

2022 Class Descriptions

ABC's of TSP (Thrift Savings Plan) Workshop

The Thrift Savings Plan is an interactive workshop suitable for all Service Members. It is designed to provide detailed information on the Thrift Savings Program (TSP) and to help learners understand how TSP can contribute to financial security during retirement.

Acing the Interview

Successful job interviews require preparation and practice. Learn to avoid common mistakes, obtain the job offer and seal the deal with salary negotiation.

Anger Management

(6 Sessions)

Anger is often a smoke screen for other emotions and not an effective method for getting what you want. This workshop can help you focus on identifying the feelings anger hides and explore behaviors helpful in resolving primary issues.

ASIST

This is a two-day highly interactive workshop which provides practical skills to save a life.

Balancing Act: The Pros and Cons of the Digital Age and Relationship

What is clear is that the internet, social media sites and the digital devices on which they operate are here to stay. Regardless of what type of impact we believe these platforms can have, we need to understand how to use them productively and responsibly. Learn how technology affects us and

strategies to use technology in healthy ways. **Banking & Finance Class**

Properly maintaining your financial accounts is the first step in establishing a credit history.

Financial institutions offer services from basic checking to loans. This class will help you understand all the products and services available to meet your needs and manage them.

Beginner's Guide to Conflict Resolution

Unmanaged conflict has caused many hardships in the workplace and at home. It can cause people to suffer, missions to fail and families to separate. Yet, conflict is inevitable. This workshop helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations by practicing skills that prevent conflict from escalating and working with others to solve problems. These techniques allow people to grow, missions to succeed and families to strengthen.

Blended Retirement System (BRS)

This workshop provides an overview of the BRS including matching Thrift Savings Plan contributions, mid-career continuation pay and the military retirement pension. It will also provide information on how to evaluate your risks and deciding which of the funds are available to you in making the best choices for your retirement planning.

Bloom Where You Are Planted

The goal of this course is to provide pertinent information to new Navy spouses to support their entrance and ease their transition into military culture. Addressed are the basics of being a military spouse, obtaining installation resources and reviewing available resources.

Boots to Business (B2B) – Entrepreneur Track

A course to provide guidance as you pursue self-employment in the private or non-profit sectors.

Learn about the challenges faced by entrepreneurs, the benefits and realities of entrepreneurship and the steps required for business ownership.

Budget for Baby Workshop

Learn how to build a budget around a growing family! Also learn about Tricare and local resources to help you save money! Meet our Kings Bay Visiting Nurse Stephanie who can help with questions about care for mother and baby. Participants will receive a handmade baby blanket, booklet, and a

\$50 gift card. These special workshops are available to active duty and retired military personnel and their eligible family members. They are offered both virtually and in person. Call the office to sign up, 912-573-3928.

Career Assessment

Did you know that the U. S. Department of Labor recognizes nearly 500 distinct jobs which make up America's current workforce? With so many options, it is no wonder people struggle to find satisfying work. Whether you are selecting a college major or training program, looking for your first job, or transitioning out of the military, career assessment tools can help you identify the activities and settings that best match your interests, skills, and values.

Children and Deployment

Children can feel the effects of deployment, too. Learn to recognize your children's positive and negative behaviors in relation to the deployment and innovative ways to build resiliency for all ages.

Command Family Readiness Group (FRG) Training

This workshop focuses on each individual Command's needs, by-laws, roles and expectations. OPNAV instructions and current best practices are also gone over.

Command Financial Specialist (CFS) Forum

This quarterly meeting is available for all CFS's to meet with other CFS's and obtain financial updated information.

Command Financial Specialist (CFS) Training

IAW with OPNAV 1740.5D, every Command should have one CFS for every 75 personnel and are nominated by their Commands. They help others with car buying, credit and financial planning. The course provides counseling and training skills to help others deal with their finances. Registration is open to E-5 and above with over six years and is financially stable.

Command Financial Specialist (CFS) Refresher Training

CFS's should attend a refresher training or more CFS Classes every 3 years.

