



Domestic Violence Awareness Month

The Family Advocacy Program (FAP) is a Department of Defense Program. This program focuses on prevention, education, intervention and treatment of child and spouse abuse. FAP's objectives include:

- enhancing operational readiness
- positively affecting the lives of the active-duty members and their families
- stopping abuse and/or neglect in our military families
- teaching skills to assist families involved in abuse situations
- advising and supporting Commands in dealing with families in abusive situations

Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation. This often includes the use of threat of violence. Abuse may include emotional abuse, economic abuse, sexual abuse, threats, intimidation, isolation and a variety of other tactics intended to make the victim feel afraid of the perpetrator.

As part of the Navy family, we all have a responsibility to be on the lookout for signs of domestic abuse. Anyone has the potential to be an abuser. He/she can come from all cultures, religions, economic levels and backgrounds. The abuser may be your neighbour, your friend, a relative, a shipmate — anyone. The majority of abusers are only violent with his/her current or past intimate partner.

If you are a victim of domestic violence, DOD guidelines allow victims the option of making a confidential report to health care providers, clinical counselors and victim advocates. Also, restricted reporting provides a new option to victims of domestic violence. For more information and immediate assistance, call (301) 342-4911 to speak with a counsellor or victim advocate.

Common characteristics that may be displayed are:

- An abuser often denies the existence or minimizes the seriousness of the violence and its effect on the victim and other family members.
- An abuser has low self-esteem and feels powerless and ineffective. He/she may appear successful, but internally feels inadequate.
- An abuser externalizes the causes of his/her behaviour. He/she blames the violence on circumstances such as stress, his/her partner's behaviour, and a "bad day" or on alcohol, drugs or other factors.
- An abuser may be pleasant and charming between periods of violence and is often seen as a nice person to others outside the relationship.

Walk a Peaceful Mile

Thursday, Oct. 22, 11 a.m.-1 p.m.

NAS Patuxent River Track

MWR and FFSC partner in support of October's Domestic Violence Awareness Month. Walk with us to stop Domestic Violence. Free to participate and be sure to pick up a free Domestic Violence Ribbon pin. Please call 301-342-4911 to register.

**Note: There will be a burger burn in conjunction with the 'Walk A Peaceful Mile' held by the Chief's Mess*



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Calendar October 2015

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	Transition GPS (TGPS/Retiree), Sept. 28-Oct. 2, Mon-Thur, 8 am-4:30 pm and Fri 8 am-4 pm					
4	5 EFMP: Meet and Greet, 9-11 am	6	7	8 Playgroup@GFCC 10-11 am Couples Communication 2-4 pm	9	10
Command Financial Specialist Training, Oct. 5-9, 8 am-4 pm						
11	12 CLOSED	13	14 10 Steps to a Federal Job, 9 am-12 pm Holiday Bills 11:30 am-12:30 pm Resumes That Get You Hired! 1-4 pm	15 Playgroup@GFCC 10-11 am Effective Communication 2-4 pm	16	17
18	19	20 1-2-3 Magic: Effective Discipline for Children, 12-2 pm Acing the Interview 1-4 pm	21 Myers Briggs Type Indicator 8 am-Noon	22 Playgroup@GFCC 10-11 am Walk a Peaceful Mile, 11 am-1 pm- Patuxent River Stress Management, 1-3 pm	23	24
Ombudsman Basic Training Oct. 19-22, 8 am-3:30 pm and Oct. 21 8 am-12 pm				Transition GPS (TGPS/Retiree), Oct. 19-27, Mon-Thur, 8 am-4:30 pm and Fri 8 am-4 pm		
25	26	27 SAPR Refresher 8 am-4:30 pm Discipline for Children, 12-2 pm Paying for College 6-8 pm	28 Budgeting for Baby, 10 a.m.-12 pm EFMP: Workshop 9-11 am Social Media Job Hunt, 1-3 p.m.	29 Playgroup@GFCC 10-11 am	30	31
Transition GPS (TGPS/Retiree) Mon-Tue 8 am-4:30 pm			Entrepreneur Track: Operation Boots to Business Oct. 28-29, 8 am-4 pm			



Hours of Operation: Monday-Thursday 7:30 a.m. - 4:30 p.m. and Friday 7:30 a.m.- 4 p.m.

