

Stress Reduction

APRIL



01 APRIL 2024

Command Financial Specialist Training:

Comprehensive Financial Management Training program to help service members become proficient Command Financial Specialists. Backed by FFSC's PFM, this course arms you with essential skills to alleviate financial stress among service members. Learn budgeting, debt management, investment strategies, and ethical counseling practices to guide your peers towards financial resilience. This collaborative effort emphasizes our commitment to empowering military personnel and families for confident financial navigation, ultimately enhancing overall well-being. Register now to make a difference in financial readiness!

01 APRIL TO 30 APRIL 2024

National Financial Literacy Month

Join us at the base library this April as we celebrate Financial Literacy Month! In honor of this occasion, we're offering free kids' books on money management to all visitors (while supplies last). From budgeting basics to strategies for saving and investing, these books will be your child's guide to financial success. Don't miss this opportunity to expand their financial knowledge and set sail towards a brighter future. Visit the library today and embark on your child's journey to financial literacy!

APRIL AND MAY 2024

Collaboration with Gray's Landing Restaurant for Financial Outreach

Get ready for enlightening information on smart financial practices tailored specifically for military personnel and their families. Our PFM will be available at an information table, stocked with valuable resources for you to take away. Plus, each of the dining tables will feature placemats filled with tons of financial information, allowing you to read and learn during your lunch. Don't miss this opportunity to kick start your journey towards financial security and freedom. Mark your calendars and stay tuned for more details!

2 APRIL 2024

Getting Your Credit Under Control

"Credit Management" is a specialized training program designed to equip military families with essential skills and strategies to effectively manage their credit, thereby reducing financial stress. Through comprehensive education on credit fundamentals, debt management techniques, and responsible borrowing practices, participants learn to navigate credit systems confidently. This training provides practical tools and resources to help military families establish and maintain healthy credit profiles, fostering financial stability and resilience within the military community.

2 APRIL 2024

Initial and Preseparation Counseling for Transitioning Service Members

is a crucial transition assistance training for active-duty personnel preparing for civilian life. Designed to minimize stress for both individuals and families, this class provides comprehensive guidance on navigating employment, finances, healthcare, and social support networks post-military. By equipping service members with essential knowledge and resources, the training empowers them to transition smoothly and confidently into their next chapter outside of the military.

3 APRIL 2024

TAP Capstone: Our training focuses on completing the DD2648 form and understanding the steps involved in transitioning out of the military. Participants gain confidence in navigating the documentation process, ensuring accuracy. Additionally, we cover essential information on available resources, benefits, and support networks to aid in transitioning to civilian life. This empowers service members to transition smoothly and confidently into their next career phase, facilitating a successful and fulfilling transition and addressing any concerns they may have.

9 APRIL 2024

Financial Planning for Service Members is a targeted class aimed at equipping military personnel with essential financial management skills tailored to their unique circumstances. Covering topics such as budgeting, debt management, saving strategies, and retirement planning, this class empowers service members to make informed financial decisions that enhance their long-term financial well-being. By providing practical tools, resources, and personalized guidance, the class aims to improve financial literacy, reduce financial stress, and support service members in achieving their financial goals both during and after their military service.

9 APRIL 2024

"Who Wouldn't Want to be a Millionaire?" – a dynamic money management class tailored for service members. Gain valuable insights and strategies to save and build wealth throughout your career. Learn budgeting, investment, and smart spending habits to cultivate financial responsibility and resilience. Whether short-term goals or long-term wealth, this class equips you with the tools for financial success during and after military service. Don't miss out on securing your financial future!

11 APRIL 2024

Car Buying equips military personnel with essential knowledge and skills for purchasing a vehicle. Participants learn about budgeting, financing options, negotiating strategies, and understanding warranties. The course also teaches attendees how to identify and avoid scams, withstand pressure tactics, and navigate potential pitfalls in the car buying process. By providing practical guidance, the training empowers service members to make informed decisions and confidently handle negotiations. Ultimately, this training aims to relieve the stress commonly associated with car buying, ensuring a smoother and more rewarding experience.

