



Life YOUiversity

Quality personal and Family life skills education for the military community.

April Is Child Abuse Prevention Month— Prevention and Awareness is Power!

By: Celena Flowers, Family Advocacy Program Manager, Army Community Service,
Fort Meade, MD

Child abuse is preventable and prevention is the greatest defense when it comes to ending the silent epidemic of child abuse. Increasing public awareness of the need to ensure the safety and welfare of children led to the passage of the first Federal child protection legislation, the Child Abuse Prevention and Treatment Act (CAPTA), in 1974. This effort aided in communities providing programs and services to protect children and strengthen families.



In the early 1980s, Congress made a further commitment to identifying and implementing solutions to end child abuse. Recognizing the alarming rate at which children continued to be abused and neglected and the need for innovative programs to prevent child abuse and assist parents and families affected by maltreatment, the U.S. Senate and House of Representatives resolved that the week of June 6-12, 1982, should be designated as the first National Child Abuse Prevention Week. Members of Congress requested the President issue a proclamation calling upon Government agencies and the public to observe the week with appropriate programs, ceremonies, and activities promoting the prevention of child abuse and neglect. In 1983 President Regan, proclaimed the month of April as the first National Child Abuse Prevention Month. Since then, child abuse and neglect awareness activities have been promoted across the country during April each year.

One huge awareness campaign used across the country is the Blue Ribbon Child Abuse Prevention Campaign. This campaign was started following the death of a very young child. In spring 1989, Bonnie Finney, a Virginia grandmother, received the devastating news that her beloved grandson had died of injuries inflicted by his parents.

In an expression of her grief and outrage, this grandmother did something that has given us a symbol, around which we rally for the cause of child abuse prevention. She tied a blue ribbon to the antenna of her van as a way to remember "the bruised and battered body of her grandson" and to alert her community to the tragedy of child abuse.

In the grandmothers own words: "The blue ribbon serves as a constant reminder to fight for protection of our children. Please wear a blue ribbon, put one on your car, or give one to your friends. Tell them what it means. You may save a child's life!"

The Blue Ribbon Campaign has since expanded across the country; many people wear blue ribbons each April in memory of those who have died as a result

(Continued on page 4)

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April / May
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All classes require registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their Family members, and DoD civilians. All classes subject to change.

Inside this issue:

<u>April Is Child Abuse Prevention Month—Prevention and Awareness is Power!</u>	1
★ Parenting	2-7
★ Relocation Readiness	7-9
★ Health & Marriage Enrichment	10-14
★ Personal Growth	14-16
★ Military Family Team Building	16-17
★ Veteran, Retirement & Transition Assistance	17-19
★ Financial Readiness	20-22
★ Employment Readiness	22-26
★ Deployment & FRG	26
★ Support Groups	27
★ Exceptional Family Member Program	28-29

For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.

To advertise your program, event or class in this bulletin, contact:

**Karen St. Pierre
(703) 696-3512
Karen.a.stpierre.ctr@mail.mil**

PARENTING

Fort Belvoir, Virginia

Play Morning

Date(s): Every Tuesday

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Shadae Stringfield

For information, call (703) 805-2693.

This program allows moms, dads and their children (up to age 5), to come together each week to play in a group setting.

28 Week Prenatal Class

Date(s): Every Tuesday

Time: 5:00—7:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

Are you 28 weeks pregnant? What happens now? This class covers fetal kick counts, preterm labor precautions, birth plans and more. Includes a tour of the 5th floor. Registration required.

Breastfeeding Class

Date(s): The third (3rd) Tuesday and fourth (4th) Saturday of every month

Time: 4:00—6:00 p.m. Tuesdays & 10:00 a.m.—12:00 p.m. Saturdays

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

This class covers the advantages of breastfeeding, answers commonly asked questions, provides tips on how to get dad involved, and when to call for help. Registration required.

36 Week Prenatal Class

Date(s): Every Wednesday

Time: 5:00—7:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

It's almost time for your new arrival! Are you packed? Come learn about true vs. false labor, coaches roles, postpartum care, and newborn characteristics. Includes a tour of the 5th floor. Registration required.

5th Floor Tour (Labor & Delivery)

Date(s): Every Thursday

Time: 5:00 p.m.

Location: Women's Health Clinic, DeWitt Army Hospital, Fort Belvoir

Instructor: Women's Health Clinic Staff

For information, and to pre-register call (571) 231-3442/3446.

Parents-to-be can call to schedule an appointment for a tour of the 5th floor, Labor & Delivery.

Baby Bundles

Date(s): April 3, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Heather Larson

For information, call (703) 805-2781.

Learn about postpartum expectations, infant care, and how to manage your budget requirements after your new baby arrives. Registration required.



Darkness To Light— Becoming Stewards of Children

Date(s): April 4, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Mr. Scott Campbell, SCAN

For information and to register, call (703) 805-2693/2631.

This workshop helps parents, caregivers, and professionals learn how to become Stewards of Children using proactive strategies to protect children from sexual abuse. Pre-registration required.

ScreamFree Parenting

Date(s): April 8, 15, 22, 29, 2014—4 PART SERIES

Time: 6:00—8:30 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Scottie Hampton

For information, call (703) 805-2693/2631.

This revolutionary approach to raising kids by keeping your cool gives parents the opportunity to learn how to relate to your child(ren) in a calm, cool, and connected way. Parents are compelled to focus on their own behavior for the benefit of their child(ren). Registration required.

Dads 101

Date(s): April 24, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Heather Larson

For information, call (703) 805-2781.

This class will walk new and expecting dads through the joys and trials of becoming an active father. Registration required.



Infant Massage

Date(s): May 8, 15, 22, 2014— 3 PART SERIES

Time: 1:00—2:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Sonja Foots

For information, call (703) 805-4547.

Infant massage promotes bonding and teaches parents ways to calm and soothe their baby. Registration required.

Fort Meade, Maryland

Calling All Dads

Date(s): The second (2nd) and fourth (4th) Monday of every month

Time: 4:00—5:00 p.m.

Location: Potomac Place Neighborhood Center, 4998 2nd Corps. Blvd., Fort Meade

Instructor: Ms. Michelle Pineda

For information, call (301) 677-5590.

Gain support and skills from fellow fathers. For expecting fathers, and fathers with children of all ages. Registration required. Children welcome.

Romp N Stomp

Date(s): Every Tuesday

Time: 9:30—11:30 a.m.

Location: 909 Ernie Pyle Road, Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

PARENTING (CONTINUED)

For information, call (301) 677-5590.

This playgroup is for parents with children ages 0-5 to meet and support one another while their children make new friends and play together.

Parenting With A Purpose

Date(s): Every Wednesday

Time: 1:00—3:00 p.m.

Location: Meuse Forest Neighborhood Center, 8700 91st Division Blvd., Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

For information, call (301) 677-5590.

This six week parenting class is for parents with children of all ages. Registration is required.



Child Abuse Prevention Month Kick Off— Blue Ribbon Ceremony

Date(s): April 2, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Soldier & Family Assistance Center (SFAC), 2462 Medical Battalion Ave., Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

For information, call (301) 677-5590.

Garrison Commander Proclamation signing and blue ribbon event to commemorate April as Child Abuse Prevention Month.

Common Sense Parenting:

Correcting Problem Behaviors

Date(s): April 4, 2014

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Tamica Barnum

For information, call (301) 677-9014/18.

Children are not born with manuals, so getting all the help you can to assist you in training them to be productive men and women in society is important. Come and share some of your insight and get more tools. Call to register.

Kennedy Krieger Workshop

Date(s): April 24, 2014

Time: 9:30—11:00 a.m.

Location: Potomac Place Neighborhood Center, 4998 2nd Corps. Blvd., Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

For information, call (301) 677-5590.

Representatives from Kennedy Krieger will complete this workshop on home safety for moms and children ages 0-5. Registration required. Children welcome.

Romp N Stomp Fun Fair

Date(s): April 29, 2014

Time: 8:30 a.m.—12:00 p.m.

Location: 909 Ernie Pyle Road, Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

For information, call (301) 677-5590.

In observance of Child Abuse Awareness Month and Month of the Military Child, representatives from various local agencies will be on-hand to provide information regarding resources in the Maryland area. Romp n Stomp is a playgroup for children ages 0-5.

Common Sense Parenting:

Helping Emotionally Intense Situations

Life YOUiversity

Date(s): May 2, 2014

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Tamica Barnum

For information, call (301) 677-9014/18.

Receive information and tips on handling intense outbursts, and helping your child manage emotions appropriately.

Joint Base Anacostia-Bolling, DC

The DC Women, Infant, and Children (WIC) Nutrition Program (Mobile Unit)

Date(s): First (1st) and Second (2nd) Tuesday of each month

Time: 9:00 a.m.—3:00 p.m.

Location: BX & Commissary Parking Lot, Joint Base Anacostia-Bolling

POC: Military Family Service Center Staff

For information, call (202) 865-4942.

Information is provided to assist mothers in choosing healthier foods to improve children's health. WIC provides food high in iron, protein, calcium, vitamin C, and other nutrients. Pregnant and new mothers who are bottle feeding or breastfeeding with infants or children less than 5 years of age who are DC residents may be eligible.

Breastfeeding Basics Class

Date(s): First (1st) Tuesday of each month

Time: 1:00—3:30 p.m.

Location: Enterprise Hall, Bldg. 72, Joint Base Anacostia-Bolling

POC: Ms. Karla Abney

For information, call (202) 433-6151.

Like any new skill, breastfeeding takes practice to be successful. This class offers pregnant women and their partners the chance to prepare and ask questions before the baby's arrival.

Tots, Tumble & Talk Playgroup

Date(s): Every Tuesday and Thursday

Time: 9:45—11:15 a.m.

Location: Youth Center, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

Participants receive parenting information including potty training and discipline tips to promote positive interaction between parents and children.

Activities for Preschoolers

Date(s): April 3, 2014

Time: 1:00—2:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

Want to have fun with your preschooler but running out of ideas? Come spend an hour and learn some creative games and crafts. Bring your preschooler and let them be the judge!



Making Rules and Following Them

Date(s): April 16, 2014

Time: 9:00—10:00 a.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

All Classes/Events Subject to Change

PARENTING (CONTINUED)

For information, call (202) 433-6151.

Rules are very important in a household. Learn how to create the home environment you desire by successfully implementing rules through using different techniques such as family meetings and involving your children in the rule making process.

Positive Discipline

Date(s): April 21, 2014

Time: 10:00—11:00 a.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

Participants will interact in several class exercises which will help them learn the three styles of parenting, how to handle mistakes and misbehavior, and the importance of using positive discipline techniques.

Joint Base Anacostia-Bolling
New Parent Support Home Visitation Program provides individualized parenting support and education. For more information please call (202) 433-6150.

Joint Base Andrews, Maryland

1-2-3 Magic (Effective Discipline for Children 2-12)

Date(s): April 1, 8, 15, 2014—**3 PART SERIES**

Time: 11:00 a.m.—1:00 p.m.

Location: 1191 Menoher Drive, FAP Office, Joint Base Andrews

Instructor: Ms. Joyce Cravin & LT Francis Ugoh

To register, call (240) 857-9680.

Provides practical tools and techniques to help parents achieve respectful, healthy relationships with their children.

Dads 101

Date(s): April 29, 2014 & May 27, 2014

Time: 8:30 a.m.—4:00 p.m.

Location: 1191 Menoher Drive, FAP Office, Joint Base Andrews

Instructor: Taught by Dads

To register, call (240) 857-9680/7501.

This class taught by dads, for dads, to include topics on pregnancy, coaching during childbirth, and fatherhood. All ranks and branches are welcome!

JBM-HH Fort Myer, Virginia

Pinwheel Parade

Date(s): April 1, 2014

Time: 10:30—11:30 a.m.

Location: Cody Child Development Center, Bldg. 485, Fort Myer

POC: Ms. Diane Neilson

For information and to register, call (703) 696-3512.

Parents and children are invited to kick off Child Abuse Prevention Month and Month of the Military Child at the Pinwheel Parade.



Pinwheels for
PREVENTION®

TransParenting®

Date(s): April 7, 14, 2014 & May 5, 12, 2014—**2 PART SERIES**

Time: 9:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Family Advocacy Program Staff

For information and to register, call (703) 696-3512.

This 2 part seminar provides parents who may be experiencing separation and/or divorce with the tools to ensure that they are able to continue supporting their children despite the breakup of the Family unit. You must attend both sessions to receive a certificate of completion. Pre-registration required.

