



# Military & Family Support Center



## November 2014 Class Schedule



### MFSC-PEARL HARBOR

Joint Base Pearl Harbor-Hickam Military and Family Support Center  
4827 Bougainville Drive  
Honolulu, HI 96818  
**Phone: (808) 474-1999**  
Monday – Thursday: 7 A.M. – 4:30 P.M.  
Friday: 7 A.M. – 4 P.M.



### MFSC ANNEX, WAHIAWA

500 Center Street, Building 392  
Wahiawa, HI 96786  
**Phone: (808) 474-1999**  
Tuesday – Thursday  
7 A.M. – 3:45 P.M.



### MFSC-HICKAM & LOAN CLOSET

Joint Base Pearl Harbor-Hickam Military and Family Support Center  
655 Vickers Avenue (Bldg 1105)  
JB Pearl Harbor-Hickam, HI 96853  
**Phone: (808) 449-0300**  
Monday – Friday  
7:30 A.M. – 4:00 P.M.

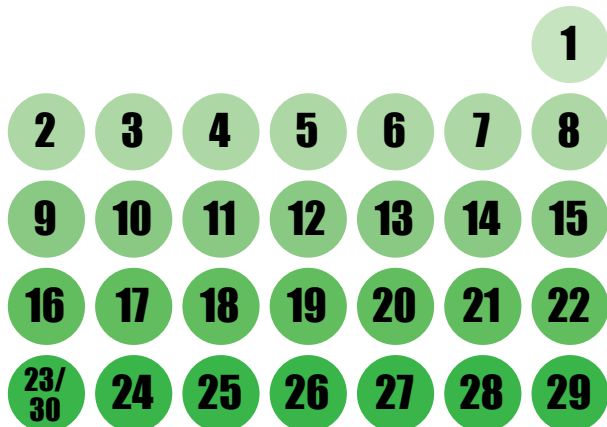
### VA BENEFITS BRIEFERS

4827 Bougainville Drive, Suite 207 Room 219, Honolulu, HI  
To schedule an appointment, call 474-0020/0021/0022/0031  
Monday – Friday 7:30 A.M. – 3:30 P.M.

To register for classes, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 474-1999.

# November 2014

S M T W T F S



**NO CHARGE FOR CLASSES unless otherwise specified (\$).** Open to active duty, reserve, retired personnel, family members, and DoD employees, except as noted in the program descriptions. Schedules are subject to change.

▲ Denotes Hickam-based class.

● Denotes MCBH Kaneohe site.

## November 2014 Class Schedule

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
COMMAND INDIVIDUAL AUGMENTEE COORDINATOR (CIAC) FORUM	NOV 19	1 – 2:30 P.M.	PEARL HARBOR
FAMILY READINESS GROUP (FRG) LEADERSHIP TRAINING	NOV 4 – 5	8:30 A.M. – 1:30 P.M.	PEARL HARBOR
EMPLOYMENT ASSISTANCE PROGRAM	DATE	TIME	LOCATION
ACING THE INTERVIEW	NOV 6	1 – 3 P.M.	HICKAM ▲
CAREER CHOICES: DO WHAT YOU ARE	NOV 12	1 – 3 P.M.	PEARL HARBOR
COMPANY RECRUITMENT: FBI	NOV 13	9 – 11 A.M.	HICKAM ▲
EMPLOYMENT IN HAWAII	NOV 18	1 – 3 P.M.	WAHIAWA
FEDERAL RESUME WRITING	NOV 18	3 – 5 P.M.	PEARL HARBOR
STARTING YOUR OWN BUSINESS	NOV 20	9:30 – 11:30 A.M.	HICKAM ▲
WRITING YOUR BEST RESUME	NOV 4	1 – 3 P.M.	HICKAM ▲
FAMILY LIFE SKILLS	DATE	TIME	LOCATION
BOOT CAMP FOR NEW DADS	NOV 8	9 A.M. – 12:30 P.M.	HALSEY TERRACE COMMUNITY CTR
FAMILY ADVOCACY PROGRAM (FAP) SEMINAR FOR COMMAND LEADERSHIP	NOV 6	8 A.M. – NOON	PEARL HARBOR
NEW MOMS AND DADS	NOV 19	5 – 8 P.M.	HICKAM ▲
NURTURING FATHERS GROUP	NOV 5, 12, 19	11:30 A.M. – 2 P.M.	HICKAM ▲
SURVIVING YOUR ADOLESCENTS	NOV 12	10 A.M. – NOON	PEARL HARBOR
PLAY GROUP (Ages Birth – 5) \$ Minimal fee for crafts	NOV 3, 5, 10, 12, 17, 19, 24, 26	10 – 11:30 A.M.	EARHART COMM CTR ▲
FINANCIAL MANAGEMENT ASSISTANCE PROGRAM	DATE	TIME	LOCATION
CAR BUYING STRATEGIES	NOV 4	10 A.M. – NOON	PEARL HARBOR