Communication: Ticket to Success

Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life.

This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

Credit... What's the Big Deal?

A 30 minute session to gain access to a FREE FICO Credit Report, score and review by a Certified Credit Report Counselor. This session will provide helpful information for Military and Family members in understanding their credit report and what affects the credit score.

Cultural Adaption

Adapting to a new environment takes time, and the pace of transition varies from person to person. As you gradually begin to feel more comfortable in your new environment, you will feel more like expanding your social networks and exploring new ideas. You will feel increasingly flexible and objective about your experience, learning to accept and perhaps even practice parts of the new culture while also holding onto your own cultural traditions. This class is for participants new to Kings Bay.

Emotional Cycles of Deployment

The Emotional Cycles of Deployment describes the emotional and behavioral changes that may occur during a deployment. Understanding this cycle and the common emotions for each stage can help Service Members and their families adjust to the changes they will experience during deployment.

Emotional Management for Sea and Shore (EMSS) Class

Ever feel like your emotions get the best of you? Do you ever catch yourself doing or saying something only to later think to yourself “I can’t believe I just did/said that”? Explore ways the biological fight, flight or freeze response can interfere with healthy everyday decision making. EMSS will examine the close relationship between thoughts, feelings and behaviors to explore how simple cognitive behavioral techniques can assist in managing all three.

Exceptional Family Member Program (EFMP) Point of Contact Training

This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, the enrollment Process, eligibility criteria, and outline responsibilities for their role as the POC. A certificate is provided upon completion of the training.

Exceptional Family Member Program (EFMP) 101:

Are you new to the Exceptional Family Member Program? This training provides an orientation for the EFM Program and the program requirements. Come and learn more about the EFM Program:

- What is EFMP?
- Who should enroll and why?
- What forms are needed?
- What are the benefits of the program?
- Where do I go for support?

Exceptional Family Member Program (EFMP) Connections:

The EFMP Connections meeting provides assistance, information and trainings.

These meeting will discuss program updates, various trainings and local resources and services. They will also provide Service Members and the families the opportunity to discuss best practices, problems and or issues that they may be experiencing with the challenges associated with having a dependent with special needs. Topics will include:

- EFMP enrollment process
- Tricare ECHO
- Respite Care
- Special Education and School Services
- IEP/504 Plan Assistance
- Relocation Assistance
- Kings Bay Inclusion Action Team (IAT)
- Round Table Discussions

EFMP Point of Contact Forum:

The Fleet and Family Support Center (FFSC) Kings Bay hosts the EFMP Point of Contact Forum, to provide refresher training, EFM Program updates and offer assistance as needed to the Command

Point of Contacts. Expectant Family Workshop

Expectant Families can receive training on the second Thursday of every other month to ease the adjustment to a newborn baby. Information will be provided about WIC, Navy Marine Corps Relief Society and various other benefits and services available to expectant parents, along with answers to your questions. Frequent breaks offered for the comfort of expectant moms.

Family Care Plan POC Training

The goal of this training is to educate the Family Care Plan POC’s on their roles and responsibilities in reference to the Family Care Plan process and the OPNAVINST.

Family Readiness Group Training

This two day workshop is designed on ensuring that you have the knowledge and tools necessary to effectively provide a solid foundation to newly forming or re-energizing existing Family Readiness Groups.

Family Readiness Group (FRG) Assembly

This monthly class is offered to educate Command Support Team and FRG officers about changes to the OPNAVINST, answer questions that they or their group is having and network with other FRG's to share best practices.

Federal Resume Writing

This workshop highlights the distinct differences between a private sector resume and a resume drafted to apply for government jobs advertised at the USAJobs website. How-to add critical details and keywords to be determined "best qualified: will be presented, in addition to, information regarding Veteran's Preference and military Spouse Preference. The federal hiring process, interview strategies, salary negotiation and accepting or declining the job offer will be addressed along with other topics related to applying for a federal job.