Playtime At The Park

Date(s): April 10, 2014

Time: 9:00—11:30 a.m.

Location: Clemjyontri Park, 6317 Georgetown Pike, McLean, VA 22101

Instructor: Ms. Pamela Hirsch & Ms. Mary Cargill

For information and to register, call (703) 696-3512.

This park features a unique playground where children of all abilities can play side by side. Parents and children 0-5 are welcome. Rain date is April 18th. Registration required.

Children Who Witness

Date(s): April 10, 2014

Time: 5:00—6:00 p.m.

Location: Cody Child Development Center, Bldg. 485, Fort Myer

Instructor: Ms. Diane Neilson

For information and to register, call (703) 696-3512.

This seminar will help parents who have experienced violence understand the impact on their children and themselves. Registration required.



(Continued from page 1)

of child abuse and in support of efforts to prevent abuse. Based on Prevent Child Abuse America's (PCAA) Pinwheels for Prevention® campaign, some communities distribute pinwheels and coordinate outdoor pinwheel displays representing children affected by abuse or neglect. Regardless of the type of activity, the focus has shifted to a positive message of supporting families and strengthening communities to prevent child abuse and neglect.

April is Child Abuse Prevention Month and is an opportunity to continue our efforts in creating strong communities to support families and keep children safe. To learn more about Child Abuse Prevention, please contact your installation Family Advocacy Program (FAP). All branches of the military has a FAP that specialize in the treatment, prevention, and education of Child Abuse.

PARENTING (CONTINUED)

Setting Limits

Date(s): April 21, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Diane Neilson

For information and to register, call (703) 696-3512.

Parents will learn how setting limits and boundaries can be an effective parenting tool and how to practice enforcing them. Registration required.

Darkness To Light— Stewards of Children

Date(s): April 30, 2014

Time: 9:00—11:30 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Nanci Pedulla & Ms. Marcella Rustioni

For information and to register, call (703) 696-3512.

This course teaches adults simple and pro-active steps to help protect children from sexual abuse. Open to parents, caregivers, and professionals. Pre-registration required.

Outdoor Play Morning

Date(s): May 5, 12, 19, 2014

Time: 10:00—11:30 a.m.

Location: Sequoia Plaza, 3rd Floor, 2100 Washington Blvd., Arlington, VA 22204

Instructor: Ms. Pamela Hirsch & Ms. Mary Cargill

For information and to register, call (703) 696-3512.

Play, songs, and story time for preschool children 0-5 years old. Enhance children's social and cognitive skills while parents support each other through sharing ideas, parenting experiences, concerns and information. Space is limited and pre-registration is required.

Indoor Play Morning

Date(s): May 7, 14, 21, 28, 2014

Time: 9:30—11:00 a.m.

Location: Virginia Highlands Park, 1600 S. Hayes Street, Arlington, VA 22202

Instructor: Ms. Pamela Hirsch & Ms. Mary Cargill

For information and to register, call (703) 696-3512.

This playgroup is for preschool age children to provide time for play, physical activity and socialization for parents. We will meet at the playground by the restrooms, weather permitting. Pre-registration is encouraged.



Baby Bundles

Date(s): May 30, 2014

Time: 12:00—2:00 p.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Mary Cargill &

Ms. Pamela Hirsch

For information and to register, call (703) 696-3512/6511.

Prepare your home and relationship for the changes that are needed when your baby arrives. A brief overview of the labor and delivery process, newborn care, and baby proofing your home will be discussed. Individuals will receive a bag of free baby care and safety items. Pre-registration required.

JBM-HH Henderson Hall, Virginia

Lil Patriots Playgroup

Date(s): Every Wednesday

Time: 10:00—11:00 a.m.

Location: USO at Indian Head Naval Base

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

An interactive playgroup where children learn age appropriate activities designed to improve their social, cognitive and motor skills. Parents can learn new activities and practice positive interaction with their children.

1-2-3 Magic

Date(s): April 14, 2014 & May 19, 2014

Time: 1:00—3:00 p.m.

Location: Marine Family Services Conference Room, Bldg 12, Henderson Hall

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

This program explores consistent and effective age-appropriate discipline techniques. This workshop is designed for parents of children ages 2-12.

APRIL 2014

Child Abuse Prevention Month

Children's safety comes first.
Be ready to end child abuse.

U.S. ARMY MWR

PARENTING (CONTINUED)

Facebook Live Chat: Programs to Help Manage Your Child's Challenging Behavior

Date(s): April 22, 2014

Time: 12:00—1:00 p.m.

Location: www.facebook.com/MarineFamilyProgramsHH

Instructor: New Parent Support Home Visitor

For more information call (703) 693-5353.

This real-time interactive meeting will feature subject matter experts from the New Parent Support Program. To attend, visit www.facebook.com/MarineFamilyProgramsHH; like our page, visit events; click on Facebook Live Chat and select join.

Baby Boot Camp

Date(s): April 25, 2014 & May 16, 2014

Time: 8:30 a.m.—2:30 p.m.

Location: Marine Family Services Conference Room, Bldg 12, Henderson Hall

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

Expectant parents will learn diapering, bathing, how to soothe a crying infant, when to call the doctor, safe sleeping practices, all about immunizations, and how to enjoy becoming a parent.



7th Annual Children's Fair

Date(s): April 26, 2014

Time: 11:00 a.m.—2:00 p.m.

Location: Smith Gym, Henderson Hall

POC: Children, Youth and Teen Program

For more information, call (703) 614-7332.

Bring your family for an adventurous day "On the Sea" in celebration of Month of the Military Child 2014! Free activities include games, face painting, a treasure hunt, moon bounces, toddler climbing area, giveaways, music, door prizes and more. Family-friendly menu options will be available for purchase, and all profits go towards the Henderson Hall 2014 Marine Corps Birthday Ball. All DoD ID card holders welcome.

Triple P! Raising Resilient Children

Date(s): May 5, 2014

Time: 2:00—3:30 p.m.

Location: Marine Family Services Conference Room, Bldg 12, Henderson Hall

Instructor: Ms. Amaris Brown

To register, call (703) 614-7204.

This evidence based curriculum assists parents with learning how to instill in their child 6 building blocks to raise emotionally resilient children. Pre-registration required.

Cooperative Parenting & Divorce

Date(s): May 12, 2014

Time: 12:00—4:00 p.m.

Location: Marine Family Services Conference Room, Bldg 12, Henderson Hall

Instructor: Ms. Diane Waters & Ms. Amaris Brown

To register, call (703) 614-7204.

Explore ways to reduce conflict between parents as their roles shift from married couple to co-parents. Participants will learn the impact of parental conflict on their child's development and how to control impulses.

Patuxent River, Maryland

Playgroup

Date(s): Every Thursday

Time: 10:00—11:00 a.m.

Location: Glen Forrest Community Center, NAS Patuxent River

Instructor: Fleet & Family Support Center Staff

To register, call (301) 342-4911.

Parents 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

Date(s): April 8, 15, 22, 2014—**3 PART SERIES**

Time: 12:00—2:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Michelle Adams & Ms. Sara Ulrich

To register, call (301) 342-4911.

This evidence based, easy to learn method, will help parents of children ages 2-12 promote effective parenting that engages both mom and dad. We will help you break down the task into three straightforward jobs: controlling obnoxious behavior, encouraging good behavior, and strengthening your relationship between you and your children.

Budget for Baby

Date(s): April 30, 2014 & May 28, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Navy, Marine Corp Relief, Bldg. 401, NAS Patuxent River

POC: Fleet & Family Support Center Staff

To register, call (301) 342-4911.

The Navy Marine Corp Relief Society will illustrate hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.00.

Quantico, Virginia

WIC Program Services Available at MCB Quantico!

Date(s): Every Monday & Wednesday

Time: 8:30 a.m.—4:00 p.m.

Location: Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

POC: WIC Staff

For more information, call (703) 792-7319.

This site serves military Families who live on and off base. To determine if you are eligible for the program, or to transfer your current WIC enrollment to the Quantico site, please call and speak with a WIC representative.

Teddy Bear Clinic & New Parent Support Open House

Date(s): April 4, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Read Life YOUiversity on the Web

**www.jbmhh.army.mil or
www.jbmhhmwr.com**

PARENTING (CONTINUED)

Instructor: New Parent Support Program Staff
For more information, call (703) 784-4248.

For parents and children! Have your child bring their favorite teddy bear, doll, or stuffed animal and join us for a morning of interactive learning, crafts, and stories focusing on health and a "well" bear checkup.

Toddler Time

Date(s): April 8, 22, 2014 & May 13, 27, 2014

Time: 10:00—11:30 a.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Pam Pospisil

For more information, call (703) 784-4248.

This interactive playgroup is for children 1-3 years of age and their parents.

Baby and Me

Date(s): April 8, 22, 2014 & May 13, 27, 2014

Time: 1:00—2:30 p.m.

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Pam Pospisil

For more information, call (703) 784-4248.

Network with other parents of newborns while learning about infant stimulation, infant massage, infant sign language, and how to read to your baby.

Easter Parade, Stroller Brigade

Date(s): April 12, 2014

Time: Registration 8:30—9:00 a.m. Stroller Brigade 9:00—10:00 a.m.

Location: Lejeune Hall Parking Lot, Marine Corp Base, Quantico

Instructor: New Parent Support Program Staff

For more information, call (703) 784-4248.

This event is open to families with children of all ages, and community members. Put on some bunny ears, decorate your stroller, wagon or scooter and "stroll" in honor of Child Abuse Prevention Month and Month of the Military Child. Route is

approximately 1 mile total and will begin and end at Lejeune Hall, just in time for the Kids First Fair.

Reading With Abby

Date(s): April 14, 2014

Time: 10:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

POC: Family Advocacy Program Staff

To register, call (703) 784-2570

Join us for a special reading event, with a very special dog. Toddler, pre-school, homeschool children and anyone young at heart welcome. Read a story, take a picture and receive a bookmark from Abby, the Greyhound. Pre-registration is requested.



Baby Boot Camp

Date(s): April 18, 2014 & May 10, 2014 (Saturday Class!)

Time: 8:00 a.m.—3:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Trish Burkes & Ms. Pam Pospisil

To register, call (703) 784-4248.

Learn about the first few months of your baby's life and the fulfillment of being a parent. Learn how positive parenting is important for infant development. Pre-registration is requested.

Understanding Pregnancy

Date(s): May 8, 18, 2014—**2 PART SERIES**

Time: Call for times

Location: New Parent Support Program Activity Room, Bldg. 2034, Basement Room 15, Marine Corp Base, Quantico

Instructor: Ms. Marcy Griffo, RN & Ms. Glenda Mitchell, RN

To register, call (703) 784-4248.

Learn how to take care of yourself and your baby during pregnancy. Class one will focus on breastfeeding and class 2 on labor preparation, including relaxation and breathing. Moms and dads are welcome to attend one or both classes. Pre-registration required.

Want to receive this publication via email?

Call (703) 696-3512 or email Karen.a.stpierre.ctr@mail.mil

RELOCATION READINESS

new

Fort Belvoir, Virginia

Levy/Smooth Move Seminar

Date(s): April 10, 24, 2014 & May 8, 22, 2014

Time: 9:30—11:00 a.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152/1799.

Held the 2nd & 4th Thursday of the month in the Barden Education Center. This seminar is by invitation only. Please check with your unit to verify Cape Cycle date.



Newcomers Orientation

Date(s): April 15, 2014 & May 13, 2014

Time: 9:00 a.m.—12:30 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Life YOUiversity

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152/1799.

Held every month on the Tuesday on or after the 10th, in the Community Center.

Spouse Meet & Greet

Date(s): April 16, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152/1799.

For spouses new to the Fort Belvoir military community or military life. Children are welcome. Registration required.

Welcome to Germany

Date(s): April 17, 2014 & May 15, 2014

Time: 9:30—10:30 a.m.

All Classes/Events Subject to Change

RELOCATION READINESS (CONTINUED)

new

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faitheleen Henderson

For information, call (703) 805-4152/1799.

Come learn about the traditions, culture, and life at your next duty station. Find out about schools, housing, child care, traveling with pets, managing your move and more. Family members are encouraged to attend.

Welcome to Korea

Date(s): April 24, 2014 & May 22, 2014

Time: 1:30—2:30 p.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faitheleen Henderson

For information, call (703) 805-4152/1799.

