to a resolution.

#### Incident Determination Committee—Family Advocacy Appointed Representatives Training

**Date(s):** June 5, 2014

**Time:** 8:00 AM– 4:30 PM

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

**Instructor:** Family Advocacy Program staff

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

The Incident Determination Committee (IDC) full day training is a requirement for Commander's who are appointed as Representatives to the Family Advocacy Program. The training covers what to expect when working with Family Advocacy, the dynamics of domestic violence and child abuse, and prepares Commander's for the roles, expectations, and process of the Incident Determination Committee. This is a mandatory training prior to becoming a voting member of the IDC.

All Classes/Events Subject to Change

## HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### **Communicating Feelings**

**Date(s):** June 11, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

Participants will learn road blocks to communication and how to effectively communicate long distance.

### **Assertiveness Communication**

**Date(s):** June 18, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

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

Participants will examine how voice quality, pace and rhythm of words can block or enhance communication.



### **Effective Communication**

**Date(s):** June 25, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

### **Conflict Management**

**Date(s):** July 2, 2014

**Time:** 6:00 PM—7:00 PM.

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

**Instructor:** Military Family Life Counselors

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

This workshop provides tools for addressing and managing everyday conflicts.

### **Principles for Healthy Relationships**

**Date(s):** July 9, 2014

**Time:** 6:00 PM—7:00 PM.

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

**Instructor:** Military Family Life Counselors

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

Participants will learn components of a healthy relationship and develop tools to maintain a healthy relationship.

### **Creating a Healthy Marriage**

**Date(s):** July 16, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

Participants will examine the rules of healthy conflict and how to grow together.



### **Power Struggles**

**Date(s):** July 23, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

Participants will identify ways to reduce conflict in the family and ways to gain cooperation.

### **Healthy Relationships: Living Single**

**Date(s):** July 30, 2014

**Time:** 6:00 PM—7:00 PM

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

**Instructor:** Military Family Life Counselors

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

Participants will explore what they are looking for in a healthy relationship.

*Henderson Hall presents...*

### ***The Community Counseling Program***

*The Community Counseling Program (CCP) provides counseling services for Active-Duty and Retired Service Members and their families. Individual, couple, family, child, and group counseling services are offered that include, but are not limited to:*

*Marital/Relationship Issues*

*Communication*

*Stress Management*

*Anger Management*

*Reintegration*

*Adjustment Issues*

*Parent-Child concerns*

*Grief and Loss*

*Deployment Stress*

*Work-life Balance*

*We will work with you to find solutions designed to meet your specific needs and help you overcome stressors related to the challenges in your life.*

*Monday through Friday from 7:30 AM to 4:30 PM.*

*Additional hours on*

*Wednesdays from 4:30 PM to 8:00 PM.*

*Call 703-614-7204 to schedule an appointment.*

## HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### Patuxent River, Maryland

#### **Couples Communication**

**Date(s):** June 13, 2014

**Time:** 2:30 PM—4:00 PM

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

**Instructor:** Ms. Linda Schmid

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

The goal of this class is to provide couples with new ideas and tools to help them continue to build together the marriage they envisioned.

#### **Effective Communication**

**Date(s):** June 18, 2014

**Time:** 2:30 PM—4:00 PM

**Location:** Fleet & Family Support Center,

Bldg. 2090, NAS Patuxent River

**Instructor:** Ms. Linda Schmid

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

This class provides information on different communication styles and ways to develop more effective speaking and listening skills.

#### **Stress Management**

**Date(s):** June 25 & July 30, 2014

**Time:** 8:00 AM—9:30 AM (June) & 1:00 PM—2:30 PM (July)

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

**Instructor:** Ms. Linda Schmid

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

Stress is a part of life. In this class you will understand how your beliefs and thought process has an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

#### **Myers Briggs**

**Date(s):** July 10, 2014

**Time:** 8:00 AM—12:00 PM

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

**Instructor:** Ms. Linda Schmid and Ms. Angela Armer

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

Myers-Briggs Type Indicator (MBTI) is a widely used instrument designed to help you have increased insight into yourself and others. MBTI is useful for self awareness, career interest, relationships and leadership. This workshop will also help you re-evaluate how you behave and interact with others.

#### **Anger Management**

**Date(s):** July 15, 17, 22, 24, 29 & July 31, 2014—**6 PART SERIES**

**Time:** 2:00 PM- 4:00 PM

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

**Instructor:** Ms. Linda Schmid

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

Anger is a basic emotion. Join this 6 session workshop if you would like a better understanding of anger and would like to learn how to skillfully express and manage your anger in an effective way.

