

LIFE **YOU**NIVERSITY

Army Community Service | Family Advocacy Program | jbmhh.armymwr.com

Child Supervision Guidelines on JBM-HH: What You Need to Know

Imagine you have just parked your car to make a quick Commissary run. In another parked car, you notice two small children alone with no parent or caregiver in the car to supervise them. You are concerned for the potential safety of these children, but you are unsure about the level of supervision required for children on the Installation. In this situation, the Supervision chart (complete chart found on page 5) can help you understand the guidelines for the Supervision of Minor Children within the Fort Myer, Fort McNair, and Henderson Hall community.

This chart summarizes the installation's policy Memorandum signed by the Joint Base Commander, and they are based on similar recommendations set forth by Arlington County, VA. In fact, each County in the United States produces guidelines for Supervision of Minor Children for residents. As Service Members and their Families relocate to a new Duty Station and County, these guidelines will likely change, both at their new installation and within their new County of residency.

When looking at the chart, you will notice guidelines are based on the child's age and grade in school and provide information on appropriate supervision for being home alone (day and overnight) including outside play, being alone in a vehicle, and babysitting. Younger children (under age 10 years) require direct supervision in all environments, and as children get older, they gain the opportunity to care for themselves more and more, at the discretion of their caregiver. Even when age or grade level provides the opportunity to increased self care, a parent or caregiver should always evaluate the child's maturity and individual capability for more responsibility. If a child has a history of developmental delay, mental or behavioral health concerns, impulsivity, or certain medical conditions, parents should discuss supervision needs with their child's doctor to evaluate readiness.

Now that you better understand the standards of Supervision of Children here locally, consider passing this information along to a friend or co-worker. By educating another community member, you are helping to keep parents informed and our children safer.

JBM-HH Guidelines for Child Supervision Family Advocacy Program 703-696-3512				
Age of Child	Left at Home	Left Alone Overnight	Alone in a Vehicle	Left outside playing alone
0-10 years	No	No	No	No
11 years	Yes, up to 3 hours alone with ready access to adult Supervision.	No	No	Yes, with access to adults.

jbmhh.armymwr.com



FEB – MAR 2020

Join the JBM-HH Playgroup

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Quality personal and family life skills education for the military community.

Registration information is included with each class description. Most classes are open to all Service members, their Family members, and DoD civilians.



JBM-HH FAMILY ADVOCACY PROGRAM

FAMILY ADVOCACY PROGRAM



LIFE ENRICHMENT CLASSES, DOMESTIC VIOLENCE PROGRAM & NEW PARENT SUPPORT

703 696-3512

JOINT BASE MYER-HENDERSON HALL
ARMY COMMUNITY SERVICE
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Family Advocacy Program (FAP)

The Family Advocacy Program provides services and education for families in the prevention of domestic violence and child abuse through community awareness campaigns, life skill education classes, professional education and troop and commander briefings. FAP is divided into two areas: the enrichment program and support services, located at ACS, and intervention services and counseling, located at the U.S. Army Andrew Rader Health Clinic.

Prevention & Education

Topics offered in the Prevention and Education Program include:

- ◆ Couples & parent-child communication skills
- ◆ Effective management of children's behavior
- ◆ Conflict management
- ◆ Management of anger and stress in relationships
- ◆ Life YOUiversity
- ◆ Other related topics by request

Office number **(703) 696-3512**

DOMESTIC VIOLENCE PROGRAM



Victim Advocacy Program (VAP)

VAP is a team of trained professional who provide non-clinical advocacy services and support to Soldiers and Family Members.

Services provided by the Victim Advocate Program include:

- ◆ Crisis Intervention
- ◆ Safety Planning
- ◆ Assistance in securing medical treatment
- ◆ Information on victim's rights
- ◆ Court and legal accompaniment
- ◆ Referrals to military and civilian resources
- ◆ Domestic Violence prevention training

24 Hour Domestic Violence Hotline
(703) 919-1611

Office number **(703) 696-0026**

NEW PARENT SUPPORT PROGRAM



FAMILY ADVOCACY PROGRAM
703 696-3512
JOINT BASE MYER-HENDERSON HALL
ARMY COMMUNITY SERVICE
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New Parent Support Program (NPSP)

NPSP consists of licensed professionals who provide in-home visitations, educational support, information and referrals, and resource assistance to Army Families. Army families expecting a child or with a child up to 0-3 years old are eligible to participate. This is a voluntary program but families may enter through a referral.

Services and classes provided by NPSP include:

- ◆ In-home visitations
- ◆ Increase parent's knowledge of child development
- ◆ Encourage social connections within the community
- ◆ Baby Bundles Class
- ◆ Baby Stages Class
- ◆ Play Mornings

Office number **(703) 696-6368**

PARENTING CLASSES & EVENTS

Joint Base Myer- Henderson Hall

Event: **Play Morning**

Date: Thursdays, February – March

Time: 10:00 am – 11:30 am

Place: Henderson Hall Chapel, 1555 Southgate Road, Bldg. #29, Arlington, VA 22214

Call for more information or to register: 703 614-7204/
703 696-3512

Description: Join the New Parent Support Program every Thursday morning for open play, structured activities, sing-along songs with instruments and story time. For children 0-5 years old.

Event: **Transparenting**

Date: Thursday, 6 February

Time: 9:30 am - 1:00 pm

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: This seminar is designed to provide parents who are separated or divorced with the tools to ensure that they are able to continue supporting and encouraging their children despite the breakup of the family unit. Registration required.

Event: **123 Magic**

Date: Tuesdays, 11 & 18 February

Time: 9:30 am - 11:30 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: The 1-2-3 Magic Parenting Program is the #1 selling child discipline program in the United States. Our parenting tips and resources help parents raise well behaved, happy, competent kids. Registration required.

Event: **Parenting with Love & Logic**

Date: Thursdays, 5 & 12 March

Time: 9:30 am - 11:30 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: Learn simple & effective strategies for parenting children from birth to young adulthood.

Event: **Baby Bundles**

Date: Wednesday, 11 March

Time: 9:00 am - 12:00 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: Prepare your home and relationship for the changes that are needed when your baby arrives. A brief overview of the labor and delivery process, newborn care, and baby proofing your home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration required.

Event: **Baby Boot Camp**

Date: Fridays, 21 February & 20 March

Time: 8:00 am – 3:00 pm

Place: Building #12 Conference Room

Call for more information or to register: 703-614-7204

Description: Baby Boot Camp is a 6 hour class designed to teach parents the information they will need for the first few weeks after birth. The class covers such topics as: diapering, bottle and breast feeding, how to soothe a fussy infant, safe sleep, and when to call the doctor. It is recommended you take the class in the 3rd trimester of pregnancy.

