

LIFE **YOU** UNIVERSITY

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

The Thing About Love

By: Kaitlin Mitchell, Domestic Abuse Victim Advocate, JBMHH

*It's hard not to notice since the New Year that all of our local stores have quickly flipped the decor from Santas and menorahs to the vibrant reds and pinks paired with teddy bears for the month of **LOVE**. Valentine's Day is quickly approaching and the romance of the holiday is flooding everyone's minds; and what's not to love about love!? Research shows that love has tremendous effects on our mental health from relieving stress and easing anxiety, while also simply making us feel happier. What is key to remember is that these positive associations with experiencing love are all present when you are in healthy relationships.*

So what are healthy benchmarks or "green flags" to take notice of when you are in a relationship with someone so you can aim for that happier and positive feeling? Mutual trust and respect are definitely important. Ensuring that you are not only shown respect and trusted by your partner, but in turn you are providing the same to them. It may come as an obvious element, but communication truly is key. You should make sure you vocalize what you want, what you feel comfortable or safe sharing with the other person, and be open to hear the same from them as well. The mutual nature of respect and conversation, paired with exciting or fun experiences with each other can make for a safe space with this special person in your life.

However, what I believe to be the biggest component of a healthy and positive relationship with someone else, which is often forgotten, is how it starts with loving yourself. Loving yourself does not have to mean striving to be a perfect person or eliminating all faults. Rather, it is the practice of taking stock of your feelings and what you need, and choosing these physical or emotional needs first. Consider making decisions and engaging in activities that bring you joy and self affirmations to remind yourself about all the incredible things about you. The idea that behaving in such a way is selfish is a false narrative to discourage others from taking time to think of themselves.

As we spend time considering all the positive features of a healthy relationship with another person or with ourselves, it's important to mention that for some people and the relationships in their lives, this is not the reality. Therefore, if you are at all feeling unsafe in a relationship, or having self harming thoughts, then do not hesitate to reach out to either of the numbers below for 24/7 help and someone to talk to. You are not alone.

JBM-HH ACS FAP DV Hotline: 703-919-1611
National Suicide Prevention Lifeline: 800-273-8255

FEB—MAR 2021

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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
jbmhh.armymwr.com



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/(202)798-3187**

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**

New Parent Support Program (NPSP)

NEW PARENT SUPPORT PROGRAM



FAMILY ADVOCACY PROGRAM
703 696-3512
JOINT BASE MYER-HENDERSON HALL
ARMY COMMUNITY SERVICE
jbmhh.armymwr.com

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 **(571)550-9052**

Life YOUiversity

**MILITARY
ONE SOURCE**



**MILITARY & FAMILY
LIFE COUNSELING**

Video and Telephone Counseling Now Available

Continue your progress at home so you can keep moving forward

The Military and Family Life Counseling Program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Managing stress and changes at home due to COVID-19
- Adjusting to deployment and reintegration
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague

Schedule an appointment with a Military and Family Life Counselor:

Your point of contact:

Bet Ramsey

Phone number:

(571) 733-0251

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit www.MilitaryOneSource.mil.



PARENTING CLASSES & EVENTS

JOINT BASE MYER- HENDERSON HALL

Event: **Transparenting**

Date: **16 & 23 February**

Time: **11:00 am- 1:00 pm**

Place: **Virtual Platform**

Email for more information or to register:

megan.w.read.ctr@mail.mil

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: **Virtual Play Morning**

Date: **4, 11, 18 & 25 February; 4, 11 18 & 25 March**

Time: **10:00 am – 10:30 am**

Place: **Virtual on Webex**

Call for more information or to register: **(703) 614-7208 or (571) 550-9052**

Description: **Join us every Thursday morning for sing-alongs=songs and story time for preschool children 0-5 years old.**