### MCB Quantico, Virginia

#### **Century Anger Management**

**Date(s):** Every Tuesday, Starting July 8, 2014—**8 WEEK COURSE**

**Time:** 9:00 AM—11:00 AM OR 5:00 PM—7:00 PM

*Life YOUiversity June/July 2014*

**Location:** Cox Hall/TBS/Quantico (Day Group) OR Religious Family Services Center, Quantico (Evening Group)

**Instructor:** Ms. Mary Jo Betyak-Eisler (Day Group) OR Ms. Rebecca Childress (Evening Group)

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

Join us for this intense 8-week study using an evidence based curriculum to learn how to successfully apply anger management skills in the workplace, relationships or any other life situation where anger control is needed. Each session will focus on one of the 8 core tools: stress management; empathy; response; assertiveness; self-talk; expectation; forgiveness; and time-outs.

#### **WAKE - Women's Awareness Knowledge and Empowerment**

**Date(s):** Tuesdays, Ongoing (Pre-screening required)

**Time:** Call for details

**Location:** Quantico Marine Corps Base (Please call for time and location.)

**Instructor:** Victim Advocates and Clinicians

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

WAKE is a support and educational group designed for the specific needs of women, both active duty and Family members, who have experienced conflict in intimate relationships. You will reflect, learn, and be strengthened and encouraged by the information shared.

#### **STOP (Skills, Techniques, Options, Plans) - For Men**

**Date(s):** Every Wednesday

**Time:** 1:00 PM—4:00 PM

**Location:** Classroom 8/Voluntary Education Center/3089 Roan Street/ Quantico OR Cox Hall/TBS/Quantico

**POC:** Family Advocacy Clinicians

**To register, call (703) 784-2570**

Sixteen (16) week group for men exploring cycles of abuse with the goal of preventing domestic abuse. Must have recommendation to participate in group.

#### **IDC (Incident Determination Committee)**

**Date(s):** June 6 & July 3, 2014

**Time:** 8:30 AM

**Location:** Conference Room 3035 T2 Trailers Across from Marine Mart/ Quantico (Please call to register, as July location may change due to office move.)

**Instructor:** Ms. Mary Skinner-Vance

**To register, call (703) 784-2570.**

When service members and their Families are involved in incidents of domestic abuse or child abuse, many questions can arise from both the family and the command. All allegations of family abuse are required to be presented at the base IDC. Unit representative are required to receive training prior to attending the IDC. Let us help you better understand the dynamics of family abuse, policies that govern our process, and your important role at the IDC.

#### **SAFE (Stop Abuse with Family Education)**

**Date(s):** June 30 & July 28, 2014

**Time:** 8:30 AM

**Location:** Classroom 8/Voluntary Education Center, 3089 Roan Street, MCB Quantico

**Instructor:** Family Advocacy Clinicians and Victim Advocates

**To register, call (703) 784-2570.**

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

*All Classes/Events Subject to Change*

## HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### **Warriors at Ease Stress Management**

**Date(s):** July 11, 2014

**Time:** 9:00 AM

**Location:** Barber Physical Activities Center/Health Promotions Classroom/Quantico

**Instructor:** Ms. Rebecca Childress & Ms. Lauren King

**To register, call (703) 784-2570.**

Join us for this popular full day stress management course where you will receive a full day of holistic stress management. Balance your warrior intensity (or your family member/civilian stresses) with a total holistic approach. Includes education – learn about stress, develop an individual plan, complete the Real Colors temperament assessment to discover how perception impacts stress management; diet – discover the connection between food and stress as the Semper Fit Dietician shares helpful tips for healthy eating; and conclude the day with yoga – awaken your energy by balancing your mind and body with a session designed to clear your mind from obstructions that may be preventing you from thinking clearly and reaching your full potential. Ample breaks provided throughout the day. Dress for movement.

### **Cooperative Parenting & Divorce**

**Date(s):** July 11, 2014

**Time:** 11:00 AM- 3:00 PM

**Location:** Call for Details

**Instructor:** Ms. Stacie Gravlee

**To register, call (703) 784-2570.**

If you have made the decision to end a relationship or marriage but share a child this workshop will help you understand how to build a healthy co-parenting relationship that will benefit your child(ren) for years to come. We will discuss the grieving process of losing relationships; ages and stages of development of children and what children need to hear/don't need to hear at various stages. Our discussion is child focused. This workshop is free but pre-registration is required. A certificate will be provided that may be valid in Virginia and other courts.



## “Hear It Direct”

### Home Buying/Selling Informational Seminar

Have questions about  
buying or selling a house?

Come to a Lunch and Learn  
Seminar!

