



The Fleet and Family Support Center Naval Support Activity Bahrain

August 2012 Class Schedule

Focus: Life Skills Education

Hours of Operation are: Sun-Thu, 0800-1600

On Base: 439-4046, Off Base: 1785-4046 or email the Center at ffsc.bahrain@me.navy.mil to register

Enrich Empower Educate

<https://cnic.navy.mil/Bahrain/FleetandFamily>



Operational Stress Control: *Your Command and Family Color Companion*

● **READY**

● **REACTING**

● **INJURED**

● **ILL**

Look for the following color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms.

		<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
● ●	Newcomer's Orientation (Base INDOC)	05-09 Aug	0800-1630	Multipurpose Room Freedom Souq
● ●	Relaxation Techniques	06 Aug	1000-1130	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes – Session I	08 Aug	1000-1100	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes – Session II	09 Aug	1000-1100	FFSC Annex, Trailer# 109
● ● ●	Anger Management	09 Aug	1330-1500	FFSC Annex, Trailer# 109
● ●	Arabic Language Classes – Session III	12 Aug	1000-1100	FFSC Annex, Trailer# 109
● ●	Resume Writing	12 Aug	0900-1030	FFSC Annex, Computer Lab, Trailer# 109
● ●	Arabic Language Classes – Session IV	13 Aug	1000-1100	FFSC Annex, Trailer# 109

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		DATE	TIME	LOCATION
● ●	Communication Skills	14 Aug	0900-1030	FFSC Annex, Trailer# 109
● ●	Interviewing Skills	15 Aug	0900-1030	FFSC Annex, Trailer# 109
● ●	Relationship Red Flag	16 Aug	1100-1200	FFSC Annex, Trailer# 109
● ●	Pre-Separation Transition Assistance Program	19-22 Aug	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
● ●	Resume Writing	23 Aug	0900-1030	FFSC Annex, Computer Lab, Trailer# 109
● ● ●	Stress Management	23 Aug	1000-1100	FFSC Annex, Trailer# 109
● ●	Newcomer's Orientation (Base INDOC)	26-30 Aug	0800-1630	Multipurpose Room Freedom Souq
● ●	Sponsor Training	27 Aug	1300-1400	FFSC Annex, Trailer# 109
● ●	Marriage 101 "Keeping it Real"	29 Aug	1000-1130	FFSC Annex, Trailer# 109
● ●	Gold Buying	30 Aug	1000-1100	FFSC Annex, Trailer# 109

FFSC's Customer Service Hours: Sunday-Thursday: 0800-1600

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