Event: **Baby Boot Camp**

Date: **26 February or 26 March**

Time: **9:00 am – 11:30 am**

Place: **Virtual**

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

Description: **Baby Boot Camp is a class designed to help alleviate some of that stress by teaching parents information that they will need for the first few months at home. The class covers such topics as: Diapering, Bottle and breastfeeding, How to soothe a fussy infant, Safe sleep, When to call the doctor, and more.. . You don't have to be a first time parent to participate in the class, and it is recommended that folks attend when Mom is in the 3rd trimester of pregnancy.**

Event: **Cooperative Parenting & Divorce**

Date: **8 March**

Time: **12:00 pm- 4:00 pm**

Place: **Henderson Hall Building 12**

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

Description: **Are you separating/divorcing and have children under the age of 18? Join the New Parent Support Program to learn ways to control impulses communicate effectively and resolve conflict while keeping your child's wellbeing in focus. This FREE class fulfills in the most common court requirements for a parent edu-**

cation class prior to granting Custody or Visitation orders.

JOINT BASE ANDREWS

Event: **Parenting of Teens**

Date: **9,16,23 February**

Time: **10:00 am -1:30 pm**

Place: **All classes will be held on virtual platform, information will be provided once registered**

Call for more information or to register: **240-857-9680**

Description: **Learn how to break destructive dating patterns that have kept you from finding the love you deserve. Learn how to rely on both your heart and head.**

Learn the Relationship Attachment Model. This class is primarily for those who are currently single to help them identify healthy dating partners.

Event: **Dad's 101**

Date: **23, 30 March**

Time: **8:00 am -10:00 am**

Place: **All classes will be held on virtual platform, information will be provided once registered**

Call for more information or to register: **240-857-9680**

Description: **A class for new or expectant dads taught by dads. Learn more about pregnancy, labor and delivery, communication with your spouse, caring for an infant, and keeping your baby safe.**

Event: **Co-Parenting & Divorce**

Date: **12, 19, 26 March**

Time: **1:00 pm -3:30 pm**

Place: **All classes will be held on virtual platform, information will be provided once registered**

Call for more information or to register: **240-857-9680**

Description: **Learn how to shift to a child focus - cooperation over conflict, allow child to love both parents, let go of past relationship, manage anger.**

Event: **Parenting of Love and Logic**

Date: **1, 8, 15, 29 March**

Time: **9:30 am -12:30 pm**

Place: **All classes will be held on virtual platform, information will be provided once registered**

Call for more information or to register: **240-857-9680**

Description: **Provides simple and practical techniques to help parents raise responsible kids, have more fun while parenting, and easily and immediately change their children's behavior.**

PARENTING CLASSES & EVENTS

FORT MEADE

Event: **A-Z Come Play with Me**
 Date: **Mondays & Fridays**
 Time: **10:30 am- 11:30 am ****
 Place: **Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755**
 (*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)
 Call for more information or to register: **301-677-4118**
 Description: **Space is limited, please call ahead to register. Join us every Monday or Friday for interactive activities designed to assist parents in learning developmentally appropriate play techniques to help children 18mos- 5 years old* to improve their social, cognitive, and motor skills. Craft bag pick-up available for participants upon request- 8:00am- 10:00am****

FORT BELVOIR

Event: **Dad's 101**
 Date: **10 & 24 February**
 Time: **3:00 pm - 4:00 pm**
 Place: **Microsoft Teams**
 Call for more information or to register: (571)-231-7028 or email Briana.crawford2.ctr@mail.mil
 Description: **This virtual class provides tips and tools to help Dads and Dads-to-be become more successful.**

Event: **Baby Bundles**
 Date: **24 February**
 Time: **9:00 am**
 Place: **Microsoft Teams**
 Call for more information or to register: (671)-231-7028 or email Briana.crawford2.ctr@mail.mil
 Description: **Learn about Postpartum expectations, infant care, and how to manage the family budget when the baby arrives.**

