

Class Descriptions

Persons eligible to attend workshops: Active duty service members, retirees and family members with valid ID cards.

1. Federal Employment Workshop: Provides information about locating and applying for federal jobs and how to complete the federal application and/or resume'.
2. MOVE.MIL: This workshop guides and instructs you through the MOVE.MIL website and helps you arrange and set up your military move.
3. Anger Management Workshop: Anger as a feeling is neither "good" nor "bad". It's your behavior that can get you in trouble when you are angry. If you need help managing your anger you should consider attending one of these workshops.
4. Power 2 Change Women's Support Group: This group serves victims of abuse in a supportive, educational group format to deal with the abuse that has occurred in their lives.
5. Tiny Tots Play Group: FFSC has partnered with the MWR's Youth Activities Center (YAC) to provide parents and their children a place to find moral support and build lasting relationships. It is for children ages 0 - 3 and their parents. Held at the YAC (Bldg. 2069, Mustin Road) except for the months of June, July & August. The location for these 3 months is to be determined at a later date.
6. Transition, Goals, Plans, Success (TGPS) (5 days): Information about transitioning from the military to the private sector as well as benefit entitlements, stress reactions, and various topics related to separating/retiring from the service.
7. Capstone: The Capstone Event is a mandatory component of Transition GPS designed to verify that Service Members have met Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP) to evaluate Service Member's preparedness to successfully transition from a military to a civilian career, to facilitate a "warm handover" if a Service Member requires or desires follow-on assistance.
8. Survival Skills for Parents: is a Family Wellness program presented to families and individuals in a series of six three hour sessions. This parenting class is designed to help families develop healthy interaction patterns, improve communication and strengthen family members' connections to each other and the community. This program teaches parenting strategies to gain new skills and identify supports to build on their existing healthy pa6
9. EFMP Command Point of Contact Training: This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, Enrollment Process, and Eligibility Criteria, as well as an outline of responsibilities for their role as the POC. Certificate is provided upon completion of the training.
10. Personal Anger Control Group: This six-week program will help participants learn their triggers, develop their own tools for anger management, and help them begin to develop self-control.
11. Accessing Higher Education: Attendees in this course discover the education requirements needed to attain their career goals. Higher Education Institutions and degree programs are found. Options are reviewed such as the number of classes needed to complete the degree or certificate, number of military credits that may be transferred, what the degree will cost-GI Bill, Free Application for Federal Student Aid (FAFSA), loans, grants and scholarships are discussed-and how much flexibility the institution offers. For example, does the college offer a Health Sciences major and Nutrition minor? Although attendees do not fully complete a college application package, they obtain the skills and information needed to fully complete the application outside class. Spouses are welcome to attend.
12. Sponsor Training: Stresses the importance of sponsorship and educates sponsors how to assist incoming personnel to ease relocation difficulties and reduce the apprehension normally associated with a PCS move.
13. What About the Kids: The purpose of this workshop is to define domestic abuse, introduce parents to the effects of violence on children and to challenge the notion that children are ignorant of domestic violence in the home.
14. Smooth Move Workshop: Learn how to apply for a travel allowance, plan a relocation budget, and get helpful tips on personal property shipping and storage.
15. SAPR POC Training: This training is required for personnel that have been designated by the command to be the Sexual Assault Prevention and Response Unit POC. Participants learn the roles involved with the SAPR program and how to support the command when there has been a report of sexual assault.
16. Ombudsman Basic Training (OBT): Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses and other key command personnel are also encouraged to sign up for this training. Ombudsman attendees must have their designation letter in order to attend.
17. Career Options and Navy Skills Evaluation Program (CONSEP): This workshop is designed to help Sailors identify individual skills and talents, develop long term professional and personal goals and plan for personal financial stability. It enhances mission readiness by giving Sailors the tools to make informed decisions about their educational and career options. FIRST TERM: For personnel on their first enlistment or with less than six (6) years of active duty service. MID TERM: For personnel with six to twelve (6 to 12) years active duty service and must have 18 to 24 months remaining on current contract.