



Fleet & Family Support Center
Building 554, Child Street
Naval Air Station, Jacksonville
(904) 542-5745
JAXS_NAS_FFSC_CONNECT@navy.mil

FFSC NAS JAX Workshops – 2020

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

TRANSITION ASSISTANCE PROGRAM (TAP)

TAP Quotas are Granted via CCC only

Workshops hours are 0730-1615

(Check-in is between 0645-0715 on Monday)

Separation Workshops

Jan 6-8	My Emp
Jan 27-29	My Emp
Feb 10-12	My Emp
Mar 2-4	My Emp
Apr 6-8	My Emp
Apr 20-22	My Emp
May 11-13	My Emp
Jun 1-3	My Emp
Jul 6-8	MY Ed
Jul 20-22	My Emp
Aug 10-12	My Ent
Sep 14-16	MY Ed
Sep 28-30	My Tech
Oct 19-21	My Ent
Oct 26-28	My Ed
Nov 16-18	My Emp
Nov 30- Dec 2	My Tech

Retirement Workshops

Jan 13-15	My Emp
Feb 3-5	My Emp
Mar 9-11	My Emp
Apr 13-15	My Ent
May 4-6	My Tech
May 18-20	My Emp
Jun 8-10	My Ent
Jul 13-15	My Tech
Aug 3-5	My Emp
Oct 5-7	My Emp
Nov 2-4	My Emp
No Dec	

My Employment (My Emp) – Department of Labor
 Employment Fundamentals of Career Transition

My Technical (My Tech) – Vocational Training Track

MY Education (My Ed) – Managing Your Education

My Entrepreneurship (My Ent) – Entrepreneurship (Boots to Business)

CAPSTONE EVENTS

CAPSTONE Quotas are Granted via CCC only

Morning workshop hours are 0730-1130 (Check-in is between 0700-0715) Afternoon workshop hours are 1300-1500 (Check-in is between 1230-1245).

Jan 22	Feb 26	Mar 18	Apr 29
May 27	Jun 24	Jul 29	Aug 19
Sep 2	Oct 14	Dec 16	

CAREER OPTIONS AND NAVY SKILLS EVALUATION PROGRAM (CONSEP)

CONSEP Quotas are Granted via CCC only

Workshop hours are 0730-1600 both days.

First Term Feb 20-21 Sep 24-25

Mid-Career Apr 2-3 Oct 15-16

2 DAY ADVANCED TRACKS

Quotas for Active Duty are Granted via CCC only

My Employment (My Emp) (0730-1600)

Jan 9-10	Jan 16-17	Jan 30-31	Feb 6-7
Feb 13-14	Mar 5-6	Mar 12-13	Apr 9-10
Apr 23-24	May 14-15	May 21-22	Jun 4-5
Jul 23-24	Aug 6-7	Oct 8-9	Nov 5-6
Nov 19-20			

Managing Your Education (My Ed) (0730-1600)

Jan 23-24	May 28-29	Jul 9-10
Sep 17-18	Oct 29-30	Nov 9-10

Vocational Training Track (My Tech) (0730-1600)

Mar 19-20	May 7-8	Jul 16-17	Oct 1-2
Nov 12-13	Dec 3-4		

Entrepreneurship (My Ent) (0730-1600)

Feb 24-25	Apr 16-17	Jun 11-12	Jul 30-31
Aug 13-14	Oct 22-23	Nov 23-24	

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

Workshop hours are 0830-1130.

Jan 21	Mar 30	Jun 23
Aug 18	Dec 17	



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TRANSITION & FAMILY EMPLOYMENT READINESS PROGRAM cont.

Civilian Resumes and Cover Letters

Workshop hours are 1230-1600.

Jan 21	Mar 30	Jun 23
Aug 18	Oct 13	Dec 17

Federal Employment

Workshop hours are 0800-1200.

Jan 3	Feb 19	Mar 17	Apr 27
May 26	Jun 26	Jul 27	Aug 20
Sep 9	Nov 25	Dec 14	

PERSONAL FINANCIAL MANAGEMENT

To register please call 542-5635 or 542-5637

Command Financial Specialist Training

Workshop hours are 0730-1600.

