

MILITARY

AND FAMILY SUPPORT CENTER

M-F 7:30-4:00

FEBRUARY 2019

CAUTION
Love Is
Not Abuse.

Learn the
warning signs
of dating abuse.

Talk to us. Help is available.

www.loveisrespect.org • text "loveis" to 22522
call 1-866-331-9474 • www.ffsp.navy.mil



Teen Dating Violence Awareness Month

Every year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. It is also known that 3 in 4 parents have never talked to their children about domestic violence. In light of these alarming facts, every year during the month of February advocates join efforts to raise awareness about dating violence, highlight promising practices, and encourage communities to get involved.

There are many resources available to provide information and support to victims and assist service providers and communities to decrease the prevalence of dating violence among young people. Anyone can make this happen by raising awareness about the issue, saying something about abuse when you see it and organizing your community to make a difference. Take Action!

<https://nrcdv.org/dvam/tdvam>

For more information on Dating Violence, contact the Military & Family Support Center at 202-767-0450.

Warning signs of Teen Dating Abuse

Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's unhealthy in one relationship may be abusive in another. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly pressuring someone to have sex

Parents: It's Time to Talk

Here are a few questions that parents and caring adults can use to start conversations about checking devices and social media with the young people in their life:

- Would you ever share your Instagram password with your partner? Why or why not?
- Have any of your friends had a partner who wanted to check their phone all the time? What did they do?
- Do any of your favorite TV or movie couples check each other's phones or social media without asking? How did that turn out for them?

<https://www.breakthecycle.org>

For more information on Dating Violence or to find out about Military & Family Support Center events, please call 202-767-0450



Special Financial Programs

Right Start for February

February 13

February 27

Personal Financial Management Quarterly Area-Wide Forum

February 1 • Noon-1:30

In accordance with OPNAVINST 1740-5D, this quarterly area-wide Personal Financial Management Forum is to discuss personal financial management issues. Senior Enlisted Advisors, Command Financial Specialists, and Command Career Counselors are highly encouraged to attend

Command Financial Specialist Refresher Training

February 1 • 1:30-3:00pm

Review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics.

Valentine's Day Relationship Enhancement

Couples Communication

February 14

9-10am

Money & Marriage

February 14

10-11am



One in three adolescents in the US is a victim of physical, sexual, emotional or verbal abuse from a dating partner.