COMMAND FINANCIAL SPECIALIST FORUM	NOV 18	1 – 2:30 P.M.	PEARL HARBOR
FINANCIALLY SAVVY RETIREES	NOV 26	9:30 – 11 A.M.	PEARL HARBOR
\$MILLIONS\$ DOLLAR SAILOR/AIRMAN	NOV 20 –21 NOV 24 – 25	7:30 A.M. – 3:30 P.M. 7:30 A.M. – 3:30 P.M.	HICKAM ▲ PEARL HARBOR
SURVIVING THE HOLIDAYS FINANCIALLY	NOV 10	10 – 11:30 A.M.	PEARL HARBOR
INFORMATION AND REFERRAL	DATE	TIME	LOCATION
EFMP: MEDICAL CASE MANAGEMENT	NOV 21	10 – 11 A.M.	PEARL HARBOR
OMBUDSMAN/KEY SPOUSE PROGRAM	DATE	TIME	LOCATION
OMBUDSMAN ASSEMBLY MEETINGS KANE OHE OMBUDSMAN ASSEMBLY MEETING COMSUBPAC OMBUDSMAN ASSEMBLY MEETING COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING	NOV 5 NOV 18 NOV 20	5:30 – 7:30 P.M. 6 – 8 P.M. 6:30 – 8:30 P.M.	JOHN FINN BLDG ● LOCKWOOD HALL LOCKWOOD HALL
PERSONAL DEVELOPMENT CLASSES	DATE	TIME	LOCATION
ANGER MANAGEMENT	NOV 25	8 – 11 A.M.	PEARL HARBOR
MEN'S SPOUSE ABUSE EDUCATION GROUP	NOV 5, 12, 19, 26	1 – 3 P.M.	PEARL HARBOR
PARENTING GROUP	NOV 4, 18, 25	10 A.M. – NOON	PEARL HARBOR
SKILLS DEVELOPMENT GROUP	NOV 5, 12, 19, 26	10 A.M. – NOON	PEARL HARBOR
WOMEN'S GROUP	NOV 3, 10, 17, 24	10 A.M. – NOON	PEARL HARBOR
RELOCATION ASSISTANCE PROGRAM	DATE	TIME	LOCATION
COMMAND SPONSOR COORDINATOR (CSC) AND INDIVIDUALIZED NEWCOMER TREATMENT AND ORIENTATION (INTRO) MANAGER TRAINING	NOV 26	8 – 11 A.M.	PEARL HARBOR
SMOOTH MOVE	NOV 6	8 – 11:30 A.M.	HICKAM ▲
SPONSOR TRAINING	NOV 4 NOV 19	1 – 3 P.M. 9 – 11 A.M.	WAHIAWA PEARL HARBOR
SPOUSE ALOHA ORIENTATION	NOV 13	8 A.M. – NOON	PEARL HARBOR
RETIRED ACTIVITIES OFFICE	DATE	TIME	LOCATION
ANNUAL RETIREE SEMINAR	NOV 1	7:30 A.M. – NOON	HICKAM OFFICER'S CLUB ▲
SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)	DATE	TIME	LOCATION
SAPR VICTIM ADVOCATE REFRESHER TRAINING	NOV 4	1 – 3 P.M.	PEARL HARBOR
SAPR VICTIM ADVOCATE INITIAL TRAINING	NOV 17 – 21	8 A.M. – 4 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM	DATE	TIME	LOCATION
AFTER GPS	NOV 20	8 A.M. – 3:30 P.M.	PEARL HARBOR
CAPSTONE EVENT	NOV 6	8:30 – 10:30 A.M. 1:30 – 3:30 P.M.	PEARL HARBOR
	NOV 13	8:30 – 10:30 A.M. 1:30 – 3:30 P.M.	PEARL HARBOR
PRE-SEPARATION BRIEFING (USAF PERSONNEL ONLY)	NOV 5, 12, 19, 26	8 A.M. – 11 A.M.	HICKAM ▲
TRANSITION ASSISTANCE PROGRAM (TAP) GPS SEMINARS: TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES	NOV 3 – 7 NOV 17 – 21	7:30 A.M. – 4 P.M. 7:30 A.M. – 4 P.M.	PEARL HARBOR PEARL HARBOR
TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES	NOV 3 – 7 NOV 17 – 21	7:30 A.M. – 4 P.M. 7:30 A.M. – 4 P.M.	PEARL HARBOR PEARL HARBOR



# November 2014 Class Descriptions

**NO CHARGE FOR CLASSES unless otherwise specified (\$).** Open to active duty, reserve, retired personnel, family members, and DoD employees, except as noted in the program descriptions. Schedules are subject to change.

