

Fleet & Family Support Center November Programs

245 Moreell Ave, Facility 30 0700-1630 Mon-Thurs, 0700-1530 Fri.
 (228) 871-3000 or cnic_se_glfp_ffsc_support@us.navy.mil

*Autumn—a season to ease into slower rhythms,
 stopping to simply relax and breathe—as nature gradually brings us
 cooler days, earlier evenings, and cozier, stay-at-home nights.*

1 Welcome Aboard!
1100-1100
The time changes this Sunday!

	Monday	Tuesday	Wednesday	Thursday	Friday
	4 Transition Assistance Program (TAP) Day 1 of 3 0800-1530 Pictures for Family Appreciation 1500-1800	5 TAP Day 2 0800-1530 Boots to Business Day 1 of 2 0800-1530 Pictures for Family Appreciation 1500-1800	6 TAP Day 3 0800-1530 Boots to Business Day 2 of 2 0800-1530	7 DOL Employment Day 1 0800-1530 My Education Day 1 0800-1530 Managing Anger & Stress 1000-1200	8 DOL Employment Day 2 0800-1530 My Education Day 2 0800-1530
	11  <i>We are so thankful.</i>	12 Preparing for Tax Season 1130-1230 Toddler Tuesday 1630-1730	13 	14 Managing Anger & Stress 1000-1200 EFMP 101 1000-1100 NMCRS Budget for Baby Call 871-2610	15 CAPSTONE 0900-1100
	18 Command Financial Specialist Training 0700-1530	19 CFS Day 2 0700-1530 Teaching My Children About Thankfulness 1100-1130 Baby Boot Camp 1300-1500	20 CFS Day 3 0700-1530 The Expecting Father 1300-1500	21 CFS Day 4 0700-1530 Managing Anger & Stress 1000-1200	22 CFS Day 5 0700-1530
	25 Latchkey Kid Class (Ages 10-11) 0900-1100 Babysitting Class (Ages 11-Up) 0900-1300 EFMP Gathering & Craft Time 1200-1300	26 Coping When It's Hard to be Thankful 1100-1200	27 Family Advocacy Program 101 1300-1400	28 	29 Scan for our Facebook! 

**In November, we celebrate the U.S. Marine Corps birthday on the 10th,
 Veterans Day on the 11th, & Thanksgiving Day on the 28th.
 This is Military Family Appreciation Month & Wounded Warrior Month.**

Class Descriptions. Pre-register for classes at **(228) 871-3000** or email us at **cnic_se_glf_fsc_support@us.navy.mil**

Baby Boot Camp, *Tues, 19 Nov, 1300-1500*

- For individuals or couples; ideal for the expecting parent(s); info about Keesler AFB Labor & Delivery; how to care for a newborn.

Babysitting Class for ages 11 & Up, *Mon, 25 Nov, 0900-1300*

- We will discuss safe supervision of children, basic Child development, pitfalls to avoid, and who can help if you need help.

Boots to Business, *5-6 Nov, 0800-1530*

- This 2-day class is provided by the Small Business Administration for anyone who wants to start a business.

CAPSTONE, *15 Nov, 0900-1100*

- Service members leaving the military can have Required paperwork signed at this session.

Command Financial Specialist Training, *18-22 Nov, 0800-1530*

- Teaches command-nominated personnel how to assist command members with financial education & counseling.

EFMP 101, *Thurs, 14 Nov, 1000-1100*

- Learn more about the Exceptional Family Member Program & ask your questions.

EFMP Gathering & Craft Time, *Mon, 25 Nov, 1200-1300*

- Come enjoy the fellowship! Signing up is easy; just use the phone # or email at the top of this page.

Family Advocacy Program 101, *Wed, 27 Nov, 1300-1400*

- What domestic violence is; myths & facts; resources for help; open to everyone.

Latchkey Kid Class for Ages 10-11, *Mon, 25 Nov, 0900-1100*

- Review how to be safe at home.

Managing Anger and Stress, *3 sessions, Thurs 7, 14, 21, Nov, 1000-1200*

- Extensively covers sources, causes, and reactions to the emotions of anger & stress.

NMCRS Budget for Baby, *Thurs, 14 Nov, Register at NMCRS at 228-871-2610*

- Plan for expenses associated with a new baby & receive a gift.

Pictures for Family Appreciation, *Choose 4 or 5 Nov, 1500-1800. Please call for an appointment.*

- Have your family photo taken with a festive backdrop!

Preparing for Tax Season, *Tues, 12 Nov, 1130-1230*

- Learn what you must know, what you need to be getting together, and pitfalls to avoid!

Real-Life Coping When It's Hard to Be Thankful, *Tues, 26 Nov, 1100-1200*

- Real life brings real feelings, and holidays can be tough after a loss or during a tough season.

Teaching My Children About Thankfulness, *Tues, 19 Nov, 1100-1130.*

- How can I help my young one learn?

The Expecting Father, *Wed, 20 Nov, 1300-1500*

- How to support your pregnant partner through communication; and understanding the stages of pregnancy.

Toddler Tuesday, *Tues, 12 Nov, 1630-1730*

- Join with other parents of toddlers to play with your little one(s) (ages 4 and under) in a relaxed atmosphere.

Transition Assistance Program (TAP), *4-6 Nov, 0800-1530*

- Educates eligible service members about transitioning from active duty to civilian life.

TAP My Education Track Workshop, *7-8 Nov, 0800-1530*

- Two-day class prepares transitioning service members & other attendees for higher education; explains options for funding.

TAP DOL Employment Workshop, *7-8 Nov, 0800-1530*

- Two-day class explores career options & how to select & apply for jobs; geared to transitioning service members but open to all.

Welcome Aboard, *Fri, 1 Nov, 1000-1100*

- Please join us to meet other newcomers and learn more about the base and the area!