



# JANUARY 2018

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	28	30	31			

Descriptions of these events are on Page 2 of newsletter

CLASSES	DATE	FROM	TO	BLDG
<b>FAMILY EMPLOYMENT READINESS BRIEF</b>				
Family Employment Readiness Brief	Every Tuesday	1:00 p.m.	2:30 p.m.	625
<b>LIFE SKILLS</b>				
Move.mil Assist	Tuesdays and Thursdays	4:00 p.m.	5:00 p.m.	625
Base Tour (1st Wednesday of each month)	Jan. 3	9:00 a.m.	12:00 p.m.	625
Smooth Move	Jan. 10	1:00 p.m.	3:00 p.m.	625
Kiddie Kraft @ Lighthouse Terrace	Jan. 12	10:00 a.m.	12:00 p.m.	#1 Price Ave.
Stress Management (1st and 3rd Thursday of month)	Jan. 4 and Jan. 18	1:00 p.m.	2:30 p.m.	625
Emergency Preparedness	Jan. 26	10:00 a.m.	11:30 a.m.	625
Partners in Parenting (First Time Parents)	Jan. 24	1:00 p.m.	4:00 p.m.	625
Parenting Tips for Blended Families	Jan. 22 and Jan. 29	11:00 a.m.	12:00 p.m.	625
Healing the Angry Brain (6 sessions, Tuesdays)	Jan. 16 to Feb. 20	9:00 a.m.	10:30 a.m.	625
Anger Control (2 sessions)	Jan. 16 and Jan. 23	9:30 a.m.	11:30 a.m.	625
Tips to Building Self-Esteem	Jan. 22	1:00 p.m.	2:00 p.m.	625
Sponsorship Training	Jan. 16	8:00 a.m.	9:00 a.m.	625
Imagination Station Playgroup (Wahoo Stadium)	Jan. 18	1:00 p.m.	3:00 p.m.	Stadium
New Spouse Orientation	Jan. 19	9:00 a.m.	9:30 a.m.	625
Newcomer Orientation	Jan. 19	9:30 a.m.	10:30 a.m.	625
Music & Movement @ Lighthouse Terrace	Jan. 26	10:00 a.m.	12:00 p.m.	#1 Price Ave.
<b>PERSONAL FINANCIAL MANAGEMENT</b>				
Where is My Money Going?	Jan. 3	9:00 a.m.	11:00 a.m.	625
What Kind of Car Can I Afford?	Jan. 17	9:00 a.m.	11:00 a.m.	625
<b>TRANSITION ASSISTANCE</b>				
Survivor Benefit Plan	Jan. 5	10:00 a.m.	12:00 p.m.	741
Civilian Resume Writing	Jan. 4	9:00 a.m.	11:00 a.m.	741
Transition GPS: Optional Track (Career)	Jan. 17-18	8:00 a.m.	3:30 p.m.	741
Transition GPS: Separating (5-day course)	Jan. 8-12	7:30 a.m.	4:00 p.m.	741
Tricare	Jan. 5	8:00 a.m.	10:00 a.m.	741
Federal Resume Writing	Jan. 3	9:00 a.m.	11:30 a.m.	741
AMVETS	Jan. 17	9:00 a.m.	11:00 a.m.	741
Pre-Separation	Jan. 18	1:00 p.m.	3:00 p.m.	741
Capstone (15-minute appointment— call to schedule)	Jan. 30	9:00-11:00 a.m. and	1:00 - 2:00 p.m.	741
Transition GPS: Retiring (5 day course)	Jan. 22-26	7:30 a.m.	4:00 p.m.	741

Phone: 850-452-5990 DSN: 459-5990

Hours: 7:30 a.m. to 4 p.m. Monday, Wednesday and Friday; 7:30 a.m. to 5 p.m. Tuesday and Thursday



