

# MARCH 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).



### ACTIVE PARENTING: BASICS

**Session 1: The Active Parent:**  
Friday, March 1, 9-11 am

**Session 2: Cooperation and  
Communication:** Friday, March 8,  
9-11 am

**Session 3: Responsibility and  
Discipline:** Friday, March 15, 9-11 am

**Session 4: Building Courage and Self  
Esteem:** Friday, March 22, 9-11 am

**Session 5: Understanding the  
Redirecting Misbehavior:** Friday,  
March 29, 9-11 am

New parents, established parents and completely confused parents, this is the class for you! In this 5 part series, learn the basics of development and communication with your little person(s) in this interactive class series. Each class builds knowledge and skills on how to build relationships and bridges of communication with your children ages 0-18. **Pre-Registration is required.**



### SPONSORSHIP WORKSHOP AND CERTIFICATION

**Wednesday, March 6, 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.

### MIND BODY MENTAL FITNESS

**Session 6: Connection:** Thursday,  
March 7, 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.

### TAP (TRANSITION ASSISTANCE PROGRAM)

**Monday, March 11 through  
Wednesday, March 13, 7:30 am-4 pm**

**Pre-registration is required.** Learn how to create a successful military to civilian transition plan. This class will



provide transition strategies, resources, and a benefits overview.  
**Spouses welcome.**

### TAP 2DAY TRACK - DOL EMPLOYMENT WORKSHOP

**Thursday, March 14 through Friday,  
March 15, 8 am-4 pm**

**Pre-registration is required.**

Provides in-depth training on identifying skills, job searching, resume writing, networking, interview skills, and employment resources. **Spouses welcome.**

### EFFECTIVE COMMUNICATIONS

**Thursday, March 14, 9-10:30 am**

Effective communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and home by practicing skills that build effective two-way communication.





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### LUNCH N' LEARN

**Thursday, March 14 and Friday,  
March 15, 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!

### TAP 2DAY TRACK - AHE: ACCESSING HIGHER EDUCATION WORKSHOP

**Monday, March 18 through Tuesday,  
March 19, 8 am-4 pm**

**Pre-registration is required.**

Learn how to compare colleges and degree programs, review a college application, and examine funding – including, the GI Bill and the Free Application for Federal Student Aid (FAFSA) program.



### MILLION DOLLAR SAILOR

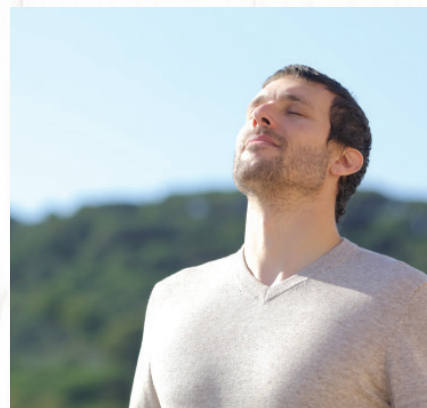
**Wednesday, March 20 through  
Thursday, March 21, 8 am-4 pm**

Want to be a millionaire? It is entirely possible. This two-day course will teach you financial strategies to manage your money and make smart financial decisions today, tomorrow, and allow you to build the future that you envision. Please sign up for this course by calling x 4357

### RESOLVING CONFLICT

**Thursday, March 21, 9-10:30 am**

Whether it's at work or at home, join this interactive class on how to actively come to the table and work together to create solutions despite your differences. Open to all. Class focus will be home and work environments.



### CHOOSING THE RIGHT INSURANCE

**Tuesday, March 26, 2-4 pm**

You need insurance. But what insurance is right for you? We know we need auto insurance, medical insurance, but are there other insurances you need? Come and learn what insurances are offered, how to price insurance, what it covers, how much risk you are willing to assume, and how much you need covered by someone else. This may sound like a boring subject, but you may find you how much you didn't know, and how to better protect yourself and loved ones from life's upsets.

### STRESS MANAGEMENT

**Thursday, March 28, 9-10:30 am**

Do you struggle with work life balance? This course addresses the signs of stress and how, although it's not easy being "green", getting there is attainable despite life's challenges. This 90 minute informative class will help you recognize the signs of stress, what to do about it and how to flip the script on negative thought.