Event: **Cooperative Parenting and Divorce**

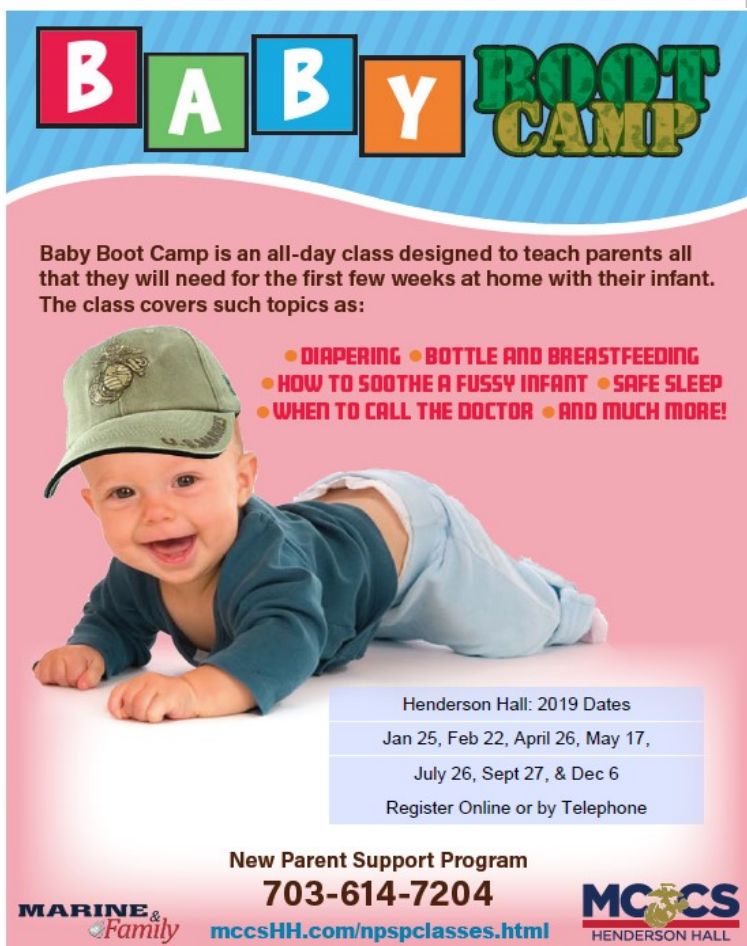
Date: Monday, 9 March

Time: 12:00 pm – 4:00 pm

Place: Building #12 Conference Room

Call for more information or to register: 703-614-7208

Description: Cooperative Parenting and Divorce Class is a



BABY BOOT CAMP

Baby Boot Camp is an all-day class designed to teach parents all that they will need for the first few weeks at home with their infant. The class covers such topics as:

- DIAPERING • BOTTLE AND BREASTFEEDING
- HOW TO SOOTHE A FUSSY INFANT • SAFE SLEEP
- WHEN TO CALL THE DOCTOR • AND MUCH MORE!

Henderson Hall: 2019 Dates
Jan 25, Feb 22, April 26, May 17,
July 26, Sept 27, & Dec 6
Register Online or by Telephone

New Parent Support Program
703-614-7204
mccsHH.com/npspclasses.html

MARINE & Family **MC CS**
HENDERSON HALL

PARENTING CLASSES & EVENTS

class that fulfills the most common requirements for a parent education class prior to granting custody or visitation orders. Parents will learn ways to control impulses, communicate effectively and resolve conflict to keep the children's wellbeing in focus.

Fort Belvoir

Event: **Dad's 101**

Date: Tuesday, 4 February

Time: 9:00 am - 12:00 pm

Place: ACS Building 5965 6th Street Bldg. 1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Interactive class taught by Dad's for Dad's that is designed to provide needed tips and tools to help them be more successful as new or renewed fathers.

Event: **Play Morning**

Date: Friday, 7 & 21 February

Time: 10:00 am - 12:00 pm

Place: Specker Field House 1182 12th Street, Fort Belvoir VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Play Mornings allow children the opportunity to interact with each other through crafts, story time, play and music, while parents can build networks and find support.

Event: **Teen Self Defense**

Date: Wednesday, 19 February

Time: 6:00 pm - 8:00 pm

Place: Wells Field House 6028 Goethals Rd Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Teens learn how to diffuse a hostile situation and defend against various forms of physical assault. This fun-filled class is taught by a 3rd Degree Black Belt.

Event: **Bird's & Bee's (Teen Edition)**

Date: Tuesday, 25 February

Time: 11:00 am - 12:30 pm

Place: ACS Building 5965 6th Street Bldg. 1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: This workshop is an opportunity to learn normal sexual behaviors and learn the best way to correct inappropriate sexual behavior. This class is specifically targeted to families with children between the ages of 9-18.

Event: **Baby Bundles**

Date: Thursday, 26 March

Time: 9:00 am - 12:00 pm

Place: ACS Building 5965 6th Street Bldg. 1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Baby Bundles course is designed to give new and expecting parents information about postpartum expectations, infant care and development, resources and information on how to manage a family budget.

Joint Base Anacostia Boiling

Event: **DC Women's Infant's and Children's Program (DC WIC)**

Date: Every Tuesday & Thursday

Time: 9:00 am - 3:00 pm

Place: 53 MacDill Blvd, SW, Washington, DC 20032

Call for more information or to register: To make an appointment for the Mobile Unit at JBAB please call 202-865-4942. General information please call 202-404-7395

Description: WIC provides food high in iron, protein, calcium, vitamin C and other nutrients. Pregnant, new mothers who are bottle-feeding or breast feeding, infants or child less than 5 years of age who are District residents may be eligible.

Event: **JBAB New Parent Support Home Visitation Program (NPSHVP)**

Date: Monday - Friday

Time: 7:30 am - 4:00 pm

Place: JBAB New Parent Support Home Visitation Program (NPSHVP)

Call for more information or to register: 202-767-0450

Description: Providing the support, education and referrals for parents and parents-to-be as they adjust to or prepare for the rigorous yet rewarding demands of parenthood through the enhancement of the parenting and life skills needed for a healthy and happy childbearing and childrearing experience. The program is a no cost, voluntary for parents-to-be and parents with children under the age of four.

Event: **Wear Orange in Support of Teen Dating Violence Awareness**

Date: Tuesday, 11 February

Time: All day

Place: JBAB Fitness Center

Call for more information or to register: 202-767-0450

Description: Wear orange to show solidarity with young people and to support healthy relationships!

PARENTING CLASSES & EVENTS

Event: Dodge Dating Violence

(Teen Dating Violence Awareness)

Date: Friday, 22 February

Time: 11:00 am - 1:00 pm

Place: Joint Base Anacostia-Bolling Fitness Center

Call for more information or to register: 202-767-0450

Description: Parents vs Teens Dodgeball in Support of Teen Dating Violence Awareness

Event: Parenting: Dealing with Challenging Behaviors

Date: Tuesday, 25 February

Time: 1:00 pm - 2:30 pm

Date: Tuesday, 17 March

Time: 10:00 am - 11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Participants will learn to understand the challenging behaviors of young children and practice techniques to help them cope when these behaviors arise.

— OFFICIAL GUIDELINES FOR LEAVING KIDS — **HOME ALONE** On Joint Base Myer—Henderson Hall

GUIDELINES FOR LEAVING KIDS HOME ALONE

Age of Child	Supervision Level	May be left alone at home	Left alone over-night	Left alone in a vehicle	Left outside playing alone
0-10 YEARS OLD	DIRECT SUPERVISION	No	No	No	No
11 YEARS OLD	MONITORED CARE	Yes. Up to 3 hours alone with ready access to adult supervision.	No	No	Yes, with access to adults.
12-13 YEARS OLD	MONITORED CARE	Up to 6 hours alone with ready access to adult supervision.	No	Yes. No more than 15 min. with keys removed.	Yes
14-15 YEARS OLD	SELF CARE	Yes, but not overnight.	No	Yes	Yes
16+ YEARS OLD	SELF CARE	Yes	Yes, but not more than 2 consecutive nights. Indirect supervision recommended.	Yes	Yes

LEVELS OF SUPERVISION DEFINITIONS

DIRECT SUPERVISION: Adult Supervision at all times.

MONITORED CARE: An adult is aware of child's location and activities during out of school hours. An emergency contact is available at all times.

SELF CARE: Parent must assess child's ability to be in self care and know how to access adults in an emergency situation.

Remember these are Guidelines only:

A child with a history of ADHD, ADD, developmental delay, behavioral problems, impulsivity, psychiatric problems, medical problems or other impairments should not be given the degree of self-management & responsibility. Talk to the child's doctor about their recommendations.

Always have a safety plan in place with emergency numbers & basic home safety rules.

GUIDELINES FOR BABYSITTING

AGE OF SITTER	REQUIREMENTS
Age 13	Yes. Must be 13 years of age (babysitting course required) & access to adults.
Ages 14-15	Yes. Babysitting course (highly recommended) & access to adults.
Ages 16-18	Yes. Babysitting course (highly recommended) & access to adults.

