

For more information or to register for any of the following classes, please call 301-677-9017/18. **Registration is required.** The Fleet and Family Service Center (FFSC) is located at 830 Chisholm Ave., Ft. Meade MD 20755

-RESUME WRITING: 01 December 0900-1200, FFSC. This workshop will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume.

-STRESS MANAGEMENT: 02 December 0900-1100, FFSC. Are you stressed? Want to learn about your warning signs and how to deal with every day pressures of life? Call and register for this class!

-COMMON SENSE PARENTING: 04 December 1130-1230, FFSC. Children are not born with manuals, so getting all the help you can to assist you in raising them to be productive men and women in society is important. Come and share some of your insight and get more tools. Call FFSC to register.

-EFFECTIVE COMMUNICATION: 07 December 0900-1100, FFSC. Need to learn how to communicate more effectively in relationships at work and at home. Then register up for this upcoming class to learn some new techniques.

-TAP: 07-11 December 0800-1700, Smallwood Hall. Be sure to call registration is required.

-FEDERAL EMPLOYMENT: 08 December 0900-1200, FFSC. This free workshop is designed to teach the basics of the Federal Employment system. Call to register.

-TIME MANAGEMENT: 09 December 0900-1100, FFSC. Do you ever feel like there aren't enough hours in the day? See how learning how to tweak a few things actually gives you more hours in the day. Call to register.

-ANGER MANAGEMENT: 14 December 0900-1100, FFSC. It really is better to have it and not need it, then to need it and not have it – in English...calling to register for this class is a great idea!

-HEARTS APART: 15th & 16th December 0730-1600, FFSC. Be sure to call FFSC to register.

-MONEY MANGEMENT: 16 December 1300-1500, FFSC. How does this new provision for the military called Homeowners Assistance Program help me? How many times can I utilize a VA loan? Have more questions...get answers. Register for this class.

-SPONSORSHIP TRAINING: 16 December 0900-1100, FFSC. Call to register.

-SAVI REFRESHER: 17 December 0800-1600, FFSC. Call to register for this class that shows you how to become a vital advocate.

-MEDICAL RECORD REVIEW: Every Tuesday (except the 5th Tuesday of the month) at the Fleet & Family Support Center. Have your medical record reviewed before leaving the military and before applying for VA benefits. You will have an advocate throughout the VA claim application process, including any possible appeals. To meet with Joseph Thornton of AMVETS, call (301) 677-9017.