



**Fleet & Family Support Center**  
**Building 554, Child Street Naval**  
**Air Station, Jacksonville**  
**(904) 542-5745**

**Revised: 01 NOV 2018**

## FFSC NAS JAX Workshops - 2019

All workshops are FREE and open to all active duty, reserve, retired personnel and their family members. PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS. FACILITIES FOR CHILDCARE ARE NOT AVAILABLE in the FFSC. If child care is needed during an appointment, please call the Child Development Center at 904-542-5529. If special accommodations or handicapped access is required, please notify us upon registration. (Class descriptions listed on back pages.)

### TRANSITION GOALS, PLANS, SUCCESS (TGPS)

**TGPS Quotas Granted via CCC only**

Workshop hours are 0730-1615 Monday-Friday. (Check-in is between 0645-0715 on Monday.)

#### Separation Workshops

Jan 7-11  
 Jan 28 - Feb 1  
 Feb 11 - 15  
 Mar 4 - 8  
 Apr 1 - 5  
 Apr 29 - May 3  
 May 13 - 17  
 Jun 3 - 7  
 Jul 8 - 12  
 Jul 29 - Aug 2  
 Aug 12 - 16  
 Sep 9 - 13  
 Sep 30 - Oct 4  
 Oct 21 - 25  
 Oct 28 - Nov 1  
 Dec 2 - 6

#### Retirement Workshops

Jan 14 - 18  
 Feb 4 - 8  
  
 Mar 11 - 15  
 Apr 8 - 12  
 May 6 - 10  
  
 Jun 10 - 14  
 Jul 15 - 19  
 Aug 5 - 9  
  
 Sep 16 - 20  
 Oct 7 - 11  
  
 Nov 18 - 22  
 No Dec

### CAPSTONE EVENTS

**CAPSTONE Quotas Granted via CCC only**

Held at FFSC and workshop hours are 0730-1130 (check-in is between 0645-0715) for morning session and 1300-1530 (check-in is between 1230-1245) for afternoon session.

Jan 23	Feb 20	Mar 20	Apr 17
May 22	Jun 26	Jul 3	Jul 24
Aug 21	Sep 4	Oct 16	Nov 6
Dec 18			

### CAREER OPTIONS AND NAVY SKILLS EVALUATION PROGRAM (CONSEP)

**CONSEP Quotas Granted via CCC only**

Workshop hours are 0730-1600 both days.

<u>First Term</u>	Feb 21-22	Sep 23-24
<u>Mid-Career</u>	May 28-29	Oct 17-18

#### **2 DAY ADVANCED TRACKS**

**Quotas for Active Duty Granted via CCC only**

#### Accessing Higher Education (0730-1600)

Jan 24-25    May 30-31    Nov 4-5

#### Technical Training (0730-1600)

Mar 18-19    Jul 1-2    Nov 7-8

#### Entrepreneurship (0730-1600)

Jan 3-4    Jul 25-26    Nov 14-15

### TRANSITION & FAMILY EMPLOYMENT READINESS PROGRAM

**To register please call 542-4718 or 542-5745**

#### Job Search and Interviewing Techniques

Workshop hours are 0830-1130.

Jan 15	Mar 21	Jun 25
Aug 20	Oct 15	Nov 25

#### Civilian Resumes and Cover Letters

Workshop hours are 1230-1600.

Jan 22	Mar 21	Jun 25
Aug 20	Oct 15	Nov 25

#### Federal Employment

Workshop hours are 0800-1200.

Jan 2	Feb 19	Mar 22	Apr 19
May 21	Jun 27	Jul 22	Aug 23
Sep 27	Nov 13	Dec 17	



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## **FFSC NAS JAX Workshops - 2019**

### **PERSONAL FINANCIAL MANAGEMENT**

To register please call 542-5635 or 542-5637

#### **Command Financial Specialist Training**

Workshop hours are 0730-1600.

Mar 25-29                      Jun 17-21  
Aug 26-30                      Dec 9-13

#### **Command Financial Specialist Refresher Training**

Workshop hours are 0730-1600.

Jul 23

#### **Million Dollar Sailor Workshop**

Workshop hours are 0730-1600.

Jun 24-25                      Sep 5-6

#### **Money, Debt & Credit Management Workshop**

Workshop hours are 1300-1600.

