



# military & family support center



The Military and Family Support Center (MFSC) combines the former Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center into one organized center. We provide unified, customer-focused programs, classes and services to support our JBPHH community, including active-duty, reserve, retired personnel, family members and DoD employees.

## deployment support

### FAMILY READINESS GROUP (FRG) ADVANCED TRAINING

June 9 • 9–11 a.m.

Pearl Harbor

Specific in-depth training by subject matter experts on various topics is conducted. FRG leaders and advisors are encouraged to attend. To register, call 474-1999.

### INDIVIDUAL AUGMENTEE (IA) RESOURCE FAIR

June 11 • Noon–2 p.m.

Pearl Harbor

Open to all IA sailors, IA families, IA Command Coordinators, Ombudsmen, and Command Support Teams to learn about the IA process and the organizations that support it, discover community resources, and meet other IA families.

## employment assistance

### CAREER CHOICES: DO WHAT YOU ARE

June 10 • 1–3 p.m.

Pearl Harbor

Discover the perfect career for you through the secrets of personality assessment. Focus on your natural strengths and learn which strategies career experts recommend for your type. Take a look at your type and see how this knowledge can stimulate you to explore new avenues.

### FEDERAL RESUME WRITING

June 17 • 1–3 p.m.

Pearl Harbor

Gain information on the federal employment process. Learn how to search for job openings, interpret vacancy announcements, recognize key words, and build a proficient and well-organized federal resume.

### JOB FAIR SUCCESS

June 9 • 1–3 p.m.

Pearl Harbor

Planning on attending a job fair? This workshop will provide tips to help you prepare for the fair, maneuver the event with ease, and set yourself apart as the Number One candidate.

### WRITING YOUR BEST RESUME

June 24 • 1–3 p.m.

Hickam

This workshop provides knowledge and skills training on how to write an effective private sector resume. It identifies specific resume formats, important information to include, what should be excluded, and how to target the resume to the job announcement.

## family life skills

### BOOT CAMP FOR NEW DADS

June 13 • 9 a.m.–12:30 p.m.

Halsey Terrace Community Center

New babies don't come with owner's manuals. Holding, feeding, diaper-changing and working with Mom are all new experiences for first-time fathers-to-be ("Rookies"). Dads with 2–4 month old babies ("Vets") help the "Rookies" with hands-on experience. This "dads only" three and one-half hour workshop is "coached" by dads.

### NEW MOMS AND DADS

June 17 • 5–8 p.m.

Hickam

New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will include early childhood social, emotional and physical development, crying and consoling, basic care, and what to expect in the first year.

### PLAY GROUP

June 1, 3, 8, 10, 15, 17, 22, 24, 29 • 10–11:30 a.m.

Earhart Community Center

A place where children, 0–5 years old, learn and develop through play. The group meets at the Earhart Community Center, located behind the main Chapel on Kuntz Avenue. *Minimal fee for crafts.* Services provided by ASYMCA.

### SCREAMFREE PARENTING

June 4, 11, 18, 25 • 10 a.m.–Noon

Pearl Harbor

If you are like most parents, you're longing for a calmer household with more cooperation and respect. This practical, effective workshop for parents with kids

of all ages introduces proven principles for overcoming the anxieties and stresses of parenting and setting new patterns of connection and cooperation. It will help parents become calming authorities in their homes, bringing a revolution of peace to their families. ScreamFree Parenting is not just lowering your voice. It is about learning to calm your emotional reactions and focus on your own behavior more than your kids' behavior for their benefit.

## financial management assistance program

### DIVISION OFFICERS FINANCIAL LEADERSHIP SEMINAR

June 24 • 7:30 a.m.–3:30 p.m.

#### Pearl Harbor

This one-day training is for non-Command Financial Specialists trained E7s and above. It provides a basic understanding of typical military financial problems, how to deal with a financial crisis with one of your members, and creates an awareness of resources available.

### \$MILLION\$ DOLLAR SAILOR/AIRMAN

June 9–10 • 7:30 a.m.–3:30 p.m. | Pearl Harbor

June 16–17 • 7:30 a.m.–3:30 p.m. | Wahiawa

This two-day class is designed for junior Navy and Air Force personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer ripoffs, how to obtain a loan, credit scores and report, and new and used car purchasing techniques.