Come learn about the traditions, culture, and life at your next duty station. Find out about schools, housing, child care, traveling with pets, managing your move and more. Family members are encouraged to attend.



Hearts Apart Program

Date(s): May 21, 2014

Time: 6:30—7:30 p.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faitheleen Henderson

For information, call (703) 805-4152/1799.

For spouses who are geographically separated due to mission requirements; whether it is due to a deployment, unaccompanied tour, extended temporary duty, or field training exercises, this is for you! You are not alone, we are here to help.

Foreign Born Spouse & Immigration Briefing

Date(s): May 28, 2014

Time: 6:00—7:30 p.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faitheleen Henderson

For information, call (703) 805-4152/1799.

Multi-cultural program is exclusively designed for international families in the military. This program consists of international spouses groups, English as a second language, and us citizen and naturalization seminars.

Fort Meade, Maryland

Spouse Meet and Greet

Date(s): April 17, 2014

Time: 5:00—7:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Tamica Barnum

For information, call (301) 677-9014/18.

Join us for wonderful friendship, food, prizes and to learn about Maryland and Fort Meade. Contact us for more information.

Joint Base Anacostia-Bolling, DC

Right Start

Date(s): Every Wednesday

Time: 7:30 a.m.—12:30 p.m.

Location: Military & Family Support Center, Bldg. 13,
Joint Base Anacostia-Bolling

Life YOUiversity April / May 2014

Instructor: Various

For information, call (202) 767-0450.

Information for those new to Joint Base Anacostia-Bolling. Family members are encouraged to attend. Registration required.

Sponsor Training

Date(s): April 11, 2014 & May 9, 2014

Time: 1:30—3:00 p.m.

Date(s): April 25, 2014 & May 23, 2014

Time: 9:00—10:30 a.m.

Location: Military & Family Support Center, Bldg. 13,
Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

For information, call (202) 767-0450.

Learn about resources and programs available to make your sponsorship experience a success.

Smooth Move and Overseas Planning

Date(s): April 22, 2014 & May 27, 2014

Time: 9:00—11:00 a.m.

Location: Military & Family Support Center, Bldg. 13,
Joint Base Anacostia-Bolling

Instructor: Various

For information, call (202) 767-0450.

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible. Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to reduce relocation stress.

JBM-HH Fort Myer, Virginia

Welcome to Korea

Date(s): April 4, 2014 & May 2, 2014

Time: 10:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Mr. Corwin Smith

For information and to register, call (703) 696-0156/0153.

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. Call or email: usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil. to register.

Sponsorship Training

Date(s): April 10, 2014

Time: 10:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Mr. Corwin Smith

For information and to register, call (703) 696-0156/0153.

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

Welcome to Germany

Date(s): April 18, 2014 & May 16, 2014

Time: 10:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Mr. Corwin Smith

For information and to register, call (703) 696-0156/0153.

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. Call or email: usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil. to register.



All Classes/Events Subject to Change

RELOCATION READINESS (CONTINUED)

new

JBM-HH Henderson Hall, Virginia

Welcome Aboard Brief

Date(s): April 8, 2014 & May 13, 2014

Time: 8:00 a.m.—3:00 p.m.

Location: Marine Club, Henderson Hall

Instructor: Mr. Willie Acevedo

To register, call (703) 614-7202.

General information for all new to the area. Topics include childcare, housing, metro/transportation options, finance, Semper Fit programs, and many more!

Permanent Change of Station (PCS) Class

Smooth Move

Date(s): April 24, 2014 & May 29, 2014

Time: 1:00—3:00 p.m.

Location: Marine & Family Services, Conference Room, Bldg. 12, Henderson Hall

Instructor: Mr. Willie Acevedo

To register, call (703) 614-7202.

General information on preparing for your PCS move. Topics of discussion include household goods, entitlements, finances and e-relocation websites.

Quantico, Virginia

PCS (CONUS) Workshop

Date(s): April 3, 2014 & May 15, 2014

Time: 9:00—11:15 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Relocation Assistance Program

For more information, call (703) 784-4961.

This mandatory workshop provides a great deal of pre-departure and destination information such as moving tips, financial concerns, relocation and travel entitlements, base and community information, and more.

Sponsorship Training

Date(s): April 15, 2014 & May 13, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Relocation Assistance Program

For more information, call (703) 784-4961.

This training is designed to help all sponsors with the performance of their duties. We provide helpful hints, checklists, and an overview of sponsorship duties, resources and handouts. Spouses assisting with an accompanied tour sponsorship are also encouraged to attend.

Commander's Welcome Aboard

Date(s): April 16, 2014 & May 21, 2014

Time: 8:30—10:30 a.m.

Location: Barber Physical Activity Center, Marine Corp Base, Quantico

Instructor: Relocation Assistance Program

For more information, call (703) 784-4961.

This workshop is designed to inform newcomers about programs and services aboard Quantico that include information on recreation, education, medical services, local legal issues, safety issues, chapel programs and more. This mandatory brief is open to all ranks, military and civilian personnel. Spouses are highly encouraged to attend.

PCS (OCONUS) Workshop

Date(s): April 17, 2014 & May 29, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Relocation Assistance Program

For more information, call (703) 784-4961.

This mandatory workshop provides an informative overview of the process and procedures involved in making a Permanent Change of Station (PCS) transfer to an overseas location such as Okinawa, Hawaii, Japan or Europe.



A "Glow-rious" Week

April 30-May 7

Here is a highlight of some of the events happening this week

April 30 — Recognition of Military Spouses at Twilight Tattoo, 6:45 p.m., JBM-HH Summerall Field

May 1 — Recognition of Military Spouses at JBM-HH Annual Installation Volunteer Recognition Ceremony, 10:00 a.m. Social, 10:45 a.m. Recognition Ceremony, Spates Community Club

May 2 — JBM-HH Commander's Race Series—5K Glow Run/ 1 Mile Walk Celebrating "Cinco de Mayo" and Military Spouse Appreciation Day (see pg. 13 for details)

May 7 — Recognition of Military Spouses at Twilight Tattoo, 6:45 p.m., JBM-HH Summerall Field

May 9, 10, 11 — Commissary Recognizes Spouses with Chocolate Fountain & Strawberries

May 9 — Sports Bar Happy Hour—Bring Your Spouse to Happy Hour, 7:00—8:00 p.m., Patriot Sports Bar

For more information on these and other events for JBM-HH Military Spouse Appreciation Day, contact ACS (703) 696-3510



HOME, HEALTH & MARRIAGE ENRICHMENT

Fort Belvoir, Virginia

Marriage 101 Workshop

Date(s): Second (2nd) Wednesday of every month

Time: 9:00 a.m.—4:00 p.m.

Location: Chaplains Family Life Center,
Fort Belvoir

POC: Family Life Center Staff

For information and to register, call (703) 805-2742.

Course provides couples with a better understanding of how to strengthen their marriage, communicate more clearly, and how to identify the stages that some marriages go through. Pre-registration required.

Stress Management for Teens & Parents Using Yoga

Date(s): April 2, 2014

Time: 5:30—7:00 p.m.

Location: Youth Center, 5850 Langfitt Loop, Bldg. 1003, Fort Belvoir

Instructor: Ms. Lauren DuPree

For information, call (703) 805-2631/2693.

Stress in teens is at an all-time high. Mindful movement using Yoga postures has been shown to be effective in increasing relaxation. Dress in comfortable clothing and you may bring a mat. Pre-registration is required and parents must sign a medical release form for their teen.

Parents of teens are also invited to attend a gentle mindful movement yoga session at the same time in a separate setting. Movements are done in a chair and the focus is on mindful breathing and relaxation. Comfortable clothing is encouraged.

Stress Management

Date(s): April 24, 2014

Time: 10:00—11:00 a.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Donita McDonald

For information, call (703) 805-2693.

This class enables participants to obtain information about stress and how to manage it.

ScreamFree Marriage

Date(s): May 13, 20, 27, 2014 & June 3, 2014—**4 PART SERIES**

Time: 6:00—8:30 p.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Scottie Hampton

For information, call (703) 805-2693/2631.

The ScreamFree Marriage journey begins with learning calming ways to reduce anxiety by focusing on individual self respect and personal growth. Learn how to relate to each other in a calm, cool, connected way, celebrate differences and create a foundation for a great relationship. Registration required.

Fort Meade, Maryland

Anger Management

Date(s): April 9, 2014 & May 14, 2014

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center,
2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

It really is better to have it and not need it than to need it and not have it. Call to register.



Life YOUiversity April / May 2014

Time Management

Date(s): April 11, 2014

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center,
2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

Learn techniques to help you be more productive, make better choices, and achieve goals.

Stress Management

Date(s): April 16, 2014 & May 21, 2014

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center,
2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

Join us for this basic course on identifying and managing stress. Call to register.



Building Healthy Relationships

Date(s): May 30, 2014

Time: 9:00—11:00 a.m.

Location: Fleet & Family Support Center,
2212 Chisholm Ave., Fort Meade

Instructor: Ms. Julie Yates

For information, call (301) 677-9014/18.

Learn skills to build healthy personal and professional relationships.

Joint Base Anacostia-Bolling, DC

The Seven Principles for Making Marriage Work

Date(s): Every Tuesday

Time: 2:00—4:00 p.m.

Location: Military & Family Support Center, Bldg 72,
Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-9743.

The straightforward principles outlined in this group teach partners new strategies for making their marriage work.

Right Start

Date(s): Every Wednesday

Time: 7:30 a.m.—12:30 p.m.

Location: Military & Family Support Center, Bldg 13,
Joint Base Anacostia-Bolling

Instructor: Various

To register, call (202) 767-0450.

Information for those Air Force personnel new to Joint Base Anacostia-Bolling. Registration required.

And Baby Makes Three

Date(s): Every Wednesday

Time: 3:30—5:30 p.m.

Location: Military & Family Support Center, Bldg 72,
Joint Base Anacostia-Bolling

Instructor: Ms. Karla Abney & Ms. Amanda Woodyard

To register, call (202) 433-6063 or (202) 685-0983.

Having a baby is a joyous experience, but even the best relationships are

All Classes/Events Subject to Change

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

strained during the transition from duo to trio. This class teaches couples the skills needed to maintain healthy marriages so partners can avoid the pitfalls of parenthood.

ScreamFree Marriage

Date(s): April 1, 2014

Time: 9:00—10:00 a.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

ScreamFree is not just about lowering your voice, it's about learning to calm your emotional reactions and focusing on your own behavior to improve your relationship.



Anger Management

Date(s): April 2, 9, 2014 & May 7, 14, 2014 — **2 SESSIONS**

Time: 9:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

POC: Military & Family Support Center Staff

For information, call (202) 433-6151.

This class is designed to help participants reduce unacceptable expressions of anger at home and at work. Pre-registration is required. Must attend both dates to receive a certificate.

Building Self-Esteem

Date(s): April 10, 2014

Time: 1:00—2:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

This interactive workshop will help participants define self-esteem, understand the negative aspects of low self-esteem, and learn ways to boost self-esteem.

Conflict Resolution

Date(s): April 14, 2014

Time: 2:00—3:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

This workshop teaches participants to define conflict, as well as discover how they feel when faced with a conflict, how they normally react to conflict, what kind of coping techniques keep them calm in the face of conflict, and learn how to resolve it appropriately as it occurs.

Creating Routines to Lessen Stress

Date(s): April 24, 2014

Time: 2:00—3:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

This course will help you define stress, recognize choices you make regarding stress, and identify routines that you can create in order to maintain balance and reduce the impact of stress.

Creating Work/Life Balance

Date(s): April 28, 2014 & May 16, 2014

Life YOUiversity

Time: 1:00—2:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

The main objective of this course is to help participants analyze how their time is spent, and give them tips on how to create the balance they desire between work, family, play and self.

Operation Prepare/Ready Navy

Date(s): April 30, 2014

Time: 2:00—3:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

Emergencies happen every day all around the world. Are you and your family prepared for an emergency? Join us to learn more about being informed, having a plan, and making an emergency kit.

Mastering Stress

Date(s): May 5, 2014

Time: 1:00—2:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

Helps participants define stress and personalize the topic while learning coping skills.

Effective Communication In The Workplace

Date(s): May 19, 2014

Time: 10:00—11:00 a.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

This workshop teaches what effective communication is, how to achieve it, and roadblocks to avoid so you can accomplish what you want from your communication.

Suicide Prevention Coordinator Training

Date(s): May 22, 2014

Time: 2:00—3:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

Learn how to recognize the warning signs of suicide, what resources are available, and how to teach others about suicide prevention. Help save a life!