Apr 18                      Jun 28                      Nov 13

#### **Strategies for 1<sup>st</sup> Time Home Buyers**

Workshop Hours are 1300-1530.

Apr 16                      Aug 23

#### **Strategies for Best Deals in Car Buying**

Workshop hours are indicated below.

Apr 16, 0900-1030                      Jun 27, 1300-1430  
Sep 25, 1300-1430

### **RELOCATION ASSISTANCE**

To register please call 542-5736 or 542-5745.

#### **Welcome Aboard Training (Indoc)**

Training is available upon command request.

#### **Sponsor Training**

Workshop hours are 1330-1500.

Jan 3                      Mar 7                      May 2  
Jul 2                      Sep 5                      Oct 31

#### **Smooth Move Workshop**

Workshop hours are 1330-1600.

Jan 10                      Mar 26                      May 16                      Jun 14  
Jul 11                      Sep 12                      Nov 14

#### **Move.Mil Workshop**

Workshop hours are 1300-1530

Jan 9                      Feb 6                      Mar 12  
Apr 17                      May 8                      Jun 11  
Jul 10                      Aug 7                      Sep 18  
Oct 23                      Nov 7                      Dec 11

#### **Cultural Adaptation Workshop**

Workshop Hours are 0830-1230

Mar 27                      Sep 25

#### **Immigration Brief**

Workshop Hours are 1330-1430

Mar 27                      Sep 26

### **DEPLOYMENT SUPPORT**

To register please call 542-2776.

#### **Pre, Mid, & Post Deployment Briefs**

Training is available upon command request.

#### **Return and Reunion**

Training is available upon command request.

#### **Single Sailors Deployment Briefs**

Training is available upon command request.



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## FFSC NAS JAX Workshops - 2019

### MILITARY FAMILY SUPPORT

#### Ombudsman Basic Training

To register please call 542-2776.

Feb 20-22 (Wed - Fri) 0800-1600

May 3-5 (Fri - Sun) 0800-1600

Aug 28-30 (Wed - Fri) 0800-1600

Nov 1-3 (Fri - Sun) 0800-1600

#### Family Readiness Group

To register please call 542-2776.

Workshop hours are 0730-1630

Mar 9                  Jun 29                  Aug 10                  Oct 5

#### Welcome Aboard Tour

To register please call 542-5745 or 542-4977

Tour hours are 0800-1230.

Jan 17                  Apr 18                  Jul 18                  Oct 17

### LIFE SKILLS EDUCATION

#### Stress Management 101

To register please call 542-5745.

Workshop hours are 0830-1000.

Jan 22                  Mar 5                  Apr 30

Jul 9                  Sep 10                  Nov 5

#### Extended Stress Management (4 Hour Workshop)

To register please call 542-5745.

Workshop hours are 0800-1200.

Feb 5                  Jun 4                  Oct 1

#### Anger Management Workshops

To register please call 542-5745.

Workshop hours are 0800-1200.

Jan 8                  Feb 12                  Mar 12                  Apr 9  
 May 14                  Jun 18                  Jul 16                  Aug 13  
 Sep 17                  Oct 16                  Nov 12                  Dec 3

### LIFE SKILLS EDUCATION (CONT)

#### Enhancing Relationships Workshop

To register please call 542-5745.

Workshop hours are evenings for approx. 2 hours  
 For 6 weeks.

#### Co-parenting Workshop

To register please call 542-5745.

This 4-hour workshop is offered on request.

#### Individual Communication

To register please call 542-5745

Workshops hours are 1400-1600.

Mar 7                  Jun 6  
 Sep 5                  Dec 12

#### Healthy Relationships

To register please call 542-5745

Workshops hours are 1400-1600.

Feb 7                  Apr 11  
 Jul 11                  Nov 7

#### Personal Anger Control Group

To register please call 542-5745

Workshop hours as noted below. 1300-1500 Thursday

**Must attend all 6 meetings.**

Jan 31 – Mar 7                  Mar 28 – May 2                  May 23 – Jun 27  
 Jul 18 – Aug 22                  Oct 10 – Nov 14

#### What About the Kids

To register please call 542-5745

Workshop hours are 0900-1100.