# FEBRUARY 2018

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

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CLASSES	DATE	FROM	TO	BLDG
<b>FAMILY EMPLOYMENT READINESS BRIEF</b>				
Family Employment Readiness Brief	Every Tuesday	1:00 p.m.	2:30 p.m.	625
<b>LIFE SKILLS</b>				
Move.mil Assist	Tuesdays and Thursdays	4:00 p.m.	5:00 p.m.	625
Stress Management (1st and 3rd Thursday of month)	Feb. 1 and Feb. 15	1:00 p.m.	2:00 p.m.	625
Parenting Toddlers (6 sessions)	Feb. 5 to March 19	8:00 a.m.	10:00 a.m.	625
Base Tour (1st Wednesday of each month)	Feb. 7	9:00 a.m.	11:00 a.m.	625
Kiddie Kraft @ Lighthouse Terrace	Feb. 9	10:00 a.m.	12:00 p.m.	#1 Price Ave.
Sponsorship Training	Feb. 13	8:00 a.m.	9:00 a.m.	625
Anger Control (2 sessions)	Feb. 13 and Feb. 20	9:30 a.m.	11:30 a.m.	625
Smooth Move	Feb. 14	1:00 p.m.	2:00 p.m.	625
Imagination Station Playgroup (Wahoo Stadium)	Feb. 15	1:00 p.m.	3:00 p.m.	Stadium
New Spouse Orientation	Feb. 16	9:00 a.m.	9:30 a.m.	625
Newcomer Orientation	Feb. 16	9:30 a.m.	10:30 a.m.	625
Healing the Angry Brain (6 sessions started Jan. 16)	Ends Feb. 20 (Tuesdays)	9:00 a.m.	10:30 a.m.	625
Couples Communication	Feb. 21	9:00 a.m.	12:00 p.m.	625
Emergency Preparedness	Feb. 23	10:00 a.m.	11:30 a. m.	625
Music & Movement @ Lighthouse Terrace	Feb. 23	10:00 a.m.	12:00 p.m.	#1 Price Ave.
<b>PERSONAL FINANCIAL MANAGEMENT</b>				
What Type of Home Can I Afford?	Feb. 7	9:00 a.m.	11:00 a.m.	625
Don't Be Taken: Know a Scam When You Hear One	Feb. 21	9:00 a.m.	11:00 a.m.	625
<b>TRANSITION ASSISTANCE</b>				
Civilian Resume Writing	Feb. 1	9:00 a.m.	11:00 a.m.	741
Tricare and SBP	Feb. 2	8:00 a.m.	12:00 p.m.	741
Transition GPS: Separating (5-day course)	Feb. 5 to Feb. 9	7:30 a.m.	4:00 p.m.	741
Transition GPS: Optional Track (Education)	Feb. 12 and Feb. 13	8:00 a.m.	3:30 p.m.	741
Federal Resume Writing	Feb. 13	12:00 p.m..	4:00 p.m.	741
CONSEP (first term)	Feb. 15 and Feb. 16	8:00 a.m.	3:30 p.m.	741
Capstone (15-minute appointment— call to schedule)	Feb. 20	9:00 -11:00 a.m. and	1:00 - 2:00 p.m.	741
AMVETS	Feb. 21	9:00 a.m.	11:00 a.m.	741
Pre-Separation	Feb. 22	1:00 p.m.	3:00 p.m.	741
Transition GPS: Retiring (5 day course)	Feb. 26	7:30 a.m.	4:00 p.m.	741

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## CLASSES OFFERED

**Anger Control (2 sessions):** Learn the differences between anger, assertiveness, stress, and aggression.

**Base Tour:** Learn interesting facts about America's first settlement and this base while learning how to get around.

**Capstone:** Helps measure a service member's readiness for transition from military to civilian career.

**Civilian Resume Writing:** Make your resume stand out. Get tips and techniques to wow employers with an organized, effective resume.

**Don't Be Taken; Know a Scam When You Hear One:** Learn to protect yourself from fraudulent consumer practices.

**Family Employment Readiness Brief:** This weekly brief is for spouses and family members who are seeking jobs, education and volunteer information.

**Federal Resume Writing:** Learn about federal government jobs, preferences for military, and how to analyze vacancy announcements.

**Couples Communication:** Develop better communication skills, learn to manage stress as a couple, and find ways to compromise.

**Emergency Preparedness:** Emergencies could require a brief absence from your home or permanent evacuation. Be prepared.