### MONEY SKILLS FOR KIDS

June 3 • 10–11:30 a.m.

#### Pearl Harbor

There's more to teaching kids about money than just giving them dollar bills on occasion. Instilling good money habits in your children is one of life's most important lessons, and it's never too early to start teaching young people the financial skills they will need later in life. This class will offer ideas for money-making projects and teaches basic principles of money management, as well as techniques to inspire and motivate kids to be top financial performers.

### MONEY SKILLS FOR TEENS

June 3 • 1–2:30 p.m.

#### Pearl Harbor

There's more to teaching kids about money than just giving them dollar bills on occasion. Instilling good money habits in your children is one of life's most important lessons and it's never too early to start teaching young people the financial skills they will need later in life. This class will offer ideas for money-making projects and teaches basic principles of money management as well as techniques to inspire and motivate teenagers to be top financial performers.

### SAVINGS & INVESTMENT BASICS

June 23 • 1–3 p.m.

#### Pearl Harbor

If you have been able to put away extra money on a month-to-month basis, it's always a good idea to think about ways that you can build on what you already have. If you haven't been able to put away as much as you'd like, here's your chance to learn how. This workshop will teach you the basic skills and techniques of managing and budgeting your money; how to shop for investments; the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts, and more. Make your money work for you.

## information & referral

### AIR FORCE SPOUSE 101: HEART LINK

June 4 • 7:45 a.m.–2 p.m.

#### Hickam

Are you a new Air Force spouse, about to become one, or have been one for a while but still have questions about the Air Force way of life? Are you interested

in getting to know your community and all it has to offer and networking with others? If so, Heart Link is just for you! Join us for this fun program that will introduce you to all aspects of Air Force life, provide you with an opportunity to establish a peer network with other spouses who have been in your shoes, and help you learn valuable tools to adapt to the military way of life. Bring your appetite for a complimentary lunch.

### EFMP INFORMATION FAIR: FOCUS

June 25 • 10–11 a.m.

#### Pearl Harbor

Families Overcoming Under Stress (FOCUS) is a strength-based prevention program that offers Resiliency Training to military families and couples. FOCUS teaches family members how to manage emotions and communicate more effectively with one another in order to problem-solve ways to effectively reduce conflict and misunderstandings. FOCUS also helps families navigate through stress and struggles and provides families the tools needed to stay connected.

## ombudsman/key spouse

### OMBUDSMAN ADVANCED TRAINING

June 2 • 9–11 a.m.

#### Pearl Harbor

Specific in-depth training by subject matter experts on various topics is conducted. All Ombudsmen are encouraged to attend.

### OMBUDSMAN ASSEMBLY MEETINGS

COMNAVREG HAWAII: June 18 • 6:30–8:30 p.m.

COMSUBPAC: June 16 • 6–8 p.m.

#### Lockwood Hall


All officially appointed ombudsmen are required to represent the command at the local Ombudsman Assembly meetings. Local ombudsman assemblies frequently

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**MONEY SKILLS\$  
FOR KIDS**

**JUNE 3, 2015  
10 - 11:30 A.M.  
MFSC - PEARL HARBOR**

There's more to teaching kids about money than just giving them dollar bills on occasion. Instilling good money habits in your children is one of life's most important lessons and it's never too early to start teaching young people the financial skills they will need later in life. This class will offer ideas for money-making projects and teaches basic principles of money management as well as techniques to inspire and motivate kids to be top financial performers.



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serve as venues for ongoing training of ombudsmen. Assemblies serve as liaison for policy discussion and clarification by appropriate local agencies regarding issues of interest to Ombudsmen and command family members.

## personal development

### ANGER MANAGEMENT

June 23 • 8–11 a.m. | Pearl Harbor

June 25 • 8–11 a.m. | Wahiawa

Designed for people who want to better control their anger in either work or social/family settings. A variety of specific, usable suggestions are given to assist people in managing the very human emotion of anger.