MARINE CORPS BASE QUANTICO

Event: **Co-Parenting Seminar**
 Date: **Tuesday, February 2, 2021**
 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: **Breast Feeding Basics**
 Date: **5 February**
 Time: **8:30 pm-12:30 pm**
 Place: **2034 Barnett Ave. Quantico, VA 22134, Little Hall, Lower Level, NPSP Activity Room**
 Call for more information or to register: **703-784-4248;** MCCSQuanticoNPSP@usmc.mil
 Description: **New parents will learn how breastfeeding works, when and how much to feed, and so much more. Recommended for the 3rd trimester of pregnancy.**

Event: **Baby Boot Camp**
 Date: **19 February**
 Time: **8:00 am – 3:30 pm**
 Place: **2034 Barnett Ave. Quantico. VA 22134, Little Hall, Lower Level, NPSP Activity Room**
 Call for more information or to register: **703-784-4248**
 Description: **In this one-day class, Dad and Mom will learn how to make a smooth transition into parenthood. This is a hands-on interactive experience is for expectant parents to learn about infant growth, development, nutrition, and safety.**

Event: **Play Morning**
 Date: **24 February**
 Time: **9:30 am– 11:00 am**
 Place: **Virtual via Eventbrite**
 Call for more information or to register: **703-784-4248;** MCCSQuantico@NPSP@usmc.mil
 Description: **Join us for sing-alongs and story time for pre-schoolers and babies ages 0 to 36 months.**

Event: **Breast Feeding Basics**
 Date: **5 March**
 Time: **8:30 am-12:30 pm**
 Place: **2034 Barnett Ave. Quantico, VA 22134, Little Hall, Lower Level, NPSP Activity Room**
 Call for more information or to register: **703-784-4248;** MCCSQuanticoNPSP@usmc.mil
 Description: **New parents will learn how breastfeeding works, when and how much to feed, and so much more. Recommended for the last trimester of pregnancy.**

PARENTING CLASSES & EVENTS

Event: **Baby Boot Camp**
 Date: **19 March**
 Time: **8:00 am – 3:30 pm**
 Place: **2034 Barnett Ave. Quantico. VA 22134, Little Hall, Lower Level, NPSP Activity Room**
 Call for more information or to register: **703-784-4248;**
MCCSQuanticoNPSP@usmc.mil
 Description: **In this one-day class, Dad and Mom will learn how to make a smooth transition into parenthood. This is a hands-on interactive experience is for expectant parents to learn about infant growth, development, nutrition, and safety.**

Event: **Play Morning**
 Date: **31 March**
 Time: **9:30 am - 11:00 am**
 Place: **Virtual**
 Call for more information or to register: **703-784-4248;**
MCCSQuanticoNPSP@usmc.mil
 Description: **Join us for sing-alongs and story time for preschoolers and babies ages 0 to 36 months**

FORT MEADE

Event: **Single Parent Support**
 Date: **2nd & 4th Tuesdays**
 Time: **10:00 am - 11:00 am**
 Place: **Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755**
 (*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)
 Call for more information or to register: **301-677-4118**
 Description: **Space is limited/ children are welcome, please call ahead to register. Gain support and skills from fellow single parents in an open forum on various topics. An avenue for single parents or geographical separated parents due to deployment to network.**

Event: **Mom's/Dad's (Parents) Support Group**
 Date: **Thursdays**
 Time: **10:00 am - 11:00 am**
 Place: **Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755**
 (*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)
 Call for more information or to register: **301-677-4118**
 Description: **Children are welcome. For parents with children ages 0- 4 years old. Forum for parents to discuss various topics of interest from sleeping and potty training to ages and stages of development. Mini playgroup included.**

"A new baby is like the beginning of all things: wonder, hope and a dream of possibilities"
 -Eda J. Le Shan



**Virtual
BABY BUNDLES**

**2020
DECEMBER 16
2021
FEBRUARY 24
MAY 19
AUGUST 18
OCTOBER 27**

Learn about postpartum expectations, infant care, and how to manage the family budget when a new baby arrives.

