



# NSASP FLEET & FAMILY SUPPORT CENTER/ NOVEMBER CLASSES

## DAHLGREN FFSC CONFERENCE ROOM

November 2	CFS Leadership Forum	1100-1200	PFM	Semi-Annual Command Financial Specialist Leadership Forum to discuss any specific command issues/CFS topics for senior enlisted advisors, command financial specialists and command career counselors.
November 3	Capstone	0800-1600	Transition Assistance Program	To evaluate service member preparedness to successfully transition from a military to civilian career and to validate Career Readiness Standards (CRS) are met. If it is determined that additional assistance is needed transition staff will provide a warm hand-off to the appropriate partner agency.
November 3	BEAMS Session 5	1300-1500	FAP	BEAMS is a six-session, skill-building program for active duty service members and family members. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.
November 8	Preparing for Deployment	1200-1300	Deployment Readiness	Educate service members and their families about deployment-related challenges that they may face and the services available to them to cope with such challenges.
November 9	Stress Management 101	0900-1100	FAP	2-Hour class on learning how to manage stress in personal and professional relationships.
November 10	BEAMS Session 6	1300-1500		BEAMS is a six-session, skill-building program for active duty service members and family members. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.
November 17	Stress Management 101	1000-1200	FAP	2-Hour class on learning how to manage stress in personal and professional relationships.

## INDIAN HEAD FFSC/CONFERENCE ROOM

November 2	CFS Leadership Forum	1100-1200	PFM	Semi-Annual Command Financial Specialist Leadership Forum to discuss any specific command issues/CFS topics for senior enlisted advisors, command financial specialists and command career counselors.
November 2	BEAMS Session 5	1300-1500	FAP	BEAMS is a six-session, skill-building program for active duty service members and family members. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.
November 9	BEAMS Session 6	1300-1500	FAP	BEAMS is a six-session, skill-building program for active duty service members and family members. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.
November 16	Preparing for Deployment	1030-1200	Deployment Readiness	Educate service members and their families about deployment-related challenges that they may face and the services available to them to cope with such challenges.
November 16	Resume Writing	1300-1400	FERP	Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.