### MASTERING THE ART OF RELATIONSHIP SKILLS

June 2, 9, 16 • 10 a.m.–Noon

Pearl Harbor

Relationships are an art, and many of us may lack the skills and mastery necessary to make them as productive and loving as possible. Ensure you have the skills necessary to make your relationships the best that they can be. This class will teach you about communication skills, what makes a relationship great, love languages, relationship stages and struggles, and understanding differences in personality types.

### MEN'S SPOUSE ABUSE EDUCATION GROUP

June 3, 10, 17, 24 • 1–3 p.m.

Pearl Harbor

This 20-week group addresses male violence toward their intimate partners. The group offers men alternatives to abusive behavior by increasing problem-solving skills, identifying personal triggers, use of time-outs to reduce tension, and making non-abusive choices in their behaviors. For more information and to register, call 474-1999 and ask to speak to the group facilitator.

### PARENTING GROUP

June 2, 9, 16, 23, 30 • 10 a.m.–Noon

### Pearl Harbor

This interactive parenting group assists parents to better nurture their children, allowing their children to grow into responsible adults and loving parents to their own children. For more information and to register, call 474-1999 and ask to speak to the group facilitator.

### SKILLS DEVELOPMENT GROUP

June 3, 10, 17, 24 • 10 a.m.–Noon

Pearl Harbor

This group is designed to increase participants' conflict resolution skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, call 474-1999 and ask to speak to the group facilitator.

### STRESS MANAGEMENT

June 9 • 8–11 a.m. | Pearl Harbor

June 11 • 8–11 a.m. | Wahiawa

Stress is a normal psychological and physical reaction to the ever-increasing demands of life. Most people experience challenges with stress at some point during the year. Over time, high levels of stress can lead to serious health problems; that's why stress management is so important. This class will help you learn how stress affects our personal and professional lives, how we can decrease the stress we are experiencing, and how to interrupt the stress cycle and use relaxation techniques.

### WOMEN EMPOWERED GROUP

June 1, 8, 15, 22, 29 • 10 a.m.–Noon

Pearl Harbor

This self-development group aims to help women harness their own voices and strengths, learn to build healthy relationships, and take action towards personal growth. This group is held in a supportive and confidential atmosphere with opportunities to meet and share with others. For more information, call 474-1999 and ask to speak to the group facilitator.

### WOMEN'S SPOUSE ABUSE EDUCATION GROUP

June 4, 11, 18, 25 • 1:30–3:30 p.m.

# AIR FORCE SPOUSE 101: HEART LINK

## JUNE 4, 2015

## 7:45 A.M. - 2 P.M.

## HICKAM MFSC

Are you a new Air Force Spouse, about to become one, or have been one for a while but still have questions about the Air Force way of life? If so, Heart Link is just for you! Join us for this fun program that will introduce you to all aspects of Air Force life, provide you with an opportunity to establish a peer network with other spouses who have been in your shoes, and help you learn valuable tools to adapt to the military way of life. Bring your appetite for a complimentary lunch.





### **Pearl Harbor**

This 20-week group addresses women's violence toward their intimate partners. The group offers alternatives to abusive behavior by increasing problem-solving skills, identifying personal triggers, use of time-outs to reduce tension, and making non-abusive choices in their behaviors. For more information and to register, call 474-1999 and ask to speak to the group facilitator.

## **relocation assistance**

### **SMOOTH MOVE**

**June 11 • 8–11:30 a.m.**

#### **Hickam**

This workshop features speakers from different base agencies who will provide you with a better understanding of the Permanent Change of Station (PCS) process. Topics include: Financial Planning, TRICARE, Basic Entitlements and Allowances, Shipment of Household Goods, Shipping Your Vehicle, and Researching New Base and Location.

### **SPONSOR TRAINING**

**Jun 2 • 1–3 p.m.**

#### **Wahiawa**

Provides new sponsors with the information, resources, and tools needed to assist incoming personnel and families in order to ease their transition to a new environment.