**ACING THE INTERVIEW.** Interview skills are key to a successful interview. Attend this workshop to learn how to present yourself as the best candidate for the job. You will gain an understanding of what to bring for the interview, become familiar with various interview formats, and prepare to ask and answer questions effectively.

**AFTER GPS.** This class is a follow-on to the 5-day TGPS workshop. Attendees will have the opportunity to hear how veterans experienced transition from the military to civilian workforce; attend informative briefs from Tricare, Workforce Development Office, Disabled American Veterans, and State Veterans Affairs. The workshop ends with an employer panel, to assist members to understand what hiring managers are looking for in prime candidates. Must have attended RTAP, STAP or Transition GPS.

**ANGER MANAGEMENT.** 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.

**ANNUAL RETIREE SEMINAR.** This seminar is for military retirees and their family members, widows, and widowers. Topics include benefits, commissary/exchange information, TRICARE, veterans/legal services and more.

**BOOT CAMP FOR NEW DADS.** 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.

**CAPSTONE EVENT.** A workshop to measure a service member's transition readiness from a military to civilian career. If needed, service member will be connected to external agencies that offer additional assistance to ensure a successful transition to civilian life. This shall 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.

**CAR BUYING STRATEGIES.** What you should know before purchasing a car such as determining what you can afford, planning for the various expenditures of a car, and learning to get the best deal on the purchase. Learn about negotiating, planning for various expenditures, trade-ins, discounts, financing and more.

**CAREER CHOICES: DO WHAT YOU ARE.** 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.

**COMMAND FINANCIAL SPECIALIST (CFS) FORUM.** Quarterly forum in accordance with OPNAVINST 1740.5B. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues. We discuss trends, what we have seen during the quarter, and decide if we need to train throughout all commands on these current issues. Command Master Chiefs/Career Counselors are encouraged to attend.

**COMMAND INDIVIDUAL AUGMENTEE COORDINATOR (CIAC) FORUM.** CIACs meet, network, and receive updated information which allows them to effectively assist IA Sailors and their families.



**MFSC - Hickam**  
**November 6**  
**1 - 3:30 p.m.**

Interview skills are key to a successful interview. Attend this workshop to learn how to present yourself as the best candidate for the job. You will gain an understanding of what to bring for the interview, become familiar with various interview formats, and prepare to ask and answer questions effectively.

**COMMAND SPONSOR COORDINATOR (CSC) AND INDIVIDUALIZED NEWCOMER TREATMENT AND ORIENTATION (INTRO) MANAGER TRAINING.** This class covers the regulations that govern the programs, how to assign sponsors, implementing rewards/awards to ensure a successful sponsorship program, and more. Open to Navy CSCs, Air Force INTRO Managers, Commanders, CMCs, Command Chiefs, and First Sergeants. To register, call 474-1999.

**COMPANY RECRUITMENT: FEDERAL BUREAU OF INVESTIGATION (FBI).** Are you looking for a career that's challenging? Exciting? Rewarding? Would you like a chance to serve your country? FBI representatives will be here to talk to you about the many career choices available and to discuss qualification requirements and hiring procedures.

**EFMP: MEDICAL CASE MANAGEMENT.** This seminar provides information to the Navy and or Air Force EFMP community about medical case management services and or criteria. Case management is a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote quality cost effective outcomes.

**EMPLOYMENT IN HAWAII.** This workshop provides a forum for exploring employment opportunities located in Hawaii. Learn how to analyze the local job market, and how to locate local federal, state, and civilian job opportunities using employment tools including Jems Jobs, job fairs, staffing agencies, and career centers.

**FAMILY ADVOCACY PROGRAM (FAP) SEMINAR FOR COMMAND LEADERSHIP.** This seminar is for COs, XO's, CMCs/COBs and all FAP Command POCs. It is designed to provide essential information on the FAP process, and the command's role in Family Advocacy. Registration is strongly encouraged.

**FAMILY READINESS GROUP (FRG) LEADERSHIP TRAINING.** Designed to provide information that will help FRG leaders (President/Vice-President and Command Support Team (CST) Spouses) start a family support group, understand the role of leadership, run effective meetings and plan for homecoming. This skill-building training will generate ideas that will assist in making family support groups inviting and productive. To register, call 474-1999.