Assertiveness

Date(s): May 27, 2014

Time: 2:00—3:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 434-6151.

The main objective of this course is to help participants learn assertive communication skills.



All Classes/Events Subject to Change

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

Joint Base Andrews, Maryland

Tobacco Cessation Program

Date(s): Offered monthly, please call for dates

Time: 11:30 a.m.—1:00 p.m.

Location: Health & Wellness Center, Bldg 1444, Joint Base Andrews

Instructor: HAWC Staff

To register, call (240) 857-5601/4292.

This course provides guidance and instructions for those who desire to quit tobacco use. This is a weekly workshop that meets every Thursday for 4 sessions. Participants must attend all sessions. Follow-up sessions at 3, 6, and 12 months will be conducted. Medication and patches are available for TRICARE beneficiaries only.

Stress Management

Date(s): Offered weekly, Thursdays

Time: 3:00—4:00 p.m.

Location: Health & Wellness Center (HAWC), Bldg 1444, Joint Base Andrews

Instructor: Family Advocacy, HAWC & Resiliency Staff

To register, call (240) 857-5601/8942.

Topics discussed:

1st Thursday—Controlled breathing

2nd Thursday—Muscle based relaxation

3rd Thursday—Mental relaxation

4th Thursday—Mediation

5th Thursday—Stress and self care awareness—this class is 2 hours from 2:00-4:00 p.m.

Fitness Fundamentals & Weight Management

Date(s): Offered monthly, call for dates

Time: 8:30—10:30 a.m.

Location: Health & Wellness Center, Bldg 1444, Joint Base Andrews

Instructor: HAWC Staff

To register, call (240) 857-5601/4292.

This class combines basic nutrition and meal planning for weight management with the fundamentals of starting and developing a fitness program. Fitness attire is not required however participants should dress comfortably in loose fitting clothes and proper shoes.

Pregnancy & Exercise

Date(s): Offered monthly, call for dates

Time: 8:00—9:00 a.m.

Location: Health & Wellness Center, Bldg 1444, Joint Base Andrews

Instructor: HAWC Staff

To register, call (240) 857-5601/4292.

This class will give you information needed to exercise safely and effectively during your pregnancy. Information follows the American College of Obstetricians and Gynecologists (ACOG) guidelines for exercise during pregnancy. Be sure to talk with your doctor before starting any exercise program.



Anger/Stress Awareness

Date(s): May 13, 2014

Time: 12:00—12:45 p.m.

Location: 1191 Menoher Drive, Family Advocacy Office, Joint Base Andrews

Instructor: Ms. Joyce Cravin

To register, call (240) 857-9680.

Provides practical tips for daily life management, personal and Family well-being.

Couples Communication—The Basics

Date(s): May 27, 2014

Time: 12:00—12:45 p.m.

Location: 1191 Menoher Drive, Family Advocacy Office, Joint Base Andrews

Instructor: Ms. Joyce Cravin

To register, call (240) 857-9680.

Demonstrates effective use of verbal and varied media tools to hear and be heard.

JBM-HH Fort Myer, Virginia

Pre-Diabetes & Diabetes Refresher

Date(s): April 4, 2014 & May 16, 2014

Time: 1:00—2:30 p.m.

Date(s): April 18, 2014

Time: 8:00—9:30 a.m.

Location: Andrew Rader Clinic Conference Room, Bldg. 525, Fort Myer

Instructor: Ms. Beth Triner

To register, call (703) 696-7930.

This class is intended for patients with impaired fasting glucose or pre-diabetes. It may also be appropriate as a refresher class on carbohydrate counting.



Stress Management

Date(s): April 9, 2014 & May 14, 2014

Time: 9:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Diane Neilson

To register, call (703) 696-3512.

Participants will be given information on the basics of identifying stressors in their life and how to create their own stress management plan. Pre-registration required.

Healthy Heart

Date(s): April 11, 2014 & May 23, 2014

Time: 1:00—2:30 p.m.

Date(s): April 25, 2014 & May 30, 2014

Time: 8:00—9:30 a.m.

Location: Andrew Rader Clinic Conference Room, Bldg. 525, Fort Myer

Instructor: Ms. Beth Triner

To register, call (703) 696-7930.

This class is intended for patients with high cholesterol and/or hypertension. Information on therapeutic lifestyle changes and dietary interventions (DASH Eating Plan) to improve blood lipids and blood pressure will be presented.

Detecting Icebergs

Date(s): April 21, 2014

Time: 1:00—3:00 p.m.

Location: JBM-HH Community Center, Bldg. 405, Fort Myer

POC: CPT Paul Brown or SGT Avrion Oliver

For more information, call (703) 696-2619/5962.

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! .

Anger Management

Date(s): April 23, 2014 & May 21, 2014

Time: 9:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Diane Neilson

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

To register, call (703) 696-3512.

Individuals will receive information on the basic principles of emotions management, the impact of unmanaged anger, and resources on how to recognize and manage triggers. Pre-registration required.

JBM-HH Commanders Race Series: "Glow Run"

Date(s): May 2, 2014

Time: Registration from 0530-0615;

Race begins at 0630

Location: Fitness Center, Bldg. 414, Fort Myer

POC Mr. Todd Hopkins

For more information, call (703) 696-0594.

This event celebrates "Cinco de Mayo" and Military spouse appreciation day with a 5K run and a 1 mile walk. Event is free and glow sticks and necklaces will be given out to registrants. You may pre-register online at www.jbmhmmwr.com until midnight April 30th or on race day at the Fitness Center from 0530-0615.

Awards will be presented for the Military unit with the most spouses participating in the run, top male spouse, and top female spouse to finish the 5K and 1 mile.



Your Personality Communicates

Date(s): May 8, 2014

Time: 1:30—4:00 p.m.

Location: Community Activities Center, Bldg. 405, Fort Myer

Instructor: Ms. Karen Ward, Beyond Two

For more information, call (703) 696-6511/3512.

This personality training is designed to help you develop a better understanding of your personality, provide tools to enhance communication skills, and tips for overcoming personality challenges. Each participant will receive an individual personality assessment and training materials.

Survival Skills 101

Date(s): May 8, 15, 22, 29, 2014—**4 PART SERIES**

Time: 12:30—2:30 p.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Diane Neilson

To register, call (703) 696-3512.

Missing the tools to survive in this world? In this 4-part series, you will learn how to use your strengths to improve your personal and professional life. Learn how to manage difficult emotions, effectively communicate with others, and enhance conflict resolution skills. Pre-registration required.

JBM-HH Henderson Hall, Virginia

Men's Domestic Violence Intervention Group (STOP)

Date(s): Tuesday Mornings—Open Group

Time: 9:00—11:00 a.m.

Location: Marine Family Services Conference Room, Bldg 12, Henderson Hall

Instructor: Family Advocacy Clinical Counselors

To register, call (703) 614-7204.

This 26 week group is a domestic violence treatment group for male participants who have been mandated or Command referred to attend based on Family violence in the home. Participants will learn new communication techniques, power and control dynamics, accepting responsibility for actions and minimizing blame in their intimate partner relationships. Participants must pre-register and be referred by a Family Advocacy Program, court-ordered, or with strong Command support.

Anger & Stress Management

Date(s): Wednesday Mornings—**8 PART SERIES**

Life YOUiversity

Time: 9:00—11:00 a.m.

Location: Marine Family Services Conference Room, Bldg 12, Henderson Hall

Instructor: Ms. Molly Ryan

To register, call (703) 614-7204.

Anger is a normal emotion; however many of us struggle to express our emotions in a healthy way. In this eight week class, participants will learn the eight tools to anger management. Topics include dealing with stress, empathy, learning to respond differently to situations, identifying negative self talk, communication skills, adjusting expectations, time outs, and forgiveness. Participants must complete eight sessions if certificate of completion is needed. Pre-registration is required.

Prevention and Relationship Enhancement Program (PREP)

Date(s): April 25, 2014 & May 9, 2014

Time: 9:00 a.m.—4:00 p.m.

Location: Chaplain's Office, Henderson Hall

Instructor: Ms. Erica Ramos

For more information, call (703) 693-1457.

This one day workshop teach effective communication with your spouse or significant other, and how to work through conflict in a constructive way and build communication tools.

Patuxent River, Maryland

Couples Communication

Date(s): April 8, 2014

Time: 3:00—4:30 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Linda Schmid

To register, call (301) 342-4911.

The goal of this class is to provide couples with new ideas and tools to help them continue to build together the marriage they envisioned.

Anger Management

Date(s): April 15, 17, 22, 24, 29, 2014 & May 1, 2014—**4 PART SERIES**

Time: 3:00—4:30 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Linda Schmid

To register, call (301) 342-4911.

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.

Stress Management

Date(s): April 30, 2014 & May 27, 2014

Time: 1:00—2:30 p.m. (April 30th) & 9:30—11:00 a.m. (May 27th)

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Linda Schmid

To register, call (301) 342-4911.

Stress is a part of life. In this class you will understand how your beliefs and thought process has 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.

Effective Communication

Date(s): May 8, 2014

Time: 11:30 a.m.—1:30 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Linda Schmid



All Classes/Events Subject to Change

HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

To register, call (301) 342-4911.

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.

Quantico, Virginia

Century Anger Management 8 Week Course

Date(s): March 25, 2014-May 13, 2014 (Tuesday's)

Time: 9:00—11:00 a.m.

Location: Voluntary Education Center, Classroom 8, 2089 Roan Street, Marine Corp Base, Quantico

Instructor: Ms. Rebecca Childress

Instructor: Ms. Anita Payne, & Ms. Mary Jo Betyak-Eisler

For more information, call (703) 784-2570.

During this 8 week course learn how to successfully apply anger management skills in the workplace, relationships, or any other life situation where anger control is needed. Each week will focus on a different core tool.

Conflict Management

Date(s): April 3, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Joyce Murphy

For more information, call (703) 784-2687.

This workshop provides tools for addressing and managing everyday conflicts.

Interpersonal Communication

Date(s): April 17, 2014

Time: 1:00—3:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Joyce Murphy

For more information, call (703) 634-2687.

This workshop's focus is preventative in nature, enabling service members and their families to function more effectively at home and at work thereby supporting personal self-sufficiency and operational readiness in the field.

Family Care Plan

Date(s): April 23, 2014

Time: 1:30—3:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Joyce Murphy

For more information, call (703) 634-2687.

This workshop covers the requirements of the Marine Corps Order 1740.13, which mandates Marines to put in place a plan of action in order to take care of family members they are responsible for while in their absence.

Taking Care of You

Date(s): May 7, 2014

Time: 1:30—3:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Joyce Murphy

For more information, call (703) 634-2687.

Taking care of yourself is important. Come learn ways to make sure you put yourself first.

Aging Parents & Elder Care

Date(s): May 22, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Joyce Murphy

For more information, call (703) 634-2687.

This workshop will help you deal with the complexities of assisting elderly adults by providing information to help families make informed decisions concerning elder care.

FREE

USO –Metro's Supermarket Sweep

1st Wednesday of the
month at noon
Operation USO Care Pack-
age Warehouse
9455 Jackson Loop, Bldg.
1415

Fort Belvoir, Virginia
For more info contact:
kj@usometro.org



Bring your shopping bag and enjoy free food

PERSONAL GROWTH

Fort Belvoir, Virginia

Army Volunteer Corps Orientation

Date(s): April 2, 2014 & May 7, 2014

Time: 11:00 a.m.—12:30 p.m.

Location: Army Community Service, Bldg. 200, Fort Belvoir

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152/1799.

This orientation provides volunteers with information on how to register, track volunteer hours, and learn of available volunteer opportunities on the installation.

Installation Volunteer Corps Recognition

Date(s): April 10, 2014

Time: 1:00—2:30 p.m.

Location: Community Center, Fort Belvoir

Instructor: Ms. Faithleen Henderson

**For information,
call (703)
805-4152/1799.**

This annual event
recognizes installa-
tion volunteers.



PERSONAL GROWTH (CONTINUED)

Volunteer Management Information System (VMIS)

Date(s): April 15 & 16, 2014 & May & May 20 & 21, 2014

Time: 10:00 a.m.—1:00 p.m.

Date(s): April 17, 2014 & May 22, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152/1779.

This training will help volunteers utilize VMIS system to create their profile, log volunteer hours and search for volunteer opportunities.

