



THE FLEET & FAMILY SUPPORT CENTER

DAHLGREN		540-653-1839
DEC 3	CAPSTONE	8 a.m.-4 p.m.
DEC 4	DEPLOYMENT DISCUSSION	Noon-1 p.m.
DEC 9-13	TAP GPS	8 a.m.-4 p.m.
DEC 16	TAP *Optional Day	8 a.m.-Noon
DEC 19	NEW SPOUSE ORIENTATION	9-11 a.m.
DEC 27	STRESS MANAGEMENT 101	11 a.m.-1 p.m.

INDIAN HEAD		540-653-1839
DEC 11	DEPLOYMENT DISCUSSION	Noon-1 p.m.

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.



NSF DAHLGREN
6027 SCHOOL HOUSE LANE, STE. 208, DAHLGREN, VA
800.500.4947
540.653.1839

NSF INDIAN HEAD
4260 STEVE'S WAY BLDG. D328, INDIAN HEAD, MD
800.500.4947
540.653.1839

NATIONAL SUICIDE PREVENTION LIFELINE
800.273.TALK (8255)

NATIONAL DOMESTIC VIOLENCE HOTLINE
800.799.SAFE (7233)

DoD SAFE HOTLINE
877.955.5247