

How to Strengthen Your Relationship

Whether your marriage is strong, rocky or somewhere in between, the fact is many could stand to strengthen their relationship. A loving, resilient marriage is a source of personal happiness and family joy. A solid relationship also lets service members focus on their mission and daily duty requirements.

But good relationships take effort and attention, especially military relationships. Contact Military OneSource for free, confidential, non-medical counseling services, if you and your partner need extra help to connect or communicate. Whether it's reconnecting and rediscovering one another in daily life or dealing with deployment separation, here are some ways you can supercharge your relationship.

Nine everyday ways to better connect

You maintain your vehicle to get better performance and keep it running in good condition, right? Apply that same care to your marriage. A bit of regular attention goes a long way.

- 1. Talk:** Take 15 minutes a day to talk with one another. Share your day's highlight. Hard to find time at first? Put it on the calendar until it becomes a natural part of your day. Talking is key to connecting.
- 2. Listen:** When your partner is talking, give your full attention. Turn off the TV. Put down your cell phone. To show you're listening, repeat back the gist of what was said, starting with "What I hear you saying is..." Remember: Everyone wants to be listened to.
- 3. Share:** Make an extra effort to share your thoughts and feelings with your partner. This can be tough for some of us. But stepping up to share boosts your connection to one another.
- 4. Think:** Simply think of your partner. Send an email or text during the day, telling your partner "I love you," "Thinking of you," or something else. If your partner has a presentation or otherwise has to do something important, write a note or text "Good luck!" Check out Love Every Day to help you get started.
- 5. Work:** Split the workload in a way where you both feel it's even and one partner isn't bearing the brunt of everyday chores, for example, too much of the laundry, dishes, cooking, grocery shopping, etc. Splitting the workload lets you both set aside time to connect with one another over fun stuff.
- 6. Have Fun:** Set a regular date night. Go dancing — or learn to dance. Take up a sport or activity together, whether it's tennis, playing cards or walking. Check out your local Morale, Welfare and Recreation program.
- 7. Create Rituals:** Those special things you do together — whether it's a regular date night, an evening stroll after dinner or a goodbye kiss before work — help to root relationships.
- 8. Give Space:** Give space to your partner to connect to his or her friends, or pursue an interest or hobby. You're a couple, but you're each an individual. Part of strengthening your relationship means keeping up with friends and interests.
- 9. Appreciate & Support:** Studies show that couples who stay together have far more positive interactions and make fewer negative comments to one another.

Relationship strengthening takes effort. But the results are worth it. Consider military couples counseling. You can access free, confidential, non-medical counseling services through Military OneSource by calling 800-342-9647 or via the Military and Family Life Counseling Program contact the program through your installation's Military and Family Support Center.



PROGRAMS FOR EDUCATION AND TRAINING

FLEET AND FAMILY SUPPORT CENTER (FFSC)

January - June 2018

Hours of Operation:

Mon. – Thurs: 7:30 a.m. – 4:30 p.m.

Fri: 7:30 a.m. – 4:00 p.m.

CLOSED for all Federal Holidays

Reservations for classes are Necessary. Please call the Fleet and Family Support Center at 301-342-4911.

Workshops and seminars are open to active duty and retired military personnel and their family members. The facilitators are from the FFSC

Staff or from professional organizations and are not permitted to solicit or promote their business.

CAREER DEVELOPMENT

10 Steps to a Federal Job

Learn how to navigate the federal job system. Receive a Federal Jobseeker Guide with attendance. Information covered includes: Veteran's Preference, Application process, Knowledge, Skills and Abilities (KSAs). *Workshop times: 8:30 a.m. – 12 p.m.

JAN 11 • FEB 22 • MAR 14 • APR 2 • MAY 23 • JUN 4



Accessing Higher Education (AHE)

This workshop is designed to help guide you through the variety of decisions involved in choosing a degree program, college institution, and funding, as well as the admissions process. The expected future outcome is you eventually creating a customized plan for a successful transition to a higher education institution.