11 APRIL 2024

Collaboration with University of Mary Washington

Join us at 6:30 p.m. for Take Back the Night, a powerful event against sexual violence. We'll gather on the Lee Hall Patio (Rain location: Lee Hall 411) for an empowering evening of support and healing for survivors and their allies. FFSC will have an information table with valuable information and resources for you to take and share. Let's raise our voices together and stand against sexual violence. (In support of SAAPM)*

17 APRIL 2024

How to protect the next Generation through the Digital Age at Dahlgren School auditorium from 0830-1000. This training event will be for parents of children who attend the Dahlgren school on base to learn ways to protect their kids in the cyber world to help relieve stress for parents knowing they can take action for keeping children safe online.

18 APRIL 2024

Stress to Resiliency

Learn essential strategies to navigate stressors effectively and cultivate resilience in the face of challenges. Gain valuable insights and practical tools to enhance your well-being and thrive in both military and personal life. Don't miss this opportunity to strengthen your resilience and overcome adversity with confidence.

22 APRIL 2024

Professionalism and Dressing for Success:

Join our tailored program to refine your professional appearance and communication skills as you transition from military to civilian employment. Learn the art of dressing appropriately for various workplace settings, ensuring a positive impression in job interviews and professional environments. Enhance both verbal and non-verbal communication skills to speak confidently and proficiently during interviews and workplace interactions. Let us alleviate the stresses of dressing for interviews and preparing for tough questions, empowering you to excel in your transition to civilian employment. Register now to secure your success!

22 APRIL 2024

"My Transition" provides vital guidance and support for active-duty personnel preparing to exit the military, addressing common stressors and offering strategies to alleviate anxiety. Participants gain insights into transition challenges and receive practical advice on stress management, including coping mechanisms and self-care practices. By empowering individuals with resilience and confidence, this training aims to equip service members with the tools needed for a successful transition into civilian life.

22 APRIL 2024

Financial Planning for Transition: This training is tailored to equip military personnel with essential financial management skills for a successful transition to civilian life. Attendees learn budgeting, debt management, saving, and investment principles to align with their post-transition goals. This training also empowers individuals to plan for their desired lifestyle, alleviating stress and anxiety associated with the transition process. Ultimately, it aims to provide practical tools and confidence to thrive beyond military careers.



22 APRIL 2024

Military Occupational Codes Crosswalk:

This focused program helps service members translate their military skills into civilian career opportunities. Participants learn to identify transferable skills, match them to job requirements, and address skill gaps through gap analysis. By bridging the military-civilian job gap, this training empowers service members to transition with confidence, aiming to maximize employability and alleviate stress.

24 APRIL 2024

Command supported Dress Down Day: Join us for a Command-supported Dress Down Day in support of Sexual Assault Awareness and Prevention Month (SAAPM) for Denim Day. By participating, you not only contribute to raising awareness of sexual assault but also demonstrate your commitment to creating a safer and more supportive environment. Let's come together to show our solidarity and support for survivors while boosting morale within our command community.

24 APRIL 2024

Time Management/Goal Setting

Learn practical strategies to effectively manage your time and set achievable goals, reducing confusion, anxiety, and stress. Register today to get on track towards success and take control of your future with confidence!

29 APRIL 2024

Parenting Skills

Unlock the secrets to successful parenting with our comprehensive parenting skills class catered specifically for active duty and their families. Gain invaluable insights and practical tools to navigate the challenges of raising children while balancing military life. Whether you're seeking to enhance communication, set boundaries, or foster a nurturing environment, this class equips you with the strategies and support you need. Don't miss this opportunity to strengthen your parenting skills and create a thriving family dynamic. Sign up today to secure your spot!

Stress Reduction

MAY



APRIL AND MAY 2024

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1 MAY 2024

Moving with EFMs: Moving with Exceptional Family Members" is specialized training offering crucial support to service members and families with exceptional members during relocation. Participants gain essential insights into coordinating medical and educational needs, accessing support services, and ensuring a smooth transition for EFMs. This training addresses specific concerns, aiming to alleviate stress and ensure relocation success.

2 MAY 2024

"Who Wouldn't Want to be a Millionaire?"

we provide essential skills and knowledge to gain confidence and alleviate anxiety and stress related to money matters. Participants learn practical techniques for budgeting, debt management, and investment strategies tailored to their needs. By mastering these skills, individuals can navigate financial challenges with ease, fostering a sense of empowerment and security that will help them build their wealth.