Subject matter experts will  
speak on the  
Veterans Affairs benefits,  
Mortgage and  
Settlement for buying/selling a  
home.

If there are any unanswered  
questions don't worry there  
will be time for a Q&A!



**When:**

**18 June 2014**

**From**

**1200-1330**

**Where:**

**Community Activities Center**

**McNair Rd. Bldg. 405 Ft. Myer, VA 22211**

**To Sign up contact:**

**(703) 696-0153/0156**

**usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil**



[www.jbmhhMWR.com](http://www.jbmhhMWR.com)

## PERSONAL GROWTH & VOLUNTEERISM

### Fort Belvoir, Virginia

#### Army Volunteer Corps Orientation

**Date(s):** June 4 & July 9, 2014

**Time:** 11:00 AM—12:30 PM

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

**Instructor:** Ms. Kimberly Lazarow

**For information, call (703) 805-4152/1799.**

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):** June 17-18 & July 29-30, 2014

**Time:** 10:00 AM– 1:00 PM and 10:00 AM– 12:00 PM

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

**Instructor:** Ms. Kimberly Lazarow

**For information, call (703) 805-4152/1779.**

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):** July 15, 2014

**Time:** 1:00 PM—2:30 PM

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

**Instructor:** Ms. Kimberly Lazarow

**For information, call (703) 805-4152/1779.**

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 Henderson Hall, Virginia

#### Field Day– Volunteer Opportunity

**Date(s):** June 13, 2014

**Time:** 10:00 AM—3:30 PM

**Location:** Barcroft Elementary School (BES)

**POC:** Ms. Jamies Albers

**For information and to register, call (703) 693-8378**

Assist with games and events in support of BES end of the year event.

#### Volunteer Orientation

**Date(s):** June 9, 2014

**Time:** 10:00 AM– 11:00 AM

**Location:** Marine Corps Family Team Building, Bldg. 29, Room 100, Henderson Hall

**Instructor:** Ms. Kea Matory

**For information, call (703) 805-693-1253.**

Learn more about upcoming volunteer opportunities, the requirements for the Outstanding Volunteer Service Medal, and how to get involved.



### MCB Quantico, Virginia

#### Accessing Higher Education

**Date(s):** June 11 & 12, 2014

**Time:** 8:00 AM– 4:00 PM

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

**Instructor:** Career Resource Management Center staff

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

This workshop is designed to guide veterans through the decisions involved in choosing a degree completion program, college institution, and funding, as well as completing the admission process.

#### Quantico Voluntary Education Center

*Take Your Education to the Next Level*

Services Include:

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

*For more information please contact us at 703-784-3340 or check out our website at [www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org).*

## MILITARY FAMILY TEAM BUILDING

### Fort Belvoir, Virginia

#### **Military Knowledge Level L**

**Date(s):** June 10-12, 2014

**Time:** 9:30 AM–3:00 PM

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

**Instructor:** Ms. Faithleen 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.



#### **Military Knowledge Level K**

**Date(s):** June 24-25 & July 15-16, 2014

**Time:** 9:30 AM–3:00 PM

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

**Instructor:** Ms. Faithleen Henderson

Students will learn about the mission, commitment required, and challenges of military life in order to define realistic expectations to positively impact their military experience. Student will also discuss the importance of family preparedness including legal preparation, financial preparation, preparing for emergencies and maintaining accurate record keeping of important documents.

### JBM-HH Henderson Hall, Virginia

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

**Date(s):** June 10, 2014

**Time:** 9:30 AM–3:00 PM

**Location:** Marine Corp Family Team Building, Bldg. 29, Room 100, 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.

#### **Real Colors®**

**Date(s):** June 17, 2014

**Time:** 12:00 PM–3:00 PM

**Location:** Marine Corps Family Team Building, Bldg. 29, Room 100, Henderson Hall

**Instructor:** Ms. Erica Ramos

**For information, call (703) 805-693-1253.**

Through the Real Colors workshop you will discover more about yourself, your values, goals, and communication preferences. Be empowered and learn how to become most effective in your relationships and in the workplace.

#### **7-Habits of a Highly Effective Military Family**

**Date(s):** July 17, 2014

**Time:** 9:00 AM–4:00 PM

**Location:** Marine Corp Family Team Building, Bldg. 29, Room 100, Henderson Hall

**Instructor:** Ms. Erica Ramos

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

Learn 7 Habits that can profoundly impact your life! Tools can be utilized to be successful in your military journey.

