



# The Fleet and Family Support Center Naval Station Guantanamo Bay February 2023 Class Schedule

**Registration Required!**

**Call: x4141 or x4153**

Monthly Focus at FFSC:

**Personal Financial Management and Teen Dating Violence**

Monthly Holidays/ Observances:

Coast Guard Reserves Birthday (19) - Presidents' Day (20) - African-American History Month

**Operational Stress Control: Your Command and Family Color Companion**

●	READY
●	REACTING
●	INJURED
●	ILL

The color dots indicate the Operational Stress Control Continuum phase that the program supports.

**Green** Maintain and enhance a Ready state – focused, prepared, good to go.

**Yellow** Enhance coping strategies that will move the attendee from a Reacting phase back to Green.

**Orange or Red** In-depth skill building or therapeutic assistance for worsening or persistent stress symptoms.

					CLASS TITLE	DATE	TIME	LOCATION
●	●				Million Dollar Service Member	February 1 & 2	0800-1600	FFSC
●	●				Mind-Body-Mental Fitness: Stress Resilience	February 1	1100-1200	FFSC
●	●				Resume Basics	February 7	1400-1500	FFSC
●	●				Mind-Body-Mental Fitness: Mindfulness and Meditation	February 8	1100—1200	FFSC
●	●	●	●		Suicide Prevention	February 9	0900-1000	FFSC
●	●				Interviewing 360	February 14	1400-1500	FFSC
●	●				Mind-Body-Mental Fitness: Living Core Values	February 15	1100-1200	FFSC
●	●				Intro to Income Taxes	February 15	1430-1600	FFSC
●					New to GTMO Base TOUR	February 16	0800-1200	FFSC
●	●	●	●		SAPR 8HR Advanced Training	February 17	0800-1600	FFSC
●	●				Mind-Body-Mental Fitness: Flexibility	February 22	1100-1200	FFSC
●	●	●	●		Family Advocacy Program: General Education	February 23	1000-1100	FFSC
●	●				Walk-In Wednesday Resume	February 1, 8, 15	1300-1500	FFSC

**No Walk-in Resume Review the last Wednesday of February  
Classes Open to ALL Residents of Guantanamo Bay at No Cost**

Classes are subject to cancellation, if there are fewer than 5 registered participants.

Hours of Operation: Mon, Wed-Fri 0800-1630 and Tues 0930-1630

## Class Descriptions

**Command Financial Specialist:** (40hr) This 5-day course enables selected, command appointed, members of the military to provide financial education and training, counseling and information referral at the command level. The CFS is trained to establish, organize and administer the commands personal financial management (PFM) Program. Must be E6 or above to qualify. E5 can get a waiver.

**Smooth Move:** (2hr) This workshop is designed to help personnel with military relocations and transfers. Areas covered include the DPS Website, transportation, travel pay, allowances, important forms and documents, housing referral office, and relocation services. All service members should attend within 4-6 months of their transfer date, spouses are welcome and encouraged to attend!

**SAPR VA Refresher Training:** This training is provided by the Installation SARC as a refresher training to certified victim advocates. This training can be used toward completing the mandated 32 hours of CEUs.

**Consumer Awareness:** (2hr) Have you ever made a purchase that you later regretted? It's a jungle out there and this single session workshop will teach you how to be savvy consumer. Topics include avoiding pitfall purchases, knowing your consumer rights and methods for resolving consumer complaints.

**Interviewing 360°:** (1hr) Build confidence and gain crucial information by learning how to prepare, dress, give strategic answers, ask the right questions and close with confidence during an interview.

**Walk-In Wednesday Resume Review:** FFSC employment specialists will be available to review your current resume and give you feedback, tips, and other helpful hints to make sure your resume stands out!

**Initial Victim Advocate Training:** (40hr) Initial training to become a SAPR VA. This course covers the basic overview of the SAPR program, protocol and roles, and how to respond to and support victims. VAs are expected to stand the installation 24/7 SAPR watch bill.

**ABC's of TSP:** (1hr) The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for the future. Learn how to take advantage of this exciting government-sponsored retirement savings and investment program to build wealth.

**I Said This! You Heard That??:** (1hr) Common miscommunication barriers can be eliminated when we understand our own temperament and style of communication and learn to identify those traits in others

**Effective Communication:** (1hr) Understanding how your temperament effects what you say and what you hear are the key steps to effective communication.

**Game Plan for Anger Triggers:** (1hr) An interactive workshop that explores expressions of anger and stress at work and at home with a goal to enable individuals to function more effectively, resulting in improved interpersonal relationships and mission readiness.

**Command Sponsorship Training:** (2hr) Participants learn PSC timelines, essential resources, and insider tips for serving as a command sponsor for incoming service members and their families to make PCS'ing go smoothly.

**Capstone:** (1hr) For individuals who have completed the Transition Assistance Program. Students will work with staff to review their ITP, resume, and budget to meet Career Readiness Standards for transition.

**Resume Basics:** (1hr) This class explores resumes writing for today's job market. Resume content, including, skills, experience and education, as well as simple, effective and easy to use resume formats that get job interviews. Federal and civilian resume formats are reviewed extensively.

**NSGB Base Tour:** Tour includes an introduction to key personnel, an overview of installation rules, a summary of base history and a tour around the base including the Light House, North East Gate and Cuzco Wells cemetery.

**Navigating Federal Employment:** Gain information on the federal employment process, salaries and benefits. Learn how to interpret job announcements and determine whether you are eligible to apply. Attendees will be provided guidelines, information, samples and tips on completing the electronic Federal resume.

**ABC's of TSP:** (1hr) The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for the future. Learn how to take advantage of this exciting government-sponsored retirement savings and investment program to build wealth opportunities for learners to create work and life strategies to get to a healthier zone.

**TGPS Capstone Event:** (1hr) For individuals who have completed the Transition Goals Plans Success (TGPS). Students will work with staff to review the ITP, resume, and budget to meet Career Readiness Standards for transition.

**Money Management 101:** (1 hr) Do you want to get control of your financial life? This single session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long term financial goals. Topics also include understanding and using credit, pay and allowances, spending strategies, consumer awareness, and how to save and invest.

**New to Naval Station Guantanamo Bay:** (3hr) This orientation class provides new residents an introduction to key base personnel, a summary of base history, an overview of installation rules, and a base tour to familiarize them with locations and resources.

**Coffee and Careers:** This fun new class combines Navigating Federal Employment and Resume Basics into a one stop job seekers workshop! Coffee and snacks provided!!

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