**FEDERAL RESUME WRITING.** 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.

**FINANCIALLY SAVVY RETIREES.** This quarterly financial seminar is provided by experts who will provide information on various subjects of interest to retirees such as Basics of Estate Planning, Wills and Trusts, Protecting Yourself Against Fraud, and Long Term Care. Registration highly encouraged.

**MEN'S SPOUSE ABUSE EDUCATION GROUP.** 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 MFSC-Pearl Harbor and ask to speak to the group facilitator.

**\$MILLIONS DOLLAR SAILOR/AIRMAN.** 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 rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques.

**NEW MOMS AND DADS.** 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 also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year

# EFMP Information Fair: Medical Case Management

**MFSC - Pearl Harbor  
November 21  
10 - 11 a.m.**

This seminar provides information to the Navy and or Air Force EFMP community about medical case management services and or criteria. Case management is a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote quality cost effective outcomes.





## November 2014 Class Descriptions cont.

**NURTURING FATHERS GROUP.** Calling all Dads! You have already learned that children do not come with owner's manuals. Want to learn more about being a great dad and meet other dads with the same questions? Join other dads in our 8-session group examining ways to become an even better father. Topics include nurturing, personal power, discipline, effective co-parenting and much, much more. For more information and to register call 474-0135.

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

**PARENTING GROUP.** 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 MFSC-Pearl Harbor and ask to speak to the group facilitator.

**PLAY GROUP.** A place where children, 0 - 5 years old, learn & develop through play. The group meets at the Earhart Community Center, located behind the main Chapel on Kuntz Avenue. Services provided by ASYMCA.


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

**SAPR VICTIM ADVOCATE INITIAL TRAINING.** DON Civilian employees and 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 Prevention and Response office via CNI\_PRLH\_SAPRHawaii@navy.mil for more information and to register.

**SAPR VICTIM ADVOCATE REFRESHER TRAINING.** Refresher 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.

**SKILLS DEVELOPMENT GROUP.** 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, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

**SMOOTH MOVE.** This workshop features speakers from various departments to give you a better understanding of the Permanent Change of Station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning.



# Nurturing Fathers Group

**MFSC - Hickam**      **November 5, 12, 19**  
**11:30 a.m. - 2 p.m.**

**Calling all Dads! You have already learned that children do not come with owner's manuals. Want to learn more about being a great dad and meet other dads with the same questions? Join other dads in our 8-session group examining ways to become an even better father. Topics include nurturing, personal power, discipline, effective co-parenting and much, much more. For more information and to register call 474-0135.**

**SPONSOR TRAINING.** Gives the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

**SPOUSE ALOHA ORIENTATION.** *E Komo Mai O Hawaii!* (Welcome to Hawaii!) Are you a Navy or Air Force Spouse new to the Islands? You are cordially invited to join us for an informational experience with the experts in the fields of employment, education, volunteerism, financial aid services, personal financial management, recreation, shopping, pets and a bit of the Hawaiian culture. This orientation will provide an opportunity to meet other new spouses in an informal setting.

**STARTING YOUR OWN BUSINESS.** Are you starting or thinking about starting your own business? If so, join us for this informative seminar brought to you by the Small Business Administration and the Business Action Center. This Comprehensive seminar will give you important information on how to get started, questions you need to ask yourself before embarking on your new journey, tips on creating a business plan and much more. Starting your own business is an exciting proposition, but it's also an incredibly challenging undertaking. Don't do it without having the information and the tools you'll need!

**SURVIVING THE HOLIDAYS.** The holiday season is upon us! It's now that time of year when we begin to brace ourselves for the upcoming season of joy and merriment. It's important to plan and prepare for the holidays with much forethought because the last thing that you want to do is spend the next year or two paying for the holidays that you celebrate this year. Join us for this informative class that will help you learn how to develop a holiday spending and overall "survival" plan that will assist you in enjoying a less stressful holiday season.

**SURVIVING YOUR ADOLESCENTS.** Sometimes, living with a teenager is no picnic. Learn how natural and logical consequences will work when punishment or grounding fails. Learn how to enforce the rules with consequences, and deal with the resistance ("back talk" and defiance). Learn what normal adolescent behavior is. Learn to let go, when to intervene, and acquire better parent-teen communication skills.

**TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES.** This mandatory 5-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 3-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.** This mandatory 5-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 3-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.