#### **L.I.N.K.S. for Kids**

**Date(s):** June 27, 2014

**Time:** 11:30 AM–1:00 PM

**Location:** Henderson Hall Field across from Smith Gym

**Instructor:** Ms. Erica Ramos

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

A fun way for kids, ages 6-12 to adapt to the Marine Corps lifestyle, become resilient and make new friends.



## VETERAN, RETIREMENT & TRANSITION ASSISTANCE

### Fort Meade, Maryland

#### **Transition, Goals, Plans, Success (TGPS)**

**Date(s):** June 2-6, 16-20 & July 7-11, 21-25, 2014

**Time:** 8:00 AM–4:00 PM

**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 from the military, this class will answer your questions and help you develop a plan for a smooth, successful transition. Call to register.

#### **Retiree Brief**

**Date(s):** June 9 2014 & July 14, 2014

**Time:** 8:00 AM–11:30 AM

**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 two 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.

### Patuxent River, Maryland

#### **Transition GPS- Retirees**

**Date(s):** June 16-24 2014

**Time:** Monday—Thursday 8:00 AM–4:30 PM & Friday 8:00 AM–4:00 PM

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

**Instructor:** Ms. Angela Armer

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

This workshop is for retirees. Topics includes life skills assessment, financial considerations, and overview of veterans benefits. Seating is limited. Please see your career counselor to sign up.

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

### **Transition GPS- Separatee**

**Date(s):** July 14-18, 2014

**Time:** Monday—Thursday 8:00 AM– 4:30 PM & Friday 8:00 AM– 4:00 PM

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

**Instructor:** Ms. Angela Armer

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

This workshop is for those who are transitioning off of active duty status. Topics include life skills assessment, interview techniques, and overview of veterans benefits. Seating is limited. Please see your career counselor to sign up.

### **Optional Track Educational**

**Date(s):** June 9-10, 2014

**Time:** 8:00 AM– 4:00 PM

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

**Instructor:** Call for details

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

The Two-day Transition Assistance Program (TAP) Self-Employment Intensive Training Workshop is offered in collaboration among the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. Interested transitioning service members and veterans are invited to participate in this workshop, you will learn if starting a business is right for you, if your business idea is feasible and much more!

### **Taking the Mystery Out of Retirement Planning**

**Date(s):** June 18, 2014

**Time:** 11:30 AM– 12:30 PM

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

**Instructor:** Mr. Jim Walsh

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

Retirement planning isn't a one-size-fits-all approach. The retirement planning strategy that's right for you might be different for the person right next to you even if you're about the same age and have roughly the same income. Although strategies may differ, in this workshop we will review retirement planning tips that should be helpful during various stages of your life.

### **Boots to Business**

**Date(s):** July 8-9, 2014

**Time:** 8:00 AM– 4:00 PM

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

**Instructor:** Call for details

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

We are recruiting 30 interested transitioning service members and veterans to participate in this workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more! The Two-day Transition Assistance Program (TAP) Self-Employment Intensive Training Workshop is offered in collaboration among the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs.

## MCB Quantico, Virginia

### **Transition Readiness Seminar (TRS)**

**Date(s):** June 2-6, 16-20 & July 7-11, 2014

**Time:** 7:00 AM– 5:00 PM

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

**Instructor:** Career Resource Management Center Staff

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

*Life YOUiversity June/July 2014*

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.

### **Financial Planning for Your Transition**

**Date(s):** June 5, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Personal Finance Management staff

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

Provides information on financial matters as you transition from military to civilian life

### **Two Day Boots-2-Business**

**Date(s):** June 10-11, 2014

**Time:** 8:00 AM – 4:00 PM

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

**Instructor:** Career Resource Management Center staff

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

This workshop is devoted to assisting Veterans with starting their own business.



### **Market Yourself for a Second Career**

**Date(s):** June 25, 2014

**Time:** 9:00 AM—11:30 AM

**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 and strategies to effectively navigate the job market.

### **Transition Readiness Seminar (Retirees Only)**

**Date(s):** July 21-25, 2014

**Time:** 8:00 AM– 4:30 PM

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

**Instructor:** Career Resource Management Center staff

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

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

### **Retirement Planning**

**Date(s):** July 30, 2014

**Time:** 11:00 AM– 1:00 PM

**Location:** Voluntary Education Center, 3089 Roan Street, Marine Corp Base Quantico

**Instructor:** Personal Finance Management staff

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

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



*All Classes/Events Subject to Change*

## FINANCIAL READINESS

### Fort Meade, Maryland

#### Consumer Awareness

**Date(s):** June 9, 2014

**Time:** 1:00 PM– 3:00 PM

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

**Instructor:** Mr. Brian Pampuro

**To register, call (301) 677-9014/18.**

Although final retirement may seem far in the future, the earlier you start planning for it, the easier it will be. This interactive workshop will help service members estimate retirement needs, retirement plans, and evaluate retirement account options.

