

Exceptional Families of the Military

One Community, One Voice 

MARCH CALENDAR



NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS	DATE	TIME	LOCATION
**Gold Buying Class	01	1000 - 1300	Gold City/Main Gate (Manama)
Spoken Arabic	03, 10, 17	1000 - 1100	BLDG 100 RM 128A
Arabic Reading & Writing	03, 10, 17	1100 - 1200	BLDG 100 RM 128A
Sponsorship Training	08	0900 - 1000	BLDG 100 RM 128A
*Carpet Buying	08	1000 - 1300	Seef District A'ali Main Gate
Traditional Island Tour	25	0800 - 1600	Meet at Chapel Bldg. 202 / Day Out
Recreational Island Tour	26	0800 - 1600	Meet at Chapel Bldg. 202 / Marassi Mall
Sponsorship Training	29	1430 - 1530	BLDG 100 RM 128A
Common Arabic	29	1300 - 1400	BLDG 100 RM 128A
TRANSITION ASSISTANCE			
CAPTSONE Event	05, 19	0900 - 1030	BLDG 100 RM 27A
Combined TAP	08 - 12	0800 - 1630	BLDG 100 RM 27A
VOCATIONAL Track	16 - 17	0800 - 1600	BLDG 100 RM 27A
Pre-Separation Counseling	18	0800 - 1300	BLDG 100 RM 33
EFMP			
EFMP Command POC Training	25	1400 - 1500	BLDG 100 RM 128A
OMBUDSMAN			
Ombudsman Assembly	01	1600	BLDG100 CO's Conference Room
Ombudsman Basic Training (OBT)	02 - 04	0800 - 1430	BLDG 100 RM 27A
FAMILY EMPLOYMENT READINESS			
Lunch n' Learn Employment Workshops:			
Decoding USAJOBS Application Process	01	1100 - 1300	BLDG 100 RM 128 A
Resume Q&A: 2-Page Federal Resume Writing (PT I)	05	1100 - 1300	BLDG 100 RM 128A
Resume Q&A: 2-Page Federal Resume Writing (PT II)	15	1100 - 1300	BLDG 100 RM 128A
Acing Your Interview	19	1100 - 1300	BLDG 100 RM 128A
LIFE SKILLS			
TRUE COLORS: Understanding Effective Communication	5	0900 - 1030	BLDG 100 RM 128 A
EFMP Community Connect	12	1100 - 1300	BLDG 100 RM 128 A
R.A.W. Bites: Positive Parenting for Safe Kids & Strong Families	17	1315 - 1415	Bahrain School
Managing Stress in Real Time	19	0900 - 1030	BLDG 100 RM 128 A
Anger Management Sessions: Processing Your Anger	TBD	TBD	ON LOCATION
WELLNESS WEDNESDAYS			
Mind Body-Mental Fitness:			
Module 4: Flexibility PT I	11	1100 - 1300	BLDG 100 RM 128 A
Module 4: Flexibility PT II	18	1100 - 1300	BLDG 100 RM 128 A
Module 5: Problem Solving	25	1100 - 1300	BLDG 100 RM 128 A
Wellness Workout	Wednesdays	1230 - 1300	BLDG 100 RM 128 A
PERSONAL FINANCE MANAGEMENT			
How to be a TSP Millionaire	02	1100 - 1200	BLDG 100 RM 27 A
Taxes: What Do I do In Bahrain?	09	1100 - 1200	BLDG 100 RM 128 A
Am I Financially Ready to Retire?	11	1100 - 1200	BLDG 100 RM 128 A
Taxes: What Do I do In Bahrain?	16	1100 - 1200	BLDG 100 RM 27 A
Exploring Digital Assets	18	1400 - 1500	BLDG 100 RM 128 A
"Money Matters" Live on 106.3	Mondays	1500 - 1600	AFN RADIO
LEADERSHIP TRAINING			
Family Advocacy Program & Sailor Assistance and Intercept for Life /Exceptional Family Member/ Leadership Briefs	23	1300 - 1500	BLDG 100 RM 128 A



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

**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