Joint Base Myer-Henderson Hall Family Advocacy Program jbmhh.armymwr.com



PARENTING CLASSES & EVENTS

Quantico

Event: Co-Parenting Seminar

Date: Tuesday, 25 February

Time: 9:00 am – 3:30 pm

Place: 24009 Montezuma Avenue, Cox Hall, MCB Quantico

Call for more information or to register: 703-784-2570

Description: One-day class offered for parents that are divorcing or separating. Workshop is child focused and discusses ages and stages of development; how to develop a co-parenting relationship. This workshop meets the Virginia State Court requirement for child custody. Open to all military, retirees and dependent ID card holders; Registration highly encouraged.

Event: Triple P (Positive Parenting Program) for Teens (ages 12-16)

Date: Tuesday, 4 February

Time: 9:00 am – 12:30 pm

Place: 2134 Barnet Avenue, Little Hall, MCB Quantico

Call for more information or to register: 703-784-2570

Description: Teen Triple P gives parents specific information to promote their teenager's development, reduce problem behaviors, and help them minimize or avoid risky situations with peers and in the community that may compromise teen's health and emotional well-being. Open to all military, retirees and dependent ID card holders; Registration highly encouraged.

Event: Triple P (Positive Parenting Program) Seminar (ages 0-12)

Date: Wednesday, 12 February

Time: 9:00 am – 12:30 pm

Place: 2134 Barnet Avenue, Little Hall, MCB Quantico

Call for more information or to register: 703-784-2570

Description: Triple P Seminar Series gives parents simple tips to help manage the big and small problems in life. This 3 part series will cover the following topics: 1) The Power of Positive Parenting; 2) Confident, Competent Children; and 3) Raising Resilient Children. Open to all military, retirees and dependent ID card holders; Registration highly encouraged.

TIRED OF FAMILY DRAMA? WISH YOUR KIDS WOULD LISTEN BETTER?

**ADAPT TEACHES SKILLS THAT HELP PARENTS
FEEL MORE EFFECTIVE AND BE LESS REACTIVE**



The ADAPT study on Joint Base Myer-Henderson Hall is recruiting Active Duty families who have experienced at least one deployment in the last 5 years and have a child between the ages of 5-12 years old.

For more information or to sign up, visit our website at ADAPT4U.umn.edu or your installation POC, Meagan, at 612-257-1164 or at mmckissi@umn.edu



AFTER DEPLOYMENT ADAPTIVE PARENTING



UNIVERSITY OF MINNESOTA
Driven to Discover™

PARENTING CLASSES & EVENTS



MARINES
THE FEW. THE PROUD.



WHAT IS IT?

Triple P gives parents simple tips to help manage the big and small problems of family life. With problems like toddler tantrums or teenage rebellion, self esteem issues, bedtime battles, disobedience, and aggression, Triple P can help you deal with them all and more! Positive parenting is a great way to parent. Children who grow up with positive parenting do well at school. They make friends easily. They feel good about themselves, and they're also less likely to have behavioral or emotional problems when they get older.

WHERE TO GO:

THIS SEMINAR IS OFFERED AT LITTLE HALL AND AT COX HALL (CAMP BARRETT/TBS).

FOR MORE INFORMATION OR TO REGISTER FOR UPCOMING WORKSHOPS, CALL 703.784.2570.

Occasionally an event needs to be rescheduled due to low enrollment, schedule conflicts or other reasons. MCCS Behavioral Health staff will notify the participants the day before any cancellation.

THE BENEFITS



Create a stable, supportive, harmonious family environment



Teach children the skills they need to get along with others



Take care of yourself as a parent



www.quantico.usmc-mccs.org

EXCEPTIONAL FAMILY MEMBER PROGRAM

The EFMP supports military families with special medical and / or educational needs and consists of three Components.

The EFMP guidance is outlined in DoD Instructions (DoDis) 1315.19 and 1342.22 and Service-level policy.

EFMP Components

Identification / Enrollment
of a family member with special medical and / or educational needs.

Assignment Coordination
ensures special needs are considered during the assignment process.

Family Support assists families in identifying and accessing community resources and services.

EFMP Family Support staff can provide appropriate support for the unique considerations and qualities of the special needs community.

**TRICARE/JH,
SPECIAL ED**

**CASE
MANAGEMENT**



Provide information and referral services for military and community resources.



Assist families in navigating medical and education programs and resources, and how to apply for benefits and entitlements.



Facilitate "warm handoffs" for families traveling to new locations.



Provide non-clinical case management, including individualized services plans.



Offer opportunities for families with special needs to connect.

RESOURCES

**WARM
HAND-OFF**

**SUPPORT
GROUPS,
TRAINING**

EFMP Directory

Joint Base Myer - Henderson Hall

USMC: Davina Hardaway 703-693-5353

USA: Muriel Williams 703-696-0783

Joint Base Andrews

USAF: Portia Jackson & Adrienne Barnett

301-981-1967

Pentagon (Rm 5c1049)

USAF: Diana Caicedo 703-697-2790

Joint Base Anacostia — Bolling

USAF: Margarita Mason 202-767-0450

USN: Dana Jones-Meggett, PhD 202-433-6235

Quantico

USMC: Dwayne Evans 703-784-9395

Fort Meade

USA: Michelle Tornebene 301-67768502



EXCEPTIONAL FAMILY MEMBER PROGRAM

Ask your EFMP Family Support Office about the DD Form 3054, "Exceptional Family Member Program (EFMP) Family Needs Assessment"



WHAT IS THE DD FORM 3054?



A tool that guides the family needs assessment process by which the EFMP Family Support provider, in partnership with the family, assesses, documents, and prioritizes the unique needs of the family.

The DD Form 3054 supports consistent, enhanced, and continuous EFMP Family Support and has three sections:

01

FAMILY NEEDS ASSESSMENT

Organizes family information and contains open-ended questions to help the EFMP Family Support provider gain an understanding of a family's needs.

02

FAMILY SERVICES PLAN

Outlines strengths-based and family-centered goals and strategies to help a family meet goals and objectives, as mandated by the NDAA 2010.

03

INTER-SERVICES TRANSFER SUMMARY (ISTS)

Documents current needs and goals to enhance a warm hand-off with a gaining sister-Service EFMP Family Support Office to maintain continuity of services.

WHEN SHOULD THE DD FORM 3054 BE COMPLETED, AND WHO COMPLETES IT?

A family can request a DD Form 3054 when they want more than Information & Referral (I&R) from EFMP Family Support.

The EFMP Family Support provider completes the DD Form 3054 through collaboration with families.

The DD Form 3054 is a living document and can be updated to reflect a family's changing needs.



WHAT COMES NEXT?

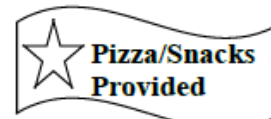
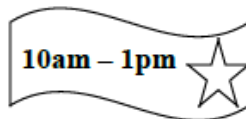


Visit your local installation EFMP Family Support Office to learn more about the DD Form 3054, and how it can help your family!



EXCEPTIONAL FAMILY MEMBER PROGRAM

Prince William County Public Schools



The Arc of Greater Prince William

A celebration of the many contributions made by brothers and sisters of kids with special needs!

For siblings ages 8–12 years!

When a child has a disability, the entire family is affected. *Sibshops* provide support and guidance to siblings of children with disabilities. Siblings are encouraged to share the challenges and celebrate the joys with brothers and sisters in similar situations. *Sibshops* are lively, action packed workshops that reflect the belief that brothers and sisters have much to offer one another, if they are given a chance. The *Sibshops* model mixes information and discussion activities with new games (designed to be unique, off-beat, and appealing to a wide ability range). *Sibshops* are run by a team of adults who have professional and, in some cases, a personal understanding of the impact a child's disability can have on brothers and sisters of that child.