Jan 14    Mar 11    May 13  
 July 8    Sept 9    Nov 4

#### Little Hands, Big Hearts

To register please call 542-5745

Workshop hours are 0900-1100

Feb 11                  Apr 8                  Jun 10  
 Aug 12                  Oct 14                  Dec 9



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## **FFSC NAS JAX Workshops - 2019**

### **LIFE SKILLS EDUCATION (CONT)**

#### **Survival Skills for Parents**

To register please call 542-5745,  
Workshop hours are 1300-1500

Jan 22,29 - Feb 5,12,19,26      Apr 23,30 - May 7,14,21,28  
Jul 30 - Aug 6,13,20,27 - Sep 3      Nov 5,12,19,26- Dec 3,10

#### **SOAR**

To register please call 542-5745.  
Groups meets for approximately 1.5 hours weekly, for  
group date and time, please call 542-5745.

#### **Power 2 Change Women's Group**

To register please call 542-5430.  
Meets every Wednesday at FFSC from 1030-1200.

#### **Tiny Tots Play Group**

To register please call 542-5745. Play group hours are  
1000-1200. For children ages 3 and under. Held at Youth  
Activities Center.

Jan 8, 22              Feb 5, 19              Mar 5, 19  
Apr 2, 16, 30        May 14, 28

**Jun, Jul, Aug – call 542-5745 for questions**

Sep 3, 17              Oct 1, 15, 29  
Nov 12                Dec 10

#### **Military Spouse 101**

To register please call 542-4718 or 542-5745.  
Workshop hours noted below.

Feb 14, 1300-1430      Sep 18, 0900-1030

### **LIFE SKILLS EDUCATION (CONT)**

#### **Domestic Violence Awareness**

To register please call 542-5745  
Workshop hours are 1400-1500

Feb 11              Aug 26

#### **Caring for Aging Parents**

To register please call 542-5745,  
Workshop hours are 1330-1500.

Jan 2              Apr 19  
Jul 22              Nov 22

### **EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)**

#### **EFMP Orientation**

Please call 542-5196 to schedule.

#### **EFMP Command POC Training**

To register please call 542-5196. Workshop hours are  
1300-1500.

Jan 31              Apr 4              May 30  
Aug 1              Oct 3              Dec 5

#### **EFMP Overview**

Training available upon request. Please call  
542-5196 to schedule this training.



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## **FFSC NAS JAX Workshops - 2019**

### **SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)**

#### **SAPR Victim Advocate (VA) Training**

Location and times will be sent in confirmation email once accepted into the course.

Jan 7-11                  Jun 17-21                  Aug 19-23

#### **SAPR Victim Advocates (VA) Refresher Training**

Location and times will be sent in confirmation email once accepted into the course.

Scheduled on an As-Needed Basis

#### **SAPR POC Training**

Location and times sent in confirmation emails once accepted into the course.

Mar 6                      May 1                      Sep 4

#### **SAPR Leadership Training**

Location and times sent in confirmation emails once accepted into the course.

Feb 27                      Sep 25



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## **FFSC NAS JAX Workshops - 2019**

### **Class Descriptions**

**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.

**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 or want to understand anger, you should consider attending one of these workshops for your professional growth.

**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 and to facilitate a “warm handover” if a Service member requires or desires follow-on assistance.

**Caring for Aging Parents:** Training focuses on taking care of aging parents and other family members as well as dealing with associated challenges. Topics include family care plans, powers of attorney, living wills and insurance. The end goal is to reduce burnout and compassion fatigue, increase job satisfaction and retention.

**Civilian Resumes and Cover Letters:** This workshop will help create effective resumes and cover letters that are designed to showcase your skills, qualifications and accomplishments in such a way that it attracts prospective employers and entice prospective employers to take action to offer you the job or an opportunity for a job interview.

**Command Financial Specialist Training Refresher:** This workshop is for CFSs who have not attended a CFS workshop within the last 3 years and is required to maintain designation as a CFS.

**Command Financial Specialist Training:** This workshop is designed to educate senior personnel on how to conduct financial counseling and education. Attendees must be E-5 or above with over 6 years of service, highly motivated, financially stable, and have 12 months remaining onboard their command following completion of the workshop. They must also have command approval for appointment as Command Financial Specialist or Assistant Command Financial Specialist upon completion.