**WOMEN'S GROUP.** This group offers women a comfortable place to learn about the dynamics of domestic abuse in a supportive, confidential atmosphere with the opportunity to meet and share with others who have had similar experiences. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

**WRITING YOUR BEST RESUME.** 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.



A vibrant, tropical-themed poster for a spouse orientation event. The background is a mix of yellow, orange, and brown with a distressed, painted texture. At the top, the text "Spouse's ALOHA Orientation" is written in a playful, rounded font. "Spouse's" is in pink, "ALOHA" is in large blue letters with a colorful hibiscus flower integrated into the letter 'O', and "Orientation" is in pink. Below this, "MFSC - Pearl Harbor" is written in bold blue letters, followed by "November 13" in the same style. Underneath, "E komo mai o Hawai'i! (Welcome to Hawaii!)" is written in pink, followed by "8 a.m. - Noon" in bold blue letters. The bottom section contains a paragraph of text in a mix of green, blue, and pink colors, inviting Navy or Air Force spouses to an informational experience. The poster is decorated with white and pink hibiscus flowers and a traditional Hawaiian tiki mask on the right side.

Spouse's **ALOHA** Orientation

**MFSC - Pearl Harbor November 13**

*E komo mai o Hawai'i! (Welcome to Hawaii!)* **8 a.m. - Noon**

Are you a Navy or Air Force Spouse new to the Islands? You are cordially invited to join us for an informational experience with the experts in the fields of employment, education, volunteerism, financial aid services, personal financial management, recreation, shopping, pets and a bit of the Hawaiian culture. This orientation will provide an opportunity to meet other new spouses in an informal setting.



DEPARTMENT OF THE NAVY  
COMMANDER NAVY REGION HAWAII (N91)  
850 TICONDEROGA STREET SUITE 110  
JBPHH, HI 96860

Presorted  
Standard  
U.S. Postage  
**PAID**  
Honolulu, HI  
Permit No. 9192

For more information or to register for a class, call MFSC-Pearl Harbor at 474-1999 or MFSC-Hickam at 449-0300 or visit us online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). To schedule an appointment, call toll-free 866-525-6676.



## *Annual* **RETIRED PERSONNEL** *Seminar*

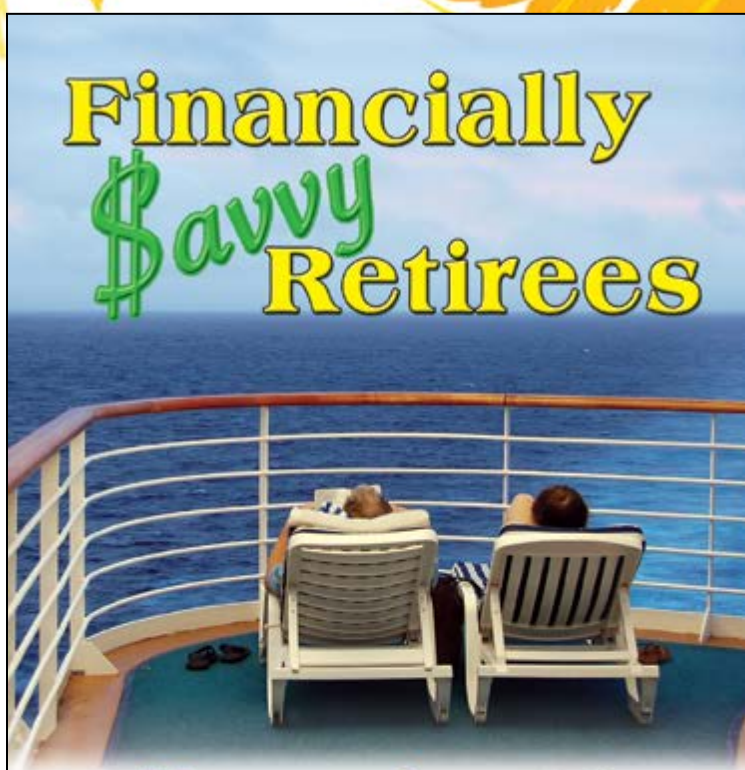
**Hickam Officers' Club**

**Nov. 1 • 7:30 a.m. - Noon**

This seminar is for military retirees and their family members, widows, and widowers. Topics to include benefits, commissary and exchange info, TRICARE, veterans/legal services and more!



## Financially *\$avvy* Retirees



**November 26**

**9:30 - 11 a.m.**

**MFSC-Pearl Harbor**

Quarterly financial seminar provided by experts on various subjects of interest to retirees such as basics of estate planning, wills and trusts, protecting yourself against fraud, and long-term care. Registration highly encouraged.