Financial Leadership Seminar

The leadership seminar is an informal seminar for area command leaders that provides an introduction and overview of PFM programs, services, assistance and initiatives.

Finding a Job in Kings Bay

The Job Search Workshop presents effective strategies for finding employment and skill-building opportunities and ways to expand your job search network. The course explains the Family Employment Readiness Program and other career-related services available locally and virtually. Recommended for family members arriving to Kings Bay, as well as local spouses and veterans seeking to re-enter the workforce or change jobs

Format and Style

Never written an attention-getting cover letter? Now is the time! This drop-in computer lab is designed to polish your résumé or simply, get one started. Gather ideas and receive advice in a stress-free, relaxed environment. No formal presentation... individualized assistance provided.

Gambling Awareness

Participants in this class will complete a gambling self-assessment. Using mini-scenarios, the learner will identify the warning signs of problem gambling and identify appropriate referrals from a list of resources.

Individual Augmentee (IA) Pre Deployment

Due to the uniqueness of these deployments, Fleet and Family Support Center is committed to assisting with all facets of the pre-deployment procedures. This one-on-one brief prepares sailors and their family members through the IA pre-deployment process, mid-deployment support, post-deployment follow-up and ensures they are equipped with the proper resources.

IA Return and Reintegration

This workshop prepares family members for reunion so that problems will be minimized and the positive aspects of reunion can be maximized. It is tailored to the uniqueness of the IA deployment. Topics include expectations, cycles of deployment, returning to children, and being aware of the signs of operational stress and Traumatic Brain Injury.

Insurance: What's best for you?

How much insurance is enough? Which types do you really need? What should you pay? This workshop covers topics to include: life, health, homeowners and rental insurance, as well as Service Members' Group Life Insurance (SGLI) and Dependency and Indemnity Compensation (DIC).

Job Fair Success

Practical strategies and resources to assist your readiness in putting your best foot forward at any Job Fair. Go with confidence knowing your appearance and preparations are solid. A brief question and answer period provides opportunity to clarify any uncertainty on how to "shop" a Job Fair and make yourself stand out as a desirable candidate.

MBTI Team Building

Learning your personality type with the Myers–Briggs Type Indicator and how it fits into your team of workers. This class maximizes the talents in your group and sets the stage for other operations to be successful.

Military Pay Issues

Military Pay Issues is a class designed to familiarize learners with military compensation so that they will be able to verify information on their Leave and Earnings Statement (LES) and correct common pay problems. Also discussed is the value of the complete military compensation package.

Mom's and Dad's Group

A New Mom's and Dad's Group will meet every Tuesday at the Fleet and Family Support Center throughout the month. It is an opportunity for parents to share experiences, meet and gain support from others, and exchange new ideas.

Mortgage 101

Buying a house is one of the most significant purchases a person will ever make. This workshop is suitable for all potential homebuyers and is designed to increase the knowledge and comfort level of first time homebuyers, but can also be a refresher for repeat homebuyers.

Managing Your (MY) Education

Assists Service Members in identifying the higher education requirements that support their personal career goals. This two-day workshop is divided into the following topic areas: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education. This workshop is beneficial for both Service Members attending college for the first time and those applying to graduate school programs. Throughout the workshop, participants conduct research as each topic is presented and complete a comparison of at least two institutions of higher education.

Managing Your Navy Career Options (MY NCO)

MY NCO is a two-day course designed to guide Sailors through the career opportunities available in the Navy. This course will enhance mission readiness by giving Sailors the tools to make informed decisions about their educational and career options.

My Vocational

A course designed to guide you through the process of identifying interests and skills as well as increase your awareness of the value additional training and credentialing programs have on your earnings potential. CEPT will assist you in developing an action plan to help you achieve career goals.

Navigating Your New Normal During Deployment

Deployment brings about many changes. Although most families are able to progress through the emotional cycles of deployment, some families may get stuck in the "Emotional Disorganization" stage. This workshop is designed to help family members adjust to changing circumstances, realize their potential and create "a new normal". Discovering this resilience will help families cope with the stresses of deployment and increase their overall well-being.