**Monday, January 27, 2020
Beville Middle School
4901 Dale Boulevard
Woodbridge, VA 22193**

\$5.00 per child (\$10.00 maximum per family)



Pre-registration is required in order to attend and is limited to 20 participants. Payment is expected at time of registration. Registration ends at 3 p.m. on Thursday, January 3. Please see the accompanying registration form for details. Foreign language interpretation is available with a week's notice. For further information, contact The Arc of Greater Prince William at 703.670.4800 or email jrussell@arcgpw.org.



Prince William County
PUBLIC SCHOOLS
Providing A World-Class Education



Joint Base Myer- Henderson Hall

Event: **Early Intervention Overview**

Date: Tuesday, 4 February

Time: 11:30 am – 12:30 pm

Place: Henderson Hall, Bldg. 12 Conference Room

Call for more information or to register: 703-693-5353

Description: From birth to 5 years, a child should reach milestones in how he/she plays, learns, speaks, and acts.

A delay in any of these areas could be a sign of a developmental problem. Learn how to spot developmental delays and what to do if you have a concern about your child.

Event: **EFMP: Paint & Ponder**

Date: Saturday, 8 February

Time: 12:00 pm - 2:00 pm

Place: Fort Belvoir USO

Call for more information or to register: 703-693-5353 or 703-696-0783

Description: This event is open to EFMP-enrolled families. Adults only. Come and paint with us and share your resources and stories with other EFMP families.

EXCEPTIONAL FAMILY MEMBER PROGRAM

Event: **EFMP Outreach at Dumfries Health Center**

Date: Thursday, 13 February

Time: 10:00 am – 1:00 pm

Place: Dumfries Health Center

Call for more information or to register: N/A

Description: Come by to chat with your EFMP family support staff. Ask us questions and get some resources.

Event: **Special Education Overview**

Date: Tuesday, 18 February

Time: 11:30 am – 12:30 pm

Place: Henderson Hall, Bldg. 12 Conference Room

Call for more information or to register: 703-693-5353

Description: Are you new to the special education arena or just in need of a refresher on the basics of special education? Join us for a workshop on the need-to-know information on the special education process in order for you to be the best advocate for your child.

Event: **Marriage While Caring for Your Family Member with Special Needs**

Date: Wednesday, 19 February

Time: 11:30 am – 1:00 pm

Place: Pentagon Library & Conference Center Room B9

Call for more information or to register: 703-693-5353 or 703-696-0783

Description: Caring for your family member with special needs can take a toll on your relationship. Come to this workshop to learn how to continue to work together and put your relationship first.

Event: **EFMP Special Needs Forum on Facebook Live**

Date: Tuesday, 25 February

Time: 12:00 pm – 12:30 pm

Place: <https://www.facebook.com/mccsHH/>

Description: Henderson Hall EFMP will be hosting a Special Needs Forum on Facebook Live. The forum is open to all sponsors and family members and will address issues and concerns dealing with the EFMP community. This forum is an opportunity to address concerns, problem solve, and seek resolution with appropriate base community partners dealing with EFMP policies, procedures, and facilities. Visit: <https://www.facebook.com/mccsHH/>

Event: **EFMP Outreach at Fairfax Health Center**

Date: Thursday, 27 February

Time: 10:00 am – 1:00 pm

Place: Fairfax Health Center

Description: Come by to chat with see your EFMP family support staff. Ask us questions and get some resources.

Event: **Managing Deployments**

Date: Tuesday, 10 March

Time: 11:30 am – 12:30 pm

Place: Henderson Hall Bldg. 12 Conference Room

Call for more information or to register: 703-693-5353

Description: Join us for a brief about how to prepare for deployment. Learn about the resources and supports available for your family through your EFMP office.

Event: **EFMP Outreach at Walter Reed**

Date: Thursday, 12 March

Time: 10:00 am – 1:00 pm

Place: America Building, Walter Reed National Military Medical Center

Call for more information or to register: N/A

Description: Come by to chat with your EFMP family support staff. Ask us questions and get some resources.

Event: **Establishing Permanent Dependency**

Date: Tuesday, 24 March

Time: 11:30 am – 12:30 pm

Place: Henderson Hall, Bldg. 12 Conference Room

Call for more information or to register: 703-693-5353

Description: Learn what the basic qualifying criterion is for establishing an incapacitation status for a child within the Defense Enrollment Eligibility Reporting System (DEERS). Learn what a dependency determination is and what documentation is needed. Learn what the ID card processing procedures are for incapacitated children over age 21.

Event: **Parenting Your Child with Special Needs**

Date: Thursday, 26 March

Time: 11:30 am – 1:00 pm

Place: Pentagon Library & Conference Center Room B9

Call for more information or to register: 703-693-5353 or 703-696-0783

Description: Parenting can be difficult. Parenting a child with special needs is compounded with learning about their disability, working with schools and doctors, and considering their future. Come to this workshop to get support and learn about resources.

Joint Base Anacostia Boiling

Event: **Exceptional Family Member Liaison**

Date: By Appointment

Time: Duty Hours

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Information and resources on the Exceptional Family Member Program.

EXCEPTIONAL FAMILY MEMBER PROGRAM

**Developmental
Behavioral
Pediatrics**



**Fort Belvoir
Community
Hospital**

Please join us for our

Autism Resource Clinic (ARC)

Date: First Thursday of the first full week of each month
Check-In: 7:30 Pediatrics, River, Floor 1, Reception 3
Time/Location: 8:00 AM-noon/location in hospital varies

Note: All military parents/guardians of children with Autism Spectrum Disorder are invited to attend the Fort Belvoir Community Hospital Autism Resource Clinic.
Call 571.231.1066 to schedule an appointment with ARC.

ARC is held on the first Thursday of the first full week of each month (time and location may change). There will be a variety of local experts from medical, local schools, military, and the community to provide a plethora of resources for newly diagnosed families, newly relocated families, and families that just need more support. Children are not allowed to attend as this is a resource clinic for parents/guardians only.

For more information please contact:
 Jennifer Hensley, DNP, CPNP, PMHS
 Carol Bruch, RN, 571.231.1027

One Autism Team Caring for Exceptional Military Dependents to Transform Autism Care at Belvoir Hospital!



01283-02-13-2019

EXCEPTIONAL FAMILY MEMBER PROGRAM



Autism Resource Clinic (ARC) 2019

All military parents/guardians of children with Autism Spectrum Disorder are invited to attend the Fort Belvoir Community Hospital Autism Resource Clinic. Call 571.231.1015 to schedule an appointment with ARC.

ARC IS HELD ON THE FIRST THURSDAY OF THE FIRST FULL WEEK OF EACH MONTH. THERE WILL BE A VARIETY OF LOCAL EXPERTS FROM MEDICAL, LOCAL SCHOOLS, MILITARY, AND THE COMMUNITY TO PROVIDE A PLETHORA OF RESOURCES FOR NEWLY DIAGNOSED FAMILIES, NEWLY RELOCATED FAMILIES, AND FAMILIES SEEKING ADDITIONAL SUPPORT. CHILDREN ARE NOT ALLOWED TO ATTEND AS THIS IS A RESOURCE FOR PARENTS/GUARDIANS ONLY.

DATE	CHECK-IN PEDIATRICS	TIME	LOCATION
November 7, 2019	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
December 5, 2019	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
January 9, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
February 6, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
March 5, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
April 9, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
May 7, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
June 4, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
July 9, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
Aug 6, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
September 17, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
October 8, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901
November 5, 2020	0800	0830-1230	FBCH, Sunrise, Medical Library S1.901

For more information please contact:
Jennifer Hensley, DNP, CPNP, PMHS
Carol Bruch, RN, 571.231.1027

*One Autism Team Caring for Exceptional Military Dependents to ...
Transform Autism Care at Belvoir Hospital!*

HOME, HEALTH & MARRIAGE ENRICHMENT



Married and Loving IT!

WHAT IS IT?

Married and loving it! teaches relationship building skills through a series of five classes for couples; helping them strengthen their relationship and develop a happy, healthy marriage.

