

NASK FFSC

OCTOBER 2023

MON

TUES

WED

THURS

FRI

<p>2 <i>DVAM Proclamation Tree Ribbons and Display Table</i> NASK FFSC 0900-1100 <i>Effective Communication</i> NASK FFSC 1430-1530</p>	<p>3 <i>Capstone/Smooth Move</i> NASK FFSC by Appt</p>	<p>4 <i>Personal Property</i> NASK FFSC 0900-1400</p>	<p>5</p>	<p>6 <i>Stress Resilience (MBMF Mod. 1)</i> NASK FFSC 1100-1200</p>
<p>9 </p>	<p>10 <i>Capstone</i> NASK FFSC by Appt</p>	<p>11 <i>FAP Lunch & Learn</i> NASK FFSC 1100-1300 <i>Veterans Resource Specialist Texas Veterans Leadership Program</i> NASK FFSC 1100-1400 <i>Personal Property</i> NASK FFSC 0900-1400</p>	<p>12</p>	<p>13 <i>Happy Birthday U.S.N. Celebration and Halfway to CAAPM/SAAPM Paint for Awareness</i> NASK FFSC 0900-1100 <i>Mindfulness & Meditation (MBMF Mod. 2)</i> NASK FFSC 1100-1200 <i>New Spouse Orientation</i> NASK FFSC 1300-1400</p>
<p>16</p>	<p>17 <i>Capstone/Smooth Move</i> NASK FFSC by Appt</p>	<p>18 <i>Personal Property</i> NASK FFSC 0900-1400</p>	<p>19 <i>Parenting 101</i> NASK FFSC 1000-1100 <i>DVAM and Halfway to CAAPM/SAAPM Picnic</i> NASK FFSC 1100-1300 <i>FAP 101</i> NASK FFSC 1300-1400</p>	<p>20 <i>Book Club</i> NASK FFSC 1200-1300</p>
<p>23 <i>SAPR IVAT 10/23-10/27</i> NASK FFSC 0800-1630</p>	<p>24 <i>Capstone</i> NASK FFSC by Appt</p>	<p>25 <i>DVAM - "Thank You for Asking"</i> NASK 0800-1200 <i>Personal Property</i> NASK FFSC 0900-1400</p>	<p>26 <i>Veterans Resource Specialist Texas Veterans Leadership Program</i> NASK FFSC 1330-1600</p>	<p>27 <i>Halfway to CAAPM/SAAPM "Draw" Awareness</i> NASK FFSC 1230-1430 <i>Stress Management</i> NASK FFSC 1430-1530</p>
<p>30</p>	<p>31 <i>Treats and Greetings</i> NASK FFSC 1100-1300  <i>Capstone/Smooth Move</i> NASK FFSC by Appt</p>			

Notes

Emergencies, please call 911

FFSC Counselors are available for crisis intervention. Please call 361-516-6333 for more information on our counseling services or to make an appointment.

SAPR 24/7 services are available by calling the Victim Advocate duty phone at 361-533-0454 or by calling the DoD Safe Helpline at 877-995-5247

Please call 361-516-6333 to register for NASK FFSC Classes, Capstone, and Events, or to schedule classes at your Command!

Holidays/ Observances

Domestic Violence Prevention Month (DVPM)

National Cyber Security Awareness Month

National Disability Employment Awareness Month (NDEAM)

Child Health Day - 1st Monday

CNIC Anniversary - Oct 1st (est. 2003)

Fire Prevention Week Oct 8th-14th, 2023

Columbus Day - Oct 9th, 2023 (2nd Monday)

U.S. Navy Birthday - Oct 13th, 2023

Make a Difference Day - Oct 28th, 2023

Monthly Themes

Personal Financial Management (PFM)

Addressing Intimate Partner/Gender Based Violence

Exceptional Family Member Program (EFMP)



HOW TO REGISTER FOR VIRTUAL TRAININGS ON LMS

Step 1: Create an account at MyNavyFamily.com (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the scheduled webinar. Follow the on-screen instructions to create a new account *Be sure your time zone is correct*

Step 2: Click on "Live Webinars" at the top of the page to view the full list of offerings.

Step 3: Click on the title of a session to view the information and description.

Step 4: Click on "Register Now" to sign up for the course.

ADDITIONAL INFORMATION

Transition Assistance Program (TAP) – If separating or retiring in the next 18–24 months, you **MUST contact a **Command Career Counselor (CCC)** to schedule your **TAP Class**. Please contact **Fleet and Family Support Center** with TAP related questions. Contact your local **CCC** or transition **POC** to start the TAP process. Our next TAP class is scheduled for 13–17 November 2023.**

Life Skills (Stress Management, Effective Communication, Conflict Management, Suicide Prevention, Anger Management, New Spouse Orientation, Coping Skills, Mind Body Mental Fitness (MBMF), and Parenting 101) – These classes are designed to provide participants with tools to increase resiliency, promote the importance of self-care, and serve as a gentle reminder to continue looking out for each other, our loved ones, and ourselves.

Questions regarding our NASK FFSC Calendar, to register for our in-person classes and events, or to schedule classes at your Command, please call 361-516-6333.



**NAS KINGSVILLE FFSC
746 ROSENDAHL STREET
KINGSVILLE, TX 78363
361-516-6333
HOURS OF OPERATION
MONDAY-FRIDAY: 0800-1630**