*Workshop times: 8 a.m. – 4 p.m.

MAR 15 • JUN 7 • SEP 6

Interviewing Skills

Job interviews can be a source of stress for many people. Come to this three hour interactive seminar to learn about the interview process. Acing the Interview covers traditional and behavioral interview questions and methods of responding to those questions. Attendees will have the opportunity to practice their new skills and gain confidence in the interview process. Call for more information 301-995-4004. *Workshop times: 9 a.m. – 12 p.m.

JAN 10 • FEB 22 • MAR 7 • APR 11 • MAY 16 • JUN 13

Boots to Business

The Two-day Transition Assistance Program (TAP) Self-Employment Intensive Training Workshop is offered in collaboration among the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. We are recruiting 30 interested transitioning service members and veterans to participate in the workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more! *Workshop times: 8 a.m. – 4 p.m.

JAN 3 & 4 • APR 4 & 5 • JUL 18 & 19

Career Technical Track

The Career Technical Training Track is designed to assist you in: Defining technical career goals, Identifying required credentials, Finding career technical training opportunities, Identifying local Veteran resources, Utilizing your VA education benefits. For an optimal experience in this track, VA recommends completion of the Core GPS program prior to attending. Where available, please bring your Individual Transition Plan (ITP), Military Service Transcripts, O*Net Self-Assessment / MOC Crosswalk results and your personal budget. *Workshop times: 8 a.m. – 4 p.m.

FEB 14 & 15 • MAY 2 & 3 • AUG 8 & 9

Resumes That Get You Hired!

Your resume is one of the most essential tools in your employment toolbox. Resumes That Get You Hired is a three hour interactive training that will help you understand the three types of resumes, what information should be included on your resume, and how to best select the type of resume for you. You will learn how to craft a resume that will help you land the job you are looking for! Call for more information 301-995-4004.

*Workshop times: 9 a.m. – 12 p.m.

JAN 8 • MAR 08 • APR 4 • MAY 8 • JUN 11

FINANCIAL MANAGEMENT PROGRAMS

Command Financial Specialist Training

CFS training is designed to provide financial education and training counseling and information referral at the command level. To qualify for this CFS training the candidate must be E-6 or above, highly motivated and financially stable. Trained individuals will represent their command and provide education at the command level. *Workshop times: 8 a.m. – 4 p.m.; Business casual attire; no uniform.

MAR 19-23 • AUG 27-31



LIFE SKILLS EDUCATION PROGRAMS

Anger Management (6 2hr Sessions)

Anger is a basic emotion. Join this 6 session workshop if you would like a better understanding of anger and would like to learn how to skillfully express and manage your anger in an effective way. Participants must attend all six sessions in order to receive a Certificate of Completion.

*Workshop times: 2-4 p.m.

FEB 6, 8, 13, 15, 20 & 22 • MAY 7, 9, 14, 16, 21 & 23

Couples Communication/Healthy Relationships

The goal of this class is to provide couples with new ideas and tools to help them continue to build together the relationship they envisioned. Join us and practice Speaker Listener Technique to enhance communication even on the toughest issues.

FEB 7 • APR 10
1:30-3:30 p.m. 2-4 p.m.

Effective Communication

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

JAN 10 • MAR 7 • MAY 24
1-3 p.m. 1-3 p.m. 9 a.m. - 11 p.m.

Stress Management

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

JAN 18 • FEB 12 • MAR 13 • APR 19 • MAY 17
1-3 p.m. 9-11 a.m. 1-3 p.m. 9-11 a.m. 1:30-3:30 p.m.

Suicide Awareness / Prevention

This program is designed to raise awareness about the issues surrounding suicide. Learn to identify the warning signs, how to respond to a suicidal person and information on how to access local resources.

MAR 1

9-10 a.m.