## **sexual assault prevention & response (SAPR)**

### **SAPR VICTIM ADVOCATE INITIAL TRAINING**

**June 22–26 • 8 a.m.–4 p.m.**

#### **Pearl Harbor**

Active-duty Navy volunteers will be trained as SAPR Victim Advocates who will be responsible for providing information and emotional support for sexual assault victims during medical, investigative, and legal processes. Deployable commands are required per OPNAVINST 1752.1B to have trained SAVI Victim Advocates. Contact the Sexual Assault Response Coordinator (SARC) for more information and to register.

### **SAPR VICTIM ADVOCATE RECERTIFICATION TRAINING**

**June 9 • 1–3 p.m.**

#### **Pearl Harbor**

Recertification training is required to provide continuous education for current certified SAPR Victim Advocates. Training addresses the most current information and guest speakers from a variety of related organizations. Contact the Sexual Assault Prevention and Response office at CNI\_PRLH\_SAPRHawaii@navy.mil for more information and to register.

## **transition assistance**

### **AFTER GPS**

**June 25 • 8 a.m.–3:30 p.m.**

#### **Hickam**

This class is a follow-on to the five-day TGPS workshop. Attendees will have the opportunity to hear how veterans experienced transition from the military to civilian workforce; attend informative briefs including Survivor Benefit, TRICARE,

Workforce Development Office, Disabled American Veterans, and Veterans Affairs. The workshop also includes an employer panel to assist members to understand what hiring managers are looking for in prime candidates. Member must have attended Retirement TGPS or Separatee TGPS.

### **CAPSTONE**

**June 4 • 8–9 a.m., 9:30–10:30 a.m., 1–2 p.m.**

**June 11 • 8–9 a.m., 9:30–10:30 a.m., 1–2 p.m.**

**June 18 • 8–9 a.m., 9:30–10:30 a.m., 1–2 p.m.**

**June 25 • 8–9 a.m., 9:30–10:30 a.m., 1–2 p.m.**

#### **Pearl Harbor**

The final step in the Transition Program to validate whether Career Readiness Standards were met. If needed, service member will be connected to external agencies that offer additional assistance to ensure a successful transition to civilian life. This should be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success). Completion of this component is mandatory.

### **PRE-SEPARATION BRIEFING (USAF PERSONNEL ONLY)**

**June 3, 10, 17, 24 • 8–11 a.m.**

#### **Hickam**

DTM 12-007 mandates retiring or separating members receive pre-separation counseling NLT 90 days prior to leaving the service. This mandatory counseling covers VA benefits and entitlements, employment, education, medical, and community resources, among others.

### **TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES**

**June 1–5 • 7:30 a.m.–4 p.m.**

#### **Pearl Harbor**

This mandatory five-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a three-day Department of Labor Employment Workshop. Plan to attend within two years of retirement. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

### **TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES**

**June 1–5 • 7:30 a.m.–4 p.m.**

**June 8–12 • 7:30 a.m.–4 p.m.**

**June 15–19 • 7:30 a.m.–4 p.m.**

**June 22–26 • 7:30 a.m.–4 p.m.**

#### **Pearl Harbor**

This mandatory five-day workshop provides transitioning service members with an intensive transition overview, including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a three-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

### **TRANSITION GPS ENTREPRENEURIAL TRACK: BOOTS TO BUSINESS**

**June 16–17 • 8:30 a.m.–3:30 p.m.**

#### **Pearl Harbor**

This two-day optional track is for those who have already attended Transition GPS. This seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business. Please call 474-1999 and ask to speak with a Transition GPS counselor to register.

### **MFSC-Hickam**

Airman & Family Readiness Center (AFRC)  
655 Vickers Avenue, Bldg. 1105  
449-0300

**Mon–Fri: 7:30 a.m.–4 p.m.**

### **MFSC-Pearl Harbor**

Fleet & Family Support Center (FFSC)  
4827 Bougainville Drive  
474-1999

**Mon–Fri: 7 a.m.–4 p.m.**

### **MFSC-Wahiawa Annex**

500 Center Street, Bldg. 392  
Wahiawa, HI 96786  
474-1999

**Tue–Thu: 7 a.m.–3:45 p.m.**