OUR PHILOSOPHY

Couples can learn skills to assist them in developing a healthy relationship while preventing the deterioration of marital quality. Marriage education is an effective way to teach couples how to develop skills needed to establish a healthy relationship.

February 11
9 AM - 4 PM
Little Hall/FAP Classroom 2
TO REGISTER, CALL
703.784.2570



Set the stage for 2020 Valentine's Day. This one-day workshop gives couples tools to strengthen their relationship and develop a happy, healthy marriage. Topics of discussion include: communication, finances, anger, conflict management, and handling everyday decisions. Couples that learn together, excel together.

WHO IS IT DESIGNED FOR?

- **SINGLE**
- **ENGAGED**
- **NEWLYWED**
- **MARRIED**
- **SEPARATED**
- **CONSIDERING RE-MARRIAGE**



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HOME, HEALTH & MARRIAGE ENRICHMENT

Joint Base Myer- Henderson Hall

Event: **5 Love Languages**

Date: Thursday, 13 February

Time: 9:30 am - 11:30 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: Learn about the 5 Love Languages and discuss ways to keep your partner's "love tank" full. Each participant will receive a copy of The Five Love Languages by Gary Chapman. Registration required

Event: **Marriage While Caring for Your Family Member with Special Needs**

Date: Wednesday, 19 February

Time: 11:30 am – 1:00 pm

Place: Pentagon Library & Conference Center Room B9

Call for more information or to register: 703-693-5353 or 703-696-0783

Description: Caring for your family member with special needs can take a toll on your relationship. Come to this workshop to learn how to continue to work together and put your relationship first

Event: **Seven Principles for Making Marriage Work**

Date: Thursdays, 20 & 27 February

Time: 9:30 am - 11:30 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: Based on Dr. John Gottman's book "The 'Seven Principles for Making Marriage Work,'" this class teaches the warning signs of a troubled marriage and the steps to take to repair your relationship. Registration required.

Fort Belvoir

Event: **5 Love Languages**

Date: Tuesday, 11 February

Time: 6:00 pm - 9:00 pm

Place: ACS Building 5965 6th Street Bldg.

1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Understand how to improve relationships by learning to speak other love languages. This class is based on the book, "The 5 Love Languages", by Dr. Gary Chapman.

Event: **Relaxation and Stress Relief**

Date: Thursday, 27 February

Time: 11:00 am - 12:30 pm

Place: ACS Building 5965 6th Street Bldg.

1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: An introduction to stress and the impact of poorly managed stress on one's personal and work life. This course identifies various types of coping strategies and participants will develop their personal plan of action for relaxation and stress relief.

Event: **After the Storm (Part 1)**

Date: Monday, 23 March

Time: 7:00 pm - 9:00 pm

Place: ACS Building 5965 6th Street Bldg.

1263 Fort Belvoir, VA 22020

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: In this workshop, participants will learn the causes of infidelity, types of infidelity and how it affects the relationship.

Event: **Rules of Engagement**

Date: Wednesday, 25 March

Time: 7:00 pm - 9:00 pm

Place: ACS Building 5965 6th Street Bldg.

1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: This workshop is designed to improve communication, resolve conflict, and establish new talking and listening habits that can make your relationship fun and passionate again. An intimate dinner will be provided.

Event: **After the Storm (Part 2)**

Date: Tuesday, 31 March

Time: 7:00 pm - 9:00 pm

Place: ACS 5965 6th Street Bldg.

1263 Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Participants will learn to recover from infidelity, whether that means remaining in the relationship or leaving.

HOME, HEALTH & MARRIAGE ENRICHMENT

Joint Base Anacostia Boiling

Event: **Couples Communication**

Date: Thursday, 6 February

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Does your style of communicating help or hinder your relationships? Communication is more than just the words you speak. This workshop will teach you what effective communication is, how to achieve it, and roadblocks to avoid so you can accomplish what you want from your communication.

Event: **Effective Communication**

Date: Monday, 10 February & 23 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Does your style of communicating help or hinder your relationships? Communication is more than just the words you speak. This workshop will teach you what effective communication is, how to achieve it, and roadblocks to avoid so you can accomplish what you want from your communication.

Event: **Marriage and Money**

Date: Thursday, 13 February

Time: 9:00 am - 10:00 am & 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Marriage and Money is a course that is intended to provide awareness for married couples and those intending to get married on the importance of effective preparation, communication and collaboration in achieving financial fitness and reaching financial goals.

Event: **Keeping Your Marriage Strong**

Date: Monday, 10 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Keeping a marriage strong takes work and dedication. This class will discuss marriage expectations, communication, conflict resolution, money matters, and how to remain close over the years.

Event: **Marriage and Money**

Date: Tuesday, 10 March

Time: 2:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Marriage and Money is a course that is intended to provide awareness for married couples and those intending to get married on the importance of effective preparation, communication and collaboration in achieving financial fitness and reaching financial goals.

Event: **Assertiveness Training**

Date: Wednesday, 18 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: The main objective of this course is to help participants learn assertive communication skills.

Quantico

Event: **Within My Reach**

Date: Tuesday, February 11, 2020

Time: 9:00 am - 4:00 pm

Place: 24009 Montezuma Avenue, Cox Hall, MCB Quantico

Call for more information or to register: 703-784-2570

Description: Within My Reach helps participants attain relationship success for themselves. Curriculum covers 15 topics, which include Knowing Yourself First, Hidden Issues, Your Relationship Vision, Smart Communication, etc. Participants attend this class by themselves (they can be single, engaged or married, but will attend it by themselves). Open to all military service members, retirees and dependent ID card holders; Registration highly encouraged.



VETERANS RETIREMENT TRANSITION ASSISTANCE

Joint Base Anacostia Boiling

Event: **Managing Your (MY) Transition Initial Self-Assessment**

Date: Every Wednesday

Time: 8:00 am - 3:00 pm (BY APPOINTMENT)

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: The mandatory Initial Self-Assessment and Individual Transition Plan (ITP) are tools to help reflect your personal circumstances, needs and transition goals, as well as the deliverables needed for you to meet your Track and Career Readiness Standards.

Event: **Managing Your (MY) Transition Capstone**

Date: Every Thursday

Time: By Appointment

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Capstone is the culmination and mandatory component of the Transition Readiness Seminar (TRS) process. Commanders, or commanders' designees, verify that service members have met the Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP). You must have an Appointment.

Event: **VFW Medical Record Reviews**

Date: Every Friday by Appointment

Time: 8:00 am - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: As the largest organization of combat veterans, the VFW understands the frustrations that can arise when filing a claim with the Department of Veterans Affairs. The claims process can be confusing and one that service members and veterans shouldn't try to navigate alone. That's why the VFW's National Veterans Service (NVS) was created. NVS consists of a nationwide network of service officers who are experts in dealing with the claims process and help thousands of veterans cut through the bureaucratic red tape every year.

YOU MUST HAVE AN APPOINTMENT.

Event: **Disabled Transition Assistance Program (DTAP)**

Date: Friday, 7 February

Time: 9:00 am - 10:30 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This briefing will focus on various veteran benefits that apply to those who suspect they have a service-connected disability, injury, or illness that was aggravated by service. The briefing will provide information on Vocational Rehabilitation, Employment and much more.

Event: **Managing Your (MY) Transition 2-day Track Accessing Higher Education 2-day**

Date: Thursday & Friday, 13 & 14 February

Time: 8:00 am - 4:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: During this two-day seminar, you will learn about the resources available to assist you in pursuing a Higher Education Degree. Focusing on college selection, goal setting, application process, financial aid and the GI Bill. All transitioning service members considering a degree are encouraged to attend.

Event: **VSO Pre-Discharge Claim Briefing**

Date: Fridays, 14 & 28 February; 13 & 27 March

Time: 11:00 am - 1:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: If you have an illness or injury that you believe was caused-or made worse-by your active duty service, you can file a claim for disability benefits days before you leave the military. Find out how to file a claim through the Benefits Delivery at Discharge (BDD) program-and what to do if you have less than 90 days left on active duty.