To register, call (571) 231-7028 or email at Briana.crawford2@mail.mil

PRESENTED BY THE FORT BELVOIR FAMILY ADVOCACY PROGRAM

ARMY COMMUNITY SERVICE
 ACS
 (571) 231-7001

ARMY COMMUNITY SERVICE
 5965 6th St. Bldg. 1263
 Fort Belvoir, VA 22060

BELVOIR MWR
BELVOIR.ARMYMWR.COM



Event: **Active Parenting of Teens**
 Date: **Wednesdays**
 Time: **1:00 pm - 3:00 pm**
 Place: **Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755**
 (*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)
 Call for more information or to register: **301-677-4118**
 Description: **Please call ahead to register. Six-week parenting class providing guidance and support dealing with the challenges of raising tweens/teens, respectful discipline, communication skills, strategies for risky behaviors, and being an encouraging parent.**

Event: **Parenting with a Purpose**
 Date: **Wednesdays**
 Time: **1:00 pm - 3:00 pm**
 Place: **Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755**
 (*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)
 Call for more information or to register: **301-677-4118**
 Description: **Please call ahead to register. Six-week parenting class for teaching and demonstrating nonphysical discipline techniques, relationship building and nurturing the needs of children of all ages.**

EXCEPTIONAL FAMILY MEMBER

JOINT BASE MYER- HENDERSON HALL

Event: **Early Intervention Overview**

Date: **2 February**

Time: **11:30 am – 12:30 pm**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

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. The good news is, the earlier it's recognized the more a child can be helped to reach his/her full potential. Learn how to spot developmental delays and what to do if you have a concern about your child.

Event: **ADHD is NOT a Choice: Impact on Teens**

Date: **12 February**

Time: **11:00 am – 12:00 pm**

Place: **Virtual**

Call for more information or to register: <https://adhd-teens-efmp.eventbrite.com>

Description: Learn about the unique struggles for teens with an ADHD diagnosis and ways parents and educators can support them to create resiliency, self-advocacy, and improved learning skills.

Event: **Special Education Overview**

Date: **16 February**

Time: **11:30 am – 12:30 pm**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

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: **USMC EFMP Meet & Greet**

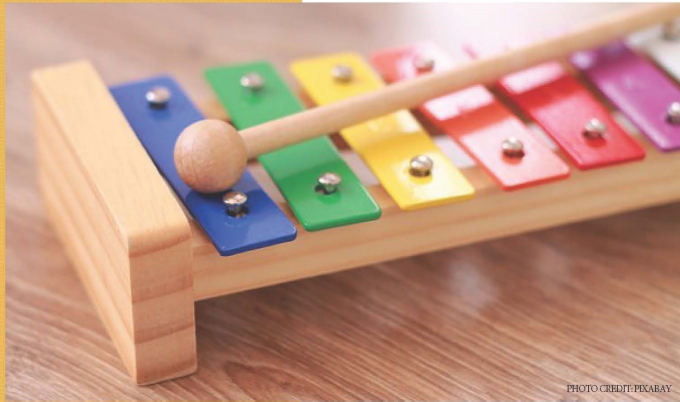
Date: **17 February**

Time: **12:00 pm – 1:00 pm**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

Description: Meet your Family Case Worker. Ask questions about the paperwork. Meet other EFMP families. Learn more about EFMP and the resources available to you.



JOINT BASE MYER - HENDERSON HALL

Virtual Play Morning

Hosted by the New Parent Support Program.

Join us every Thursday morning for sing-along-songs and story time for preschool children 0-5 years old. Registration is necessary!

