

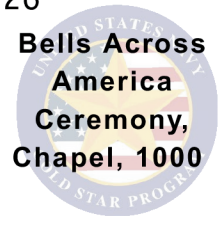
September Class Schedule

FFSC HOURS OF OPERATION:

MON, WEDS - FRI: 0800-1630

TUES: 0930-1630

757-458-4141/4153

MON	TUE	WED	THU	FRI
1 	2 Deployment Sleep Strategies (LMS) 0800-0845	3 Spotting the Signs of Youth Suicide (LMS) 1430-1515	4 Suicide Prevention (LMS) 1000-1100 ----- Finding the Good in Conflict (LMS) 1200-1300	5
8 SAPR Initial Victim Advocate Course (IVAC) 0800-1630	9 SAPR Initial Victim Advocate Course (IVAC) 0800-1630 ----- New Spouse Orientation (LMS) 1200-1300	10 SAPR Initial Victim Advocate Course (IVAC) 0800-1630	11 SAPR Initial Victim Advocate Course (IVAC) 0800-1630 ----- Federal Employment 0900-1200 	12 SAPR Initial Victim Advocate Course (IVAC) 0800-1630
15 SAPR Watchbill Training 1330-1430	16 Civilian Resumes and Cover Letters, 0830-1200 ----- Stress Management (LMS) 1000-1100	17 Baby Breaks the Bank (LMS) 1300-1400 ----- Family Operations Security Made Easy (LMS) 1330-1430	18  U.S. Air Force 78th Anniversary ----- Ombudsman Appreciation Luncheon	19 National POW/MIA Remembrance day 
22 SAPR Common Military Training (CMT) 1330-1430	23 Sponsorship Training, 0900-1100	24 Equipping Your Kids During Deployment (LMS) 1200-1300	25	26  Bells Across America Ceremony, Chapel, 1000
29 Gold Star Mothers' and Family Appreciation ----- Helping Kids Thrive Through Change (LMS) 0800-0900	30 9 Steps to Positive Parenting (LMS) 2200-2300			

Open to ALL Residents of Guantanamo Bay at No Cost

CLASS Registration required! call: x4141/4153

LMS Virtual Class @ www.mynavyfamily.com