**Command Pre-Deployment:** This brief describes services and assistance offered by the FFSC. Focuses on how these services can benefit single sailors, married members and families before, during and after deployment.

**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 first enlistment or with less than 6 years of Active Duty Service. Mid Term: For personnel with 6 to 12 years Active Duty Service.



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## **FFSC NAS JAX Workshops - 2019**

### **Class Descriptions (Cont)**

**Co-parenting Workshop:** This 4-hour workshop will help your family survive the challenges of co-parenting so your child can thrive living in two homes. Learn skills to be an effective parent within an often turbulent situation

**Cultural Adaptation Workshop:** Cultural Adaptation is an introductory, pre-overseas departure training designed to minimize the severity and duration of cultural adaptation stress. This training helps service members and their families become more aware of the impact of culture on their own behavior and behavior of local nationals. This training is designed for service members and family members in receipt of orders to an overseas location.

**Domestic Violence Awareness:** This class is designed to help understand what Domestic Violence is and the affects that it has on the family. Learn the different types of abuse, why victims stay, warning signs of abuse and what you can do to help. Come and be a part of the solution!

**EFMP Orientation:** Have questions about the Exceptional Family Member Program? This orientation provides a program overview as well as information on eligibility criteria, the enrollment process, myths versus realities, and application tips to help ensure successful use of the program. It is open to service members and family members.

**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.

**EFMP Overview:** This training provides incoming service members and their families with an overview of the Exceptional Family Member Program.

**Enhancing Relationships:** This evidenced-based workshop will support increasing positive communication skills, enhancing conflict resolution skills and developing positive regard in relationships.

**Entrepreneurship:** This Transition GPS Advanced Track (also known as Boots-to-Business) provides valuable information for transitioning service members and their families who are considering starting a business after military service. It is a partnership with the Small Business Administration. Topics include elements of writing a business plan, choosing the right business, sources of funding and relating military skills to business ownership.

**Extended Stress Management:** This training delves into the deeper levels of managing stress utilizing various proven interactive techniques. It focuses on understanding stress, how it affects the body and mind and gives participants tools and resources for self-care.





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## **FFSC NAS JAX Workshops - 2019**

### **Class Descriptions (Cont)**

**Family Readiness Group (FRG):** This workshop will provide FRG leadership teams with information on establishing and maintaining successful FRG groups. Get all the frequently ask questions answered. Knowledge gained will help plan, coordinate, and conduct informational, care-taking, morale-building and social activities to enhance preparedness, and command mission readiness and to increase the resiliency and well-being of Sailors and their families. Basic and refresher training workshops are available upon request in addition to the scheduled workshops.

**Federal Employment:** In this single-session workshop, participants gain the advantage of job search with the federal government by learning how to find vacancies and job listings, complete the application process and how to understand standard qualifications and testing requirements.

**Healthy Relationships:** The Healthy Relationships Workshop is for couples as well as individuals. Learn how to communicate in a positive respectful manner and attain or obtain the keys to emotional intelligence for a successful healthier relationship.

**Immigration Brief:** This is designed for immigrants who are new to the United States or those who desire naturalization information. It will provide attendees with a detailed overview of the naturalization process including where to find immigration information and the requirements for obtaining U.S. citizenship.

**Individual Communication:** Each quarterly workshop focuses on increasing effectiveness in interpersonal communication through topics of identifying the difference between assertive and nonassertive communication, types of communication styles, and effective tools in communication.

**Job Search and Interviewing Techniques:** Increase your chances of getting hired; learn effective strategies and information to search for employment that aligns with your skills and interest, online job search tools and match labor market statistics with your employment goals. Learn dynamic interview techniques designed to show you competencies throughout the interview process.

**Little Hands, Big Hearts:** Help promote healthy families by learning practical information/skills in an interactive format to reduce the risk of child abuse and neglect. There will be an emphasis on parenting techniques including discipline and the importance of the parent/child bond, as well as recommendations for healthy activities for your family.

**Military Spouse 101:** Workshop designed for the new military spouses, it will familiarize them with military customs, terminology and provide a variety of resources.

**Million Dollar Sailor:** A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.





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## **FFSC NAS JAX Workshops - 2019**

### **Class Descriptions (Cont)**

**Money, Debt & Credit Management:** This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

**Move.mil:** Designed to walk service members through the entire move.mil process step by step and upon completion of this workshop the member can take a copy of their orders and move.mil paperwork to personal property which completes the process.