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2 MAY 2024

Investment Basics and Goal Setting the Financial Readiness Program is tailored to equip active-duty personnel and families with essential skills for building a secure financial future. Participants learn fundamental principles of investing, receive practical guidance on setting financial goals, and gain tools for informed decision-making. By empowering attendees with these skills, the program fosters financial resilience and well-being for service members and their families.

6 MAY 2024

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empowers service members to make informed decisions and confidently handle negotiations. Ultimately, this training aims to relieve the stress commonly associated with car buying, ensuring a smoother and more rewarding experience.

8 MAY 2024

MARKETING ONESELF: Position yourself as the ideal candidate for your dream job by mastering the art of self-marketing and networking. Join us as we explore proven strategies to showcase your skills and expertise, alleviating uncertainty and relieving stress along the way. Don't miss this opportunity to stand out to employers and seize the job you deserve!

10 MAY 2024 - FFSC Open House, Mark your calendars! We'll be celebrating Military Spouse Appreciation. Join us for stress reduction resources and a special observance in honor of military spouses.

13 MAY 2024

NEW SPOUSE ORIENTATION

We provide comprehensive information on benefits, support services, military culture, and resources tailored to help Navy Spouses adapt to the military lifestyle. This orientation not only equips spouses with essential knowledge but also aims to alleviate stress by providing valuable insights and assistance in navigating the intricacies of military life.

15 MAY 2024

CULTURAL ADAPTATION: Embark on a journey of cultural adaptation with our training designed to streamline your overseas deployment experience. Gain comprehensive access to relocation services and invaluable insights into adapting to new cultures. By signing up, you'll not only ease the transition but also alleviate stress and anxiety associated with deployment. Don't miss out on this opportunity to thrive in your new environment. Sign up now!

16 MAY 2024

MARKETING ONESELF / NETWORKING

Position yourself as the ideal candidate for your dream job by mastering the art of self-marketing and networking. Join us as we explore proven strategies to showcase your skills and expertise, alleviating uncertainty and relieving stress along the way. Don't miss this opportunity to stand out to employers and seize the job you deserve!

16 MAY 2024

FAP ANNUAL REFRESHER TRAINING

Join us for the Family Advocacy Program Annual Refresher Training, where we provide essential updates on Intervention Plans (IP), Child Abuse, the PSB-CY, and the IDC Process. This comprehensive annual brief ensures that you are up to date with the latest protocols and procedures, giving you the knowledge and confidence you need to effectively support clients. By staying informed, you'll feel less stressed about encountering issues and better equipped to handle any situation. Don't miss this opportunity to enhance your skills and make a difference. Register now to secure your spot.

21 MAY 2024

IN HER SHOES

Step into the shoes of a victim experiencing intimate partner violence in our interactive simulation, "In Her Shoes." Gain firsthand insight into the challenging decisions faced by those in abusive relationships and learn how to respond effectively. This immersive experience will deepen your understanding and equip you with the knowledge to support survivors. Register now to participate and make a difference in ending intimate partner violence.

22 MAY 2024

Financial Freedom Through Divorce: Empowering Service Members"

Join us for a specialized training designed to navigate the complexities of divorce and finances tailored specifically for service members. Gain invaluable insights and practical strategies to manage your financial well-being during and after divorce proceedings. Whether you're seeking guidance on asset division, alimony, or debt management, this training equips you with the tools and support needed to navigate this challenging transition. Don't face divorce alone—register now to gain clarity and confidence in managing your finances effectively.

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30 MAY 2024

Command Financial Specialist Quarterly Forum:

Embark on a voyage of partnership and financial unity with us at our Command Financial Specialist Forum online. Let our PFM be your trusted navigator as we sail through the intricate waters of marriage and finances together. Discover the secrets to crafting a spending plan that reflects our shared dreams and aspirations, and learn how to communicate openly and transparently about money matters while staying anchored in Navy values. Let's transform financial challenges into opportunities for deeper connection and understanding in our Navy relationship. Together, we'll chart a course towards shared goals and success. Register today and let's set sail on this journey hand in hand."