MISCELLANEOUS

John Hopkins Health Plan

Whether you are already a member of the Johns Hopkins Health Plan or you are considering joining the “Plan,” join us for an overview of eligibility, cost and provider locations. Please call 800-801-9322 for more information. To register for this workshop, call us at 301-342-4911.

*Workshop times: 8-9 a.m. On the third Friday of the month

Disabled American Veterans (DAV)

The Disabled American Veterans (DAV) provides free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government.

*Available on Fridays, 10 a.m. – 1:30 p.m. Appointments only. Must have base access. Call 301-342-4911 to schedule an appointment.

PROGRAMS FOR PARENTS & CAREGIVERS

Effective Parenting

A brief overview of positive parenting practices that help reduce power struggles and challenging behaviors. Learn about various techniques to build responsibility, problem solving skills and motivation in your child. Learn how to establish control without resorting to anger, threats, nagging or harsh discipline. This class will help you learn how to utilize positive discipline to help your family run more smoothly.

*Workshop times: 1-4 p.m.

JAN 9 • MAR 20 • MAY 15

Amazing Newborns

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby, and discuss feeding, health care, and safety issues. Participants will receive a complimentary Book, “Your Baby’s First Year” and CD, “Heartbeat Lullabies.”

*Workshop times: 4-6 p.m.

MAR 13 • JUN 5

Budgeting for Baby

The Navy Marine Corps Relief Society will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

Chapel Annex - 22187 Arnold Circle, Bldg. 401 Patuxent River, MD 20670

*Workshop times: 10-11:30 a.m.

JAN 31 • FEB 28 • MAR 28 • APR 25 • MAY 30 • JUN 27



TRANSITION GPS (TGPS)

Transition GPS (TGPS/Retiree: 7-Day Curriculum)

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs, it is a must attend workshop where topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of veterans benefits, etc. Please see your Career Counselor to sign up. Seating is limited.

*Workshop times: 8 a.m. - 4 p.m.; Business casual attire, no uniform.

JAN 22-30 • FEB 5-13 • MAR 5-13 • APR 9-17 • MAY 14-22 • JUN 18-26

Transition GPS (TGPS/Separatee: 5-Day Curriculum)

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your Career Counselor to sign-up. Seating is limited.

*Workshop times: 8 a.m. - 4 p.m.; Business casual attire, no uniform.

FEB 26 - MAR 2 • MAR 26-30 • APR 23-27 • MAY 7-11 • JUN 11-15

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR (Civilian) C-Training

Under SECNAVINST 1752.4B SAPR-C Training is required for all civilians, and, if feasible, highly recommended for DON contractors. One Team, One Fight is the mandatory training for all DON civilians. This training meets Congressional, Department of Defense, and DON requirements for civilians and is an optional, additional training for military. The initial SAPR-C Training is in-person for all new hires. The mandatory annual SAPR Refresher training is done via TWMS once the in-person training has been completed.

*Workshop times: 9:30-11:30 a.m.

JAN 30 • APR 3

SAPR Refresher Training

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level. Training topics will vary and cover topics specific to the role and responsibilities of Victim Advocates. *Workshop times: 12-4 p.m.

JAN 16 • MAY 29

SAPR Point of Contact (POC)

An individual trained by the SARC who is responsible for implementing and coordinating Sexual Assault Prevention and Response training for the command, including mandatory annual GMTs. They also maintain current information regarding base and community victim services.

*Workshop times: 8 a.m. - 4 p.m.

JAN 23 • MAY 22

SAPR Victim Advocate Training

A victim advocate is a trained volunteer who provides effective and appropriate support and guidance for victims of sexual assault. This training will prepare volunteers for the initial contact with victims while guiding them through the investigative, medical and judicial processes that they opt to pursue.

*Workshop times: 8 a.m. - 4 p.m.