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Programs for Education and Training

*Reservations for classes are Necessary 301-342-4911

The FFSC is always looking for a few **GOOD VOLUNTEERS**. If interested please give us a call.

CLOSED Monday, Oct. 12

HOURS OF OPERATION: Monday-Thursday 7:30 a.m.-4:30 p.m., Friday 7:30 a.m.-4 p.m.

Workshops and seminars are open to active-duty and retired military personnel and their family members. The facilitators are from the Fleet and Family Support staff or professional organizations and are not permitted to solicit or promote their businesses. All classes/seminars are held at the Fleet and Family Support Center unless otherwise noted.

Reservations for classes are necessary call (301) 342-4911.

CAREER DEVELOPMENT

Ten Steps to a Federal Job

Wednesday, Oct. 14, 9 a.m.-Noon

Learn how to navigate the federal job system. A 137-page training guide is provided.

Resumes That Get You Hired!

Wednesday, Oct. 14, 1-4 p.m.

Your resume is one of the most essential tools in your employment toolbox. This three-hour interactive training 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 a great job!

Acing the Interview, Tuesday, Oct. 20, 1-4 p.m.

Job interviews can be a source of stress for many people. Come to this three-hour interactive seminar to learn about the interview process. The workshop 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.

Social Media, Networking and the Job Hunt

Wednesday, Oct. 28, 1-3 p.m.

Looking for a job has changed with the times! This two-hour class will help you navigate the social media aspects of networking, examine using sites such as LinkedIn and discuss strategies for job searches. This class will also help participants network both in person and online in order to reach their career goals.

FINANCIAL MANAGEMENT

Command Financial Specialist Training

Monday-Friday, Oct. 5-9, 8 a.m.-4 p.m.

Command Financial Specialist Training is designed to provide training about financial education, counseling and information referral at the command level. Trained individuals will represent their command and provide education at the command

level. To qualify for this training you must be E-6 or above, highly motivated and financially stable. Local orders are required. If you have questions, please contact Jim Walsh at (301) 342-5442.

Paying for Holiday Bills

Wednesday, Oct. 14, 11:30 a.m.-12:30 p.m.

Looking for ways to deal with holiday spending? This workshop will explore tips that could help put you on the right start to easing your holiday debt-load.

Paying for College

Tuesday, Oct. 27, and Thursday, Nov. 12, 6-8 p.m.

Get information from this comprehensive class regarding how to pay for college. Learn about the financial aid and scholarship processes. This two-hour session will address the Free Application for Federal Student Aid (FAFSA), taxes, assets, what is and is not counted (financial) to get aid and scholarship do's and don'ts. Presented by the School Liaison Officer and Personal Financial Manager. Register now because space is limited.

LIFE SKILLS

Couples Communication and Healthy Relationships

Thursday, Oct. 8, 2-4 p.m.

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

Effective Communication, Thursday, Oct. 15, 2-4 p.m.

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.

Myers Briggs Type Indicator, Wednesday, Oct. 21, 8 a.m.-Noon

Myers-Briggs Type Indicator (MBTI) is a widely used instrument designed to help you have increased insight into yourself and others. MBTI is useful for self-awareness, career interest, relationships and leadership. Also, this workshop will help you re-evaluate how you behave and interact with others.

Stress Management, Thursday, Oct. 22, 1-3 p.m.

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.

OMBUDSMAN PROGRAM

Ombudsman Basic Training, Monday and Tuesday, Oct. 19 and 20, 8 a.m.-3:30 p.m., and Wednesday, Oct. 21, 8 a.m.-Noon

Are you a newly appointed Command Ombudsman? If so, please join us for this required training. You will learn information to be a successful Ombudsman.



PARENTS AND CAREGIVERS

Playgroup at Glen Forrest Community Center
Thursdays, Oct. 1, 8, 15, and 29, 10-11 a.m.

