**FFSC NAS JAX Workshops – 2022**

All workshops are FREE and open to all active duty, reserve, retired personnel and their family members. **PRE-REGISTRATION IS REQUESTED FOR ALL WORKSHOPS.** If childcare 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 are listed on the back pages.)

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### TRANSITION ASSISTANCE PROGRAM (TAP)

* TAP Quotas for Active Duty and Family Members are Granted via CCC
* Workshop hours are 0700-1615

<table>
<thead>
<tr>
<th>Separation Workshops</th>
<th>Retirement Workshops</th>
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<tr>
<td>Jan 3-5 My Emp</td>
<td>Jan 10-12 My Emp</td>
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<td>Jan 24-26 My Emp</td>
<td>Jan 31-Feb 2 My Emp</td>
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<td>Feb 28-Mar 2 My Ed</td>
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<td>Apr 4-6 My Emp</td>
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<td>Apr 18-20 My Emp</td>
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<td>Nov 14-16 My Emp</td>
<td>Oct 31-Nov 2 My Emp</td>
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<td>Nov 28-30 My Ent</td>
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**My Employment (My Emp):** Department of Labor Employment Track  
**My Technical (My Tech):** Vocational Training Track  
**My Education (My Ed):** Education Track  
**My Entrepreneurship (My Ent):** Entrepreneurship Track aka (Boots to Business)

### CAPSTONE EVENTS

* CAPSTONE Quotas are Granted via CCC
* Morning workshop hours are 0730-1130
* Afternoon workshop hours are 1300-1500

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<th>Jan 19</th>
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### CAREER OPTIONS AND NAVY SKILLS EVALUATION PROGRAM (CONSEP)

* CONSEP Quotas are Granted via CCC
* Workshop hours are 0730-1600 both days

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<tr>
<th>First Term</th>
<th>Feb 24-25</th>
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<td>Mid-Career</td>
<td>Mar 31-Apr 1</td>
<td>Oct 13-14</td>
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**2 DAY ADVANCED TRACKS**  
Quotas for Active Duty are Granted via CCC

- **My Emp - Managing Your Employment** (0730-1600)
  - Jan 6-7 Jan 13-14 Jan 27-28 Feb 3-4
  - Feb 10-11 Mar 10-11 Apr 7-8 Apr 21-22
  - May 12-16 May 19-20 Jun 9-10 Jun 16-17
  - Jul 14-15 Jul 28-29 Aug 4-5 Oct 20-21
  - Oct 27-28 Nov 3-4 Nov 17-18
- **My Ed - Managing Your Education** (0730-1600)
  - Jan 20-21 Mar 3-4 Sep 15-16 Nov 7-8
- **My Tech - Managing Your Technical Training** (0730-1600)
  - Mar 21-22 May 5-6 Jul 21-22 Sep 22-23
  - Nov 21-22
- **My Ent - Managing Your Entrepreneurship** (0730-1600)
  - Feb 17-18 Apr 14-15 Jul 7-8 Aug 11-12
  - Oct 6-7 Dec 1-2

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### TRANSITION & FAMILY EMPLOYMENT READINESS PROGRAM

To register please call 542-4718 or 542-5745 or Email: JAXS_NAS_FFSC_CONNECT@NAVY.MIL

**Job Search and Interviewing Techniques**

<table>
<thead>
<tr>
<th>Job Search and Interviewing Techniques</th>
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<tr>
<td>Workshop hours are 0830-1130.</td>
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<tr>
<td>Jan 18</td>
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# TRANSITION & FAMILY EMPLOYMENT READINESS PROGRAM cont.

## Civilian Resumes and Cover Letters
Workshop hours are 1300-1600

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## Federal Employment
Workshop hours are 0800-1200

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## PERSONAL FINANCIAL MANAGEMENT
To register please call 542-5635 or 542-5637 or email: JAXS_NAS_FFSC_PFM@NAVY.MIL

### Command Financial Specialist Training
Workshop hours are 0730-1600

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<td>Jun 20-24</td>
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### Command Financial Specialist Refresher Training
Workshop hours are 0730-1600

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### Million Dollar Sailor Workshop
Workshop hours are 0730-1600

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### Credit House Cleaning
Workshop hours are 1300-1430

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### Home Buying 101
Workshop Hours are 1300-1430

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### The Wheels You Want/Car Buying
Workshop hours are indicated below.

