

DAHLGREN**540-653-1839**

SEPT 7	INTRODUCTION TO INVESTMENTS	1-2 p.m.
SEPT 11	DISASTER PREP	5-6 p.m.
SEPT 13	STRESS MANAGEMENT	1-2 p.m.
SEPT 24-28	TAP GPS	8 a.m.-4 p.m.
AUG 8	PREPARING FOR DEPLOYMENT	10-11:30 a.m.

CLASS DESCRIPTIONS cont...**BEAMS: BUILDING EFFECTIVE ANGER MANAGEMENT**

SKILLS Six-week session course that allows participants to gain increased self-awareness and develop a variety of positive coping strategies.

WELCOME TO THE MILITARY/NEW SPOUSE ORIENTATION

Military life, deployment challenges, mobile lifestyle, pay and allowances, housing, medical, financial planning and more.

PREPARING FOR BABY Basic money management and unexpected costs you should anticipate along with care questions.

INTRODUCTION TO INVESTMENTS Beginner saving and investment information for the future.

MONEY PLANNING FOR RETIREMENT Basic concepts of financial retirement planning including Thrift Savings Plan.

READING YOUR CREDIT REPORT Learning how to effectively manage your credit and establishing a credit history.

SMOOTH MOVE/KIDS ON THE MOVE Program offers tips to make your move as painless as possible, also helping children understand the move and activities to help adjust.

SPONSORSHIP TRAINING Training course for new sponsors on how to better perform duties as a command sponsor.

TRANSITION (TAP) GPS CLASS Goals, plans and success in preparing military member transitioning to the civilian life.

CAREER OPTION & NAVY SKILLS EVALUATION PROGRAM Prepares the military member chart a career journey by improving knowledge and ability to make correct choices.

DEPLOYMENT DISCUSSION & TELEPHONE FAMILY SUPPORT GROUP Informal discussion group to talk about issues and solutions for deployment.

PREPARING FOR DEPLOYMENT/RETURN & REUNION

BRIEF Two separate briefs designed to help the military member and military families when a love one leaves and returns from duty.

VICTIM ADVOCATE TRAINING –SAPR TRAINING &

REFRESHER TRAINING 40-hour, week long training for service member after being selected for Victim Advocates, and refresher training every 2 years to maintain active status.

INDIAN HEAD**301-744-6725**

SEPT 5	INTRODUCTION TO INVESTMENTS	1-2 p.m.
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**CLASS DESCRIPTIONS**

RESUME WRITING Market your skills, knowledge, accomplishments and experience to create an impressive resume.

10 STEPS A FEDERAL JOB Learn how to find vacancies and job listings with the federal government.

INTERVIEW SKILLS Topics include positive answers to difficult questions, dressing for success, body language and salary negotiations.

JOB SEARCH STRATEGIES Learn about crucial steps in a job search.

STRESS MANAGEMENT Goal setting, time management and progressive relaxation

BUILDING HEALTHY RELATIONSHIPS Tools to enhance healthy relationships, expectations, communication and healthy habits

COMMUNICATION 101 Communication styles, conflict resolution and ways to develop more effective speaking and listening skills.

Classes are available to active duty and retired military personnel, their dependents and, if space is available, DoD employees their spouses and contract employees. Classes are subject to change, please call for more information.