



# The Fleet and Family Support Center

## Naval Support Activity Bahrain

### February 2013 Class Schedule

**Focus: Enhancing Relationships/Transition Assistance Management Program**

Hours of Operation: Sun-Thu 0800-1200, 1300-1630

Tel: On Base 439-4046 Off Base 1785-4046

Enrich Empower Educate



Email: [ffsc.bahrain@me.navy.mil](mailto:ffsc.bahrain@me.navy.mil) Web: <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>
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Command Financial Specialist (CFS) Trng.	03-07 Feb	0800-1630	Multipurpose Room, Freedom Souq
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Better Emotional Anger Management (BEAM) Session-I	04 Feb	1000-1200	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Ten Steps to a Federal Job	04 Feb	0800-1200	FFSC Annex, Computer Lab, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Resume Writing	06 Feb	1000-1200	FFSC Annex, Computer Lab, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Pearl Buying	06 Feb	1600-1700	FFSC Annex Trailer # 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Arabic Language Classes- Session I (Evening Workshop)	07 Feb	1630-1730	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Newcomer's Orientation (Base INDOC)	10-14 Feb	0800-1630	Multipurpose Room, Freedom Souq
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Pre-Separation Transition Assistance Program	10-14 Feb	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Anger Management	10 Feb	0900-1100	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Smart Parenting (Expecting to 6months)	12 Feb	1100-1200	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	Sponsor Training	12 Feb	1630-170	FFSC Annex, Trailer# 109



# February 2013



## MILITARY SAVES WEEK: 24 FEB-02 MAR, 2013 "Set a Goal, Make a Plan, Save Automatically."

		<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
● ●	Car Buying Strategies	13 Feb	0900-1030	FFSC Annex, Trailer# 109
● ●	Cultural Curiosities	13 Feb	1500-1700	Freedom Souq Courtyard
● ●	Arabic Language Classes- Session II (Evening Workshop)	14 Feb	1630-1730	FFSC Annex, Trailer# 109
● ●	Better Emotional Anger Management (BEAM) Session-II	18 Feb	0900-1200	FFSC Annex, Trailer# 109
● ●	Your Insurance Needs	18 Feb	0900-1030	FFSC Annex, Trailer# 109
● ●	Conflict Management	18 Feb	1200-1400	FFSC Annex, Trailer# 109
● ●	Carpet Buying	19 Feb	1000-1200	Carpet Shop, Freedom Souq
● ●	Interviewing Skills	20 Feb	1000-1200	FFSC Annex, Computer Lab, Trailer# 109
● ●	Dress for Success	20 Feb	1630-1730	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes- Session III (Evening Workshop)	21 Feb	1630-1730	FFSC Annex, Trailer# 109
● ●	Newcomer's Orientation (Base INDOC)	24-28 Feb	0800-1630	Multipurpose Room, Freedom Souq
● ●	Stress Management	24 Feb	1700-1900	FFSC Annex, Trailer# 109
● ●	Better Emotional Anger Management (BEAM) Session-III	25 Feb	0900-1200	FFSC Annex, Trailer# 109
● ●	Developing Your Spending Plan	26 Feb	0900-1030	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes- Session IV (Evening Workshop)	28 Feb	1630-1730	FFSC Annex, Trailer# 109

### FFSC's Customer Service Hours:

**Sunday-Thursday: 0800-1200, 1300-1630**

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

email [ffsc.bahrain@me.navy.mil](mailto:ffsc.bahrain@me.navy.mil)