Mar 23-27	Jun 15-19
Aug 24-28	Dec 7-11

Command Financial Specialist Refresher Training

Workshop hours are 0730-1600.

Jul 28

Million Dollar Sailor Workshop

Workshop hours are 0730-1600.

Jun 29-30	Sep 10-11
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Money, Debt & Credit Management Workshop

Workshop hours are 1300-1600.

Apr 30	Jun 25	Dec 15
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Strategies for 1st Time Home Buyers

Workshop Hours are 1300-1530.

Apr 27	Aug 17
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Strategies for Best Deals in Car Buying

Workshop hours are indicated below.

Apr 28, 0900-1030	Jun 25, 0900-1030
Sep 21, 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 5	May 7
Jul 1	Sep 3	Oct 29

Smooth Move Workshop

Workshop hours are 1330-1600.

Jan 9	Mar 26	May 14	Jun 11
Jul 9	Sep 10	Nov 5	

Move.mil Workshop

Workshop hours are 1300-1530.

Jan 8	Feb 5	Mar 4
Apr 15	May 6	Jun 10
Jul 8	Aug 12	Sep 16
Oct 21	Nov 18	Dec 3

Cultural Adaptation and Immigration Workshop

Workshop hours are 1330-1530.

Mar 25	Sep 23
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Welcome Aboard Tour

To register please call 542-5745 or 542-4977

Tour hours are 0800-1230. Available upon command request during the months of Feb – Apr – Jun – Aug - Oct

DEPLOYMENT SUPPORT

To register please call 542-2776 or 542-5745.

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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MILITARY FAMILY SUPPORT

Ombudsman Basic Training

To register please call 542-2776 or 542-4718.

Feb 19-21 (Wed-Fri) 0800-1600

Jun 12-14 (Fri-Sun) 0800-1600

Aug 26-28 (Wed-Fri) 0800-1600

Nov 6-8 (Fri-Sun) 0800-1600

Family Readiness Group

To register please call 542-2776 or 542-4718.

Mar 7 Oct 3

LIFE SKILLS EDUCATION

Professional Development in Stress Management 101

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

Workshop hours are 0830-1000.

Jan 21 Mar 3 Apr 28

Jul 7 Sep 8 Nov 3

Professional Development in Extended Stress Management

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

Workshop hours are 0800-1200.

Feb 4 Jun 2 Oct 6

Professional Development in Anger Management

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

Workshop hours are 0800-1200.

Jan 7 Feb 11 Mar 10 Apr 7

May 12 Jun 16 Jul 14 Aug 11

Sep 15 Oct 13 Nov 10 Dec 1

Professional Development in Individual Communication

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

Workshop hours are 1400-1600.

Mar 2 Jun 1 Aug 31 Dec 7

Enhancing Relationships

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.

Workshop hours are 0800-1200.

Feb 7 May 8 Aug 7 Nov 6

Healthy Relationships

To register please call 542-5745.

Workshop hours are 1400-1600.

Feb 6 Apr 9 Jul 9 Nov 5

What About the Kids

To register please call 542-5745.

Workshop hours are 0800-1200.

Jan 13 Apr 13 Jul 13 Oct 5

Survival Skills for Parents

To register please call 542-5745.

Workshop hours are 1300-1500.

Jan 21, 28 – Feb 4, 11, 18, 25

Apr 21, 28 – May 5, 12, 19, 26

Jul 28 – Aug 4, 11, 18, 25, Sep 1

Nov 3, 10, 17, 24 – Dec 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 9-Feb 13 Mar 12-Apr 16 May 14-Jun 18

Jul 16-Aug 20 Sep 17-Oct 22

Power 2 Change Women's Group

To register please call 542-5249.

Meets every Wednesday at FFSC from 1430-1600.



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MILITARY FAMILY SUPPORT

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 7, 21	Feb 4, 18	Mar 3, 17, 31
Apr 14, 28	May 12, 26	Sep 1, 15, 29
Oct 13, 27	Nov 10	Dec 8, 15

Jun, Jul, and Aug – call 541-5745 for questions

Military Spouse 101

To register please call 542-4718 or 542-5745. Workshop hours are 1300-1430.