Thursday, Oct. 22, playgroup will participate in the "Walk a Peaceful Mile" event

Moms, dads and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and family members.

1-2-3 Magic: Effective Discipline for Children
Tuesdays, Oct. 20, 27 and Nov. 3, Noon-2 p.m.

Are you frustrated trying to find an effective and positive way to discipline your children? This evidence-based, easy-to-learn method will help promote effective parenting for children ages 2 to 12 in a way that engages both mom and dad. We will help you break down the task of parenting into three straightforward jobs: Controlling obnoxious behavior, encouraging good behavior and strengthening your relationship between you and your children.

Exceptional Family Member Program:
Meet and Greet, Monday, Oct. 5, 9-11 a.m.

Meet with the Exceptional Family Member Program Liaison. Connect with other special needs military families, share valuable resources and learn coping strategies from others with similar needs. Please visit us anytime during the meet and greet.

Exceptional Family Member Program Workshop:
Building Family Resiliency
Wednesday, Oct. 28, 9-11 a.m.

Exceptional Family Member Program (EFMP) is partnering with Nichole Weakley, PhD, BCBA, to find new, innovative strategies to build resiliency in your family. From frequent relocations to deployments, our kids face many more challenges than their civilian peers. Learn about building resilience and the resources available to help your child grow as a military child. Register now as space is limited.

Budgeting for Baby
Wednesday, Oct. 28, 10 a.m.-Noon, Bldg. 401

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

SEXUAL ASSAULT PREVENTION & RESPONSE
SAPR Refresher Training

Tuesday, Oct. 27, 8 a.m.-4:30 p.m.

Sexual Assault Prevention and Response role-playing scenarios offer the participants practice time that builds confidence and skill level. Training topics vary and cover topics specific to the role and responsibilities of Victim Advocates.

TRANSITION

Entrepreneur Track: Operation Boots to Business
Wednesday and Thursday, Oct. 28 and 29, 8 a.m.-4 p.m.

The two-day Transition Assistance Program (TAP) Self-Employment Intensive Training workshop is offered in collaboration with the U.S. Small Business Administration, the Institute for Veterans and Military Families at Syracuse University, the Department of Defense and the Department of Veterans Affairs. You will learn if starting a business is right for you, if your business idea is feasible and much more!

Transition GPS (TGPS/Separatee), Sept., 28 - Oct. 2
Monday-Thursday, 8 a.m.-4:30 p.m., Friday 8 a.m.-4 p.m.

Transition GPS (TGPS) is for separating and retiring military members. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, 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 register for the class. Register now as seating is limited.

Transition GPS (TGPS/Retiree), Oct. 19-27
Monday-Thursday, 8 a.m.-4:30 p.m., Friday 8 a.m.-4 p.m.

TGPS is a seven-business day course for separating and retiring military members. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, Labor and Veterans Affairs. It is a must-attend workshop. Topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations and an overview of veterans' benefits. Please see your Career Counselor

SERVICES

Clinical Counseling Services - Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. To schedule an appointment, please call (202) 685-6019 or (301) 342-4911.

Exceptional Family Member Program - The Exceptional Family Member Program (EFMP) addresses the special needs of military families. If you have a family member with special needs (i.e., a medical condition or educational disability), please enroll them in EFMP so the Navy can ensure appropriate assignments and provide helpful information and referral resources. For more information, please call (301) 757-1861.

Financial Counseling Services - With the help of the Personal Financial Educator, you can take control of your finances, reduce money-related stressors and overcome the financial challenges of military life. Open to active duty, retirees and family members. To schedule an appointment, please call (301) 342-5442.

General Military Training - The Fleet and Family Support Center staff will bring seminars and workshops to your Command. For more information, please call (301) 342-4911.

School Liaison Program - The School Liaison Officer helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children. Parents and community members with questions may call at (301) 757-1871.

Sexual Assault Prevention and Response - The Sexual Assault and Prevention and Response Coordinator is available for general military training, Supervisor's Training and Commander's Tool-kit Briefs. Please call (301) 757-1867 for the next available training.