For more information Call:
703-614-7208 or 571-550-9052

Or Email:
diane.waters@usmc-mccs.org OR

laszakovitslh@MagellanFederal.com

JOINT BASE MYER HENDERSON HALL FAMILY ADVOCACY PROGRAM



EFMP Directory

Joint Base Myer - Henderson Hall

USMC: 703-693-5353

USA: 703-696-0783

Joint Base Andrews

USAF: 301-981-1967

Pentagon (Rm 5c1049)

USAF: 703-697-2790

Joint Base Anacostia — Bolling

USAF: 202-767-0450

USN: 202-433-6235

Fort Meade

USA: 301-677-68502

Naval Support Activity Washington

USN: 202-685-8328

Quantico

USMC: 703-784-9395

Fort Belvoir

USA: 541-231-7020 / 7010

EXCEPTIONAL FAMILY MEMBER PROGRAM

Event: **Special Needs Forum**

Date: **23 February**

Time: **TBD**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

Description: **A forum to address the issues and concerns of our families enrolled in the USMC Exceptional Family Member Program dealing with your installation. We hope to foster ideas, promote creativity, and solve problems with the outcome of greater coordination and collaboration in accessing quality support services for our families.**

Event: **Homework Strategies for Students with Disabilities**

Date: **Friday, February 26, 2021**

Time: **11:00 am – 12:00 pm**

Place: **Virtual**

Call for more information or to register: <https://homework-strategies2-efmp.eventbrite.com>

Description: **This workshop will provide concrete strategies for assisting your child with disabilities with homework and study strategies.**

Event: **Managing Deployments**

Date: **March 2**

Time: **11:30 am – 12:30 pm**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

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: **Establishing Permanent Dependency**

Date: **16 March**

Time: **11:30 am – 12:30 pm**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

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: **USMC EFMP Meet & Greet**

Date: **17 March**

Time: **12:00 pm – 1:00 pm**

Place: **Virtual**

Call for more information or to register: efmphh@usmc-mccs.org

Description: **Meet your Family Case Worker. Ask questions about the paperwork. Meet other EFMP families. Learn more about EFMP and the resources available to you**

JOINT BASE ANACOSTIA-BOLLING

Event: **Exceptional Family Member Liaison**

Date: **By Appointment**

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

Call for more information or to register: **202-284-4473**

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



EXCEPTIONAL FAMILY MEMBER PROGRAM

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

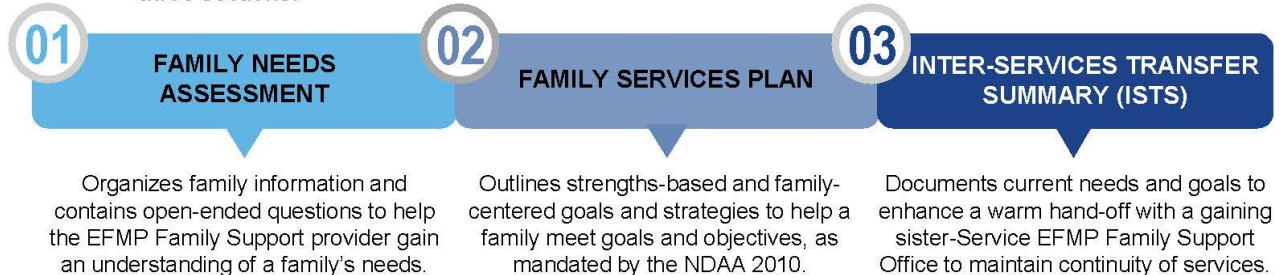


WHAT IS THE DD FORM 3054?



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:



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!



**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

Please call to confirm event is taking place.



Autism Resource Clinic (ARC) 2020-21

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 (opt 4) 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 5, 2020	0745	0800-1200	Library Lecture Hall
December 10, 2020	0745	0800-1200	Library Lecture Hall
January 7, 2021	0745	0800-1200	Library Lecture Hall
February 4, 2021	0745	0800-1200	Library Lecture Hall
March 4, 2021	0745	0800-1200	Library Lecture Hall
April 8, 2021	0745	0800-1200	Library Lecture Hall
May 6, 2021	0745	0800-1200	Library Lecture Hall
June 10, 2021	0745	0800-1200	Library Lecture Hall
July 15, 2021	0745	0800-1200	Library Lecture Hall
Aug 5, 2021	0745	0800-1200	Library Lecture Hall
Sep 16, 2021	0745	0800-1200	Library Lecture Hall
October 7, 2021	0745	0800-1200	Library Lecture Hall
November 4, 2021	0745	0800-1200	Library Lecture Hall
December 9, 2021	0745	0800-1200	Library Lecture Hall

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!