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<tr>
<td>Apr 26</td>
<td>0900-1000</td>
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## MILITARY FAMILY SUPPORT

**Ombudsman Basic Training**
To register please call 542-2776 or 542-4718

Feb 23-25 (Wed-Fri) 0800-1600
Jun 10-12 (Fri-Sun) 0800-1600
Aug 24-26 (Wed-Fri) 0800-1600
Nov 4-6 (Fri-Sun) 0800-1600

**Family Readiness Group**
Training is available upon request. Please call 542-2776 or email JAXS_NAS_FFSC_Connect@navy.mil

## LIFE SKILLS EDUCATION

### Professional Development in Stress Management 101
To register please call 542-5745 or 542-4718
Workshop hours are 0830-1000

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<th>Jan 4</th>
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<td>Jul 5</td>
<td>Sep 5</td>
<td>Nov 1</td>
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### Professional Development in Extended Stress Management
To register please call 542-5745 or 542-4718
Workshop hours are 0800-1200

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<tr>
<th>Feb 1</th>
<th>Jun 7</th>
<th>Oct 4</th>
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### Professional Development in Anger Management
To register please call 542-5745 or 542-4718
Workshop hours are 0800-1200

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<th>Jan 11</th>
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### Professional Development in Individual Communication
To register please call 542-5745 or 542-4718
Workshop hours are 1330-1530

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<th>Mar 7</th>
<th>Jun 7</th>
<th>Aug 29</th>
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### Co-parenting Workshop
To register please call 542-5745
Workshop hours are 0800-1200

- Feb 4, May 6, Aug 5, Nov 4

### Healthy Relationships
To register please call 542-5745
Workshop hours are 1330-1530

- Feb 3, Apr 14, Jun 30, Nov 3

### What About the Kids
To register please call 542-5745
Workshop hours are 0800-1200

- Jan 10, Apr 11, Jul 11, Oct 3

### Survival Skills for Parents
To register please call 542-5745
Workshop hours are 1300-1400

- Jan 11, 18, 25 – Feb 1, 8, 15
- Apr 5, 12, 19, 26 – May 3, 10
- Jul 12, 19, 26 – Aug 2, 9, 16
- Oct 4, 11, 18, 25 – Nov 1, 8

### Personal Anger Control Group
To register please call 542-5745
Workshop hours are 1300-1500 on Thursday
**Must attend all 6 meetings.**

- Jan 6-Feb 10, Mar 3-Apr 7, May 5-Jun 9
- Jul 7-Aug 11, Sep 15-Oct 20, Nov 1-Dec 6 (on Tuesday)

### Power 2 Change Women’s Group
To register please call 542-5249
Meets every Wednesday at FFSC from 1430-1600

### Tiny Tots Play Group
To inquire please call 542-5745.
Groups will be held on the 3rd Friday of the month.

### Military Spouse 101
To register please call 542-4718 or 542-5745
Workshop hours are 1300-1430

- Feb 8, Sep 13
### MILITARY FAMILY SUPPORT

**Domestic Violence Awareness**  
To register please call 542-5745  
Workshop hours are 1400-1500  
Feb 7 - Aug 22  

**Caring for the Caregiver**  
To register call 542-5745 or 542-4718  
Workshop hours are 1330-1500  
Feb 24 - Apr 28  
Aug 18 - Nov 17  

**Daddy Boot Camp**  
To register call 542-5745  
Workshop hours are 1300-1400  
Jan 20 - Apr 14  
Jun 8 - Sep 14  

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**EFMP Orientation**  
Please call 542-5196 or 542-4718 to schedule.  

**EFMP Command POC Training**  
To register please call 542-5196  
Workshop hours are 1300-1500  
Mar 31 - Jun 9 - Aug 4 - Oct 6 - Dec 1  

**EFMP Overview**  
Training available upon request. Please call 542-5196 to schedule.  

### SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

**Administrative Unit Victim Advocate Training**  
Scheduled on an as-needed basis. SARC will invite newly designated AUVAs via email.  