Navy COOL Tutorial

Learn how just doing your job every day will lead to your ability to take certifications relevant to your NEC. These certifications will improve your military advancement opportunities as well as

make you more competitive for careers once you depart military service. Every Navy rating has certifications in Navy COOL, but Service Members are not limited to certifications in their NEC. COOL certifications are either FREE or covered by the GI Bill. The knowledge required to take and pass these certification exams is part of the Service Member's military training, qualifications and advancement Level of Knowledge (LOK).

Navy Family Accountability and Assessment System (NFAAS)/Emergency Preparedness: Know Your Resources

This workshop will cover step by step how Service Members and their families can navigate NFAAS to update information and how to complete a needs assessment during an event such as a hurricane. Topics that will also be covered will include how to prepare for an event, tips on how to help your children remain calm and safe during the hustle and bustle, resources before and after an event, how to prepare for an emergency and where to look for accurate up to date information.

Options offers five modules of instructor-led training that support the military life cycle (MLC) model by providing instruction on Personal and Professional Skills, Navy Career Options, Financial Planning, Civilian Career Opportunities and Professional Networking.

Ombudsman Assembly Meeting

The Ombudsman Assembly Meeting will be held for all current Ombudsmen, COs, XOs, CMC's and COB's and their spouses at the TRIPLEX on the fourth Monday of every month.

Ombudsman Basic Training

This training is done quarterly and is required for all Ombudsmen. It provides the information and skills training necessary for an Ombudsman to properly execute the duties required by OPNAVINST and their Commanding Officer. Command Support Team Members are invited and are highly encouraged to attend.

Ombudsman Advanced Training

Based on the requirements of the OPNAVINST, Ombudsman Advanced Training is provided following the Ombudsman Assembly each month. Topics include a wide range of subjects that help provide program guidance and clarity to the Ombudsman and enhance their knowledge thus making them a stronger key player for the Command and the Command families.

Parenting Class

Are you frustrated with your children? Would you like suggestions on how to stop temper tantrums...or...how to get your teen to complete chores without asking them fourteen times? We believe parents are the experts on their children. But, children don't come with a manual! So, sometimes you need help to figure out what to do with them.

Paying for College

This course provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives. Information on federal financial aid is available at www.fafsa.ed.gov and www.studentaid.ed.gov.

Paying Off Student Loans

The course is intended to provide awareness of student loan debt management strategies so that learners can improve their current financial situations, avoid student loan delinquency and default and repay student loans as quickly and inexpensively as possible.

Personal Resilience

The Personal Resilience workshop gives you the capacity to make realistic plans and take steps to carry them out. It gives you a positive view of yourself and builds confidence in your strengths and abilities.

Post 9/11 and Montgomery GI Bill (MGIB) Tutorial /

Introduction to MY Education

The MGIB (if eligible) and Post 9/11 GI Bills can be used while on Active Duty. Service Members can also transfer unused education benefits to immediate family members (spouses and children). Service Members learn the requirements for using and/or transferring the GI Bills, the differences between using these Bills while on Active Duty vice as a Veteran and how to research the benefits of the MGIB versus the post 9/11 GI Bill to determine which one is best for the them.

Principles of Effective Time Management

You may have noticed that you get too stressed when your schedule does not go as planned. Or you are getting too overwhelmed because you are overworking. When faced with this situation every day and frustrations are eating you up, it causes stress and may affect family life, relationships, and mental health. This workshop will show the connection between time and stress management and learn how to manage time properly to be more productive to avoid feeling stresses. If you know how to manage your time correctly, tasks seem to be easier and stress-free.

Raising Financially Fit Kids

This 2 hour workshop is an interactive course designed for parents of children of all ages. Parents will explore their own financial habits and skills, and learn techniques to teach their children sound financial management skills.

Résumé Writing

Training presents a quick look at resume writing for today's job market and resume format trends. Fast fixes to dust off the old version and generate employer interest include the importance of a skill summary and cover letter. Strategies to incorporate community service and self-employment can accentuate recent experience and fill in perceived gaps. Individualized consultations also available to class participants.