#### Car Buying

**Date(s):** June 23, 2014

**Time:** 1:00 PM– 3:00 PM

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

**Instructor:** Mr. Brian Pampuro

**To register, call (301) 677-9014/18.**

Purchasing a vehicle is a large investment that can have a significant impact on an individual's short-term and long-term financial circumstances. Develop knowledge and skills that will enable learners 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.

#### Investing 101

**Date(s):** June 30, 2014

**Time:** 1:00 PM– 3:00 PM

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

**Instructor:** Mr. Brian Pampuro

**To register, call (301) 677-9014/18.**

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



### Patuxent River, Maryland

#### Understanding the Finances of Home Buying

**Date(s):** June 4, 2014

**Time:** 11:30 AM– 12:30 PM

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

**Instructor:** Mr. Jim Walsh

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

Home ownership is an important part of the "American Dream," the purchase of a home is probably also the most complicated financial transaction in which a person participates during a normal lifetime. In this workshop we go over the home buying process so that you can approach it from a position of understanding rather than confusion.

#### Taking the Mystery Out of Retirement Planning

**Date(s):** June 18, 2014

**Time:** 11:30 AM– 12:30 PM

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

**Instructor:** Mr. Jim Walsh

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

Retirement planning isn't a one-size-fits-all approach. The retirement planning strategy that's right for you might be different for the person right next to you even if you're about the same age and have roughly the same income. Although

strategies may differ, in this workshop we will review retirement planning tips that should be helpful during various stages of your life.

#### Car Buying Tips

**Date(s):** July 16, 2014

**Time:** 11:30 AM– 12:30 PM

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

**Instructor:** Mr. Jim Walsh

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

Looking for a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot in this single-session program. Topics include trade-ins, financing, high-pressure sales tactics, and tricks to watch out for.

### MCB Quantico, Virginia

#### Credit Report

**Date(s):** June 4, 2014

**Time:** 11:00 AM– 1:00 PM

**Location:** Voluntary Education Center, Marine Corp Base Quantico

**Instructor:** Personal Finance Management staff

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

Want to get a grip on your financial life? You don't know where to start? Come and see how you can get your financial information organized and working properly.

#### Financial Planning for Your Transition

**Date(s):** June 5, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Personal Finance Management staff

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

Provides information on financial matters as you transition from military to civilian life

#### Legal Issues of Personal Financial Management

**Date(s):** June 25, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Personal Finance Management staff

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

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

#### Managing Income and Expenses

**Date(s):** July 9, 2014

**Time:** 11:00 AM– 1:00 PM

**Location:** Voluntary Education Center, 3089 Roan St., Marine Corp Base Quantico

**Instructor:** Personal Finance Management staff

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

Recognize and understand common financial terms, develop personal financial goals and a monthly budget. This class also enables you to avoid excessive debt, and establish and maintain good credit



## FINANCIAL READINESS (CONTINUED)

### Housing Options

**Date(s):** July 16, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Personal Finance Management staff

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

Topics will vary from Home buying to renting or government housing.

### Taxes Related to Personal Financial Management

**Date(s):** July 17, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Personal Finance Management staff

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

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

### Retirement Planning

**Date(s):** July 30, 2014

**Time:** 11:00 AM– 1:00 PM

**Location:** Voluntary Education Center, 3089 Roan Street, Marine Corp Base Quantico

**Instructor:** Personal Finance Management staff

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

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



## EMPLOYMENT READINESS

### Fort Meade, Maryland

#### Resume Workshop

**Date(s):** June 3, 2014

**Time:** 9:00 AM– 12:00 PM

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

**Instructor:** Ms. Rose Holland

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

**Date(s):** July 8, 2014

**Time:** 9:00 AM– 12:00 PM

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

**Instructor:** Ms. Pamela Stangee and Ms. Julie Yates

**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. You can register online at [www.fortmeadeacs.checkappointments.com](http://www.fortmeadeacs.checkappointments.com).

#### 10 Steps To A Federal Job

**Date(s):** June 10 (ACS)

**Time:** 9:00 AM– 12:00 PM

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

**Instructor:** Ms. Rose Holland

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

**Date(s):** July 1, 2014

**Time:** 9:00 AM– 12:00 PM

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

**Instructor:** Ms. Pamela Stangee and Ms. Julie Yates

**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. You can register online at [www.fortmeadeacs.checkappointments.com](http://www.fortmeadeacs.checkappointments.com).

