The Fleet and Family Support Center (FFSC) offers an array of classes each month that are FREE to active duty, retirees and their family members. Pre-registration is required due to limited seating. Please make arrangements as childcare is not provided.

920 USS James Madison Rd. Kings Bay, GA 31547

> Hours of Operation: Mon, Tues, Wed & Fri: 8:00am - 4:30pm Thursday 9:00am - 4:30pm

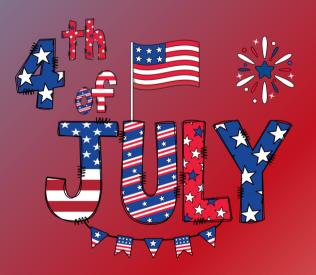
Connect with us!

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Join these in-person classes with Fleet and Family Support Center subject matter experts. To register for these classes, please call FFSC at 912-573-4512/4513 or register online with the QR code.







JULY 2024 CLASS SCHEDULE





# **RELOCATION**

PCS with DPS Every Thursday @ 3:00pm

Married to the Military 101 24 JUL 10:00am-12:00pm

CONUS Smooth Move 31 JUL 5:00pm-7:00pm

## DEPLOYMENT

Kings Bay Express (Base Tour) 10 JUL 10:00am-12:00pm

Staying Connected Through Deployment 24 JUL 5:00pm-6:30pm

Predeployment 101 25 JUL 5:00pm-7:00pm

# LIFE SKILLS

Stress Management 101 22 JUL 10:00am-11:30am

Closing the Time Warp: Time Management 24 JUL 2:00pm-3:30pm

COB Quals 2nd and 4th Tuesday of the Month 11:00am-12:00pm

> SAPR/FAP/SAIL/IPPW Commander's Tool Kit 1st Tuesday of each Month 1:00pm-3:00pm

# TRANSITION/EMPLOYMENT

Pre-Separation Counseling 10 JUL 10:00am-12:00pm

TAP (Separation) 15–19 JUL 7:00am–4:30pm

TAP (Retirement) 29 JUL-2 AUG 7:00am-4:30pm

Boots 2 Business 18-19 JUL 9:00am-4:30pm

TAP Too 24 JUL 9:00am-12:00pm

Federal Employment 101 10:00am-1:00pm

## **COUNSELING & ADVOCACY**

Anger Management Intensive Every Tuesday @ 1:00pm

STOP Every Wednesday @ 1:00pm

What About the Kids? Every 4th Wednesday of the Month 9:00am-11:00am

> Expectant Family Workshop 25 JUL 1:00pm-4:00pm

> > Parenting Class Every Monday 9:00am-11:30am

**REGISTRATION FOR CLASSES IS REQUIRED.** 

#### PERSONAL FINANCIAL MANAGEMENT

Continuation Pay and More! 24 JUL 2:00pm-4:00pm

Debt Destroyer 24 JUL 5:00pm-7:00pm

## EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP 101 11 JUL 6:00pm-7:00pm

Meet & Greet Special Education Liaison 16 JUL 1:00pm & 5:00pm

#### **SAPR PROGRAM**

8-HR UVA Training 10 JUL 8:00am-4:30pm

## **OMBUDSMAN & FRG**

Ombudsman Assembly 22 JUL 5:30pm

HAPPY ANNIVERSARY July 16, 1979