Retirement Planning: Take Command of Your Future

This program introduces the basic concepts of financial retirement planning, including the military retirement system.

Return and Reintegration

Homecoming is an exciting time, but there may also be a level of stress involved. This workshop will cover expectations leading up to return, discuss the challenges that Service Members and their families may face during the initial days after deployment. We will also offer tips and resources to ease stress during this time and how to establish a new "normal".

Reintegrating with Children after a deployment

The purpose of this class is to provide information to parents that can help them prepare them to return to their children after a deployment. Topics will include common concerns of returning parents, reactions to reunion for each of their children and homecoming suggestions for returning parents.

Rough Seas Post-Partum Support Group

Life isn't always smooth sailing with a new baby! Join our virtual meetings held every second and fourth Mondays at 10:00 am. This meeting is open to all military parents in the Kings Bay, Mayport, and Jacksonville areas. We will share resources, strategies and support to empower new families in a safe and open environment. Together we can move forward! Call/email/text Kings Bay Nurse Stephanie to learn more, 912-464-0041 or Stephanie.Vine@nmcrs.org.

SafeTalk

A workshop that prepares you to identify persons with thoughts of suicide and trains you how to protect life and access important resources.

SAPR Advocate Initial Training

The Command SAPR POC is responsible for coordinating mandated, annual awareness training; maintaining and providing current information on and referral to base and community programs for victims; and ensuring the mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending the training are appointed by their Command and will represent the Command in all sexual assault cases. There is a 40 hour class requirement for all SAPR Victim Advocates.

Secret to Effective Goal Setting

There are many ways to work on self-development and self-improvement, but setting specific goals for personal growth can increase your likelihood of success. Setting goals can sometimes feel like a daunting task. That is why it's helpful to have a roadmap to guide you along the way. Learn strategies to turn your goals into achievements and manage expectations while fine-tuning time management.

SKILLBRIDGE Tutorial

SkillBridge is an excellent opportunity to plan for a career after the military. It matches civilian opportunities to military job training and work experience at the end of your military duty. In addition to opportunities such as Tuition Assistance and the GI Bill program, Service members can enhance their marketability and career prospects by participating in a SkillBridge opportunity. This tutorial includes a walkthrough of the Skillbridge website, a review of guidance and participation requirements and addresses frequently asked questions.

Smooth Move Workshop

The Smooth Move Workshop is designed to help personnel with military relocations and transfers. Topics covered include the Military One Source DPS website, transportation, travel pay, allowances, important forms and documents, housing referral office and relocation services. All Service Members and their spouses are encouraged to attend within six months of their transfer date. Smooth Move Workshops are held monthly.

Single Sailors and the Sea

Deployments can be just as demanding for the single sailors as for those who are married. Not only do single sailors experience the emotions and relationship stresses associated with deployment, they have the added burden of managing their own personal affairs and finding a reliable individual to handle those affairs in their absence. The purpose of this class is to assist sailors with preparing and coping before, during and after deployment.

So You Want to Be an Ombudsman

This workshop is offered to educate persons with a desire to be a Command Ombudsman, but is unsure of what the position will entail. Participants will be educated by defining what an Ombudsman is, learn positive and needed characteristics and the roles and responsibilities expected of them.

Sponsorship Training

The goal of the workshop is to ensure that designated command personnel have the necessary education and training to successfully fulfill the role of the Command Sponsor. It presents an overview of the benefits of sponsorship, a list of Sponsor duties and responsibilities and a timeline to assist in streamlining the sponsorship process.

Starting Your Financial Portfolio

This 2 day wealth-building program is for sailors and their families. This course will assist in navigating the financial challenges and combat the most common financial issues. It will provide you with financial management skills that you can use through-out your military career.

Starting Your Investment Plan

Starting Your Investment Plan is a program designed to develop skills that will enable participants to save and invest effectively to achieve their financial goals and understanding the basics of investing.

