

MARINE AND FAMILY SERVICES **Calenda**R

449-6110/6185

Pre-registration is required for all our classes. For more info., or to register, call 449-6110/6185.

Monday

Tuesday

Wednesday

Thursday









Friday

Saturday

OCTOBER

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

“Do you know someone who has crossed the line?
End Domestic Violence before it starts.”

			<p>1 Welcome Aboard Brief Every Thurs. @ SNCO Club 8:00 - 11:30 a.m.</p>	<p>2 Keystone Meeting for Teens 6:30 - 7:30 pm.</p>	<p>3 </p>
<p>6</p>	<p>7 Estate Planning 0900 - 1100 Bldg. AS-90 Registration is REQUIRED!</p>	<p>8</p>	<p>9 Welcome Aboard Brief Every Thurs. @ SNCO Club 8:00 - 11:30 a.m.</p>	<p>10</p>	<p>11</p>
<p>12 </p>	<p>13</p>	<p>14  Healthy Homes/ Healthy Children 1300 - 1600 Bldg. AS-90 Registration is REQUIRED!</p>	<p>15 Welcome Aboard Brief Every Thurs. @ SNCO Club 8:00 - 11:30 a.m.</p>	<p>16 Keystone Meeting for Teens 6:30 - 7:30 pm.</p>	<p>17</p>
<p>Transition Assistance Program / Pre-Separation Brief 0715 - 1630</p>					
<p>19</p>	<p>20  Effects of Divorce on Children 1300 - 1600 Bldg. AS-90 Registration is REQUIRED!</p>	<p>21</p>	<p>22 Welcome Aboard Brief Every Thurs. @ SNCO Club 8:00 - 11:30 a.m.</p>	<p>23 Alcohol Awareness Event @ E'Club 1700 - 1900</p>	<p>24</p>
<p>Pre-Retirement Seminar 0800 - 1630</p>					
<p>26 Pre-School Story Time 3.30 @ Sta. Library</p>	<p>27  Keeping Women Safe 1300 - 1600 Bldg. AS-90 Registration is REQUIRED!</p>	<p>28</p>	<p>29  Surviving the Loss of Love 1300 - 1600 Bldg. AS-90 Registration is REQUIRED! Scary Tales 1600 Free @ Sta Library</p>	<p>30  Self-Defense Class 0900 - 1100 Location ~ TBD Registration is REQUIRED!</p>	<p>31 </p>

We now offer “New Parent Support Program” call 449-6110/6185 for more details.


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Estate Planning - Mission readiness is the primary objective of the Marine Corps and is impacted by the financial responsibility of the service members and their families. Marines and their families prosper when they are in control of their current finances and able to put money away for the future. Topics to be covered include: Retirement and Estate Planning, Entitlements and Benefits.


Effects of Divorce and Remarriage on Children - Two hour class examines common reactions of children to the divorce and or remarriage of their parents. Class is intended to meet the requirement of some states for divorcing parents.

Healthy Homes and Healthy Children - Is violence affecting your children? Are they overhearing arguments or watching violent television? Learn conflict resolution and how the media is affecting your children through role playing exercises and practical techniques.

 **Keeping Women Safe** - Three hour class for women and men with women in their lives. Teaches recognition of danger signals in intimate relationships and planning for safety for safety.

Pre-Separation Brief - This mandated brief covers all required information for the service member and spouse separating from the military way of life. Topics discussed include: Pay entitlements, VA benefits, financial management, educational opportunities, transportation of household goods, job service and more...Pre-registration mandatory and planning should begin at 12 months prior separation.

Surviving the Loss - This course is designed to help with emotional breakups-whether you are suffering from a recent loss, or a lingering wound from the past; whether you are suffering from a recent loss, or a lingering wound from the past; whether you are caught up in patterns that sabotage your own relationships, or you're in a relationship in which you no longer feel loved. The course focuses on the five universal stages with hands-on exercises for improving your life, managing the pain, building a whole new concept of self.

 **Self-Defense Class** - This class for women is designed to meet a public need by teaching women how to protect themselves. The class can teach you how to size up a situation and decide what you should do. Self-defense classes can also teach special techniques for breaking an attacker's grasp and other things you can do to get away. One of the best things people take away from self-defense class is self-confidence. The last thing you want to be thinking about during and attack is "Can I really pull this self-defense tactic off?" It's much easier to take action in an emergency if you've already had a few dry runs.

Transition Assistance Program (TAP) - A 2-day career option workshop, which helps you assess, your knowledge, skills and abilities and apply military acquired skills in the civilian employment sector. Topics include resume preparation, job search, interview skills, dress standards, job your negotiations and much more. Pre-registration required through your unit transition counselor.

Welcome aboard Brief - If you are new to the Jacksonville area, attend our Welcome Aboard Brief at the E-Club. You will have the opportunity to hear presentations from a variety of agencies, including Community Services, MCAS Branch Medical, Jacksonville Police Dept., the USO and many more. Following the briefs and information fair, stay for a FREE lunch and an afternoon bus tour of the area.

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