**Filing for VA Disability:** The AMVETS (American Veterans) organization has a history of assisting veterans and sponsoring programs that serve our country.

**Healing the Angry Brain (6 sessions):** Brain functions and related processes make the brain a powerful force in emotions.

**Imagination Station Playgroup (Wahoo Stadium):** The children have fun while meeting and playing with other children.

**Kiddie Kraft:** A fun way to increase your child's social development with a creative way to learn. Children will develop skills to improve eye-hand coordination.

**Move.mil Assist:** One hour of dedicated online walkthrough to set-up your account and make your move seamless.

**Music & Movement:** A learning activity to enhance self-expression and socialization in children through dance with use of instruments.

**Newcomer/New Spouse Orientation:** Learn what is available to you as a military spouse at your new home base of NASP.

**Parenting Children: Toddlers (6 sessions):** Learn about the development stages of toddlers and why they do what they do. Topics include appropriate discipline and toilet training .

**Parenting Tips for Blended Families:** Blending two families can be overwhelming. Join us to discuss the challenges and joys.

**Partners in Parenting:** Learn about pregnant partners and new babies. Practice diapering and holding a baby.

**Smooth Move:** Are you about to PCS? Learn how to apply for a travel allowance and get helpful hints on shipping and storage.

**Sponsorship Training:** Sponsors are prepared to provide reliable information to incoming personnel and their families.

**Stress Management:** Stress can damage your physical and mental health. Learn how to recognize stress .

**Survivor Benefit Plan:** When a military retiree dies the surviving spouse will be left without a substantial income source unless SBP has been elected.

**Tips to Building Self-Esteem:** Learn how to maximize self-esteem, and improve productivity and well-being.

**Transition: Goals, Plan, Success (TGPS):** 5-day mandatory course for separating/retiring personnel. Register with your CCC.

**Tricare:** Attend this workshop so that you and your family can learn more about your Tricare benefits.

**What Kind of Car Can I Afford?:** This class teaches you how to determine how much you can afford to spend on a car.

**What Type of Home Can I Afford?:** Learn about real estate and mortgages and how to negotiate the deal.

**Where is My Money Going?:** Learn how to establish financial goals and complete a spending plan worksheet.

**CALL 850-452-5990 TO RESERVE YOUR SPOT TODAY!**

## Fleet and Family Support Center Roster

### FFSC Administration

Kathleen Doherty, Director 452-2676  
Jessica Poole, Program Assistant 452-7780

### Sexual Assault Prevention and Response

Lillie Johnson, SARC 452-5109  
Jennifer Walker, SARC 452-9017  
Jenna Vaughn, Advocate 452-5328

### Work and Family Life

Terry Harris, Supervisor 452-5621  
Kathy Sims 452-4277  
Thomas Butler 452-5755  
Paul Maxwell 452-5618  
Stacy Gattis 452-5932  
Terri Stine 452-8453

### Transition Assistance

Debra Sampson 452-5620  
Lara Sabanosh 452-4369

### Front Desk/Information and Referral

Ariel Raymond 452-2155  
Brandy O'Bryant 452-5990  
Janet Thomas 452-2633

### Personal Financial Management

Joe Henderson 452-5102  
Towonia Donson 452-2631

### New Parent Support Program

Brittany Lemieux 452-5673  
Carla Stevenson 452-5602  
Kenisha Simmons 452-5665

### Exceptional Family Member

Margie Woodson 505-6822 at NHP

### Counseling, Advocacy and Prevention

Lauren Anzaldo, Clinical Supervisor 452-3303  
Celeste Mitchell, Family Advocacy Representative 452-5617  
Alice Pearson 452-2364  
Bryan Glazier 452-2869  
Dory Walker 452-3473  
Elvis Rivers 452-6131 at Corry  
Ericka Sam 452-3472  
Garland Hill 452-3776  
Lori Landau 452-5114  
Mario Campa 452-5933  
Michael Brady 452-5396  
Patricia Parker, Children 452-4772  
Suzanne Kelley 452-5118

**Call 452-5990 to register for a class**