#### Career Exploration

**Date(s):** July 22, 2014

**Time:** 9:00 AM– 12:00 PM

**Location:** Army Community Service, 2212 Chisholm Ave., Fort Meade

**Instructor:** Ms. Rose Holland

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

Using various assessment tools and techniques, learn about your personality preferences, values, and interests and how to use them for achieving personal and professional success. Register at [www.fortmeadeacs.checkappointments.com](http://www.fortmeadeacs.checkappointments.com).

#### Interviewing Skills

**Date(s):** June 24, 2014

**Time:** 9:00 AM–12:00 PM

**Location:** 830 Chisholm Ave. Ft Meade.

**Instructor:** Ms. Rose Holland and Ms. Ana Brown

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

Learn tips to prepare for a successful job interview. Included are tips on how to work a job fair.

### Patuxent River, Maryland

#### Interviewing Techniques

**Date(s):** June 10, 2014

**Time:** 1:00 PM–4:00 PM

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

**Instructor:** Ms. Angela Armer

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

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank you letters, and negotiating job offers.

#### 10 Steps to a Federal Job

**Date(s):** June 11, 2014

**Time:** 1:00 PM–4:00 PM

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

**Instructor:** Ms. Angela Armer

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

Learn how to navigate the federal job system. A training guide with 137 pages of helpful information provided.

## EMPLOYMENT READINESS (CONTINUED)

### **Resume Writing**

**Date(s):** July 8, 2014

**Time:** 1:00 PM—4:00 PM

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

**Instructor:** Ms. Angela Armer

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

Don't get passed over because your resume lacks keywords or isn't in the preferred format. This program offers many different trends and techniques for writing the best resume possible. Seating is limited.

## MCB Quantico, Virginia

### **Local Employment Workshop**

**Date(s):** June 12 & July 29, 2014

**Time:** 8:30 AM-9:30 AM

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

**Instructor:** Family Member Employment Assistance Program staff

**To register, call (703) 784-3232.**

Focuses on local area employment opportunities, contacts, and job search techniques. This workshop is open to active duty, retirees, family members and DOD personnel.



### **Interview Techniques**

**Date(s):** June 24, 2014

**Time:** 9:00 AM-11:00 AM

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

**Instructor:** Family Member Employment Assistance Program staff

**To register, call (703) 784-3232.**

So many questions to answer. What should I wear? What types of questions should I expect? Prepare for that upcoming job interview by practicing personal presentation skills.

### **Building Better Resumes**

**Date(s):** July 15, 2014

**Time:** 9:00 AM-11:00 AM

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

**Instructor:** Family Member Employment Assistance Program staff

**To register, call (703) 784-3232.**

Given that you have less than two minutes to attract an employer's attention and convince them to interview you, it is critical that your resume be clear, focused, and targeted to the job. Optimize your chances of success by learning how to write a resume that avoids common mistakes.

### **Job Search through Social Media and Networking Systems**

**Date(s):** June 9, 2014

**Time:** 9:00 AM— 11:00 AM

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

**Instructor:** Career Resource Management Center Staff

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

This workshop will teach participants how their social networking activities on the Web can attract future employers. Participants will learn the importance of using social media to develop their online presence as well as network with professionals in their field!

### **Reviewing Job Descriptions**

**Date(s):** June 11, 2014

**Time:** 1:00 PM— 2:30 PM

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

**Instructor:** Career Resource Management Center staff

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

This workshop will help with understanding the job description for assisting in tailoring a resume.

### **MTBI Basics: Understanding Type**

**Date(s):** June 23, 2014

**Time:** 9:00 AM— 11:00 AM

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

**Instructor:** Career Resource Management Center staff

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

This workshop will help participants understand their 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 will complete the MBTI assessment before the workshop and will be provided their four-letter MBTI type code during the workshop. "This three hour workshop is a prerequisite to the MBTI & Type in the Workplace workshop.

### **10 Steps to a Federal Job / Federal Resume Lab**

**Date(s):** June 25 & July 30, 2014

**Time:** 8:00 AM— 12:00 PM

**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.

### **Linked-In Lab**

**Date(s):** July 2, 2014

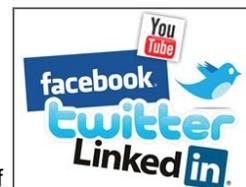
**Time:** 1:00 PM— 3:00 PM

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

**Instructor:** Career Resource Management Center staff

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

This workshop will assist you in understanding "Linked-In" and what it is used for. Also, you will create an account an account (if you do not already have one).