EXCEPTIONAL FAMILY MEMBER PROGRAM

ADHD IS NOT A CHOICE: IMPACT ON TEENS

FRIDAY, FEBRUARY 12, 2021

11:00 AM - 12:00 PM

REGISTRATION: [HTTPS://ADHD-TEENS-EFMP.EVENTBRITE.COM](https://ADHD-TEENS-EFMP.EVENTBRITE.COM)

Learn about the unique struggles for teens with an ADHD diagnosis and ways parents and educators can support them to create resiliency, self-advocacy, and improved learning skills.

HOMEWORK STRATEGIES FOR STUDENTS WITH DISABILITIES

FRIDAY, FEBRUARY 26, 2021

11:00 AM - 12:00 PM

REGISTRATION: [HTTPS://HOMEWORK-STRATEGIES2-EFMP.EVENTBRITE.COM](https://HOMEWORK-STRATEGIES2-EFMP.EVENTBRITE.COM)

This workshop will provide concrete strategies for assisting your child with disabilities with homework and study strategies.

HOME, HEALTH & MARRIAGE ENRICHMENT

JOINT BASE MYER – HENDERSON HALL

Event: 5 Love Languages

Date: 11 February

Time: 11:00 am- 12:30 pm

Place: Virtual Platform

Email for more information or to register: megan.w.read.ctr@mail.mil

Description: Learn about the 5 Love Languages and discuss ways to keep your partner's "love tank" full.
Registration required

Event: Community Counseling Program

Date: Open Availability

Time: Monday through Friday 7:30 am - 4:30 pm (By appointment only due to COVID 19)

Place: Call the Behavioral Health reception desk at 703-614-7204 or the Community Counselor at 703-697-8746 for more information about services provided by the Community Counseling program or to schedule an appointment.

Description: The Henderson Hall Community Counseling Program provides non-medical counseling services for Active-Duty, Activated Reservists and Retired Service Members and their families. We offer individual, couple, family, child, and group counseling services that include, but are not limited to the following areas: Marital/Relationship Issues, Communication, Stress Management, Anger Management, Reintegration, Adjustment Issues, Parent-Child concerns, Grief and Loss,

Deployment Stress, and challenges around Work-life Balance. We will work with you to find solutions designed to meet your specific needs and help you overcome stressors related to the challenges in your life.

VIRTUAL MFLC CLASS SERIES:

To help us manage our stress, the Henderson Hall Military Family Life Counselor will offer a series of monthly virtual classes via Zoom. Please contact the MFLC at 703-414-9885 to register for the virtual class series or to request a class for you, your family or your work section. The full list of classes is available on the Behavioral Health webpage <http://www.mccshh.com/behavioralhealth.html>.

12 FEB 2021, 1200 - Three C's of Communication

12 MAR 2021, 1200 - Building Stress Resiliency

16 APR 2021, 1200 - Coping Strategies for the Uncertainties of Life

If you have any additional questions about the virtual class series, please call the Henderson Hall MFLC, at 703-414-9885, or the Behavioral Health Branch Manager at 703-693-0643.

JOINT BASE ANDREWS

Event: Prep 8.0

HOME, HEALTH & MARRIAGE ENRICHMENT

Date: 12, 19, 26 March

Time: 1:00 pm -3:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered

Call for more information or to register: 240-857-9680

Description: Builds on the existing strengths of the couple and adds skills that will help participants create a safer, more stable couple relationship and better environment for their children. This class addresses the vulnerabilities couples face and teaches them how to overcome those obstacles. While couples do a great deal of work and reflection together, an emphasis is placed on the individual, because couples are only as healthy as the individuals that comprise them.

