

FLEET & FAMILY SUPPORT CENTER **WORKSHOPS & CLASSES**

October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SAPR VA Initial Training 7:30am - 4pm	2 SAPR VA Initial Training 7:30am - 4pm
5 TAP 8am - 4pm	6 TAP 8am - 4pm Anger's Away 9am - 10am	7 TAP 8am - 4pm	8 TAP: Vocational Track 8am - 4pm TAP: Employment Track 8am - 4pm	9 TAP: Vocational Track 8am - 4pm TAP: Employment Track 8am - 4pm
12 HOLIDAY	13 SAPR VA Training 9am - 12pm Anger's Away 9am - 10am	14 Sponsorship Training 9am - 12pm CFS Quarterly Meeting 2pm - 4pm	15 Resume Writing 9am - 11am	16
19 Sailors on the Move 1pm - 2pm Anger's Away 9am - 10am	20 CONSEP 8am - 4pm	21 CONSEP 8am - 4pm	22 CONSEP 8am - 4pm	23
26	27 SAPR VA Training 9am - 12pm Job Searching 9am - 11am Anger's Away 9am - 10am	28 SAPR POC Training 7:30am - 4:30pm Couple's Communication	29 Navy Spouse 101 1pm - 2pm	30

Due to COVID-19, pre-registration for classes is required. To register for a class or for more information please call (775) 426-3333
 Unless otherwise noted, all classes are held at the Fleet & Family Support Center in Building 309.

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Angers Away

This 6-week course is a great way to learn how to manage your anger in a healthy way. This class has rolling enrollment. You can start anytime!

Resume Writing

Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective, and winning resume.

Sponsorship Training

*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.

CONSEP

(Career Options & Navy Skills Evaluation Program)

*Pre-registration is required.

This course enhances mission readiness by giving Sailors the tools to make informed decisions about their educational and career options in the Navy, and Assimilation into the new area.

Sailors on the Move

Ease the stress of relocation! Learn the processes policies and recourses available for planning a Permanent Change of Station (PCS) move.

TAP (Transition Assistance Program)

*Pre-registration is required.
Learn all you need to know about the TAP program, which provides professional career development resources throughout the military career life cycle (MLC).

Couple's Communication

Learn healthy communication techniques for you and your partner. Learn ineffective communication tendencies and learn how to turn them around. Learn how to use relationship and individual strengths to improve your ability to work as a team.

with Installation SARCA Angelica Alexander at 426-3342. The SAPR VA provides critical support and response to victims of sexual assault. This mandatory training provides command- appointed VAs with the necessary information to support, inform and empower victims. Prior to attending this training, all SAPR VA candidates must successfully complete a screening interview.

TAP: Vocational Track

*Pre-registration is required.
This workshop explores and discuss Vocational Training, Career Clusters, Career Assessments, Opportunities, Credentials and Educational Goals.

Navy Spouse 101

Learn the basics of Navy Life and how to thrive as a military spouse.

SAPR VA Training

*Open to Credentialed Victim Advocates. Credentialed Victim Advocates must complete 32 hours of refresher training every two years to maintain credentials and receive the latest SAPR program updates.

TAP: Employment Track

*Pre-registration is required.
This workshop explores and discusses identifying skills, job searching, networking resume building, federal hiring, social media branding, applications, interviews, and job offers.