Event: **Retirement Benefits Brief**

Date: Fridays, 21 February & 20 March

Time: 8:00 am - 11:30 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Briefings on entitlements and services for those transitioning from the military.

Event: **VA I & II Brief**

Date: Monday, 16 March

Time: 8:30 am - 2:30 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This brief is for individuals who would like to repeat the VA portion of TGPS or who are exempt from the DOLEW but still have the VA requirement for Transition.

VETERANS RETIREMENT TRANSITION ASSISTANCE

Event: **Marketing Yourself for a Second Career**

Date: Wednesday, 18 March

Time: 9:00 am - 12:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Hear from MOAA on a variety of topics including understanding your competition in the job hunt, crafting powerful resumes, cover letters, and broadcast letters, recognizing how employers read your resume, how to network and penetrate the hidden job market, prepare for and conduct a successful interview, negotiating your salary and benefit packages as well as overcoming rejection. This session is geared towards transitioning military members and their spouses.



FINANCIAL READINESS

Joint Base Anacostia Boiling

Event: **Car Buying Strategies**

Date: Thursday, 6 February

Time: 9:00 am - 10:00 am & 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Purchasing a vehicle is a large investment that can have a significant impact on an individual's short-term and long-term financial circumstances. Because purchasing a car can be a complex process, it is important that buyers understand the specific steps involved in making a wise purchase.

Event: **Developing Your Spending Plan**

Date: Thursday, 6 February

Time: 10:00 am - 11:00 am & 2:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Developing Your Spending Plan is a course that provides the background and tools to help learners develop financial goals and a written plan to achieve those goals.

Event: **Credit Management**

Date: Thursday, 6 February

Time: 11:00 am - 12:00 pm & 3:00 pm - 4:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Credit Management is a course to help learners establish and maintain good credit and avoid excessive debt.

Event: **Marriage and Money**

Date: Thursday, 13 February

Time: 9:00 am - 10:00 am & 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Marriage and Money is a course that is intended to provide awareness for married couples and those intending to get married on the importance of effective preparation, communication and collaboration in achieving financial fitness and reaching financial goals.

Event: **Family Financial Planning**

Date: Thursday, 13 February

Time: 10:00 am - 11:00 am & 2:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Family Financial Planning is a course that illustrates the costs involved in starting a family, or adding to your existing family, and emphasizes the need for preparing financially to cover those costs.

Event: **Raising Financially Fit Kids**

Date: Thursday, 13 February

Time: 11:00 am - 12:00 pm & 3:00 pm - 4:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,
Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Raising Financially Fit Kids is a course designed to help parents learn how to teach their children sound financial management skills.

FINANCIAL READINESS

Event: **Consumer Awareness**

Date: Thursday, 20 February

Time: 9:00 am - 10:00 am & 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Consumer Awareness course focusing on deterring, detecting and defending against consumer fraud in the marketplace.

Event: **The Thrift Savings Plan**

Date: Thursday, 20 February

Time: 10:00 am - 11:00 am & 2:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: The Thrift Savings Plan is a course designed to provide detailed information on the Thrift Savings Plan (TSP) and to help learners understand how TSP can contribute to financial security during retirement.

Event: **Saving and Investing**

Date: Thursday, 20 February

Time: 11:00 am - 12:00 pm & 3:00 pm - 4:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Saving and investing is a course designed to develop the knowledge and skills that will enable learners to achieve their saving and investing goals.

Event: **Money and the Move**

Date: Tuesdays, 25 February & 24 March

Time: 11:00 am - 12:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Relocating due to a permanent change of station (PCS) assignment can be exciting, but it can also be expensive. Even though the government provides relocation allowances, many families find that a move puts a strain on their budget. This course targets active-duty service members and their spouses who are relocating due to reassignment or transition.

Event: **Renting**

Date: Thursday, 27 February

Time: 9:00 am - 10:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Renting is a course designed to increase the knowledge and comfort level of first-time renters, and to

serve as a refresher for repeat renters.

Event: **Your Insurance Needs**

Date: Thursday, 27 February

Time: 10:00 am - 11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Your Insurance Needs is a course designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on typical types of insurance and their personal insurance needs.

Event: **Command Financial Specialist (CFS) Training**

Date: 2-6 March

Time: 8:00 am - 4:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Command Financial Specialists training include how to establish, organize and administer the command's personal financial management (PFM) program. You must be selected by your command to attend this class.

Event: **Personal Financial Management Quarterly Area-Wide Awareness Forum**

Date: Friday, 6 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: In accordance with OPNAVINST 1740-5D, this open financial forum is to discuss personal financial issues, training on new developments, initiatives, or specific topics of interest. Command Financial Specialists are required to attend periodic forums. Senior Enlisted Advisors and Command Career Counselors are highly encouraged to attend.

Event: **Marriage and Money**

Date: Tuesday, 10 March

Time: 2:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Marriage and Money is a course that is intended to provide awareness for married couples and those intending to get married on the importance of effective preparation, communication and collaboration in achieving financial fitness and reaching financial goals.

FINANCIAL READINESS

Event: **Banking & Financial Services**

Date: Thursday, 12 March

Time: 9:00 - 10:00 am & 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Banking and Financial Services course is designed to provide young service members and family members with an understanding of personal banking and financial services.

Event: **Home Buying**

Date: Thursday, 12 March

Time: 10:00 am - 11:00 am & 2:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Buying a house is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

Event: **Paying for College**

Date: Thursday, 12 March

Time: 11:00 am - 12:00 pm & 3:00 pm - 4:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW,

ARMY EMERGENCY RELIEF PROGRAM

703 696-8435

AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." AER financial assistance is conducted within the Army structure by mission commanders & garrison commanders through AER Sections located at U.S. Army Installations worldwide.

Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Paying for College is a course providing information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

Employment READINESS

Joint Base Anacostia Boiling

Event: **Acing the Interview**

Date: Tuesday, 4 February

Time: 9:00 am - 11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: An interview is all about selling yourself to get the job. In this seminar, you will learn about topics essential to all job seekers such as how to dress to impress and how to answer the tough questions with guidance from an industry expert.

Event: **Basic Resume**

Date: Tuesday, 18 February & 17 March

Time: 9:00 am - 11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Learn about the different types of resumes, the basic styles of writing resumes, and how to format and write resumes!

Event: **Federal Resume**

Date: Tuesday, 25 February & 24 March

Time: 9:00 am - 11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Whether you're a current federal employee or new to the Federal Government, your resume is the primary way for you to communicate your education, skills and experience. This course focuses on creating your federal resume.

Event: **Salary & Benefits Negotiation**

Date: Thursday, 19 March

Time: 9:00 am - 10:30 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Are you going through the interview process right now? We have the tips and tools you need to ace your next salary negotiation to get what you deserve.

DEPLOYMENT READINESS

Joint Base Anacostia Boiling

Event: **Hearts Apart**

Date: Tuesday, 11 February & 10 March

Time: 12:00 pm - 1:30 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This support group is for family members who have been separated because of military commitments. The focus of the group is to build friendships and ease the stress and demands on the family during times of separation. It is a place to feel connected with others in the same situation and share experiences and advice.

Event: **Predeployment Brief**

Date: By appointment

Time: Duty hours

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Information on preparing for a deployment. Call for an appointment.

Event: **Reintegration (Return & Reunion)**

Date: By appointment

Time: Duty hours

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Returning home from a deployment can be difficult. Discuss the factors that can make this transition a success. Call for an appointment

Event: **Ombudsman/ Key Spouses/**

Go2Spouse Assembly

Date: Thursday, 5 March

Time: 6:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Assembly meetings are an opportunity for command-appointed Ombudsman/Key Spouses/Go2Spouses to share ideas, obtain updated information, and receive training from area program and resource specialists. Command Leadership and their spouses are also encouraged to attend.