Event: How to Avoid Falling In Love with a Jerk/Jerkette

Date: 9, 16, 23 February

Time: 1:30 pm-3:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered

Call for more information or to register: 240-857-9680

Description: Learn how to break destructive dating patterns that have kept you from finding the love you deserve. Learn how to rely on both your heart and head. Learn the Relationship Attachment Model. This class is primarily for those who are currently single to help them identify healthy dating partners.

Event: Shake it Off (Anger Management)

Date: 9, 16 March

Time: 1:00 pm -3:30 pm

Place: All classes will be held on virtual platform, information will be provided once registered

Call for more information or to register: 240-857-9680

Description: Learn basic strategies to reduce both the emotional and physical responses that anger and stress can cause. Improve the quality of your health and your life and reduce negative effects of stress and anger through behavioral change and relaxation techniques.

FORT MEADE

Event: 5 Love Languages Workshop

Date: Thursday (3rd Thursday of the month)

Time: 1:00 pm- 3:00 pm

Place: Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: To enhance relationships for couples and aspiring couples. Understanding love languages can

benefit all of us as well as our relationships with others. The five love languages do not just apply to relationships we may have with our significant others, they can also benefit our relationships with our children, friends, and parents.

MARINE CORPS BASE QUANTICO

Event: Within My Reach

Date: February 09

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.

Event: Stress Management Course

Date: 4, 11, 18 & 25 March

Time: 1:00 pm – 3:30 pm

Place: 2134 Barnett Avenue, Little Hall, MCB Quantico

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

Description: This course is designed to educate individuals about the most effective strategies used to manage controllable and uncontrollable stressors, whether participants are ready to start using healthy coping strategies.

FORT BELVOIR

Event: The 5 Love Languages

Date: 12 February

Time: 6:00 pm -7:00 pm

Place: Microsoft Teams

Call for more information or to register: (571)-231-7028: Bri-ana.crawford2.ctr@mail.mil

Description: Improve your relationships by learning how to speak your love language and the language of your loved ones. *open to singles, couples and families.

VETERANS RETIREMENT TRANSITION ASSISTANCE

JOINT BASE ANACOSTIA-BOLLING

Event: **Preseparation/Transition Counseling Brief**

Date: **Every Tuesday**

Time: **9:00 am -12:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.taporg@us.af.mil or 202-284-4473

Description: **Mandatory counseling that is provided to eligible Service members to inform members of services, benefits, curriculum, assessments, career readiness standards (CRS) deliverables, and individual transition plan (ITP) during and after their separation, retirement, or release from active duty. Registration is required.**

Event: **MY Transition Initial Self-Assessment**

Date: **Wednesdays by Appointment**

Time: **8:00-4:00**

Place: **By Appointment**

Call for more information or to register:

11FSS.MFRC.taporg@us.af.mil or 202-284-4473

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. You must have an appointment.**

Event: **MY Transition Capstone Event**

Date: **Thursdays**

Time: **You must have an appointment**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.taporg@us.af.mil or 202-284-4473

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: **Employment Fundamentals of Career Transition**

Date: **10 & 24, February 10 & 24 March**

Time: **8:00 am - 4:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.taporg@us.af.mil or 202-284-4473

Description: **This course lays the foundation for tran-**

sition from military to civilian careers by introducing essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process. Registration is required.

