



JBM-HH ACS Training Calendar November 2012



Mon	Tue	Wed	Thu	Fri	Sat/Sun
			1	2 1000-1100 <u>Welcome to Korea!</u>	3/4 Daylight Savings Ends (Fall BACK) 
5 0900-1100, ACS, <u>Holiday Stress Management</u>	6 Election Day 0930-1400 <u>First Termers Money Management Training</u> 	7	8 1730-1900 <u>Hearts Apart</u>	9 1000-1400 <u>Job Hiring and Career Fair</u> (In honor of Veteran's Day)	10/11
12 Veteran's Day 	13 0930-1400 <u>First Termers Money Management Training</u> 1630-1730, <u>Internet Safety for Teens</u>	14	15 1000-1100 <u>Welcome to Germany!</u>	16 0900-1100 <u>Employment Orientation</u>	17/18
19 1630-1730 <u>Relationship Enrichment 'The 5 Love Languages' (Part 1)</u>	20 0930-1400 <u>First Termers Money Management Training</u> 1630-1730 <u>Relationship Enrichment 'Boundaries' (part 2)</u>	21	22 Thanksgiving Day 	23	24/25
26	27 0930-1400 <u>First Termers Money Management Training</u> 1300-1700 <u>Moving Families Through Change</u>	28 0900-1100 <u>Anger Management</u>	29 1815-2100 <u>Special Education & the IEP Process</u>	30 0900-1100 <u>Employment Orientation</u>	

***Classes listed in BLACK will take place @ Fort Myer ACS ***Classes Listed in RED will take place @ location listed on the back ***
 *****Classes, times and locations subject to change***** *******All Classes require pre-registration*******

CLASS DESCRIPTIONS AND INFORMATION

Friday, 2 November

Welcome to Korea!

1000-1100, JBM-HH ACS, Bldg 201

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. **To register, call 703-696-0153/56**

Monday, 5 November

Holiday Stress Management

0900-1100, JBM-HH ACS, Bldg 201

Will your Holiday Season be "Happy or Hectic"? Learn what stress is and where it may come from. You will also learn some stress and time management techniques to help your upcoming Holiday season be more peaceful and enjoyable. **Pre-registration is requested: 703-696-3512** Karen.A.StPierre.ctr@mail.mil

Tuesday, 6 November

First Termers Money Management Training

0930-1400, The Old Guard, Bldg 246 RIP Classroom

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. **For more information, call 703-696-0163**

Thursday, 8 November

Hearts Apart (Joint Services Support Group)

1730-1900 American Legion, Post 139, Arlington, VA 22201. This group is for spouses, fiancés, parents or significant others of deployed or geographically separated military & civilian members. This group is designed to be a fun networking support group for those experiencing separation from a loved one. **Call: 703-696-0156/0153 or email: rene.fizer@us.army.mil**

Friday, 9 November

Job Hiring and Career Fair (In honor of Veteran's Day)

1000-1400 Community Activity Center Bldg 405. In honor of Veterans Day, representatives from DC, VA, MD, ACAP & ACS. Open to Veterans, Military Spouses, DOD Civilians, Active duty, and Family members. **For more information, call 703-696-3047**

Tuesday, 13 November

First Termers Money Management Training

0930-1400, The Old Guard, Bldg 246 RIP Classroom

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. **For more information, call 703-696-0163**

Tuesday, 13 November

Internet Safety for Teens

1630-1730, Cody CYSS (room TBD) Gain insight into the potential dangers of teens having unmonitored access to the internet. Parents and teens will be provided with information on some monitoring/safety programming available. Parents are requested to pre-register; teens not currently enrolled in the Cody CYSS program. **Required Pre-registration 703-696-3512** Karen.A.StPierre.ctr@mail.mil

Thursday, 15 November

Welcome to Germany!

1000-1100, JBM-HH ACS, Bldg 201

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. **To register, call 703-696-0153/56**

Friday, 16 November

Employment Orientation

0900-1100, JBM-HH ACS, Bldg 201

Class designed to assist military spouses with job searches in NCR. **Information and registration, call 703-696-3047**

Monday, 19 November

Relationship Enrichment 'The 5 Love Languages', Part 1

1630-1730, Cody CYSS (room TBD) Gain a deeper understanding of how to express and receive messages of love within your relationships. **Pre-registration is requested. 703-696-3512** Karen.A.StPierre.ctr@mail.mil

Tuesday, 20 November

Relationship Enrichment 'Boundaries', Part 2

1630-1730, Cody CYSS (room TBD) Learn the value of when to say 'yes' and when to say 'no' in your relationships and why good boundaries are a sign of a healthy relationship. **Pre-registration is requested. 703-696-3512** Karen.A.StPierre.ctr@mail.mil

Tuesday, 20 November

First Termers Money Management Training

0930-1400, The Old Guard, Bldg 246 RIP Classroom 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. **For more information, call 703-696-0163**

Tuesday, 27 November

First Termers Money Management Training

0930-1400, The Old Guard, Bldg 246 RIP Classroom 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. **For more information, call 703-696-0163**

Tuesday, 27 November

Moving Families Through Change

1300-1700, ACS Classroom, JBM-HH ACS, Bldg 201

This four-hour seminar is designed to help parents of minor children who are separated or divorced gain insight into the importance of becoming effective "co-parents". **Pre-registration is requested: 703-696-3512** Karen.A.StPierre.ctr@mail.mil

Wednesday, 28 November

Anger Management

0900-1100, ACS Classroom, JBM-HH ACS, Bldg 201

Learn what it really means when you say, "I am so angry" and what you are achieving when you act out in anger. Participants will receive the "Anger Workbook", a 13 step interactive study guide and "The Anger Trap" by Dr Les Cater. **Pre-registration is requested: 703-696-3512** Karen.A.StPierre.ctr@mail.mil

Thursday, 29 November

Special Education and the IEP Process

1815-2100, Ft. Belvoir ACS, 9800 Belvoir Rd, Bldg 200 Ft Belvoir, VA 22060 Special education/IEP tips for parents of children with Autism/Other Cognitive Impairments. No childcare; refreshments will be served. **Registration is required. To register or to obtain further information, please call 703-696-8467.**

Friday, 30 November

Employment Orientation

0900-1100, JBM-HH ACS, Bldg 201 Class designed to assist military spouses with job searches in NCR. **For additional information or to register, call 703-696-3047**

*** All classes require pre-registration.
Please call the respective number listed to sign-up.**