



The Fleet and Family Support Center

Naval Support Activity Bahrain

March 2013 Class Schedule

Focus: Family Employment Readiness / Personnel Financial Management Program

Hours of Operation are: Sun-Thu, 0800-1600

Enrich Empower Educate

<https://cnic.navy.mil/Bahrain/FleetandFamily>



Operational Stress Control: *Your Command and Family Color Companion*

- **READY**
 - **REACTING**
 - **INJURED**
 - **ILL**
- Look for the following color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms.*

		<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
● ●	Pre-Retirement Transition Assistance Program	03-07 Mar	0800-1600	FFSC Computer Lab, Trailer# 109
● ●	Arabic Language Classes - Session I	5-Mar	1630-1730	FFSC Classroom, Trailer# 109
● ●	Gold Buying	6-Mar	1100-1200	FFSC Classroom, Trailer# 109
● ●	Considerations for Home Buying	6-Mar	1700-1830	FFSC Classroom, Trailer# 109
● ●	Newcomer's Orientation (Base INDOC)	10-14 Mar	0800-1630	Multipurpose Room, Freedom Souq
● ●	Stress Management	10-Mar	0900-1100	FFSC Classroom, Trailer# 109
● ●	Resume Writing	11-Mar	1700-1900	FFSC Computer Lab, Trailer# 109
● ●	Arabic Language Classes - Session II	12-Mar	1630-1730	FFSC Classroom, Trailer# 109
● ●	Ombudsman Basic Training	12-13 Mar	0800-1630	FFSC Classroom, Trailer# 109

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		<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
● ●	Communication Skills	17-Mar	1200-1400	FFSC Classroom, Trailer# 109
● ●	Sponsor Training	17-Mar	1500-1600	FFSC Classroom, Trailer# 109
● ●	Interviewing Skills	18-Mar	1700-1900	FFSC Computer Lab, Trailer# 109
● ●	Smooth Move / Check-out Seminar	19-Mar	0900-1100	FFSC Classroom, Trailer# 109
● ●	Arabic Language Classes - Session III	19-Mar	1630-1730	FFSC Classroom, Trailer# 109
● ●	Military Pay Issues	20-Mar	0900-1000	FFSC Classroom, Trailer# 109
● ●	Newcomer's Orientation (Base INDOC)	24-28 Mar	0800-1630	Multipurpose Room, Freedom Souq
● ●	Pre-Separation Transition Assistance Program	24-28 Mar	0800-1600	FFSC Computer Lab, Trailer# 109
● ●	Anger Management	24-Mar	0900-1100	FFSC Classroom, Trailer# 109
● ●	Arabic Language Classes - Session IV	26-Mar	1630-1730	FFSC Classroom, Trailer# 109

FFSC's Customer Service Hours: Sunday-Thursday: 0800-1600

To register, call Tel: On Base: 439-4046, Off Base: 1785-4046 or email

ffsc.bahrain@me.navy.mil

