

# October 2004

## Fleet & Family Support Center

PRE-REGISTRATION IS REQUIRED for all classes except the ones marked \*\*

Call us TODAY at 243-FFSC (3372)  
to reserve a seat  
in any of our fantastic classes!

### Thriving in Japan Workshops

 **Area Orientation Brief/Intercultural Relations**  
(This class is required for all incoming adults. The class is a 4-day class from 7:45-4:00pm each day.)

Tuesday - Friday, 5<sup>th</sup> - 8<sup>th</sup>

Tuesday - Friday, 12<sup>th</sup> - 15<sup>th</sup>

Tuesday - Friday, 19<sup>th</sup> - 22<sup>nd</sup>

Tuesday - Friday, 26<sup>th</sup> - 29<sup>th</sup>

 **Enjoying Japanese Food**

Tuesday, 19<sup>th</sup>, 9:00am - 1:00pm

 **Your Japanese Home**

Tuesday, 12<sup>th</sup> or 26<sup>th</sup>, 8:30am - 12:30pm

### Employment Assistance

 **Effective Resume Writing**

Tuesday, 26<sup>th</sup>, 10:00am - 12:00pm

 **Employment Overview - Yokosuka Area**

Tuesday, 5<sup>th</sup>, 10:00 - 11:30am

 **English Teachers Networking Group**

Thursday, 21<sup>st</sup>, 12:00 - 2:00pm

 **Getting Started Teaching English**

Wednesday, 20<sup>th</sup>, 10:00am - 12:00pm

 **Government Employment Tips**

Tuesday, 12<sup>th</sup>, 10:00am - 12:00pm

 **Interview Techniques**

Tuesday, 19<sup>th</sup>, 11:00am - 12:30pm

 **Job Fair**

Saturday, 9<sup>th</sup>, 9:00am - 3:00pm

Sunday, 10<sup>th</sup>, 11:00am - 3:00pm

### Financial workshops

 **Car Buying**

Thursday, 21<sup>st</sup>, 2:00 - 4:00pm

 **Checkbook Management**

Thursday, 7<sup>th</sup>, 2:00 - 4:00pm

 **Do It Yourself Debt Management**

Thursday, 14<sup>th</sup>, 2:00 - 4:00pm

 **Home Buying**

Thursday, 28<sup>th</sup>, 2:00 - 4:00pm

 **Military Thrift Savings Plan**

Tuesday, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> or 26<sup>th</sup>, 2:00 - 4:00pm

### Life Skills workshops

 **Communication, Anger, Stress, Assertiveness (CASA) - (4 Part Series)**

4<sup>th</sup>, 6<sup>th</sup>, 18<sup>th</sup>, & 20<sup>th</sup>, 2:30 - 4:00pm

 **EML/Space "A" Travel**

Thursday, 14<sup>th</sup>, 1:00 - 2:00pm

 **English as a Second Language**

Monday, 4<sup>th</sup> & 18<sup>th</sup>, 10:00 - 11:30am

 **English as a Second Language Potluck**

Monday, 25<sup>th</sup>, 11:00am - 1:00pm

 **Japanese Spouse Group**

Wednesday, 6<sup>th</sup>, 13<sup>th</sup>, & 20<sup>th</sup>, 12:45 - 2:15pm

 **Pre-Marriage Seminar (1-1/2 days)**

Thursday & Friday, 21<sup>st</sup> & 22<sup>nd</sup>, 9:00am

 **Stepping Stones (7-unique weekly sessions)**

Thursday, 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>, 1:00 - 2:30pm

### New Parent Support

 **Basic Breastfeeding**

Wednesday, 20<sup>th</sup>, 2:00 - 3:30pm

 **Boot Camp for New Dads**

Tuesday, 5<sup>th</sup>, 1:00 - 4:00pm

 **Labor & You**

Monday, 4<sup>th</sup>, 1:00 - 6:00pm

 **NMCRS' Budget 4 Baby**

Thursday, 7<sup>th</sup>, 5:00 - 7:00pm

 **\*\*Play Morning**

Friday, 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>, 9:30 - 11:00am

 **What's Up Doc?**

Wednesday, 13<sup>th</sup>, 3:00 - 4:30pm

### Transition & Relocation

 **Accelerated Transition Assistance (ATAP)**

(This class is for separating military members with less than 8 years of service. The class is a 4-days class from 7:30 am - 4:00 pm each day.)

Monday - Thursday, 4<sup>th</sup> - 7<sup>th</sup>, 7:30am

 **Career Options Navy Skills Evaluation Program- (CONSEP)**

(This class is for military members with 6 - 12 years of service. This is a 4-day workshop from 7:30 am - 4:00 pm each day.)

Tuesday - Friday, 12<sup>th</sup> - 15<sup>th</sup>, 7:30am

 **Managing Your Transition (TAMP)**

(This class is for separating military members with more than 8 years of service. The class is a 4-1/2 days class from 7:30 am - 4:00 pm each day.)

Monday - Friday, 25<sup>th</sup> - 29<sup>th</sup>, 7:30am

 **PCS Workshop**

Friday, 8<sup>th</sup>, 8:00am - 12:00pm

 **Sponsor & Sponsor Coordinator Training**

Friday, 15<sup>th</sup>, 2:00 - 4:30pm

 **Yokosuka Widows Support Group**

Wednesday, 27<sup>th</sup>, 11:30am - 2:30pm

### Youth Outreach

 **Youth Peer Pressure (4-Sessions)**

Tuesday, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>, 3:30 - 4:30pm

 **Youth Shoplifters Intervention (4-Sessions)**

Wednesday, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>,  
3:30 - 4:30pm

### Ikego Classes

 **English as a Second Language**

Tuesday, 5<sup>th</sup> or 19<sup>th</sup>, 10:00 - 11:30am

 **Japanese Conversation (10-Part Series)**

(Signup in person at the Fleet & Family Support Center)

Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday, 10:30am - 12:00pm  
beginning Oct. 7<sup>th</sup>

 **Kid's Craft Class**

Tuesday, 26<sup>th</sup>, 10:00 - 11:00am

 **Play Morning**

Thursday, 7<sup>th</sup> & 21<sup>st</sup>, 9:30 - 11:00am

 **Welcome to Ikego**

Tuesday, 12<sup>th</sup>, 9:00am - 3:00pm

### Negishi Classes

 **Kid's Craft**

Friday, 1<sup>st</sup>, 10:30 - 11:30am

 **Play Morning**

Friday, 29<sup>th</sup>, 9:30 - 11:00am