### **STRONG Interest Inventory & Career Satisfaction**

**Date(s):** July 14, 2014

**Time:** 9:00 AM-11:00 AM

**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 participants with an overview of the STRONG Interest Inventory and how it can be a powerful method for matching their interests with opportunities for jobs, education, and leisure activities. Students will be provided the STRONG Interest Inventory before the class and must complete the inventory in order to attend the workshop.

### **Military Spouse Employment Partnership**

[www.msejobs.com](http://www.msejobs.com)

**"The gateway to employment opportunities  
for Military Spouses."**

## DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

### Fort Belvoir, Virginia

#### Family Readiness Group (FRG) Roundtable

**Date(s):** June 5 & July 10, 2014

**Time:** 10:30 AM– 12:00 PM

**Location:** Army Community Service, Fort Belvoir

**Instructor:** Ms. Carol Janer

**For information, call (703) 805-5683.**

FRG Leaders and Commands to receive updated information on FRG policies, opportunities, soldier and family activities, class, resources and more. June will include an introduction to our resiliency training for families.

### Fort Meade, MD

#### Pre-Deployment Brief

**Date(s):** June 6, 20 & July 11, 18, 2014

**Time:** 9:30 AM– 11:30 AM

**Location:** Community Readiness Center, 830 Chisholm Rd., Ft. Meade

**Instructor:** Ms. Pia Morales

**To register, call (301) 677-4110**

Open to Active Duty members scheduled to deploy within the next 2 months. Spouses are welcome to attend.



## SUPPORT GROUPS

### Fort Meade, Maryland

#### Single Parent Support Group

**Date(s):** Second (2nd) and Fourth (4th) Monday of each month

**Time:** 5:30 PM–6:30 PM

**Location:** School Age Services, 1900 Reece Road, Ft. Meade

**Instructor:** Ms. Michelle Pineda and Ms. Colaina Townsend

**To register, call (301) 677-5590**

Gain support and skills from fellow single parents. Children are welcome. Registration required.

#### Families Dealing With Deployment

**Date(s):** First (1st) and Third (3rd) Monday of each month

**Time:** 5:30 PM–6:30 PM

**Location:** Meuse Forest Neighborhood Center, 8700 91st Division Blvd., Ft. Meade

**Instructor:** Ms. Colaina Townsend

**To register, call (301) 677-5590**

Group for all family members experiencing an upcoming or current deployment, or who have recently returned from deployment. Children are welcome. Registration required.

#### Moms Support Group

**Date(s):** Every Thursday

**Time:** 9:30 AM– 10:30 AM

**Location:** Potomac Place Neighborhood Center, 4998 2nd Corps Blvd, Ft. Meade

**Instructor:** Ms. Michelle Pineda and Ms. Colaina Townsend

**To register, call (301) 677-5590**

For mothers with children from birth to age 3. Children are welcome. Registration required.

#### Moms of Multiples Support Group

**Date(s):** Second (2nd) and Fourth (4th) Wednesday of each month

**Time:** 9:00 AM– 10:30 AM

**Location:** Meuse Forest Neighborhood Center, 8700 91st Division Blvd., Ft. Meade

**Instructor:** Ms. Michelle Pineda

**To register, call (301) 677-5590**

Group is for moms with twins, triplets, etc. of any age. Group topics include sharing, sibling integration, time management, and positive discipline. Registration required.

#### Moms Walking Group

**Date(s):** Every Thursday

**Time:** 8:30 AM– 9:15 AM

**Location:** Potomac Place Neighborhood Center, 4998 2nd Corps Blvd, Ft. Meade

**Instructor:** Ms. Colaina Townsend and Ms. Michelle Pineda

**To register, call (301) 677-5590**

Walk around the neighborhood and share tips and receive parenting advice. Group is for moms with children ages 0-4. Children welcome.

### Fort Belvoir, Virginia

#### Stroller Walking Group

**Date(s):** Every Friday (except July 4, 2014)

**Time:** 9:00 AM– 10:00 AM

**Location:** Outdoor Recreation, 10155 Johnston Rd., Fort Belvoir

**Instructor:** Ms. Heather Larson

**For information, call (703) 805-2781.**

Parents with young children, please join us for an enjoyable walk outside during the summer months. Please call to register.

## 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

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

### Fort Belvoir, Virginia

#### **First Monday Paddling**

**Date(s):** June 2 & July 7, 2014

**Time:** 5:45 PM– 8:00 PM

**Location:** Benyaurd Indoor Pool, Fort Belvoir

**Instructor:** Call for details

**For information, call (703) 805-4435.**

Basic kayak lessons for EFMs and their families. Held every first Monday of the month at Benyaurd Indoor Pool. Must be locally enrolled with Fort Belvoir ACS EFMP to participate. Registration through ACS EFMP is required.