Stress Management 101

Stress is the wear and tear on your body and mind – our physical and psychological response to events that WORRY, PRESSURE, THREATEN, THRILL, CHALLENGE or SCARE us. The goals of this 90-minute workshop are for you to be able to define the difference between stress and stressors, list three responses to stress and discuss three techniques for managing those stressors. Eliminating stress completely is unrealistic. Effectively managing the type of stress that you experience is!

Survivor's Benefit Plan

The Survivor Benefit Plan (SBP) is a class that provides basic information on this military option. This information will assist Service Members and their spouses in making informed decisions about SBP's role in their retirement plan.

Transition Assistance Program (TAP)

TAP is a seminar for those separating, retiring or contemplating leaving the military. The five-day seminar provides information on benefits, job search skills, employment resources, budgeting for transition, resume writing, interviewing and other related transition skills. **Spouses are encouraged to attend! Must be registered by the Command Career Counselor.**

TAP Too

A class for Transitioning and Retiring Military Spouses. Learn from experts... A representative from the Veterans Administration will present the basics and another expert will discuss TriCare and answer all your questions. A Financial Counselor will discuss transition/retirement and financial concerns. This workshop also offers an opportunity to network and share information and experiences with other spouses in a small group, private setting.

The Fundamentals of Purchasing Your Car

Is it getting time to buy or replace your car? This workshop will cover topics that include information such as negotiating tactic, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to be prepared for. If this is your first time to buy a car or you have bought several times, it is always a good idea to attend a class to obtain the fundamentals in buying a car.

The Nightmare After Christmas

The Holidays are done and gone, the credit statements are rolling in. Wouldn't it be an awesome feeling for next year to sit back and relax after Christmas and not worry about paying for what you bought over and how long it will take to pay off Christmas? Learn how to reduce that financial stress of the post-holiday season. This workshop helps participants plan for the spending and have the most effective use of money for the holidays

The Road to Financial Freedom

Do you have trouble making "down the road" to your next paycheck? This workshop can help with tracking your expenses, deciding how to make choices on what and where you spend your money and help develop your road to financial freedom.

Tools of the Trade: Credit Reports

Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool, but used the wrong way, it can bring the financial wheels of your life to a grinding halt for a long time. This workshop shows the importance of your credit history and how to plan for a fiscally smart future.

Triad Spouse Training

This monthly training has been created based off the yearly Needs Assessment provided to the Command Triad Spouses. The trainings help foster and build the relationship amongst the Command Triad while also providing a stronger individual knowledge base with the overall goal being a better leader and a stronger mentor. Information will be provided to them so that they may take it with them to their next duty station or provide it to the next incoming Triad Spouse.

Vacation Planning

Most people use one of two strategies when planning their vacation. They select their location and then set their spending limit, or they set their spending limit and then choose their location. Because both involve preparing financially and limiting expenses, you may find that it is easier to stay within a set budget by letting the spending limit drive the location.

Verification of Military Experience and Training (VMET) and Joint Service Transcript (JST) Tutorial

The VMET and JST contain a wealth of information that support the pursuit of higher education as well as providing information that assist in the preparation of resumes and job applications by referencing experience, military schooling and work history. They can also provide proof to employers of training and experience and help translate military training, skills and experience into civilian language.

Volunteer Training for Crisis Management

This training educates volunteers about the Fleet and Family Support Center's response plan and how they may assist during a natural or man-made disaster.

Why Renting May Be Your Best Option

Moving is an exciting part of military life. Renting a house or an apartment can be a good solution for military families and single Service Members, as it can offer the flexibility that home ownership does not always provide. This workshop will help weigh your options to make a decision that is best for you.

Your Sailor is Returning, What Next?

Homecoming is an exciting time, but there may also be a level of stress involved. This workshop will cover expectations leading up to return, discuss the challenges that Service Members and their families may face before and after the deployment. We will also offer tips and resources to ease stress during this time and how to establish a new "normal".