Army Volunteer Corps AFAP/AFTB Advisory Council

Date(s): May 13, 2014

Time: 1:00—2:30 p.m.

Location: Army Community Service, Bldg. 200,
9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faithleen Henderson

For information, call (703) 805-4152/1779.

The council allows volunteers and members of the installation to exchange information and discuss upcoming events.

JBM-HH Henderson Hall, Virginia

Volunteer Orientation

Date(s): April 1, 2014

Time: 10:00—11:00 a.m.

Location: Marine Corp Family Team Building, Bldg. 29,
Room 100, Henderson Hall

POC: Ms. Kea Matory

For information and to register, call (703) 693-1253.

Learn more about upcoming volunteer opportunities, the requirements for the Outstanding Volunteer Service Award Medal, and how to get involved.

Real Colors

Date(s): April 16, 2014 & May 7, 2014

Time: 8:00 a.m.—12:00 p.m.

Location: Marine Corp Family Team Building, Bldg. 29,
Room 100, Henderson Hall

POC: Ms. Erica Ramos

For information and to register, call (703) 693-1457.

Through the Real Colors workshop you will discover more about yourself, your values, goal, and your communication preferences. Be empowered to be the most effective in your workplace and in your relationships more than you ever realized possible.

Joint Base Anacostia-Bolling, DC



Volunteer Opportunities Available

Various positions located throughout the
Military and Family Support Center

Call for more information

(202) 767-0450

K-12 students, college students, and adult learners available 24/7.

Students work with certified tutors on

homework, essay writing and test prep in

20 subjects. Student and tutor use chat,

interactive whiteboards and file-sharing in

a secure online classroom.

Sessions can be replayed, emailed and printed.

To obtain a Family password to

Tutor.com at no charge, please contact,

Bart MacMillan at

Henderson Hall Lifelong Learning

Phone #: 703-614-9104.

National Volunteer Week

National Volunteer Week, April 6-12, 2014, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference. This year marks the 40th anniversary of National Volunteer Week, demonstrating the enduring importance of recognizing our country's volunteers for their vital contributions. The celebration has grown exponentially, drawing endorsements from all U.S. presidents since 1974 and from governors, mayors and other elected officials.

At Joint Base Myer-Henderson Hall (JBM-HH), we salute our volunteers and applaud their accomplishments not only during National Volunteer Week, April 6-12, 2014, but every day; our military and civilian personnel and their families' volunteer contributions make a difference in our community by making our community a better place to live and grow. I urge those of you who'd like to learn more about volunteer opportunities within the JBM-HH and surrounding community to contact Robin Cordovez, Army Volunteer Corps Coordinator at 703-696-3510. There are volunteer opportunities for everyone; whether you can give an hour a week or more, every little bit can and does make a difference. So what are you waiting for?

PERSONAL GROWTH (CONTINUED)

Quantico, Virginia

Quantico Voluntary Education Center *Take Your Education to the Next Level*

Services Include:

- ★ Certification Programs, Associates, Bachelors, Masters Degrees, and Doctoral Degrees
- ★ Face to Face and Online Classes
- ★ Education Counseling, GI Bill Scholarship Information, Academic Skills and Tutoring, Free Proctored Testing, Military and Civilian Testing
- ★ On site representatives from Northern Virginia Community College, Old Dominion University, Florida Tech University, Park University, University of Maryland University College, Central Texas College, Averett University

For more information please contact us at 703-784-3340 or check out our website at www.quantico.usmc-mccs.org.

ARNG GI GATEWAY

The Gateway provides vital information that Soldiers and families need to know about ARNG HR programs & processes.

Visit the Gateway to find comprehensive pages and learn how to take advantage of ARNG programs including medical, educational & financial benefits as well as deployment support & family programs.

<https://g1arng.army.pentagon.mil>

**FEATURING
INFORMATION ON
SOLDIER & FAMILY
SUPPORT &
BENEFIT PROGRAMS**



A ONE-STOP SHOP FOR ARNG HR RESOURCES

MILITARY FAMILY TEAM BUILDING

Fort Belvoir, Virginia

Military Knowledge Level K

Date(s): April 29-30, 2014

Time: 9:30 a.m.—3:00 p.m.

Location: Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faithleen Henderson

To register, call (703) 805-4152/1799.

Students will differentiate between available benefits and provided entitlements to select the most favorable to meet their individual needs.

Personal Growth & Resiliency Level G

Date(s): May 13-15, 2014

Time: 9:30 a.m.—3:00 p.m.

Location: Army Community Service Classroom, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Faithleen Henderson

To register, call (703) 805-4152/1799.

Students will learn effective skills, develop communication strategies, learn to evaluate problem solving strategies, and generate effective solutions while developing and maintain healthy personal relationships.



COMPASS

A SPOUSES GUIDE TO NAVY LIFE

All Spouses Welcome

For Information or to register online:

www.gocompass.org. All sessions held at

JBAB

Look for us soon on facebook

JBM-HH Fort Myer, Virginia

Military Knowledge

Date(s): May 15-16, 2014

Time: 8:30 a.m.—3:30 p.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Robin Cordovez

For information and to register, call (703) 696-1229.

Military Knowledge courses are targeted toward those new to the Army or interested in updating personal skills or basic knowledge of the Army.



JBM-HH Henderson Hall, Virginia

L.I.N.K.S. for Spouses

Date(s): April 15, 2014 & May 6, 2014

Time: 9:00 a.m.—4:00 p.m.

Location: Marine Corp Family Team Building, Bldg. 29, Room TBD, Henderson Hall

Instructor: Ms. Erica S. Ramos

For information and to register, call (703) 693-1457.

Acculturation to the Marine Corps lifestyle to acquire knowledge, tools, and success to thrive in this lifestyle.

Facebook Live Chat: L.I.N.K.S. Live!

Date(s): May 24, 2014

Time: 12:00—1:00 p.m.

Location: www.facebook.com/MarineFamilyProgramsHH

Instructor: Ms. Erica S. Ramos353

For information and to register, call (703) 693-5.

This workshop provides an overview of the Marine Corps structure, services, and benefits available to spouses. Learn about the different L.I.N.K.S. programs available.

MILITARY FAMILY TEAM BUILDING (CONTINUED)

Patuxent River, Maryland

Military Spouse 101

Date(s): May 1, 2014

Time: 1:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Pam Valliere

To register, call (301) 342-4911.

New and not so new military spouses learn how to make your military time more successful and enjoyable. Understand military language and customs, understand your benefits and entitlements, as well as the culture of the military family.

A fun way for kids to adapt to the Marine Corps lifestyle, become resilient and make new friends.

L.I.N.K.S. for Spouses

Date(s): April 15, 2014

Time: 8:30 a.m.—4:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2663.

Workshop provides an overview of the Marine Corps structure, services, and benefits available to spouses as part of the Marine Corps Family.

Quantico, Virginia

L.I.N.K.S. New Volunteer Orientation

Date(s): April 3, 2014 & May 20, 2014

Time: 1:00—2:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2663.

Workshop provides training for new volunteers to the L.I.N.K.S. program.

Mentor Training

Date(s): April 29, 2014 & May 20, 2014

Time: 10:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2763.

Workshop provides training for L.I.N.K.S. volunteers.

L.I.N.K.S. for Teens

Date(s): May 10, 2014

Time: 11:00 a.m.—4:00 p.m.

Location: TBA, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2663.

A fun way for kids to adapt to the Marine Corps lifestyle, become resilient and make new friends.



L.I.N.K.S. for Kids

Date(s): April 5, 2014

Time: 9:30 a.m.—12:30 p.m.

Location: Youth Center, Marine Corp Base, Quantico

Instructor: Ms. Barbara Hawkins

To register, call (703) 634-2663.

VETERAN, RETIREMENT & TRANSITION ASSISTANCE

Fort Meade, Maryland

Transition Goals, Plans, Success (TGPS)

Date(s): April 7-11, 2014, April 21-25, 2014 & May 5-9, 2014

Time: 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee

For information, call (301) 677-9014/18.

If you are separating or retiring this class will answer your questions and help you develop a plan for a smooth, successful transition. Call to register.

Retiree Brief

Date(s): April 14 2014 & May 12, 2014

Time: 8:00—11:30 a.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee

For information, call (301) 677-9014/18.

If you are within 2 years of retirement eligibility you may be interested in attending this brief. Information will be provided on your Tricare, Johns Hopkins Family Health Plan, and Navy Mutual aid Financial planning and survivor benefit plan.

Joint Base Anacostia-Bolling

Instructor: Military Family Service Center Staff

For information, call (202) 767-0450.

This is a mandatory briefing on benefits for transitioning service members.

Resume Review

Date(s): By Appointment

Time: By Appointment

Location: Military & Family Support Center, Bldg. 13,

Joint Base Anacostia-Bolling

Instructor: Military Family Service Center Staff

For information, call (202) 767-0450.

We review resumes by appointment. Call today.



Boots to Business

Date(s): April 2-3, 2014

Time: 8:00 a.m.—4:00 p.m.

Location: Military & Family Support Center, Bldg. 72,

Joint Base Anacostia-Bolling

Instructor: Small Business Administration

For information, call (202) 767-0450.

This two day seminar, sponsored by the Small Business Administration, will explore the possibilities of owning your own business.

Joint Base Anacostia-Bolling, DC

Pre-Separation Brief

Date(s): By Appointment

Time: By Appointment

Location: Military & Family Support Center, Bldg. 13,

Retirement Benefits Briefing

Date(s): April 4, 2014 & May 30, 2014

Time: 8:00—11:30 a.m.

VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

Instructor: Various

For information, call (202) 767-0450.

Briefing on entitlements and services for those transitioning from the military.

Franchise Seminar

Date(s): April 4, 2014

Time: 9:00—11:00 a.m.

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

POC: Various

For information, call (202) 767-0450.

Many businesses use the franchising method for expanding around the block and around the world. Come learn about franchising.



Disability Transition Assistance Program (DTAP)

Date(s): April 4, 2014

Time: 9:00—10:00 a.m.

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

POC: Military Family Service Center Staff

For information, call (202) 767-0450.

This briefing will focus on various veteran benefits that apply to those who suspect they have a service connected disability, injury, or illness that was aggravated by service. The briefing will provide information on vocational rehabilitation, employment and much more.

Marketing Yourself For A Second Career

Date(s): May 9, 2014

Time: 9:00—11:30 a.m.

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

Instructor: Military Officers Association of America (MOAA)

For information, call (202) 767-0450.

There are many challenges, rewards, and stressors when it comes to transitioning from a military career to a civilian career. Learn what you can do to prepare yourself for a success transition, from identifying resources to executing an attention-getting resume and cover letter to landing the job that's right for you.

Patuxent River, Maryland

Veterans Benefits Appointments

Appointments are now available to meet with a Disabled American Veterans Representative or local Veterans Affairs representative.

Please note that we have moved! We are now located in Bldg. 421. Our new phone number is (301) 757-2250.

Transition GPS (Retirees)

Date(s): March 31—April 8, 2014 & April 28—May 6, 2014

Time: Monday—Thursday 8:00 a.m.—4:30 p.m. & Friday's 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Angela Armer

To register, call (301) 342-4911.

This must attend workshop for retirees includes topics like skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of veterans benefits, etc. Seating is limited. Please see your career counselor to sign up.

Life YOUiversity April / May 2014

Transition GPS (Separatee)

Date(s): May 12—16, 2014

Time: Monday—Thursday 8:00 a.m.—4:30 p.m. & Friday's 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Angela Armer

To register, call (301) 342-4911.

This must attend workshop for those who are transitioning off of active duty includes topics like skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of veterans benefits, etc. Seating is limited. Please see your career counselor to sign up.

Quantico, Virginia

Linked-In

Date(s): April 4, 2014 & May 27, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

To register, call (703) 784-2511/4693.

This workshop will assist you in understanding LinkedIn and its purpose. Also, you will create an account if you do not already have one.

Transition Readiness Seminar (TRS)

Date(s): April 7—11, 2014 & May 5—9, & 19—23, 2014

Time: 7:00 a.m.—5:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

To register, call (703) 784-2511/4693.

You must register with your Career Retention Specialist or Unit Transition Counselor (UTC). Bring 3 copies of DD Form 2648 (Pre-Separation Counseling Checklist) completely filled out. Dress is business casual.

Job Search Strategies

Date(s): April 15, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

For more information, call (703) 784-2511/4693.

This workshop will assist members in navigating through the internet to find employment and provide techniques and resources to help you get hired!

