

★ NOVEMBER ★

MILITARY FAMILY

APPRECIATION MONTH

For more information contact us at: FFSC.Bahrain@us.navy.mil | DSN: 318-439-4046 | Commercial: 1785-4046

Class Registration is Mandatory

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS	DATE	TIME	LOCATION
Spoken Arabic	11, 18, 25	1000 - 1100	BLDG 100 RM 128A
Arabic Reading & Writing	11, 18, 25	1100 - 1200	BLDG 100 RM 128A
Arabian Food & Hospitality	16	1100 - 1200	BLDG 100 RM 128A
Sponsorship Training	16	1000 - 1100	BLDG 100 RM 128A
Sponsorship Training	11, 18, 25	1430 - 1530	BLDG 100 RM 128A
Common Arabic	04, 11, 18, 25	1300 - 1400	BLDG 100 RM 128A
**Gold & Jewellery Buying	23	1000 - 1300	Gold City/Main Gate (Manama)
*Carpet Buying	09	1000 - 1300	Seef District A'ali Main Gate
Traditional Island Tour	05, 19	0800 - 1600	Meet at Chapel Bldg. 202 / Day Out
Recreational Island Tour	06, 20	0800 - 1600	Meet at Chapel Bldg. 202 / Marassi Galleria
TRANSITION ASSISTANCE			
Separation TAP	02 - 06	0800 - 1630	BLDG 100 RM 27A
Retirement TAP	16 - 20	0800 - 1630	BLDG 100 RM 27A
Education Track	12 - 13	0800 - 1630	BLDG 100 RM 27A
CAPTSONE Event	13	1130 - 1300	BLDG 100 RM 27A
Pre-Separation Counseling	19	0800 - 1100	BLDG 100 RM 34A
EFMP			
EFMP Command POC Training	26	1500 - 1600	BLDG 100 RM 128A
OMBUDSMAN			
Ombudsman Assembly	05	1600	BLDG100 CO's Conference Room
Ombudsman Basic Training (OBT)	04 - 06	0800 - 1430	NSA CMC's Conference Room
FAMILY EMPLOYMENT READINESS			
Lunch n' Learn Employment Workshops:			
Resume Q&A: 2-Page Federal Resume and Application Requirements	10	1100 - 1300	BLDG 100 RM 128 A
USAJOBS Application Review	06	1100 - 1300	BLDG 100 RM 128 A
Working with Family	20	1100 - 1300	BLDG 100 RM 128 A
LIFE SKILLS			
Relationship Building: Connecting with Family	12	1100 - 1300	BLDG 100 RM 128 A
Effective Communication: Home for the Holidays	13	0900 - 1030	BLDG 100 RM 128 A
Stress Management: Learning from Zebras	24	1000 - 1130	BLDG 100 RM 128 A
Anger Management Sessions: Processing Your Anger	TBD	TBD	ON LOCATION
WELLNESS WEDNESDAYS			
Mind Body-Mental Fitness:			
Module 6: Connection Part I	05	1100 - 1230	BLDG 100 RM 128 A
Module 6: Connection Part II	12	1100 - 1300	BLDG 100 RM 128 A
Module 1: Stress Resilience	19	1400 - 1530	BLDG 100 RM 128 A
Wellness Workouts	Wednesdays	1200 - 1230	BLDG 100 RM 128 A
PERSONAL FINANCE MANAGEMENT			
How to be a TSP Millionaire	03	1430 - 1600	BLDG 100 RM 128 A
Holiday Spending: Creating a Spending Plan	06	1100 - 1200	Waterfront Resiliency Center (NSA 2)
Dealing With Debt and Credit	13	1400 - 1500	BLDG 100 RM 128 A
Home Buying	23	1100 - 1230	BLDG 100 RM 128 A
"Money Matters" Live on 106.3	Mondays	1600 - 1700	AFN RADIO
LEADERSHIP TRAINING			
Family Advocacy Program & Sailor Assistance and Intercept for Life /Exceptional Family Member/Sexual Assault Response and Prevention Leadership Training Briefs	24	1300 - 1500	BLDG 100 RM 128 A

**Meeting Point: Gold City/Main Gate (Manama) *Meeting Point: Seef District A'Ali Main Gate



PROGRAM OFFERINGS UPON REQUEST

Intercultural Relations

- Common Arabic
- Arabic Language
- Culture and Tradition Briefs
- Ramadan Briefs
- Arabic Reading and Writing
- Gold Buying Tips
- Command Gold & Carpet Buying Groups

Family Readiness & Relocation

- Sponsorship Training
- Smooth Move
- EFMP Command POC Training
- Financially Fit Kids
- Children Ages and Stages

Transition Assistance Program

- Pre-Separation Counseling

Family Employment Program

- Job Search Strategies
- Effective Resume Writing
- Navigating Federal Employment
- Interview Skills
- Salary Negotiation
- Networking Skills

Personal Finance

- Develop a Spending Plan
- Thrift Savings Plan
- Saving and Investing
- Car Buying Strategies
- Credit and Debt Management
- Home Buying Strategies
- Consumer Awareness

Life Skills

- Stress Management
- Time Management
- Effective Communication
- Military Spouse 101
- Suicide Awareness and Prevention
- Mind-Body Mental Fitness
- True Colors Awareness & Team Building
- Handling Conflict 101

Deployment Support

- Return and Reunion
- Why Should You Have a Family Care Plan?

SAPR

- Commander's Required 30 Day Toolkit Brief

Counseling , Advocacy & Prevention

- SAIL Leadership Training for:
Suicide Prevention Coordinators
Medical Personnel
Chaplains

To Report a Sexual Assault:

**24/7 Duty Sexual Assault Prevention and
Response Victim Advocate: 973 3940 3906**

**24/7 Duty Sexual Assault Response Coordinator
(SARC): 973 3940 9854**

SAPR VA Office Number: 973 1785 4690/ 439 4690

SARC Office Number: 973 1785 9026/ 439 9026

To Report Spousal or Child Abuse via the Family Advocacy Program:

Sunday - Thursday: 7:30a.m. - 4p.m.

COMM: 973 1785 9796

DSN: 439 9796

Evenings & Weekends: 973 3940 1639