APR 30 - MAY 4



RELOCATION & DEPLOYMENT PROGRAMS

*The Relocation Program is no longer available at the Fleet & Family Support Center. Household items from the Loan Locker are now issued by Military Welfare and Recreation (MWR) 301-757-3010. Smooth Move workshops are available via Military One Source <http://www.militaryonesource.mil/>. Installation Tour/Overview is the responsibility of newcomers Command sponsor.

RELOCATION INTERNET RESOURCES

DoD Installations Worldwide

<http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0> - Official DoD Relocation URL
<https://www.facebook.com/NASPaxRiver> - NAS Pax River official Facebook Page

Childcare

<http://www.care.com> - Commercial childcare locator website
<http://www.CheckCCMD.org> - day care “report card” for centers throughout Md
<http://www.mdchildcare.org> - Maryland Committee for Children, Inc. website
<https://qol.navyaims.net/CYPWeb/> - On-base Childcare thru CDC and CHD sources
<http://www.MilitaryChildCare.com> - DoD-sponsored childcare finding website – global resources
<http://www.thepromisecenter.org> - Non-profit S.Md Child Care Resource Center webpage

Children

<http://www.militarychild.org> - Military Child Education Coalition
<http://www.militarybratlife.com> - Military Brats Network/articles/registry
<http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0> - Military Youth relocation & other resources
<http://www.parenting.com> - Lots of information & useful links
<http://www.militarykidsconnect.dcoe.mil> - Mobile Military Child DoD website for children, parents and educators

DC/Maryland/VA

<http://somid.com> - Unofficial commercial information for the tri-county area
<http://www.washington.org> - Washington DC department of tourism
<http://www.maryland.gov> - Maryland State Gov’t website
<http://www.visitmaryland.org> - Maryland Dept of Tourism website
<http://www.virginia.org> - Virginia Dept of Tourism website
<http://www.co.cal.md.us/> - Calvert County Gov’t webpage
<http://www.charlescountymd.gov> - Charles County Gov’t webpage
<http://www.stmarysmd.com/> - St. Mary’s County Gov’t webpage
<http://www.visitstmarysmd.com> - St Mary’s County Dept of Tourism Website

Education

<http://www.marylandpublicschools.org/msde> - Maryland Dept of Education Website for Public Schools
<http://www.collegeboard.org> - Information on college boards, financial aid/scholarships
<http://www.jobs2teach.doded.mil> - Troops to Teachers information
<http://www.dodea.edu/> - Department of Defense Education Activity information
<http://www.ed.gov> - U.S. Dept of Education webpage
<http://www.smcps.org> - Saint Mary’s County Public School website
<http://www.fastweb.com> - Money for schools (scholarships, internships, fellowships)
<http://www.smhec.org> - Southern Maryland Higher Ed Center (Bachelors/Master/Doctoral Programs)
<http://www.navycollege.navy.mil/information-for-sailors/vec-counseling.htm> – Navy Virtual College On Line

Employment

<http://www.usajobs.gov> – Official Federal Employment Website
<http://www.stmarysmd.com/hro/vacancies.asp> - Information on military job fairs
<http://www.tsa.gov> - Employment opportunities with Transportation Security Agency
<http://www.tjobs.com> - Job opportunities for telecommuters working from home
<http://www.msccn.org> - Military Spouse Career Network
<http://www.careerbuilder.com> - Job searching skills – can post resume
<http://www.Monster.com> - Job opportunities, resume posting and search agent
<http://somid.com/employ/> - Southern Maryland Online resource
<http://www.maryland.gov/pages/jobs.aspx> - Maryland job opportunities, career planning & training

Lodging Information

<http://www.DoDLodging.net> - Direct link to lodging finder for ALL branches of DOD

Finances

<http://www.dfas.mil> - Defense Accounting and Finance Service website (check travel entitlements, etc)
<https://mypay.dfas.mil/> - Military/Civilian Defense Finance website (LES & other services)
<https://www.credit.org> - Non-profit debt counseling organizations & links to other financial services

