The Fleet and Family Support Center
Naval Support Activity Bahrain

April 2012 Class Schedule

Focus: ***April is Sexual Assault Awareness Month…***
Month of the Military Child and Child Abuse Prevention Month

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

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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.

		DATE	TIME	LOCATION
Green, Yellow	Newcomer's Orientation (Base INDOC)	01-05 Apr	0800-1630	Multipurpose Room, Freedom Souq
Green, Yellow	Transition, Education and Career Development Fair	03 Apr	0900-1600	Multipurpose Room, Freedom Souq
Green, Yellow	Arabic Language Classes- Session I (Morning Workshop)	04 Apr	1000-1100	FFSC Annex, Trailer# 109
Green, Yellow	Arabic Language Classes- Session I (Evening Workshop)	04 Apr	1630-1730	FFSC Annex, Trailer# 109
Green, Yellow, Red	Anger Management	05 Apr	0900-1100	FFSC Annex, Trailer# 109
Green, Yellow	Women in the Arab World	10 Apr	1000-1100	FFSC Annex, Trailer# 109
Green, Yellow	Cultural Diversity	10 Apr	1430-1630	FFSC Annex, Trailer# 109
Green, Yellow	Arabic Language Classes- Session II (Morning Workshop)	11 Apr	1000-1100	FFSC Annex, Trailer# 109
Green, Yellow	Arabic Language Classes- Session II (Evening Workshop)	11 Apr	1630-1730	FFSC Annex, Trailer# 109
Green, Yellow	Interviewing Skills	12 Apr	0900-1200	FFSC Annex, Trailer# 109
Green, Yellow	Pre-Separation Transition Assistance Program	15-18 Apr	0800-1630	FFSC Annex, Computer Lab, Trailer# 109
Green, Yellow	Gold and Pearl Buying	16 Apr	1600-1700	FFSC Annex, Trailer# 109

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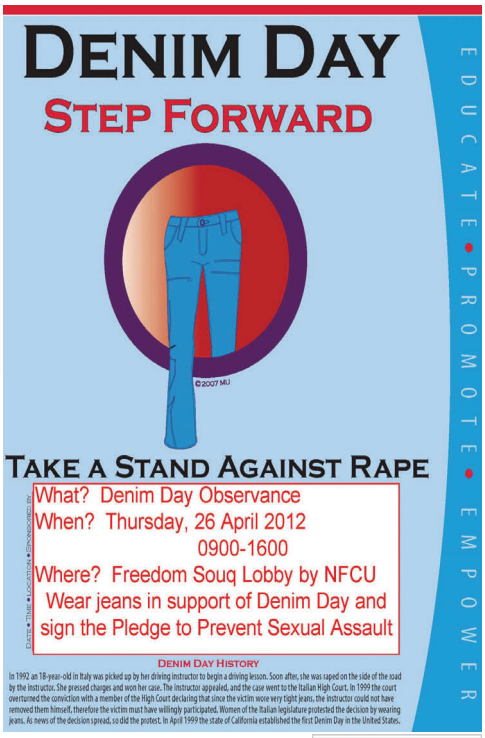
	Dealing with Children with Challenging Behaviors	17 Apr	1000-1100	FFSC Annex, Trailer# 109
	Smooth Move	17 Apr	1400-1600	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session III (Morning Workshop)	18 Apr	1000-1100	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session III (Evening Workshop)	18 Apr	1630-1730	FFSC Annex, Trailer# 109
	Financially Fit Kids	19 Apr	1530-1630	FFSC Annex, Trailer# 109
	Newcomer's Orientation (Base INDOC)	22-26 Apr	0800-1630	Multipurpose Room, Freedom Souq
	Parents Guide to Preventing Child Abuse	23 Apr	1000-1100	FFSC Annex, Trailer# 109
	Ages, Stages and Unique Challenges of Military Kids	25 Apr	1200-1300	NSA Library Bldg# 267
	Arabic Language Classes- Session IV (Morning Workshop)	25 Apr	1000-1100	FFSC Annex, Trailer# 109
	Arabic Language Classes- Session IV (Evening Workshop)	25 Apr	1630-1730	FFSC Annex, Trailer# 109
	Paying for College	26 Apr	1300-1500	FFSC Annex, Trailer# 109



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

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