

# February 2020 Fleet & Family Support Center Programs



Please email us at [ncbc\\_gulfport\\_ffsc@navy.mil](mailto:ncbc_gulfport_ffsc@navy.mil) or call us at (228) 871-3000 to sign up for classes so we can keep you informed about any schedule changes.



Look for the color dots to indicate the Operational Stress Control Continuum phase that the program supports.

## Operational Stress Control: *Your Command and Family Color Companion*

●	●	<b>READY</b>
●	●	<b>REACTING</b>
●	●	<b>INJURED</b>
●	●	<b>ILL</b>

Green = program delivered to maintain and enhance a Ready state – focused, prepared, good to go.

Yellow = program delivered to enhance coping strategies or move attendee from Reacting to Green.

Orange = program providing in-depth skill building or to address more severe or persistent distress.

Red = program providing therapeutic assistance for significant persistent stress symptoms.

				CLASS	DATE	TIME
●	●	●	●	24/7 Dad	Mon & Wed	1100
●	●	●	●	Cool Under Pressure	Tuesdays	1230-1430
●	●	●	●	Domestic Violence Intervention Program for Women/Men	Tuesdays	1430-1630/ 1530-1630
●	●	●	●	Resiliency Training	Thursdays	1100
●	●			Transition Assistance Program (TAP) Three-Day Class	3-5 Feb	0800-1530
●	●			“Strengths” Learning Session	Wed, 5 Feb	0830-1030
●	●			Accessing Higher Education Two-Day Class	6-7 Feb	0800-1530
●	●			Civilian and Federal Resume Writing	Mon, 10 Feb	0900-1530
●	●			“Personality” Learning Session	Mon, 10 Feb	1300-1500
●	●			JOB FAIR	Tues, 11 Feb	1000-1300
●	●			Command Financial Specialist Four-Day Training	18-21 Feb	0800-1530
●	●			“Values” Learning Session	Wed, 19 Feb	0830-1030
●	●			Smooth Moves (for the PCS Move)	Wed, 19 Feb	0900-1100
●				Navy Spouse Mini-Orientation and MWR Bus Tour!	Thurs, 20 Feb	0930-1130
●	●	●		NMCRS “Budget for Baby”	Fri, 21 Feb	Call 871-2610!
●	●			Baby Boot Camp	Mon, 24 Feb	0900-1100
●	●			Career Exploration Planning Track Two-Day Class	25 & 26 Feb	0800-1530
●	●			I.A. Family Gathering	Wed, 26 Feb	1600

## Class Descriptions

**Please pre-register for classes by emailing us at [ncbc\\_gulfport\\_ffsc@navy.mil](mailto:ncbc_gulfport_ffsc@navy.mil) at (228) 871-3000 so we can keep you informed about any schedule changes!**

**24/7 Dad**, Mondays and Wednesdays at 1100. Any father is invited to participate in this nationally-acclaimed program; call 871-3000 for more information and to sign up!

**Accessing Higher Education 2 Day Class**, 6 and 7 February, 0800-1530. This class is appropriate for anyone considering attending college.

**Baby Boot Camp**, Monday, 24 February, 0900-1100. For expecting individuals/couples, this class discusses pregnancy, labor, delivery, and caring for a newborn.

**Career Exploration and Planning Track**, 25 and 26 February, 0800-1530. This two-day class will help service members create a plan for their training, work, and life after leaving military service.

**Civilian and Federal Resume Writing**, Monday, 10 February, 0800-Noon. Learn how to create the resume that best reflects your skills and abilities and how to apply for federal jobs.

**Command Financial Specialist Training**, 18-21 February, 0800-1530. This training is provided to command-nominated personnel who will then be responsible for providing basic financial counseling services to members of the command.

**Cool Under Pressure**, Tuesdays, 1230-1400. Learn what can be healthy and unhealthy about anger.

**Domestic Violence Intervention Program for Women/Men**, Tuesdays, 1430-1630/1530-1630. A 16-week class for offenders of violence, this class offers intensive skill building for communication, problem solving, etc.

**I. A. Family Gathering**, Wednesday, 26 February, 1600. Provides support/information to families of Individual Augmentees.

**Job Fair**, Tuesday, 11 February, 1000-1300. Hiring employers will be present at this event. Attendees are encouraged to dress for an interview and bring multiple copies of the resume.

**Navy Spouse Mini-Orientation and MWR Bus Tour!** Thursday, 20 February, 0930-1130. This not-to-be-missed opportunity will cover information to help you thrive in the Navy lifestyle. You'll be MUCH more in-the-know about the fun and interesting Morale, Welfare, & Recreation options!

**NMCRS Budget for Baby**, Friday, 21 February. Call Navy-Marine Corps Relief Society at 871-2610 to sign up and obtain class time. You will learn to financially plan for your bundle of joy and receive a Junior Seabag.

**Personality**, Monday, 10 February, 1300-1500. Learn more about your personality and its strengths.

**Resiliency Training**, Thursdays, 1100-1200. This class is a six-week course about how to cope with life's challenges.

**Smooth Moves**, Wednesday, 19 February, 0900-1100. This class is appropriate for anyone planning a PCS move within the next few months. Learn about deadlines, requirements, the moving process, entitlements, etc.

**Strengths**, Wednesday, 5 February, 0830-1030. Learn more about your personal strengths. Pre-registration is crucial so you can take the exercise prior to class!

**Transition Assistance Program (TAP) Class**, 3-5 February, 0800-1600 daily. For members separating or retiring from the military, this 3-day class explains how to set yourself up for success in your post-military life.

**Values**, TWO Opportunities: Monday, 3 February, 1300-1500 or Wednesday, 19 February, 0830-1030. Learn more about your core values and what a difference they can make in your life!



**In February, we honor Black History Month and Teen Dating Violence Prevention Month. We also celebrate Valentine's Day, Mardi Gras, Presidents' Day, and Leap Year Day.**