Housing

<http://cnic.navy.mil/patuxent/index.htm> – Housing at NAS Patuxent River website
<http://www.lpcmil.com> - Lincoln Military privatized community housing information
<http://www.cnic.navy.mil/ffr/housing.html/> – Official Navy Housing website
<http://www.apartments.com> - Get information on apartments in the DC metro area
<http://www.apartmentguide.com> - Nationwide apartment finder and guide
<https://www.homes.mil> - DoD website of homes to rent & for sale for military personnel
<http://www.somd.com> - Find a Place to Live website (Unofficial)
<http://www.realtor.com> - Nationwide Real Estate website for finding a home
<http://www.zillow.com> - Use to find a home for sale in the Tri-State area

Information & Referral

<http://www.militaryonesource.mil/> - 24 hr day/365 day a year on-line/telephonic resource. Calls answered live at 1-800-707-5784.
<http://www.nsopw.gov/> - National Sex Offender Registry webpage (to research where Sex Offenders live)
<http://www.ffsp.navy.mil> – Fleet & Family Support Center website with links to FFSC's worldwide.
<http://www.cnic.navy.mil/Patuxent/index.htm> - NAS Patuxent River website with local area info & links
<http://www.navy.mwrpaxriver.com> - New Navy/Pax River MWR website

International Move Websites

<http://www.move.mil> – Official DoD Household Goods shipping entitlements & information
http://travel.state.gov/passport/passport_1738.html - Website for Passport information/applications
<http://www.state.gov/r/pa/ei/bgn/> - State Dept website for foreign country background information
<https://jkodirect.jten.mil> - Website to complete Level 1 Antiterrorism Training for O'Conus PCS
<https://www.PCSmyPOV.com> – New website for information on shipping POVs.

Medical Care/Emergency Management

<http://www.tricare.mil> - TriCare portal to various Tri-Care services
<http://www.med.navy.mil/sites/paxriver/Pages/index.html> - Pax River Medical facilities information
<http://www.militaryonesource.mil/efmp> - Paste this URL into browser for links to EFMP info
<http://www.stmarysmd.com/est/> - St. Mary's County Dept of Public Safety
<https://www.medstarstmarys.org> – St Mary's Hospital information

Pets

<http://guardianangelsforsoldierspet.org> - or - <http://dogsondeployment.org/> - Care for pets due to deployment or PCS
<http://www.petswelcome.com> - Find places in each state that accept pets plus other helpful information
<http://www.airanimal.com> – Commercial International pet transportation & information service
<http://www.animailers.com/> - Pet transportation service information

Relocation

http://www.cnic.navy.mil/regions/ndw/installations/nas_patuxent_river/ffr.html - CNIC Pax River website
https://www.youtube.com/watch?v=eqPq_8VDwu4 - YouTube videos on Registering for & Navigating Move.mil
<http://www.bestplaces.net> - Commercial website for comparing old/new neighborhoods
<https://www.navsup.navy.mil/household> - DoD Household Goods & Personal Property shipment website
<http://www.mva.maryland.gov> - Maryland motor vehicle registration information website
<http://www.dodlodging.net> - Air Force & Navy installation lodging information
<http://www.defensetravel.dod.mil/site/faqpcs.cfm> - DoD Center for Travel/PCS information
<http://www.smcchamber.com> - Saint Mary's County Chamber of Commerce website
<http://www.pcsmypov.com> - Auto Logistics website for shipping/tracking POV shipments during PCS moves

Schools

<http://www.greatschools.net> – School research, data and comparison website
<http://www.smcps.org> - St Mary's County Public Schools website
<http://www.calvertnet.k12.md.us> - Calvert County Public Schools website
<http://www.ccboe.com> - Charles County Public Schools website
<http://www.marylandpublicschools.org/msde> - Maryland Dept of Education Website for Public Schools
<http://www.somd.com/education/stmarys/private/index.php> - Website for Private Schools in St Mary's County
<http://www.fastweb.com> – Scholarships/Internships/Fellowships/School Money Sources

