

RELOCATION

Whether you are settling in or departing, we can help ease the stress of moving with these FREE classes:

January

- 18: Cross-Functional Committee (CFC), 2-3:30 pm, NS Everett Admin. Bldg. 2000, Command Conference Room (3rd Deck)
- 19: Sponsor Orientation, 9-10 am, Sponsor Training, NSE Bldg. 2000, Room 109
- 19: Welcome Aboard, 10:30 am-noon, NSE Bldg. 2000, Room 109

February

- 7: Welcome Aboard, 10-11 am, Smokey Point Room 811

March

- 27: Moving Overseas, 10-11:30 am, Smokey Point Room 811

TRANSITION ASSISTANCE PROGRAM

Contact your Command Career Counselor to register. Must have completed DD2648 the first day of class. A copy of your medical record is recommended if you are within 180 days of separation. Spouses are encouraged to attend.

Separation Classes

(For all personnel separating from the service)

8 am-4 pm, Smokey Point Room 809

January 9-12

February 13-16

February 27-March 1

March 26-29

Retirement Classes

(For all personnel transferring to the Fleet Reserve or retiring)

8 am-4 pm, Smokey Point Room 809

January 30-February 3

March 12-16

WEBINARS

Attend live workshops from your home computer! Register online by visiting our webinar page on www.navylifepnw.com. Upon registration, details for attending the webinar will be emailed to the address you provide.

January

- 10: Extreme Couponing, 10-11 am

February

- 16: Thrift Savings Plan, 2:30-3:30 pm
- 23: Deployment Money Matters, 10-11 am

March

- 7: Homecoming Reunion, 6:30-7:30 pm
- 14: Basic Training for Navy Families (Without the Pushups!), 9:30-10:30 am

EXCEPTIONAL FAMILY MEMBER PROGRAM

Expand your knowledge, identify resources and support services.

February

- 7: Exceptional Family Member Orientation, 10-11:30 am, Smokey Point Room 808

March

- 22: Moving with EFM's, 2-3 pm, Smokey Point Room 808

INFORMATION & REGISTRATION

- All classes are **FREE!**
- For class information and to register, call **425-304-3367**

For easy online class information:
www.navylifepnw.com or
www.facebook.com/everettffr

- **Appointments** are always available for free individual consultations by calling **1-866-854-0638** in advance
- For general information and support: militaryonesource.com or www.nffsp.org

FLEET & FAMILY SUPPORT CENTER

Naval Station Everett

Classes



January -
March
2012



DEPLOYMENT

Deployment survival: Learn how to thrive during deployment

Children of Deployers (COD) is for children in grades 1-6. It is a terrific opportunity for children to meet new friends, laugh and have a good time. Registration is required the Friday before each COD event. 425-304-3367

January

17: COD Group, 6:30-8:30 pm, CDC

February

9: Command IA Coordinator Roundtable, 1-2 pm
Command Conference Room
21: COD Group, 6:30-8:30 pm, CDC

March

20: COD Group, 6:30-8:30 pm, CDC

FAMILY READINESS GROUP

Learn to improve your Family Readiness Group with this FREE class:

January

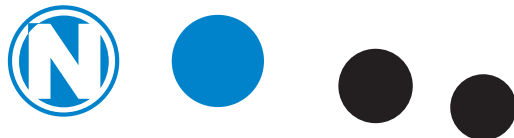
26: FRG: Module 5 – Event Planning, 3:30-5 pm & 5-6:30 pm (two sessions), Smokey Point Conference Room

February

16: FRG: Module 6 – Communication, 3:30-5 pm & 5-6:30 pm (two sessions), Smokey Point Conference Room

March

15: FRG: Module 7 – Helping Others in Crisis. 3:30-5 pm & 5-6:30 pm (two sessions), Smokey Point Conference Room



www.navylifepnw.com
www.facebook.com/everettffr

EMPLOYMENT

We have FREE, special job-skill classes that can help you land that perfect job!

January

5: Job Search Strategies, 10 am-noon, Smokey Point Room 808
19: Interviewing Skills, 10 am-noon, Smokey Point Room 808

February

3: Washington State Employment 1-3 pm, Smokey Point Room 808
3: Federal Job Application Process. 3-4:30 pm, Smokey Point Room 809
9: Self Employment, 10 am-noon, Smokey Point Room 808
23: Resume Writing, 10 am-noon, Smokey Point Room 808

March

1: Myers-Briggs Type Indicator (MBTI) and Careers, 1-3 pm, Smokey Point Room 809
8: Working a Job Fair, 10 am-noon, Smokey Point Room 808
16: Federal Job Application Process, 3-4:30 pm, Smokey Point Room 809
16: Washington State Employment 1-3 pm, Smokey Point Room 808
22: Navigating WA State Job Seeker Web Site, 10 am-noon, Smokey Point Room 808

OMBUDSMAN

January

17: Ombudsman Assembly/Advanced Training – Red Cross; Disaster Preparedness, 10 am-noon, Command Conference Room

February

21-24: Ombudsman Basic Training. 5-10 pm, Smokey Point Conference Room
23: Ombudsman Assembly/Advanced Training-NLSO - Advising Your FRG's on Fund Raising, 5-6:30 pm, Command Conference Room

March

20: Ombudsman Assembly/Advanced Training – Individual Augmentee (IA) Awareness and NFAAS User training, 5-6:30 pm, Command Conference Room

PERSONAL FINANCIAL MANAGEMENT

Learn to manage your finances with these FREE classes:

January

5: Debt Management, 2-4 pm, Smokey Point Room 808
18: Your Insurance Needs, 2-4 pm, Smokey Point Room 808

February

9: Home Buying, 2-4 pm, Smokey Point Room 808
23: Planning for Your Retirement 2-4 pm, Smokey Point Room 808

March

8: Car Buying Strategies, 2-4 pm, Smokey Point Room 808
22: The Thrift Savings Plan, 2-4 pm, Smokey Point Room 808

LIFE SKILLS EDUCATION

Gain knowledge and develop new skills that will enhance self-esteem and interpersonal relations with these FREE classes:

January

18: Stress Management, 8:30-10 am, NSE Clinic Training Room
18: Anger Management, 10-11 am, NSE Clinic Training Room
24: Domestic Violence Executive Leadership Training, 8:30 am-noon, Command Conference Room, Bldg. 2000

February

15: Stress Management, 8:30-10 am, NSE Clinic Training Room

March

21: Stress Management, 8:30-10 am, NSE Clinic Training Room