**Ombudsman Basic Training (OBT):** Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouse. Other key command personnel are also encouraged to sign up for this training. Ombudsman attendees must have their designation letter in order to attend.

**Personal Anger Control Group:** Control Anger Before It Controls You. This six-week program will help participants learn effective ways of managing and transforming the negative emotion of anger into a constructive emotion that can enhance participant's health, self-esteem, communication skills and emotional awareness.

**Power 2 Change Women's Group:** This group serves victims of abuse in a supportive, educational group format to deal with the abuse that has occurred in their lives.

**Return & Reunion:** This workshop is for active duty service members and their families. It is designed to help them better understand and be prepared for the changes and adjustments of military deployment.

**SAPR Victim Advocate (VA) Training:** This 40-hour training is required for individuals that have been designated by the command to be the Sexual Assault Prevention and Response Uniformed Victim Advocate. This class is a pre-requisite to become D-SAACP certified.

**SAPR Victim Advocate (VA) Refresher Training:** Refresher training for certified Sexual Assault Prevention and Response Victim Advocates or those awaiting certification after completing the 40-Hour Victim Advocate Courses. Provides opportunity to share best practices, receive SAPR updates and enhance advocacy skills.

**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 Point of Contact. Participants learn the roles involved with the SAPR program and how to support the command when there has been a report of sexual assault.

**SAPR Leadership Training:** This training is a SAPR- based leadership training that is available to E-6 and above to provide updates and information related to sexual assault.



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## **FFSC NAS JAX Workshops - 2019**

### **Class Descriptions (Cont)**

**Single Sailors and Pre-Deployment:** This 30-minute brief focuses on the emotional and financial aspects of deployment as they apply specifically to the Single Sailor.

**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.

**SOAR:** This group serves victims of sexual assault in a supportive, educational group format to deal with the abuse that has occurred in their lives.

**Sponsor Training:** Stresses the importance of sponsorship and educates sponsors on how to assist incoming personnel to ease relocation difficulties and reduce the apprehension normally associated with a PCS move.

**Strategies for Best Deals in Car Buying:** Looking for a car but don't want to get taken for a ride? In this single-session program, learn all the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

**Strategies for 1<sup>st</sup> Time Home Buyers:** VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

**Stress Management 101:** This is a 1-hour workshop that helps learners measure the effect of the stressors in their lives against the symptoms and behaviors of the Operational Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.

**Survival Skills for Parents:** Is presented in a series of six two 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. Learn strategies to gain new skills and identify supports to build on your existing healthy patterns and add new ways of living and working together.

**Technical Training Track:** Designed for transitioning individuals interested in a trade or technical field in order to obtain a job. This workshop guides attendees to choose a career path and evaluate their needs. Workforce expectations are reviewed such as general salary, job growth in today's economy and best geographic location for each vocation. Attendees select reputable Technical Schools to compare several factors: number of credits needed for completion, credit transfers, time it takes to complete the program, tuition costs and fees, GI Bill acceptance and admission standards. Spouses are welcome to attend. Active duty Service members must attend the 5 day TGPS first.



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## **FFSC NAS JAX Workshops - 2019**

### **Class Descriptions (Cont)**

**Transition Goals, Plans, Success (TGPS):** This is a five-day DoD mandatory workshop for those separating or retiring. It provides instruction on skills assessment, resume writing, interview techniques, salary negotiations, financial considerations and overview of veterans' benefits designed to build skills which allow Service Members to depart "career ready", having met mandatory Career Readiness Standards. Spouses are encouraged to attend. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, Labor and Veterans Affairs.

**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. Tiny Tots is held at the YAC (Bldg. 2069, Mustin Road) except for the months of June, July & August. For information on dates and location during these summer months call 542-5745.

**Welcome Aboard Tour:** This is a Military Family guided on base tour with stops along the way to areas of interest for those just reporting to a new duty station. Resources will be provided to help families seamlessly integrate into the new Military Community.

**Welcome Aboard Training (Indoc):** This training provides incoming service members and their families with current information on military and civilian resources available to them at their new duty station.

**What About the Kids:** This workshop is to inform parents about the effects of family violence on children and to challenge the notion that children are not impacted by domestic violence in the home.