#### **Cerebral Palsy Awareness Group**

**Date(s):** June 13 & July 11, 2014

**Time:** 10:00 AM– 11:00 AM

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

**POC:** Call for details

**For information, call (703) 805-4437**

Cerebral Palsy Awareness Group (CPAG) meets every 2<sup>nd</sup> Friday of the month (September to June) 1000a.m. to 1100a.m. The group meets in an informal setting and is able to share experiences, challenges, as well as strengths of being a CP Parent. The groups goal is bring awareness about CP to Parents and to link them with community resources.

#### **ADD/ADHD & Autism Parent Coffee**

**Date(s):** June 20 & July 18, 2014

**Time:** 10:00 AM– 11:00 AM

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

**Instructor:** Call for details

**For information, call (703) 805-4481.**

Meets 3<sup>rd</sup> Friday of the month (September to June) 10:00am to 11:00am. Informal forum where guests share community resources and network. Additionally, select community experts will be on hand to teach about and lead group discussions on the needs and resources for dependents with ADD/ADHD and Autism.

### JBM-HH Henderson Hall, Virginia

#### **PCS: Positive Change of Schools**

**Date(s):** June 10, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Ms. Debbie Baker

**For information, call (703) 693-5353 or email: [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org).**

The EFMP will partner with the Marine Corps School Liaison for this workshop on how to help your child with special needs have the best possible transition from one school to another during a PCS move. Topics covered will include what documentation you will need, how to move with your child's IEP, and how to help your child negotiate the move with a positive attitude.

**1-800-342-9647**

**Resources & Help for  
Military Members,  
Spouses & Families**

**[www.militaryonesource.com](http://www.militaryonesource.com)**



#### **Exceptional Siblings: Parenting the Sibling of Child with Special Needs**

**Date(s):** June 16, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Ms. Debbie Baker

**For information, call (703) 693-5353 or email [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org).**

Being a parent of a child with special needs is challenging and rewarding, and so is being their sibling. What, as a parent, can we do to be sensitive to the challenges faced by the "typical" sibling, and help them negotiate these challenges while accentuating the positives? This workshop will explore issues related to siblings of children with disabilities, as well as some practical suggestions for addressing these issues.

#### **Special Needs Forum**

**Date(s):** June 19, 2014

**Time:** 12:00—1:00 p.m.

**Location:** WebEx Webinar

**Instructor:** Ms. Debbie Baker

**For information, call (703) 693-5353 or email [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org).**

A forum to address issues and concerns of our Marine families enrolled in the Exceptional Family Member Program. Facilitated via WebEx, a web-based meeting platform.

#### **Respite Care Reimbursement Program Orientation**

**Date(s):** June 26 & July 24, 2014

**Time:** 12:00 PM– 1:00 PM

**Location:** Henderson Hall, Marine & Family Programs conference room, Bldg. 12, 1555 Southgate Rd, Arlington, VA 22214 or using Webex.com (web-based meeting, by prior arrangement by calling 703-693-5353)

**Instructor:** Ms. Debbie Baker

**For information, call (703) 693-5353 or email [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org).**

Learn all about this EFMP family support program: who qualifies, the process to apply and receive reimbursement, and program guidelines. An essential briefing if you would like to utilize this EFMP respite care subsidy program. The course is available via WebEx by request, as well as face to face at Henderson Hall

#### **EFMP Basics**

**Date(s):** July 17, 2014

**Time:** 11:00 AM– 1:00 PM

**Location:** Henderson Hall, Marine & Family Programs conference room, Bldg. 12, 1555 Southgate Rd, Arlington, VA

**Date(s):** July 21, 2014

**Time:** 11:00 AM– 1:00 PM

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

**Instructor:** Ms. Debbie Baker

**For information, call (703) 693-5353 or email [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org).**

What is the Exceptional Family Member Program? Who is eligible and what are the benefits and requirements? How do you enroll in the program? This workshop will discuss why the EFMP exists, and how it can help you to support and advocate for your exceptional family member.

# Life YOUiversity

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

**Published by:**



**GET YOUR INSTALLATION'S  
INFORMATION ADVERTISED IN  
THIS PUBLICATION!**

**CONTACT:**

**Joint Base Myer-Henderson Hall  
Army Community Service  
Family Advocacy Program  
703-696-3512**

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

**[www.army.mil/jbmhh](http://www.army.mil/jbmhh)  
or  
[www.jbmhwmwr.com/index/ACS.html](http://www.jbmhwmwr.com/index/ACS.html)**