SUPPORT GROUPS, WORKSHOPS & EDUCATION

Joint Base Myer- Henderson Hall

Event: **Anger Management (8 Sessions)**

Date: Thursdays, 13, 20, 27 February

& 5, 12, 19, 26 March

Time: 1:30 pm – 3:30 pm

Place: Henderson Hall Bldg. 12

Call for more information or to register:

Candi Heinberger, 703-693-9146,

candi.heinberger@usmc-mccs.org

Description: This is an 8 session series that reviews 8 tools of anger management. The goal of this set of classes is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy and constructive ways in which to express frustrations.

Event: **Anger Management Toolkit (5 Sessions)**

Date: Tuesdays, 25 February - 24 March

Time: 9:30 am - 11:00 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: This in-depth five session curriculum was

designed to help regular people learn coping skills when they are beginning to fill overwhelmed and frustration more frequently. Together, we will explore the physiology of anger and how to express our concerns in an appropriate and respectful way. We will discuss triggers, coping, assertive communication and self-care. Registration required.

Event: **Stress Management**

Date: Thursday, 19 March

Time: 9:30 am - 11:30 am

Place: Army Community Service, 202 Custer Rd (Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: Individuals will receive information on emotions management and the impact of unmanaged stress as well as the basics of identifying stressors in their life and how to create their own stress management plan. Registration required.

Event: **Anger Management 101**

Date: Thursday, 26 March

Time: 9:30 am - 11:30 am

Place: Army Community Service, 202 Custer Rd

SUPPORT GROUPS, WORKSHOPS & EDUCATION

(Bldg. 201), Fort Myer, VA

Call for more information or to register: 703-696-3512

Description: Individuals will receive information on emotions management and the impact of unmanaged anger, as well as the basics of identifying stressors in their life and how to create their own anger management plan. Registration required.

Fort Belvoir

Event: **Single Parent Support Group**

Date: Tuesdays, 11 & 25 February

Time: 6:00 pm - 8:00 pm

Place: ACS Building 5965 6th Street Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Provides a great way to meet others who may be experiencing similar stressors. Support Groups can help you vent, connect and find solutions to issues you are working through.

Event: **Key Personnel Training**

Date: Thursday, 12 March

Time: 10:00 am - 11:00 am

Place: ACS Building 5965 6th Street Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7028 or fbfamilyadvocacy@gmail.com

Description: Designed for command leadership and civilian management personnel. This training will increase awareness of leaderships mandated roles and responsibilities when responding to allegations of child abuse and domestic violence.

Joint Base Anacostia Boiling

Event: **Stress Management**

Date: Tuesdays, 4 & 18 February, or 31 March

Time: 10:00 am - 11:00 am, or 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: The main objective of this interactive training is to help participants define stress and personalize the topic while learning coping tools.

Event: **Anger Management (3 sessions)**

Date: Thursdays, 13, 20, 27 February & 12, 19, 26 March

Time: 1:00 pm - 3:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This is a three 3-session course. Anger is a

normal feeling, but do you know what to do when the heat rises in a situation? In this class, you can learn about the patterns of angry behavior and a variety of acceptable coping strategies to handle those angry feelings. Learn healthy ways to express anger at work and at home.

Event: **Suicide Awareness & Prevention**

Date: Monday, 24 February

Time: 1:00 pm - 2:30 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Do you know what to do if someone tells you they want to take their own life? What do you say? Who do you call? Join us to learn how to recognize the warning signs of suicide, what resources are available, and how to teach others about suicide prevention. Help save a life.

Event: **Conflict Resolution**

Date: Monday, 9 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This workshop teaches participants to define conflict, as well as discover how they feel when faced with a conflict, how they normally react to conflict, the kind of coping techniques keep them calm in the face of conflict, and learn how to resolve it appropriately as it occurs.

Quantico

Event: **Within My Reach**

Date: Tuesday, 11 February

Time: 9:00 am - 4:00 pm

Place: 24009 Montezuma Avenue, Cox Hall, MCB Quantico

Call for more information or to register: 703-784-2570

Description: Within My Reach helps participants attain relationship success for themselves. Curriculum covers 15 topics, which include Knowing Yourself First, Hidden Issues, Your Relationship Vision, Smart Communication, etc. Participants attend this class by themselves (they can be single, engaged or married, but will attend it by themselves). Open to all military service members, retirees and dependent ID card holders; Registration highly encouraged.

SUPPORT GROUPS, WORKSHOPS & EDUCATION

Event: One-Day Stress Management

Date: Wednesday, 25 March

Time: 9:00 am – 4:30 pm

Place: MCB Quantico, Barber Physical Activity Center (2073 Barnett Avenue), Health Promotions Classroom

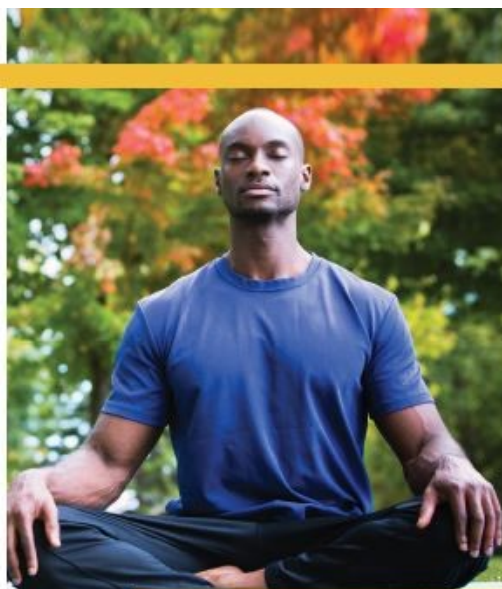
Call for more information or to register: 703-784-2570

Description: One-day stress management class. This workshop is a partnership between MCCA Behavioral

Health Program, Semper Fit and Marine Corps Family Team Building. Agenda includes: the stress cycle and active coping strategies, personal and professional conflicts, problem-solving, personality/temperament and how it impacts stress, nutrition, yoga and relaxation techniques and tips for improved sleep. Open to all military service members, retirees and dependent ID card holders; Registration highly encouraged.

ONE-DAY STRESS MANAGEMENT WORKSHOP

Brought to you by Behavioral Health, Marine Corps Family Team Building, and Semper Fit



The following topics and their role in managing your stress include:

- Stress cycle and active coping strategies
- Problem solving
- Personality assessment (nutrition, yoga, relaxation techniques, and tips for improved sleep)

**March 25
9 AM - 4 PM
BARBER PHYSICAL
ACTIVITY CENTER**

Open to all active duty, family members, retirees, and DoD civilians. **Space is limited.** Call 703.784.2570 or email quanticozap@usmc-mcca.org to learn more, pre-register, or discuss offering this workshop to your small group.

Weather permitting activities will be held both in classrooms and outside settings.



**FOR MORE INFORMATION CALL
703.784.2570**

RELOCATION READINESS

Fort Belvoir

Event: **Newcomers Orientation**

Date: Tuesdays, 11 & 25 February

Time: 9:00 am - 12:00 pm

Place: Community Center 10300 Taylor Rd. Fort Belvoir, VA 22060

Call for more information or to register: 571-231-7026

Description: Newcomers Orientation is an excellent opportunity to learn more about the Fort Belvoir Community and surrounding areas.

Joint Base Anacostia Bolling

Event: **Right Start**

Date: Wednesdays, 5 & 19 February; 4 & 18 March

Time: 7:30 am - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: For all new personnel to Joint Base Anacostia Bolling. Find out about the services, programs, and opportunities available on the installation.

Event: **Sponsor Training**

Date: Thursdays, 13 February & 12 March

Time: 9:00 am -10:30 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This program provides new sponsors the opportunity to gain important and updated information regarding the Washington, DC Metropolitan area in addition to getting answers to critical questions about sponsorship in general.

Event: **Smooth Move & Overseas Planning**

Date: Tuesdays 25 February & 24 March

Time: 9:00 am -11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to reduce relocation stress.