#teendvmonth #endthecycle



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JB ANACOSTIA-BOLLING

MFSC FEBRUARY CLASS SCHEDULE

	DATE	TIME	LOCATION
DEPLOYMENT SUPPORT/SIGN-UP			
Pre-Deployment Brief (by Appointment)			
Reintegration (by Appointment)			
Hearts Apart Support Group	February 12	Noon-1:30pm	Bldg. 13
EXCEPTIONAL FAMILY MEMBER PROGRAM/SIGN-UP			
Exceptional Family Member Collaborator (by Appointment)			
EMPLOYMENT ASSISTANCE INFORMATION/SIGN-UP			
Federal Hiring Process	February 1	10am-3pm	Bldg. 13
Federal Resume 101	February 20	8:30am-Noon	Bldg. 13
Salary Negotiations	February 21	10am-Noon	Bldg. 13
Understanding the Federal SES Process & ECQ Writing	February 22	9:30-Noon	Bldg. 13
Resume Writing 101	February 27	8:30am-Noon	Bldg. 13
FAMILY EMPLOYMENT READINESS PROGRAM INFORMATION/SIGN-UP			
Family Employment Readiness Program	February 28	10am-Noon	Bldg. 13
GOLD STAR PROGRAM INFORMATION/SIGN-UP			
Gold Star Coordinator (by Appointment)			
LIFE SKILLS INFORMATION/SIGN-UP			
Internet Safety for Teens	February 4	1-2:30pm	Bldg. 13
Conflict Resolution	February 5	1-2pm	Bldg. 13
Anger Management (1 of 3)	February 7	1-3pm	Bldg. 13
Suicide Awareness & Prevention	February 11	1-2:30pm	Bldg. 13
Couples Communication	February 12	9-10am	Bldg. 13
Couples Communication	February 14	9-10am	Bldg. 13
Anger Management (2 of 3)	February 14	1-3pm	Bldg. 13
Dealing with Conflict & Confrontation	February 19	1-2pm	Bldg. 13
Anger Management (3 of 3)	February 21	1-3pm	Bldg. 13
Suicide Awareness & Prevention	February 25	1-2:30pm	Bldg. 13
Stress Management	February 26	1-2pm	Bldg. 13
OMBUDSMAN SUPPORT			
Ombudsman Assembly	February 7	6pm	Bldg. 13
PERSONAL FINANCIAL MANAGEMENT INFORMATION/SIGN-UP			
Personal Financial Management Area-Wide Quarterly Forum	February 1	Noon-1:30pm	Bldg. 13
CFS Refresher Training	February 1	1:30-3pm	Bldg. 13
Personal Financial Education			
Money and the Move	February 4	10-11am	Bldg. 13
Smart Transition Planning	February 4	11am-Noon	Bldg. 13
Personal Financial Education			
Credit Management	February 5	1-2pm	Bldg. 13
Car Buying Strategies	February 5	2-3pm	Bldg. 13
Renting	February 5	3-4pm	Bldg. 13
Personal Financial Education			
Thrift Savings Plan	February 12	1-2pm	Bldg. 13
Saving and Investing	February 12	2-3pm	Bldg. 13
Planning for Your Retirement	February 12	3-4pm	Bldg. 13
Marriage and Money	February 14	10-11am	Bldg. 13
Personal Financial Education			
Developing Your Spending Plan	February 19	1-2pm	Bldg. 13
Your Insurance Needs	February 19	2-3pm	Bldg. 13
Consumer Awareness	February 19	3-4pm	Bldg. 13
Personal Financial Education			
Marriage & Money	February 26	1-2pm	Bldg. 13
Family Financial Planning	February 26	2-3pm	Bldg. 13
Raising Financially Fit Kids	February 26	3-4pm	Bldg. 13
RELOCATION INFORMATION/SIGN-UP			
Right Start	February 13	7:30am-2pm	Bldg. 13
Sponsor Training	February 14	9-10:30am	Bldg. 13
Smooth Move & Overseas Planning	February 26	9-11am	Bldg. 13
Right Start	February 27	7:30am-2pm	Bldg. 13
TRANSITION ASSISTANCE INFORMATION/SIGN-UP			
CAPSTONE (by Appointment)			
VFW Medical Records Review (by Appointment)	February 1	8am-3pm	Bldg. 13
Disabled Transition Assistance Program (DTAP)	February 1	9-10:30am	Bldg. 13
Transition GPS	February 4-8	8am-4pm	Bldg. 13
Preseparation/Transition Counseling Brief	February 5	8:30am-Noon	Bldg. 13
VFW Medical Records Review (by Appointment)	February 8	8am-3pm	Bldg. 13
Transition GPS	February 11-15	8am-4pm	Bldg. 13
Preseparation/Transition Counseling Brief	February 12	8:30am-Noon	Bldg. 13
Accessing Higher Education, TGPS Track 2-Day	February 13-14	8am-4pm	Bldg. 13
VFW Medical Records Review (by Appointment)	February 15	8am-3pm	Bldg. 13
Retirement Benefits Brief	February 15	8-11:30am	Bldg. 13
VFW Medical Records Review (by Appointment)	February 22	8am-3pm	Bldg. 13
Executive Transition GPS	February 25-March 1	8am-4pm	Bldg. 13
Preseparation/Transition Counseling Brief	February 26	8:30am-Noon	Bldg. 13
VOLUNTEERING INFORMATION/SIGN-UP			
Volunteer Opportunities/Training (by Appointment)			
SPECIAL EVENT			
Teen Dating Violence Awareness Month	February		
Personal Financial Management Area-Wide Quarterly Forum	February 1	Noon-1:30pm	Bldg. 13
CFS Refresher Training	February 1	1:30-3pm	Bldg. 13
Couples Communication/Marriage & Money	February 14	9-11am	Bldg. 13

Registration is mandatory for all classes

Please note that all classes are subject to change based on sign-ups and classroom availability. Please be sure to register for all classes of interest before attempting to attend. To register please call Military and Family Support Center at 202-767-0450