



# The Fleet and Family Support Center

## Naval Support Activity Bahrain

### January 2013 Class Schedule

**Focus: Military Family Month / Suicide Prevention**

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

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

Enrich Empower Educate



#### 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>	<b>Newcomer's Orientation (Base INDOC)</b>	06 Jan	0800-1630	Multipurpose Room, Freedom Souq
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Pre-Separation Transition Assistance Program</b>	06-09 Jan	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: orange;">●</span>	<b>Anger Management Basics</b>	06 Jan	0900-1100	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span> <span style="color: orange;">●</span>	<b>Better Emotional Anger Management (BEAM) Session-I</b>	07 Jan	1000-1200	Classroom# 1, Bldg# 267
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Arabic Language Classes- Session I (Evening Workshop)</b>	07 Jan	1630-1730	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Savings and Investments</b>	08 Jan	0930-1100	FFSC Annex, Computer Lab, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Arabic Language Classes- Session II (Evening Workshop)</b>	08 Jan	1630-1730	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Arabic Language Classes- Session III (Evening Workshop)</b>	09 Jan	1630-1730	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Arabic Language Classes- Session IV (Evening Workshop)</b>	10 Jan	1630-1730	FFSC Annex, Trailer# 109
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Stress Management</b>	13 Jan	0900-1100	Classroom# 1, Bldg# 267
<span style="color: green;">●</span> <span style="color: yellow;">●</span>	<b>Military Spouse 101 : Beyond Camel Crossings</b>	13 Jan	1000-1200	FFSC Annex, Trailer# 109

# January 2013

	<b>Sponsor Training</b>	13 Jan	1500-1600	FFSC Annex, Trailer# 109
	<b>Better Emotional Anger Management (BEAM) Session-II</b>	14 Jan	1000-1200	Classroom# 1, Bldg# 267
	<b>Arabic at a Glance</b>	15 Jan	1000-1100	FFSC Annex, Trailer# 109
	<b>Salary and Negotiation</b>	15 Jan	1000-1200	FFSC Annex, Computer Lab, Trailer# 109
	<b>Credit Management</b>	16 Jan	0900-1000	FFSC Annex, Computer Lab, Trailer# 109
	<b>Interviewing Skills</b>	16 Jan	1000-1200	FFSC Annex, Computer Lab, Trailer# 109
	<b>Gold Buying</b>	16 Jan	1600-1700	FFSC Annex, Trailer# 109
	<b>Better Emotional Anger Management (BEAM) Session-III</b>	21 Jan	1000-1200	Classroom# 1, Bldg# 267
	<b>Conflict Management</b>	21 Jan	1200-1400	Classroom# 1, Bldg# 267
	<b>Smooth Move / Check-out Seminar</b>	22 Jan	0900-1100	FFSC Annex, Trailer# 109
	<b>Thrift Savings Plan</b>	22 Jan	1700-1800	FFSC Annex, Computer Lab, Trailer# 109
	<b>Resume Writing</b>	23 Jan	1700-1900	FFSC Annex, Computer Lab, Trailer# 109
	<b>Newcomer's Orientation (Base INDOC)</b>	27 Jan	0800-1630	Multipurpose Room, Freedom Souq
	<b>Pre-Retirement Transition Assistance Program</b>	27 Jan	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
	<b>Healthy Communication Skills</b>	27 Jan	1700-1900	Classroom# 1, Bldg# 267
	<b>Better Emotional Anger Management (BEAM) Session-III</b>	21 Jan	1000-1200	Classroom# 1, Bldg# 267
	<b>Paying For College</b>	21 Jan	1000-1200	FFSC Annex, Computer Lab, 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](mailto:ffsc.bahrain@me.navy.mil)

