



JBM-HH ACS Training Calendar

April 2014



Mon	Tue	Wed	Thu	Fri
	1 0900-1400 1st Termers Money Management	2	3 0900-1100 Job Search for Newcomers	4 1000-1100 Welcome to Korea 1100-1230 & 1640-1800 Child Abuse Prevention
7 0900-1100 Transparenting 1300-1400 Helping Children Manage Anger 1300-1500 MRT: Avoid Thinking Traps	8 0900-1400 1st Termers Money Management	9 0900-1100 Stress Management	10 1000 – 1100 Sponsorship Training 1000-1400 Job Fair 1700-1800 Children Who Witness	11 0900-1100 Resume Class
14 0900-1100 Transparenting	15 0900-1400 1st Termers Money Management	16	17	18 1000-1100 Welcome to Germany
21 1000-1200 Setting Limits 1300-1500 MRT: Detect Icebergs	22 0900-1400 1st Termers Money Management	23 0900-1100 Anger Management	24 0900-1100 Job Search for Newcomers 1300-1500 Smooth Move	25 1000-1100 SOS Financial Education Seminar
28	29 0900-1100 Mock Interviews 0900-1400 1st Termers Money Management	30 0900-1130 Darkness to Light		

*Classes listed in Black are held at ACS – Bldg 201 Custer Road, Fort Myer, VA

**Classes listed in Red will be held at the location listed on back

ALL classes require pre-registration

Classes, places, and times are subject to change
 Class descriptions and contact information are listed on the back



<https://www.facebook.com/JBMHHACS>

CLASS DESCRIPTIONS AND INFORMATION

1, 8, 22, 29 April (0900-1400)

1st Termers Money Management

1/3 Training Room, (BLDG 245)

Learn the basics of financial management to include budgeting, banking services, debit and credit management, insurance, car buying, and pay and entitlements. Mandatory for all TOG 1st Term Soldiers, but all other 1st Termers are welcome to attend. Questions or to register: 703-696-0163 or email leonard.d.toyer.civ@mail.mil.

3, 24 April (0900-1100)

Job Search for Newcomers

How to look for a job in the Washington, DC area. How to get to work? Parking? Responsibilities? Networking. Questions or to register: 703-696-3047 or email judy.b.joyner2.civ@mail.mil.

4 April (1000-1100)

Welcome to Korea

Come to ACS for the 411 on Korea! Learn about topics including sponsorship, household shipments, personal vehicle shipments, driving, pets, passport information, as well as customs, culture and language. Questions or to register: 703-696-0156 or email corwin.l.smith2.civ@mail.mil.

4 April (1100-1230 and 1640-1800)

Child Abuse Prevention Training

Cody Child Development Center (BLDG 243)

Open to Cody Child Development Center caregivers and professionals. This course reviews current policies and procedures for identifying and reporting suspected child abuse. For more information, please call 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

7, 14 April (0900-1100)

Transparenting®

This 2-part seminar is designed to provide parents who are separated or divorced with the tools to ensure that they are able to continue supporting and encouraging their children despite the breakup of the family unit. You must attend both sessions to receive a certificate of completion. Registration required. Questions or to register: 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

7 April (1300-1400)

Helping Children Manage Anger

Cody Child Development Center (BLDG 243)

This course teaches parents how to support children as they learn to manage anger through play that promotes the use of anger management skills. "How to take the Grrr out of Anger" by Elizabeth Verdick and Marjorie Lisovskis will also

be discussed and provided as a resource. For more information or to register, please call 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

7 April (1300-1500)

MRT: Avoid Thinking Traps

Community Center (BLDG 405)

Master resiliency training is open to ALL! Participants will learn to identify and correct counterproductive patterns in thinking through the use of Critical Questions. Questions or to register: CPT Paul A. Brown 703-696-2619 or paul.a.brown128.mil@mail.mil or SGT Avrion Oliver 703-696-5962 or avrion.r.oliver.mil@mail.mil.

9 April (0900-1100)

Stress Management

Participants will be given information on identifying stressors in their life and how to create their own stress management plan. Registration required. Questions or to register: 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

10 April (1000-1100)

Sponsorship Training

ACS, Bldg. 201 Custer Road (Classroom)

Information and hands-on training for those wanting to be a sponsor. Questions or to register: 703-614-7202 or email usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil.

10 April (1700-1800)

Children Who Witness

Cody Child Development Center (BLDG 243)

This seminar helps parents who have experienced violence understand the impact on their children and themselves, teaches parents to talk to and listen to their children about their experience of the violence, to encourage children's resiliency, and to support parents in strengthening their relationships with their children. For more information or to register, please call 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

11 April (0900-1100)

Resume Class

What goes in a resume? Which kind should I use for my information? Questions or to register: 703-696-3047 or email judy.b.joyner2.civ@mail.mil.

18 April (1000-1100)

Welcome to Germany

Come to ACS for the 411 on Germany! Learn about topics including sponsorship, household shipments, personal vehicle shipments, driving, pets, passport information, as well as customs, culture and language. Questions or to register: 703-696-0156 or email corwin.l.smith2.civ@mail.mil

21 April (1000-1200)

Parenting Workshop: Setting Limits

Parents will learn how setting limits and boundaries can be an effective parenting tool and practice enforcing them. For more information or to register, please call 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

21 April (1300-1500)

MRT: Detecting Icebergs

Community Center (BLDG 405)

Participants will identify core beliefs and core values that fuel out-of-proportion emotions and reactions, and evaluate the accuracy and usefulness of these beliefs. Master resiliency training is open to ALL! Questions or to register: CPT Paul A. Brown 703-696-2619 or paul.a.brown128.mil@mail.mil or SGT Avrion Oliver 703-696-5962 or avrion.r.oliver.mil@mail.mil.

23 April (0900-1100)

Anger Management

Individuals will receive information on the basic principles of emotions management, specific information about the impact of unmanaged anger, and receive resources on how to recognize and manage the anger triggers in their own lives. Questions or to register: 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.

24 April (1300-1500)

Smooth Move

MCCS, Bldg. 12 Northeast Road, Henderson Hall

Informal briefing to learn about new duty station, moving with Tricare, arranging household goods move with Transportation Office, Sponsorship, Housing and more in preparation for a PCS/relocation. Questions or to register: 703-614-7202 or email usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil.

25 April (1000-1100)

SOS Financial Education Seminar

SOS invited a community educator from Social Security Administrations Office to present about social security benefits. Space is limited to Surviving Family Members only. Please register to call 703-696-8847 or email jin-sook.lim.civ@mail.mil

30 April (0900-1130)

Darkness to Light- Stewards of Children

This course teaches adults simple and proactive steps to help protect children from sexual abuse. Open to parents, caregivers, and professionals. For more information or to register, please call 703-696-3512 or email karen.a.stpierre.ctr@mail.mil.