**SAPR Victim Advocate (SAPR VA) Initial Training**  
Location and times will be sent in confirmation email once approved for the course.  
Jan 24-28 - May 9-13 - Jul 18-22  

**SAPR Victim Advocate (SAPR VA) Refresher Training**  
Scheduled on an as-needed basis. Location and times will be sent in confirmation.  

**SAPR, FAP, SAIL, and MRE 514 Commander’s Toolkit Training**  
Administrative Unit Victim Advocates must communicate with the SARC regarding registration.  
Jan 19 - Feb 16 - Mar 16 - Apr 20  
May 18 - Jun 15 - Jul 20 - Aug 17  
Sep 21 - Oct 19 - Nov 16 - Dec 21
**Class Descriptions**

**Accessing Higher Education:** Attendees in this course discover the education requirements needed to attain their career goals. Options are reviewed such as the number of classes needed to complete a 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. Participants obtain the skills and information needed to fully complete a college degree. Spouses are welcome to attend.

**Capstone:** The Capstone Event is a mandatory component of Transition Assistance Program (TAP); designed to verify that service members have met Career Readiness Standards (CRS), have a viable Individual Transition Plan (ITP). It evaluates service member’s preparedness to successfully transition from a military to a civilian career and to facilitate a “warm hand-off” if the service member desires follow-up assistance.

**Caring for the Caregiver:** This training focuses on not only taking care of the caregiver but also other family members; as well as dealing with associated challenges. Some topics include family care plans, Power of Attorney, living wills and insurance. The end goal is to provide resources, reduce burnout and compassion fatigue, increase job satisfaction, retention and family readiness.

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

**Command Financial Specialist Training:** The CFS is a key component of the Navy’s Personal Financial Management (PFM) program which emphasizes a proactive, life-cycle approach to personal financial responsibility. This week long modernized CFS Course will give students a better understanding of how financial readiness contributes to mission readiness as well as quality of life. Attendees must be currently serving in the Armed Forces, E-5 or above with over 6 years of service, highly motivated, financially stable, and have command approval to be designated in writing.

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

**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.

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

**Credit House Cleaning:** Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool; poor credit management, though, can devastate a person’s financial health. This course offers attendees access to their credit report, interpretation of their past credit history, disputing errors, safeguarding their personal information, and developing a plan to improve their overall credit health.
Class Descriptions (Cont.)

**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 behavior. It is designed for service members and their families in receipt of orders to overseas location.

**Daddy Boot Camp:** This one hour workshop is designed for new fathers or expectant fathers. Daddy Boot Camp teaches the basics of becoming a new parent to include preparing for your newborn, safe sleep practices, diaper changing and feeding your baby. In addition, you will learn ways to support new mothers through the post-partum period. Throughout, this interactive class you will have the opportunity to ask parenting questions and learn parent resources within the community.

**Deployment Support:** This brief describes services and assistance offered by FFSC. It will highlight how these services can benefit single or married members and families before, during and after deployment.

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

**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 Point of Contact (POC). A certificate is provided upon completion of the training.

**EFMP Orientation:** Have questions about the Exceptional Family Member Program (EFMP)? 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 Overview:** This training provides incoming service members and their families with an overview of the Exceptional Family Member Program (EFMP).

**Family Readiness Group (FRG):** This workshop provides FRG leadership teams with information on establishing and maintaining successful FRG groups. Get the frequently ask questions answered. The information provided 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.

**Federal Employment:** In this single-session workshop, participants gain the advantage of job search with the Federal Government. Individuals will learn how to find vacancies, locate job listings, instructions on how to complete the application process, as well understand standard qualifications and testing requirements.

**Healthy Relationships:** The Healthy Relationships Workshop is for couples and individuals. Learn how to communicate in a positive respectful manner and obtain the keys to emotional intelligence for a successful, healthy relationship.
Class Descriptions (Cont.)

**Home Buying 101:** A home is one of the most complicated and expensive purchases someone will ever make. You should put a lot of thought into when and where the right opportunity will be, so that you will have the home you want and it will be one that provides a return on your investment. This course will provide information on the home buying process to help determine whether the time is right to purchase a home and negotiate the financial pitfalls encountered.