Entrepreneurship Workshop

Date(s): April 17—18, 2014

Time: 7:30 a.m.—4:30 p.m.

Veteran Services

The Virginia Department of Veteran Services (VDVS) assists veterans, their Families and survivors in obtaining state, federal and local benefits to which they are entitled that they might not otherwise receive.

Office hours are Monday-Friday 9:00 a.m. to 3:00 p.m.

Call (703) 630-2811 for locations and more info.



All Classes/Events Subject to Change

18

VETERAN, RETIREMENT & TRANSITION ASSISTANCE (CONTINUED)

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

For more information, call (703) 784-2511/4963.

This workshop is designed to provide entrepreneurship information to veterans to assist them in starting their own business.

10 Steps to a Federal Job / Federal Resume Lab

Date(s): April 18, 2014

Time: 8:00 a.m.—12:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

For more information, call (703) 784-2511/4963.

This is a 2 part class. The first half will assist with your understanding of the Federal process. The second half will be a lab for you to develop your federal resume.

Transition Readiness Seminar (Retirees Only)

Date(s): April 21-25, 2014

Time: 8:00 a.m.—4:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

For more information, call (703) 784-2511/4963.

You must register with your Career Retention Specialist or Unit Transition Counselor. Bring three copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

Executive Transition Readiness Seminar (E8 & E9)

Date(s): April 28—May 2, 2014

Time: 8:00 a.m.—4:30 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

For more information, call (703) 784-2511/4963.

Bring three copies of DD Form 2648 (Pre-separation counseling checklist) completely filled out. Dress is business casual.

Survivor Benefit Plan (SBP) Workshop

Date(s): May 13, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

For more information, call (703) 784-2511/4963.

This workshop integrates benefits from DOD, Department of Veterans Affairs (VA), and Social Security Administration to enhance family readiness. It's tailored to those planning for retirement or separation by providing information on SBP, SGLI/VGLI, Social Security, and Thrift Savings Plan.

Career/Technical Education Workshop

Date(s): May 13 & 14, 2014

Time: 8:00 a.m.—4:30 p.m.

Location: Voluntary Education Center, 3088 Roan St., Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

To register, call (703) 784-2511/4693.

This workshop provides veterans with information about how to obtain training, skills, and credentials for occupations requiring other than a college degree. Topics include how to use your GI bill for career/technical training and other financial aid opportunities, apprenticeship programs, choosing a career/technical program and the admission process.

Disability Transition Assistance Program (DTAP)

Date(s): May 15, 2014

Time: 9:00—11:30 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center

For more information, call (703) 784-2511/4963.

This dynamic workshop informs attendees about the VA's Vocational Rehabilitation Program. The goal is to encourage and assist potentially eligible service members in making an informed decision about the VA's Vocational Rehabilitation and Employment Program.

STRONG Interest Inventory & Career Satisfaction

Date(s): May 24, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Career Resource Management Center Staff

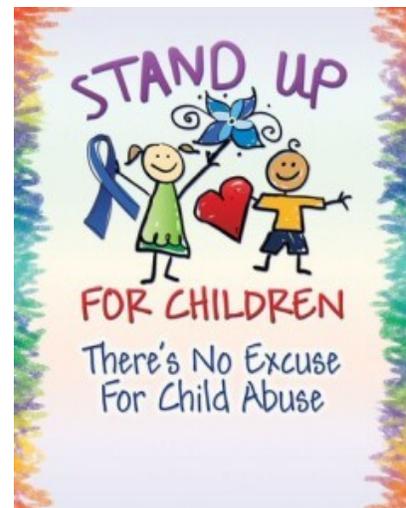
For more information, call (703) 784-2511/4963.

This workshop provides an overview of the STRONG inventory and how it can be a powerful method for matching interests with opportunities for jobs, education, and leisure activities. Participants must complete the STRONG inventory before attending this class.

April is...
Child Abuse Prevention Awareness



Pledge to be a Hero



FINANCIAL READINESS

Fort Meade, Maryland

Planning for Retirement

Date(s): April 14, 2014

Time: 1:00—3:00 p.m.

Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade

Instructor: Mr. Brian Pampuro

To register, call (301) 677-9014/18.

This interactive workshop will help service members estimate their retirement needs, retirement plans, and evaluate retirement account options.

Car Buying

Date(s): April 28, 2014

Time: 1:00—3:00 p.m.

Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade

Instructor: Mr. Brian Pampuro

To register, call (301) 677-9014/18.

This class will help teach participants to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car, and to negotiate effectively when purchasing an automobile.



Money & The Move

Date(s): May 12, 2014

Time: 1:00—3:00 p.m.

Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade

Instructor: Mr. Brian Pampuro

To register, call (301) 677-9014/18.

Relocating due to a Permanent Change of Station (PCS) assignment is exciting, but it can be expensive too. This session helps service members and their spouses plan financially for their PCS move.

Home Buying

Date(s): May 19, 2014

Time: 1:00—3:00 p.m.

Location: Fleet & Family Support Center, 212 Chisholm Ave., Fort Meade

Instructor: Mr. Brian Pampuro

To register, call (301) 677-9014/18.

Learn about credit reports, the mortgage and appraisal process, and many other useful tools. This lesson also includes instruction and information materials to assist service members and Families with their home buying.

Joint Base Anacostia-Bolling, DC

Investors Club

Date(s): Every Thursday

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

Bring your brown bag lunch. Want to invest, but don't know how to begin? We'll show you the building blocks you need to get started. Provides information on different types of investments.

Consumer Awareness

Date(s): April 1, 2014 & May 6, 2014

Time: 11:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Life YOUiversity April / May 2014

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

This program focuses on deterring, detecting, and defending against consumer awareness. Discussions on the basic steps every consumer should take to ensure they get the most for their money.

Home Buying with Pentagon Federal

Date(s): April 2, 2014 & May 7, 2014

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Pentagon Federal Staff

To register, call (202) 433-6151.

Participants find out what it takes to purchase a home, and the advantages/disadvantages of various types of home loans.

Credit Management

Date(s): April 8, 2014 & May 13, 2014

Time: 11:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military Family Support Center Staff

To register, call (202) 433-6151.

Participants learn how to establish and maintain good credit and determine a safe debt load.

Pentagon Federal Credit Union-PFM Team

Date(s): April 9, 16, 2014 & May 14, 21, 2014

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Date(s): March 12, 2014

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Pentagon Federal Staff

To register, call (202) 433-6151.

Join us for a series of financial classes on various topics.



Understanding Your TSP

Date(s): April 10, 2014 & May 8, 2014

Time: 11:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

As a result of attending this program, participants will be able to understand the thrift savings plan program.

Car Buying

Date(s): April 15, 2014 & May 20, 2014

Time: 11:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

Determine how much you can afford, learn how to negotiate a fair price, and research available vehicles, lenders and sellers.



All Classes/Events Subject to Change

FINANCIAL READINESS (CONTINUED)

Student Loans with Pentagon Federal

Date(s): April 23, 2014 & May 8, 2014

Time: 12:00—1:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Pentagon Federal Staff

To register, call (202) 433-6151.

Participants will receive information on student loans.

Raising Financially Fit Kids

Date(s): April 27, 2014 & May 22, 2014

Time: 11:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg. 72, Joint Base Anacostia-Bolling

POC: Military Family Service Center Staff

For information, call (202) 433-6151.

Participants will learn how to assess their finances, communicate effectively with Family members about finances, and implement age-appropriate financial practices for children.



Command Financial Specialist Forum

Date(s): May 15, 2014

Time: 9:00—10:00 a.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

Command Financial Specialists meet and share ideas about their respective programs during this quarterly forum in accordance with OPNAVINST 1740.5B.

Command Financial Specialist Leadership Forum

Date(s): May 16, 2014

Time: 2:00—3:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

Provides an introduction and overview of the Command Financial Specialist program and resources available to commands and financial prevention techniques.

Command Financial Specialist Refresher

Date(s): May 23, 2014

Time: 8:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 72, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 433-6151.

This training is designed for Command Financial Specialists who have already completed their formal CFS training. CFSs are required to complete this Command Financial Specialist Refresher every three years.

JBM-HH Fort Myer, Virginia

1st Termers Money Management

Date(s): Every Tuesday

Time: 9:00 a.m.—2:00 p.m.

Location: Bldg. 246, RIP TOG Classroom, Fort Myer



Life YOUiversity

Instructor: Financial Readiness Program Staff

For information and to register, call (703) 696-0163.

This training is mandatory for all incoming soldiers E4 and below.



Like us on Facebook!

www.facebook.com/jbmhhacs

Patuxent River, Maryland

Are You Properly Insured for Life's Stages?

Date(s): April 9, 2014

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Mr. Jim Walsh

To register, call (301) 342-4911.

The purpose of insurance is to shift major financial risks to insurance companies. Not having adequate insurance may lead to severe financial hardship. Come explore ways to get the best bang for your insurance dollars.

TSP Talk (Including ROTH)

Date(s): May 7, 2014

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Mr. Jim Walsh

To register, call (301) 342-4911.

The Thrift Savings Plan (TSP) is a tax-deferred retirement savings and investment plan offering Military and Federal employees the same type of savings and tax benefits that many private corporations provide. We will also explore the Roth component of the TSP and what must be satisfied in order to enjoy tax-free treatment of withdrawals.

Survivor Benefit Plans (SBP)

Date(s): May 21, 2014

Time: 11:30 a.m.—12:30 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Mr. Jim Walsh

To register, call (301) 342-4911.

SBP helps make up for the loss of part of income due to death. It pays eligible survivors an inflation-adjusted monthly income. In this workshop, we'll learn how this plan is designed to protect your survivors against the risks of death, survivor outliving the benefits, and inflation.

Quantico, Virginia

Funding Educational Costs

Date(s): April 2, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

This workshop focuses on college funding options and financial aid resources. Participants will also receive information on college savings plans and tax incentives.

Consumer Awareness

Date(s): April 16, 2014

Time: 11:00 a.m.—1:00 p.m.

All Classes/Events Subject to Change

FINANCIAL READINESS (CONTINUED)

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Become an educated consumer on your rights and how to spot scams and rip-offs.

Car Buying

Date(s): April 23, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Voluntary Education Center, 3089 Roan St., Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Purchasing a vehicle is a large investment that can impact your short term status. Develop skills and strategies to make wise choices.

Saving & Investing

Date(s): April 30, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Start developing skills and knowledge that will assist you in obtaining your financial goals.



Credit Report

Date(s): May 8, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Voluntary Education Center, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Come learn how you can get your information organized and working properly to keep your financial plans on the road to financial success.

Insurance

Date(s): May 14, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Explore why insurance is important to you and your family. Learn how to conduct an insurance analysis and prepare yourself for the future.

Housing Options

Date(s): May 15, 2014

Time: 8:00 a.m.—3:00 p.m.

Location: Voluntary Education Center, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Topics in this workshop vary from home buying to renting or government housing.

Credit & Debt Management

Date(s): May 28, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Personal Finance Management

For more information, call (703) 784-2650.

Review techniques and behaviors to establish and maintain good credit and avoid excessive debt.

EMPLOYMENT READINESS

Fort Belvoir, Virginia

Job Hunters Research Group

Date(s): Every Friday through May 23, 2014

Time: 10:00—11:00 a.m.

Location: Fort Belvoir Community Center, Fort Belvoir

POC: Ms. Laureen Dupree

To register, call (703) 805-4590.

Job hunters resource group is a 12 week moderator-led session covering job seeker issues such as interviewing tips, career goals setting, and elevator speech.

Employment Readiness Orientation

Date(s): April 1, 15, 29, 2014 & May 13, 27, 2014

Time: 12:45—2:30p.m.

Location: Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

POC: Ms. Laureen Dupree

To register, call (703) 805-4590.

The orientation provides information and assistance on acquiring employment in the National Capitol Region. Speakers include representatives from Appropriated Funds and Non-appropriated funds. Topics include spousal preference, veteran preference, and general information regarding employment in the DC, Maryland and Northern Virginia area. Please bring your military ID card and 3 copies of your resume.

ABCs of Federal Employment & Federal Resume Preparation

Date(s): April 3, 2014 & May 21, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

POC: Ms. Laureen Dupree

To register, call (703) 805-4590.

This course is designed to provide instruction on writing a federal resume as well as useful information regarding seeking employment in the federal government.

Teen Job Fair

Date(s): April 16, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

POC: Ms. Laureen Dupree

To register, call (703) 805-4590.

Job fair for teens.