Feb 13	Sep 17
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Domestic Violence Awareness

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

Feb 10	Aug 24
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Caring for Aging Parents

To register call 542-5745 or 542-4718. Workshop hours are 1330-1500.

Jan 3	Apr 30 (0800-1000)
Jul 27	Nov 18

EXCEPETIONAL 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.

Jan 30	Apr 2	May 28
Aug 6	Oct 1	Dec 3

EFMP Overview

Training available on request. Please call 542-5196 to schedule.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

To register please call 542-5745.

SAPR Victim Advocate (SAPR VA) Initial Training

Location and times will be sent in confirmation email once approved for the course.

Jan 13-17	May 4-8	Jul 13-17
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SAPR Victim Advocate (SAPR VA) Refresher Training

Location and times will be sent in confirmation. Scheduled on an as-needed basis.

SAPR POC Training

Location and times will be sent in a confirmation email.

Mar 23	Jun 15	Aug 24
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SAPR Commander Toolkits and MRE 514 Training

SAPR POCs must register Triad with the SARC no later than the 2nd Monday of the month. Location and times will be sent in a confirmation email.

Jan 15	Feb 19	Mar 18	Apr 15
May 20	Jun 17	Jul 15	Aug 19
Sep 16			



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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. For example, does the college offer a Health Sciences major and Nutrition minor? Obtain the skills and information needed to fully complete a college. Spouses are welcome to attend.

Capstone: The Capstone Event is a mandatory component of Transition Assistance Program; designed to verify that service members have met Career Readiness Standards (CRS) 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 hand-off" if the service member desires follow-up assistance.

Caring for The Caregiver: This training focuses on not 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 (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.

Command Financial Specialist Training: This workshop is designed to educate senior personnel 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. They must also have command approval for an appointment for Command Financial Specialist or Assistant Command Financial Specialist.

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.

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. This training is designed for service members and family members in receipt of orders to an overseas location.



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Class Descriptions (Cont.)

Deployment Support: This brief describes services and assistance offered by the 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 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 Point of Contact (POC). A 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: 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.

Family Readiness Group (FRG): Basic and refresher training workshops are available upon request in addition to the scheduled workshops. This workshop will provide FRG leadership teams with information on establishing and maintaining successful FRG groups. Get the frequently asked questions answered. Information 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.

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 as how to 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.



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Class Descriptions (Cont.)

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.

Job Search and Interviewing Techniques: Increase chances of getting 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.

Managing Your Education: 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.

Military Spouse 101: Workshop designed for the new military spouse who want additional resources. It will familiarize spouses 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.

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 application process.

My Employment: Covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

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 one of these workshops for professional growth.



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Class Descriptions (Cont.)

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

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 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.

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) 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. This course provides opportunity to share best practices, receive SAPR updates and enhance advocacy skills.

SAPR Point of Contact 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: Within 30 days of assuming command the Commanding Officer (CO)/Officer in Charge (OIC)/deputy and Triad must obtain a one-on-one with the Sexual Assault Response Coordinator (SARC) and Staff Judge Advocate (SJA). This training discussed reporting and response process, roles and responsibilities of the CO and command, risk reduction strategies, marketing mandates, confidentiality, sexual assault Case Management Group (CMG) Requirements, program complains, Sexual Assault Initial Disposition Authority (SA-IDA), Military Rule of Evidence (MRE) 514, judicial process, and retaliation. Please have the POC to reach out to Ms. Morales for registration at Jacqueline.morales@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; designed for students transferring schools, the Spouse Licensures Agreement, personal property shipping and storage, as well as a warm hand off to you next duty station.



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Class Descriptions (Cont.)

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 Permanent Change of Station (PCS) move.

Strategies for Best Deals in Car Buying: Looking for a car but do not want to get taken for a ride? In this single-session program, learn all the important “dos and do-nots” BEFORE stepping onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Strategies for 1st Time Home Buyers: Veteran’s Administration (VA) 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. Individuals will also learn ways to protect investments as a new home owner.

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 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 TAP first.

Transition Assistance Program (TAP): This is a DoD mandatory workshop for those separating or retiring 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 and the Departments of Defense, Labor and Veteran 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 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.

Vocational 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.



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Class Descriptions (Cont.)

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.