

# FEBRUARY 2024

## FFSC WORKSHOPS & CLASSES

Classes held at The Fleet & Family Support Center, BLDG 309 Unless otherwise noted.  
Call 775-426-3333 to register or for more Information. Virtual programming can be found at [navylifesw.com/at-home](https://navylifesw.com/at-home).



### ONE LOVE WORKSHOP

**Tuesday, February 6, 1-2:30 pm**

The Navy has partnered with One Love non-profit organization to decrease instances of intimate partner violence, increase healthy relational interactions and increase conversations within the military.

By engaging people with powerful films and honest conversation, we can all help stop abuse and provide the skills needed to love better.

#### What is the Escalation Workshop:

45 minute video followed by a 45 minute breakout group discussions that are peer led by similar age and rank. **Pre-Registration is required.**

### MIND BODY MENTAL FITNESS

**Session 1: Stress Resilience:**  
**Thursday, February 1, 9-11 am**

**Session 2: Mindfulness and  
Meditation: Thursday, February 8,  
9-11 am**



**Session 3: Living Core Values:**  
**Thursday, February 15, 9-11 am**

**Session 4: Flexibility: Thursday,  
February 22, 9-11 am**

**Session 5: Problem Solving:**  
**Thursday, February 29, 9-11 am**

Join us for this 6 part course that will help you develop a road map to recognizing stress, strength and the keys to resilience. Courses can be taken individually or as a complete series.

### ACTIVE PARENTING: FIRST 5 YEARS

**Session 1: You and Your Child: Friday,  
February 2, 1-3 pm**

**Session 2: Preventing Problems:**  
**Friday, February 9, 1-3 pm**

**Session 3: Encouraging Positive  
Behavior: Friday, February 16, 1-3 pm**

**Session 4: Preparing for School  
Success: Friday, February 23, 1-3 pm**

Parents and caregivers of littles, this class is for you. Learn child development principals along with age appropriate



behaviors utilizing ages and stages in this 4 part interactive series. We will focus on encouraging positive behaviors, preventing problems and learn methods for positive discipline. **Pre-Registration is required.**

### SPONSORSHIP TRAINING AND CERTIFICATION

**Wednesday, February 7, 9 am-12 pm**

**Pre-registration is required.**

Provides incoming personnel with pre-arrival communication, support upon arrival, and relocation assistance to meet the Sailor's needs. The goal is to facilitate a smooth transition and assimilation into the new command.



# FEBRUARY 2024

## FFSC WORKSHOPS & CLASSES

Classes held at The Fleet & Family Support Center, BLDG 309 Unless otherwise noted.  
Call 775-426-3333 to register or for more information. Virtual programming can be found at [navylifesw.com/at-home](https://navylifesw.com/at-home).



### TSP & BRS - LEARN TO GROW A MONEY TREE

**Thursday, February 8, 2-4 pm**

Are you looking for a way to make some FREE EASY money? Let me show you how you can. Come learn about TSP and the new Blended Retirement System (BRS) continuation pay incentives, and money contribution match. Let your money work for you to grow your wealth with minimum to no effort.

### RETIREE ONLY TAP (TRANSITION ASSISTANCE PROGRAM)

**Monday, February 12 through Wednesday, February 14, 7:30 am-4 pm**

Learn how to create a successful military to civilian transition plan. This class will provide transition strategies, resources, and a benefits overview. **Pre-Registration required.**



### MAKING STRESS YOUR FRIEND - EFFECTIVE STRESS MANAGEMENT

**Tuesday, February 13, 11 am-12 pm**

This informative and interactive class will help you recognize the signs of stress, how to use it to your advantage it and give you tips on how to flip the script on negative thought.

We will explore ways to combat stress and how your community can help. By facing life's inevitable challenges, we can become better, stronger and more resilient. **Pre-registration is required.**

### TAP 2DAY TRACK - SBA ENTREPRENEURSHIP WORKSHOP

**Thursday, February 15 through Friday, February 16, 8 am-4 pm**

**Pre-registration is required.**

Provides information on business ownership and self-employment in the private or non-profit sectors. **Spouses welcome.**



### LUNCH N' LEARN

**Thursday, February 15 and Friday, February 16, 12-1 pm**

Join us to hear from various employers about their companies and the different career opportunities they have available! Open to everyone with base access. No registration required. Lunch being provided is dependent on employer. Please check our Facebook page or give us a call to hear about the specific employers for this month!

### CAR BUYING

**Wednesday, February 21, 2-4 pm**

Develop the knowledge and skills to thoroughly research a car purchase or lease. Learn how to ask the right questions and how to use negotiation techniques.