Basic Resume Preparation

Date(s): April 24, 2014 & May 14, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

POC: Ms. Laureen Dupree

Resume
Writing

EMPLOYMENT READINESS (CONTINUED)

To register, call (703) 805-4590.

Learn how to prepare a resume that gets results.

Kelly Recruiting

Date(s): April 24, 2014 & May 15, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

POC: Ms. Laureen Dupree

To register, call (703) 805-4590.

Kelly Recruiting offers employment readiness clients the opportunity to meet one-on-one with placement agencies. Call for appointment and more info.



Career Exploration

Date(s): April 22, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, 830 Chisholm Ave., Fort Meade

Instructor: Ms. Rose Holland

For information, call (301) 677-5590.

Using various assessment tools and techniques, learn about your personality preferences, values, and interests and how to use them for achieving personal and professional success. Register at www.fortmeadeacs.checkappointments.com.

Job Search Strategies

Date(s): May 25, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee & Ms. Julie Yates

For information, call (301) 677-5590.

Learn techniques to help you succeed in your job search, as well as the tools for networking and negotiating job offers.

Military Spouse Job Fair

Date(s): May 6, 2014

Time: 9:00 a.m.—2:00 p.m.

Location: McGill Training Center, Fort Meade

POC: Army Community Service & Fleet & Family Support Centers, Fort Meade

Fort Meade, Maryland

Resume Writing

Date(s): April 1, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, 830 Chisholm Ave., Fort Meade

Instructor: Ms. Rose Holland

For information, call (301) 677-5590.

Date(s): May 20, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee & Ms. Julie Yates

For information, call (301) 677-9014/17.

This workshop will provide tips on winning resume styles, the importance of cover letters, and tips on following up on your resume. You can register online at www.fortmeadeacs.checkappointments.com

10 Steps To A Federal Job

Date(s): April 8, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, 830 Chisholm Ave., Fort Meade

Instructor: Ms. Rose Holland

For information, call (301) 677-5590.

Date(s): May 13, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Fleet & Family Support Center, 2212 Chisholm Ave., Fort Meade

Instructor: Ms. Pamela Stangee & Ms. Julie Yates

For information, call (301) 677-9014/17.

Learn about understanding job vacancy announcements, writing your federal and electronic resumes, and KSAs (knowledge, skill, and ability statements), and tracking your applications. You can register online at www.fortmeadeacs.checkappointments.com.

How to Work A Job Fair

Date(s): April 15, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Army Community Service, 830 Chisholm Ave., Fort Meade

Instructor: Ms. Rose Holland

For information, call (301) 677-5590.

This workshop will help you strategize and make the most of a job fair opportunity. Register at www.fortmeadeacs.checkappointments.com.

Everyone is invited to the Fort George G. Meade

COMMUNITY JOB FAIR

Wednesday, 28 May 2014
9 a.m. to 2 p.m.

Club Meade, 6600 Mapes Road, Fort George G. Meade



Open to all job seekers!

Meet employers!

Bring resumes!

“Dress for Success!”

Please Arrive Early!

Anticipate lines at the installation's gate and the job fair!



Information on entering Fort Meade	
<p>Individuals who want to attend the job fair and do not possess a Department of Defense (DoD) ID card, to include a DoD sticker on their vehicle, must enter Fort Meade via MD Route #175 at Reece Road gate only.</p> <p>All individuals must present a photo ID card or driver's license. All drivers must also show current vehicle registration and proof of vehicle insurance. All vehicles entering the installation will be inspected.</p>	
<p>Free Shuttle Service</p> <p>There is a frequent shuttle, to and from Fort Meade's Smallwood Hall parking lot to Club Meade's front door!</p>	<p>ASL Interpreter Service</p> <p>Schedule an Appointment no later than 23 April 2014.</p> <p>To schedule reasonable accommodations with an American Sign Language interpreter, email Mr. Jerome Duncan at jerome.duncan@maryland.gov</p>
<p>Community Job Fair is hosted by:</p> <ul style="list-style-type: none"> - Fort George G. Meade FMWR - DLLR / Anne Arundel One Stop Career Centers - Anne Arundel Workforce Development Corporation (AAWDC) - Army Community Service (ACS) - Navy Fleet & Family Support Center - Army Career & Alumni Program (ACAP) 	
<p>For details go to www.fortmeadefmwr.com or email jerome.duncan@maryland.gov</p>	

EMPLOYMENT READINESS (CONTINUED)

For information, call (301) 677-5590 or (301) 677-9014.

Military spouse friendly employer will be on hand. For more information visit www.ftmeademwr.com

Joint Base Anacostia-Bolling, DC

Resume Review

Date(s): By Appointment

Time: By Appointment

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 685-6019 (Centralized Scheduling).

Bring your resume and have it reviewed by Military & Family Support Center Staff.

Resume Writing Workshop

Date(s): April 8, 2014 & May 13, 29, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

Date(s): April 17, 22, 30, 2014 & May 20, 2014

Time: 12:30—3:30 p.m.

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

Date(s): May 7, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Admiral Gooding Center, Washington Navy Yard

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Learn the skills to construct and tailor your resume to your needs.

ADECCO

Date(s): April 8, 2014

Time: 9:00 a.m.—1:00 p.m. by appointment

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Various

To register, call (202) 767-0450.

Looking for a new job opportunity? Adecco USA gives you access to more jobs at more companies than anyone else. And the resources you need to realize your career goals. Call for an appointment.

Applying For a Federal Job

Date(s): April 15, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Admiral Gooding Center, Washington Navy Yard

Date(s): April 22, 2014 & May 1, 6, 28, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Date(s): May 6, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Pentagon, Room 4E415

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Understanding the federal employment process, completing the application, and applying for the job.



Networking Through Social Media

Date(s): April 15, 2014

Time: 1:00—3:00 p.m.

Location: Admiral Gooding Center, Washington Navy Yard

Date(s): May 2, 2014

Time: 8:00—10:30 a.m.

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Date(s): May 6, 2014

Time: 1:00—3:00 p.m.

Location: Pentagon, Room 4E415

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Learn how to conduct your job search by using LinkedIn, Facebook, and Twitter.



Meet The Employer

Date(s): April 16, 2014 & May 14, 2014

Time: 8:00 a.m.—12:00 p.m.

Location: Bolling Club, Joint Base Anacostia-Bolling

Instructor: Various Employers

To register, call (202) 767-0450.

This program gives you the opportunity to meet and network with various employers throughout the area.

Family Member Employment Readiness Program Workshop

Date(s): April 24, 2014 & May 29, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Various

To register, call (202) 767-0450.

Explore the employment avenues for military spouses. Topics vary monthly.

Job Search Strategies

Date(s): April 28, 2014 & May 27, 2014

Time: 9:00—11:00 a.m.

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Job seekers will learn to utilize a variety of job search strategies to help them stand out in a crowd.

Interview Techniques

Date(s): April 29, 2014 & May 27, 2014

Time: 9:00—11:00 a.m. & 1:00—3:00 p.m.

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Learn tips to prepare for a successful job interview.

JBM-HH Fort Myer, Virginia

Job Search For Newcomers

Date(s): April 3, 24, 2014 & May 1, 29, 2014

Time: 9:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

EMPLOYMENT READINESS (CONTINUED)

Instructor: Ms. Judy Joyner

To register, call (703) 696-3047/3510.

This course provides information and assistance on acquiring employment in the National Capitol Region. Topics include spousal preference, veteran preference, and general information regarding employment in the DC, Maryland and Northern Virginia area.

Job Fair

Date(s): April 10, 2014

Time: 10:00 a.m.—2:00 p.m.

Location: Community Activity Center, Bldg. 405, Fort Myer

POC: Ms. Judy Joyner

For more information, call (703) 696-3047/ 1-678-819-4153.

This job fair is sponsored jointly by the Army Community Service Employment Readiness Program, Army Career & Alumni Program (ACAP), and Virginia Employment Commission. Many employers will be on hand. Bring copies of your resume and business attire is recommended.

Resume Class

Date(s): April 11, 2014 & May 9, 2014

Time: 9:00—11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Judy Joyner

To register, call (703) 696-3047/3510.

Learn about the different kinds of resumes, what to put in it, and which one to use.

Mock Interviews

Date(s): April 29, 2014

Time: 9:00— 11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Judy Joyner

For more information, call (703) 696-3047.

Learn how to be interviewed to prepare for a successful job interview.

Dress for Success

Date(s): May 13, 2014

Time: 9:00— 11:00 a.m.

Location: Army Community Service Classroom, Bldg. 201, Fort Myer

Instructor: Ms. Judy Joyner

For more information, call (703) 696-3047.

Learn the secrets to dressing for success.

Patuxent River, Maryland

10 Steps to a Federal Job

Date(s): April 16, 2014 & May 28, 2014

Time: 12:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Angela Armer

To register, call (301) 342-4911.



Joint Base Myer–Henderson Hall



Veterans
Military Spouses
Active Duty
Reserves/National Guard
DOD Civilian Employees

10 APRIL 2014 1000-1400

Community Activity Center

228 McNair Road,

Employers Registration site:

<http://www.surveymonkey.com/s/6HGLZLX>

Job Seekers Registration site:

<http://www.surveymonkey.com/s/Y92L8RW>

POC: Judy Joyner 703-696-3047
judy.b.joyner2.civ@mail.mil
Juan Carlos Rodriguez 703-696-9603
juan.c.rodriguez64.civ@mail.mil
Lou Perkins 703-897-0438
Louie.Perkins@vec.virginia.gov

FREE PARKING. ID CHECK AT THE GATE.



Learn how to navigate the federal job system. A training guide with 137 pages of helpful information provided.

Interviewing Techniques

Date(s): April 23, 2014

Time: 1:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Angela Armer

To register, call (301) 342-4911.

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank you letters, and negotiating job offers.

Resume Writing

Date(s): May 27, 2014

Time: 1:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Angela Armer

To register, call (301) 342-4911.

Don't get passed over because your resume lacks keywords or isn't in the preferred format. This program offers many different trends and techniques for writing the best resume possible. Seating is limited.



For more information visit <https://myseco.militaryonesource.mil>

EMPLOYMENT READINESS (CONTINUED)

Quantico, Virginia

Resumes Preparation

Date(s): April 2, 2014 & May 28, 2014

Time: 8:30—10:30 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Family Member Employment Assistance Program

To register, call (703) 784-3232.

A hands-on workshop to help you learn how to write a resume that will attract an employer's attention. Computers are provided for use.



Spouse Hiring Session

Date(s): April 14, 2014

Time: 10:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Family Member Employment Assistance Program

To register, call (703) 784-3232.

Various agencies will be on-site for interviews. Bring copies of your resume. Registration is required.

Job Search Strategies

Date(s): April 15, 2014

Time: 9:00—11:00 a.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Family Member Employment Assistance Program

To register, call (703) 784-3232.

Learn about how attending a job fair can jump start your job search. Learn how to stand out among the masses at a job fair and get your resume into a potential employer's hand.

Spouse Empowerment Day

Date(s): May 14, 2014

Time: 10:00 a.m.—1:00 p.m.

Location: Chapel Annex, Marine Corp Base, Quantico

Instructor: Family Member Employment Assistance Program

To register, call (703) 784-3232.

Meet representatives from numerous local and national companies looking to hire.

DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

Fort Meade, Maryland

Families Dealing With Deployment

Date(s): First (1st) & Third (3rd) Monday of every month

Time: 5:30—6:30 p.m.

Location: Meuse Forest Neighborhood, 8700 91st Division Blvd., Fort Meade

Instructor: Ms. Colaina Townsend

For information, call (301) 677-5590.

Group for family members experiencing an upcoming or current deployment, or who have recently returned from deployment. Children are welcome. Registration required.

JBM-HH Henderson Hall, Virginia

Pre-Deployment Briefing

Date(s): May 5, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Marine Corp Family Team Building, Bldg. 29, Room 100, Henderson Hall

Instructor: Ms. Kea Matory

To register, call (703) 693-1253.

Come learn about the deployment cycle and prepare for upcoming deployments.

Joint Base Anacostia-Bolling, DC

Pre-Deployment Briefing

Date(s): By appointment

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Information on preparing for deployment. Spouses are highly encouraged to attend.



Reintegration (Return & Reunion)

Date(s): By appointment

Location: Military & Family Support Center, Bldg 13, Joint Base Anacostia-Bolling

Instructor: Military & Family Support Center Staff

To register, call (202) 767-0450.