SURVIVOR OUTREACH



For information about this program, please contact
Kristi Pappas at
703-696-8846

PERSONAL GROWTH & VOLUNTEERISM

Joint Base Anacostia Boiling

Event: **Effective Communication**

Date: Monday, 10 February & 23 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: Does your style of communicating help or hinder your relationships? Communication is more than just the words you speak. This workshop will teach you what effective communication is, how to achieve it, and roadblocks to avoid so you can accomplish what you want from your communication.

Event: **Assertiveness Training**

Date: Wednesday, 18 March

Time: 1:00 pm - 2:00 pm

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: The main objective of this course is to help participants learn assertive communication skills.

Event: **Time Management**

Date: Tuesday, 24 March

Time: 10:00 am - 11:00 am

Place: MFSC/JBAB Bldg. 13, 118 Brookley Ave, SW, Washington, DC 20032

Call for more information or to register: 202-767-0450

Description: This class will help you examine how your time is spent and where changes can be made. You will learn tips for creating routines and schedules to better organize all of life's demands.



Photo Credit: Pixabay

STRESS MANAGEMENT

MAR 19

9:30 am - 11:30 am

Army Community Center
202 Custer Road,
Fort Myer, VA 22211

Call to Register: 703 696-3512

Participants will receive information on emotion management and the impact of unmanaged stress.



PERSONAL GROWTH & VOLUNTEERISM

FLEET & FAMILY SUPPORT SCHEDULING LINE

**With a simple call,
schedule appointments
or find out more
information for any
of our FFSC programs
within NDW on:**

Counseling, Deployment Support,
Workshops/Classes, EFMP,
Financial Guidance and more.

ONE CALL DOES IT ALL!

1-866-880-2379



The Navy's Fleet and Family Support Programs recognize that being in the military is a lifestyle that presents unique challenges and opportunities for service members and their families. Programs are designed to help make the most of military life. Workshops and seminars are open to active duty and retired military personnel, and their family members. Visit <https://www.cnic.navy.mil/regions/ndw.html> to find a workshop near you!

Life **YOU**niversity

Baby BUNDLES



Photo Credit: Pixabay



MAR 18

9:00 am - 12:00 pm

**ACS Classroom 202 Custer Rd
(Bldg. 201) Fort Myer, VA 22211**

Prepare your home and relationship for the changes that are needed when your baby arrives. A brief overview of the labor and delivery process, newborn care, and baby proofing your home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration required.

CALL TO REGISTER: 703-696-3512



JOINT BASE MYER - HENDERSON HALL ARMY COMMUNITY SERVICE, FAMILY ADVOCACY PROGRAM
JBMHH.ARMYMWR.COM

Life YOUiversity



PHOTO CREDIT: FOXABAY

JOINT BASE MYER - HENDERSON HALL

Play Morning

Hosted by The New Parent Support Program. Join us every Thursday morning for open play, structured activities, sing-along-songs with instruments, and story time for preschool children 0-5 years old. No registration necessary.

For more information:

703-614-7204 or 703-696-3512
jbmhh.armymwr.com or
www.mccshh.com/npsh.html

Every Thursday

Beginning: Sept. 12, 2019

10:00 am - 11:30 am

Henderson Hall Chapel

1555 Southgate Rd., Bldg. 29,
 JBM-HH, Arlington, VA 22214

(Located next to Navy Mutual Aid Association)



JOINT BASE MYER HENDERSON HALL FAMILY ADVOCACY PROGRAM

Life YOUiversity

What can a Military Family Life Counselor (MFLC) do for you and your family?

Military Families face unique challenges. They may struggle with issues such as stress related to deployment or Permanent Change of Station (PCS), reintegration, and pressures of managing parenting and finances during deployment. The Military Family Life Counselor program is designed to help individuals and families work through these daily life stressors by providing Non-Medical Counseling Services.

About Military Family Life Counselors

All Counselors providing services are Masters or Doctorate-level licensed counselors with backgrounds in Social Work and/or Psychology. They can work with individuals, families, couples and children to provide short term, non-medical counseling. Session content remains private and confidential, with the exception of child abuse, domestic abuse, and duty to warn situations. Counselors explain in detail all exceptions to confidentiality prior to beginning work with their clients.

Non-Medical Counseling Service

Counseling services provided to assist with Life Skills such as Anger management, Communication, Relationship issues, Conflict resolution, Parenting, and Decision-making skills. Counselors can also assist with Military Lifestyle concerns such as Deployment stress, Coping skills, Homesickness, Relocation adjustment, Reintegration, Separation, Building resiliency, or Sadness, grief and loss.

(Community Counseling Services provided for Active Duty, Retired Service Members and their families)

MILITARY FAMILY LIFE



THE MFLC PROGRAM AT A GLANCE

- Provides short-term, situational, problem-solving counseling to Service Members and their families.
- Provides psycho-education to help Service Members and their families understand the impact of deployments, family reunions following deployments and other stresses related to military life.
- MFLC counselors can provide individual, couples, and family counseling.
- MFLC counselors provide direct intervention to children, families, teachers and caregivers.
- Services can be provided on or off of military installations.
- Services are confidential and private.


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Fort Belvoir 703-488-0941 or 703-814-2399 or 703-389-5708	Joint Base Myer—Henderson Hall 571-733-0251 or 703-414-9885 or (Adults)	Pentagon 571-395-0408 or 571-395-0514
Fort Meade 301-751-7252 or 301-751-7093	CYB MFLC JBM-HH Cody Child Development Center 703-414-9886 or 571-775-9016 or 571-329-3130 (Child)	Fort Detrick 301-237-9487
MCB Quantico 703-414-9888	Andrews Air Force Base 301-232-8465	Joint Base Anacostia Bolling 202-494-7464

Life YOUiversity

Joint Base Myer-Henderson Hall Army Community Service Family Advocacy Program www.jbmhhMWR.com

Family Advocacy Program

The Family Advocacy Program focuses on building healthy relationships & building resiliency through prevention education.




Enrichment Classes

- Parenting
- Communication
- Conflict Management
- Anger Management
- Stress Management


New Parent Support Program

- In Home Visitations
- Bandy Bundles Class
- Baby Stages Class
- Play Mornings
- Community Connections

Victim Advocacy Program

- Crisis Intervention
- Safety Planning
- Victims Rights
- Assistance in securing Medical Treatment
- Court and Legal Accompaniment
- Referrals to military & civilian resources
- Domestic Violence Training.

For more information: **703-696-3512**



LIFE YOUIVERSITY IS PUBLISHED BI-MONTHLY

DO YOU HAVE A CLASS OR EVENT THAT YOU WOULD LIKE LISTED? CALL US. WE LOOK FORWARD TO HEARING FROM YOU.

JOINT BASE MYER—HENDERSON HALL
Family Advocacy Program
201 Custer Rd Fort Myer, VA 22211

Phone: 703-696-3512

Web: jbmhh.armymwr.com



Bases included in this publication:

FORT BELVOIR

Family Advocacy Program
9800 Belvoir Rd, Fort Belvoir, VA 22060
Phone: (703) 805-4590

FORT MEADE

Family Advocacy Program
2462, 85th Medical Battalion Ave, Fort Meade, MD 20755
Phone: (301) 677-4118

JOINT BASE MYER—HENDERSON HALL

Marine Family Advocacy Program
1555 Southgate Road, (Bldg. 12) Fort Myer, VA 22214
Phone: 703 614-7204

QUANTICO MARINE CORP BASE

Family Advocacy Program
Little Hall, Lower Level 2034 Barnett Ave., Quantico, VA
Phone: 703 784-2570

JOINT BASE ANACOSTIA-BOLLING

Family Advocacy Program
13 Brookley Ave, Washington, DC 20032
Phone: 202 767-0450

JOINT BASE ANDREWS

Family Advocacy Program
1191 Menoher Drive, Andrews AFB, MD 20762
Phone: (240) 857-9680