**Immigration Brief:** This workshop 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.

**It's Your Move:** 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 application process.

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

**Military Spouse 101:** Workshop designed for the new military spouse gain a better understanding of 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.

**My Ed – Managing Your Education Track:** Assists service members in identifying higher education requirements that support personal career goals. This two-day workshop is divided into the following topic areas: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education. This workshop is beneficial for both service members attending college for the first time and those applying to graduate school programs.

**My Emp – Managing Your Employment Track:** Covers emerging best practices in career employment, including in-depth training to learn strategic interview and resume skills as well as the use of various networking sites to search for employment.

**My Ent – Managing Your Entrepreneurship Track:** The Transition Advanced Track (also known as Boots-to-Business) provides valuable information for transitioning service members and their families 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.

**My Tech – Managing Your Technical Training Track:** Offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements. Spouses are welcome to attend. Active duty service members must attend TAP first.
Ombudsman Basic Training (OBT): Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses, as well as other key command personnel are 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 assists victims of abuse in a supportive, educational group format to deal with the abuse that has occurred within their lives.

Professional Development in Anger Management Workshop: Anger as a feeling is neither “good” nor “bad.” It is the behavior that can cause trouble when angry. If help is needed managing anger or if one has the need to understand anger, consider attending this workshop for professional growth.

Professional Development in 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.

Professional Development in Stress Management 101: This 1-hour workshop 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.

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 challenges and adjustments of military deployment.

SAPR Victim Advocate (VA) Initial Training: This 40-hour training is required for individuals who have been chosen by the command to be a Sexual Assault Prevention and Response Unit 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 to obtain continuing education units (CEUs). The training provides the opportunity to share best practices, receive SAPR updates and enhance advocacy skills.

SAPR, FAP, SAIL, AND MRE 514 COMMANDER'S TOOLKIT TRAINING
This training event fulfills command leadership training requirements per OPNAVINST 1752.1C and 1752.2C to be completed within the first 30 days (SAPR) AND 90 days (FAP) of assuming command. The training is focused on the Commander’s Toolkit for SAPR, FAP and SAIL programs. In addition to the training, the judge advocate will provide MRE-514, privilege, and reporting requirements. Administrative Unit Victim Advocates must communicate with the SARC regarding registration for command leadership via susan.p.bartley3.naf@us.navy.mil

Single Sailor 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 the Student Interstate Agreement which is designed for students transferring schools, the Spouse Licensures Agreement, personal property shipping and storage, as well as a warm hand off to your next duty station.
Fleet & Family Support Center  
Building 27, Ranger Street  
Naval Air Station, Jacksonville  
(904) 542-5745  
JAXS_NAS_FFSC_CONNECT@navy.mil

**FFSC NAS JAX Workshops – 2022**

**Class Descriptions (Cont.)**

**Sponsor Training:** Stresses the importance of sponsorship and educates sponsors on ways to ease the difficulties and apprehensions which may occur during a Permanent Change of Station (PCS) move.

**Survival Skills for Parents:** Is presented in a series of six one-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 support systems to build on existing healthy patterns and add new ways of living and working together.

**The Wheels You Want:** Most servicemembers and families will purchase a new or used car while serving. They will spend more of their disposable income on automobiles than on virtually anything else except food and shelter. This course outlines the car buying process and explores how servicemembers and their family members can save hundreds, if not thousands, of dollars on their next vehicle purchase.

**Tiny Tots Play Group:** A resource playgroup for military parents and their children focused on enhancing parent resilience, developing children’s social connections and building knowledge of child development. Playgroup provides support in times of need, and fosters social and emotional competence. For information on location please call 542-5745.

**Transition Assistance Program (TAP):** This is a DoD mandatory workshop for those separating or retiring. This workshop provides instruction on skills assessment, resume writing, interview techniques, salary negotiations, financial considerations and overview of Veteran 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, the Department of Defense, Department of Labor and Veteran Affairs.

**Welcome Aboard Tour:** This is a base-guided bus 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 promotes healthy families by providing practical information in an interactive format to reduce the risk of child abuse and neglect, as well as to educate parents on the impact of domestic violence on children. There is an emphasis on parenting techniques including discipline, impact of trauma on development, the importance of parent/child bond and protective factors.