Information for those returning from a deployment. Spouses are highly encouraged to attend.

Patuxent River, Maryland

Return & Reunion

Date(s): April 10, 2014

Time: 1:00—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Pam Valliere

To register, call (301) 342-4911.

Return and Reunion is designed to facilitate a smooth transition for military personnel from the combat environment to family, community, and workplace. Spouses are encouraged to attend.

IA Indoctrination

Date(s): May 19-23, 2014

Time: 8:00 a.m.—4:00 p.m.

Location: Fleet & Family Support Center, Bldg. 2090, NAS Patuxent River

Instructor: Ms. Pam Valliere

To register, call (301) 342-4911.

Individuals that have been selected for Individual Augmentee (IA) are strongly encouraged to report to the Fleet & Family Support Center on TAD orders for this week long process. Various presenters will take care of all your IA needs through this one stop shop. Spouses are encouraged to attend on Wednesday from 12:30—4:30 p.m. Pre-registration required.



SUPPORT GROUPS

Fort Belvoir, Virginia

Stroller Walking Group

Date(s): Tuesday's (weather permitting) beginning in May

Time: 9:00—10:00 a.m.

Location: Varies

Instructor: Ms. Heather Larson

For information, call (703) 805-2781.

A walking group for parents or caregivers with young children. Children must ride in the stroller during the walk. Registration required.

Motherhood

Date(s): Every Tuesday

Time: 4:00—5:30 p.m.

Location: Fort Belvoir Community Hospital, River Pavillion, Adult Behavioral Health, Fort Belvoir

POC: CPT Melinda Thiam

For information, call (571) 231-3224, choose option #1.

Are you a new mother feeling discouraged, struggling with motivation to get up in the morning, and feel like your mood has affected your relationships with Family and friends? This group therapy addresses postpartum mood and adjustment difficulties. You can bring your infant less than 14 months of age with you! Registration required.

Military Multiples (M2) Support Group

Date(s): Second (2nd) Friday of each month

Time: 12:00—1:00 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Sonja Fouts

For information, call (703) 805-4547.

Support group for Families with twins, triplets, or higher birth orders. Registration required.

Single Parent Support Group

Date(s): April 15, 2014 & May 21, 2014

Time: 6:00—7:30 p.m.

Location: Army Community Service, Bldg. 200, 9800 Belvoir Road, Fort Belvoir

Instructor: Ms. Donita McDonald

For information, call (703) 805-2561/2693.

Monthly support group for single parents.

Fort Meade, Maryland

Single Parent Support Group

Date(s): Second (2nd) and Fourth (4th) Monday

Time: 5:30—7:30 p.m.

Location: School Age Services, 1900 Reece Road, Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

For information, call (301) 677-5590.

Gain support and skills from fellow single parents. Children are welcome. Registration required.

Moms Support Group

Date(s): Every Thursday

Time: 9:30—10:30 a.m.

Location: Potomac Place Neighborhood Center, 4998 2nd Corps Blvd., Fort Meade

Instructor: Ms. Colaina Townsend & Ms. Michelle Pineda

For information, call (301) 677-5590.

Gain support and skills from fellow single parents. Children are welcome. Registration required.

Joint Base Andrews, Maryland

Military Parents Without Partners (MPWP)

Date(s): Third (3rd) Thursday of every month

Time: 11:30 a.m.—12:30 p.m.

Location: Youth Center, Joint Base Andrews

POC: MSgt Krishonda Camacho

For more information, call (240) 857-8258.

MPWP is an opportunity to network with parents in a similar situation, ease transitions or changes in Family situations, and be the voice to JBA on needs of military parents without partners.

JBM-HH Fort Myer, Virginia

Hearts Apart

Date(s): Call for dates, times, & location

Instructor: Mr. Corwin Smith & Ms. Chantele Smith

To register, call (703) 696-1053/0156.

This support group is for spouses, fiancées, parents, or significant others of deployed or geographically separated civilians and military members. This group is designed to be a fun networking opportunity for those experiencing separation from a loved one. You may register by calling or email usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil.



International Spouse Group

Date(s): May 28, 2014

Time: 10:00 a.m.—12:00 p.m.

Instructor: Mr. Corwin Smith & Ms. Chantele Smith

To register, call (703) 696-1053/0156.

Forum that offers international military spouses an opportunity to meet other spouses and obtain information on various relevant topics, the installation and the surrounding area. You may register by calling or email usarmy.jbmhh.asa.mbx.acs-relocation@mail.mil

Quantico, Virginia

Women's Awareness Knowledge and Education (WAKE)

Date(s): Every Tuesday

Time: 5:00—7:00 p.m.

Location: Marine Corp Base, Quantico

Instructor: Victim Advocates

For more information, call (703) 784-2570.

This support and educational group is designed for the specific needs of women, both active duty and Family members who have experienced conflict in intimate relationships. The group is led by experienced professionals in a supportive, respectful environment. You will reflect, learn, and be strengthened and encouraged by the information shared. Group is open and ongoing. A brief pre-screening is required. Please call for more information.



1-800-342-9647
Resources & Help for
Military Members,
Spouses & Families

www.militaryonesource.com

All Classes/Events Subject to Change

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Joint Base Anacostia-Bolling, DC

USAF Exceptional Family Member Program

Date(s): Daily Monday through Friday

Time: 8:00 a.m.—4:00 p.m.

Location: Military & Family Support Center, Bldg. 13, Joint Base Anacostia-Bolling

POC: Exceptional Family Member Staff

For more information, call (202) 767-0450.

These programs support and identify active duty sponsors who have EFMs with special educational or medical needs.

JBM-HH Henderson Hall, Virginia

Positive Change of Schools

Date(s): April 17, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Marine & Family Service Conference Room, Bldg. 12, Henderson Hall

Date(s): April 21, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Marine Barracks Washington, Post 5, Ground Floor, Room 146, Washington, DC

Instructor: Ms. Debbie Baker

For more information and to register, call (703) 693-5353.

EFMP and the Marine Corps School Liaison coordinate for this workshop on how to help your child with special needs have the best possible transition from one school to another during a PCS move. Topics covered will include what documentation you will need, how to move with your child's IEP, and how to help your child negotiate the move with a positive attitude.

Respite Care Reimbursement Program Orientation

Date(s): April 24, 2014 & May 22, 2014

Time: 12:00—1:00 p.m.

Location: Marine & Family Services Conference Room, Bldg. 12, Henderson Hall

POC: Ms. Debbie Baker

For more information and to register, call (703) 693-5353.

Learn all about the EFMP Family Support Program: who qualifies, the process to apply and receive reimbursement, and program guidelines. This workshop is essential if you would like to utilize the EFMP Respite Care Subsidy Program. This course is also available via WebEx by request. Contact our office prior to this class for information about accessing WebEx.

Supplemental Social Security Income (SSI) Brief

Date(s): May 15, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Marine & Family Service Conference Room, Bldg. 12, Henderson Hall

Date(s): May 19, 2014

Time: 11:00 a.m.—1:00 p.m.

Location: Marine Barracks Washington, Post 5, Ground Floor, Room 146, Washington, DC

Instructor: Ms. Debbie Baker

For more information and to register, call (703) 693-5353.

This workshop will cover the SSI program guidelines, the application process, and more.

Quantico, Virginia

EFMP Special Olympic Fun Field Day Meet

Date(s): April 5, 2014

Time: 9:00 a.m.—12:00 p.m.

Location: Butler Stadium, Marine Corps Base, Quantico

POC: Ms. Christa Bastian

For more information and to register, call (571) 931-0524.

No practice needed, no physicals, no prior experience. This free meet is not a competitive event. It is open to all active duty, retirees, families and all civilians in the DC/Virginia area. Athletes need to be 5 years old and older with either a diagnosed intellectual or developmental disability, or enrolled in the EFMP.

EFMP Special Olympics Fun Field Day Meet

hosted by Exceptional Family Member Program



Special
Olympics
Virginia



Saturday, 5 April

0900-1200

Butler Stadium

Marine Corps Base Quantico



- No practices needed!
 - No physicals needed!
 - No prior experience needed!
 - Free to participate!
- This is not a competitive event.**

Open to all active duty, retirees, families, and all civilians in the DC/Virginia area. Athletes need to be 5 years old and older with either a diagnosed intellectual or developmental disability, or enrolled in the EFMP. In the event of rain, event will take place at Barber Physical Activity Center.

For more information, call 571-931-0524.
www.quantico.usmc-mccs.org



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EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) (CONTINUED)

EFMP Special Education Notebook

Date(s): April 23, 2014

Time: 10:00 a.m.—12:00 p.m.

Location: Army Community Service, 8900 Belvoir Rd., Bldg. 200, Fort Belvoir

POC: Ms. Christa Bastian

For more information and to register, call (703) 805-5435.

Join EFMP for training on organizing your student's special education notebook. To register, call Marlo Keller.

EFMP Morning Coffee with...Social Security Disability Benefits

Date(s): April 28, 2014

Time: 11:00 a.m.—12:30 p.m.

Location: McHugh Woods Community Center, 18005 Cutts Ave.,

Marine Corps Base, Quantico

POC: Ms. Christa Bastian

For more information and to register, call (571) 931-0524.

Join us to learn about social security disability benefits to include supplemental security income (SSI) and social security disability insurance (SSDI). Free on-site childcare is available upon request.

EFMP Make It, Take It, Ice Cream Social

Date(s): May 9, 2014

Time: 4:00—5:30 p.m.

Location: McHugh Woods Community Center, 18005 Cutts Ave.,

Marine Corps Base, Quantico

POC: Ms. Christa Bastian

For more information and to register, call (571) 931-0524.

Join the EFMP staff to celebrate the Month of the Military Child. We will be making homemade ice cream and crafts. Bring the entire family.

Special Education Boot Camp

Date(s): May 10, 2014

Time: 9:00 a.m.—3:00 p.m.

Location: Chapel Annex, Marine Corps Base, Quantico

POC: Ms. Christa Bastian

For more information and to register, call (571) 931-0524.

Knowledge is power when advocating for your child's special education program. Join the EFMP Training & Education Specialists, in a special education workshop to learn the basics for obtaining a successful Individual Education Program (IEP). The class will cover basic special education laws, how to organize your student's IEP notebook, assessments, and the tips and strategies for your student's IEP meeting. Free on-site childcare is available upon request.

EFMP Town Hall Meeting

Date(s): May 19, 2014

Time: 10:30—11:30 a.m.

Location: McHugh Woods Community Center, 18005 Cutts Ave., Marine Corps Base, Quantico

POC: Ms. Christa Bastian

For more information and to register, call (571) 931-0524.

This quarterly open forum is used to provide information on current events and to address issues and concerns of our families enrolled in the Exceptional Family Member Program. All active duty, their dependents, and retired personnel are invited to attend. Free on-site childcare is available upon request.

EFMP Military Committee for Persons with Disabilities (MCPD)

Date(s): May 19, 2014

Time: 12:00—1:30 p.m.

Location: McHugh Woods Community Center, 18005 Cutts Ave., Marine Corps Base, Quantico

POC: Ms. Christa Bastian

For more information and to register, call (571) 931-0524.

MCPD is an advisory committee made up of military family members, active duty, retired military personnel, and DoD personnel that provide recommendations to the Base commander regarding installation improvements or access to care for family members with special needs. Free on-site childcare is available upon request.

ONLINE CLASSES

EXCEPTIONAL PARENT

MAGAZINE

RESPITE CARE

RESOURCES

CONTACT YOUR LOCAL

EFMP MANAGER

Rights & Responsibilities



Need information about your rights and responsibilities concerning disabilities?

Contact Your Exceptional Family Member Program Manager

Fort Belvoir (703) 805-2967

Joint Base Andrews (240) 857-6079

Joint Base Myer– Henderson Hall
Henderson Hall (703) 614-7200

Fort Meade
(301) 677-5590

Joint Base Myer– Henderson Hall
Fort Myer (703) 696-3510

Pax River
(301) 342-4041/4911

Joint Base Anacotia-Bolling
(202) 404-6502

Quantico Marine Corp Base
(571) 931-0524/0533

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Karen St. Pierre
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Karen.a.stpierre.ctr@mail.mil

**ACS Family Advocacy Program,
Joint Base Myer-Henderson Hall
202 Custer Road, Bldg. 201
Fort Myer, VA 22211
(703) 696-3512**

**www.army.mil/jbmhh
or
www.jbmhwmwr.com/index/ACS.html**