Event: **MY Transition Employment Track**

Date: **11-12 February 25-26. February 11-12**

March 25-26 March

Time: **8:00 am - 4:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.taporg@us.af.mil or 202-284-4473

Description: **This 2-day course presents a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Registration is required.**

Event: **Transition Benefits**

Date: **22 February 22 March**

Time: **8:00 am- 12:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.taporg@us.af.mil or 202-284-4473

Description: **Briefings on Transition benefits to include Tricare, Survivor Benefits Plan, Navy Mutual Aid Society, and John Hopkins Family Health. Registration is required.**

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

Date: **17 March**

Time: **9:00 am - 12:00 pm**

Place: 11FSS.MFRC.taporg@us.af.mil or 202-284-4473

Call for more information or to register: **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. Registration is required.**

SUPPORT GROUPS, WORKSHOPS & EDUCATION

JOINT BASE MYER – HENDERSON HALL

Event: **Anger Management 101**

Date: **9 March**

Time: **11:00 am- 12:30 pm**

Place: **Virtual Platform**

Email for more information or to register: megan.w.read.ctr@mail.mil

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.**

Event: **Conflict Resolution**

Date: **17 March**

Time: **11:00 am- 12:30 pm**

Place: **Virtual Platform**

Email for more information or to register: megan.w.read.ctr@mail.mil

Description: **Learn how to identify conflict and ways to manage it in the future.**

Event: **Stress Management**

Date: **24 March**

Time: **11:00 am- 12:30 pm**

Place: **Virtual Platform**

Email for more information or to register: megan.w.read.ctr@mail.mil

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**

Date: **February 2, 16 & March 2, 16, 30**

Time: **10:00 am – 12:00 pm**

Place: **Virtual. Please register to receive link.**

Call for more information or to register: **Candi Heinberger, 703-693-9146, candi.heinberger@usmc-mccs.org**

Description: **This is a set of 8 classes 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.**

***Please register for the day and time that works best for your schedule. These courses should be taken over the span of 8 weeks (1 session per week).

Event: **Anger Management**

Date: **February 4, 11, 18, 25 & March 4, 11, 18, 25**

Time: **1:00 pm – 3:00 pm**

Place: **Henderson Hall Bldg. 12 – In Person Course**

Call for more information or to register: **Candi Heinberger, 703-693-9146, candi.heinberger@usmc-mccs.org**

Description: **This is a set of 8 classes 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.**

***Please register for the day and time that works best for your schedule. These courses should be taken over the span of 8 weeks (1 session per week).

FORT BELVOIR

Event: **Relaxation and Stress Relief Workshop**

Date: **11 February**

Time: **10:00 am - 11:00 am**

Place: **Microsoft Teams**

Call for more information or to register: **(571)-231-7028;**

Briana.crawford2.ctr@mail.mil

Description: **This class offers an introduction to stress and its impacts on work and personal life when poorly managed. Topics: Identify various types of coping strategies, benefits of hobbies, exercise, music, art, and comedy to relieve stress, and to help participants develop their own plan for relaxation and stress relief.**

FORT MEADE

Event: **Single Parent Support**

Date: **2nd & 4th Tuesdays**

Time: **10:00 am - 11:00 am**

Place: **Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755**

(*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: **301-677-4118**

Description: **Space is limited/ children are welcome, please call ahead to register. Gain support and skills from fellow single parents in an open forum on various topics. An avenue for single parents or geographically separated parents due to deployment to network.**

Event: **Couples Communication Support Group**

Date: **Wednesdays**

SUPPORT GROUPS, WORKSHOPS & EDUCATION

Time: 1:00 pm - 3:00 pm

Place: Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Please call ahead to register. Six-week couple's communication sessions to help develop tools to enhance your relationship, gain problem solving strategies, and create a long-lasting relationship.

Event: Mom's/Dad's (Parents) Support Group

Date: Thursdays

Time: 10:00 am - 11:00 am

Place: Family Advocacy Program, 2462 85th Medical Battalion Ave, USAG, Ft. Meade, MD 20755

(*program may be offered virtually via Microsoft Teams, WebEx, or other authorized platforms)

Call for more information or to register: 301-677-4118

Description: Children are welcome. For parents with children ages 0- 4 years old. Forum for parents to discuss various topics of interest from sleeping and potty training to ages and stages of development. Mini play-group included.

PREVENT SUICIDE
BUILD RESILIENCY: SMALL STEPS SAVE LIVES.

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COUNSELING & WELLNESS CENTER
703.784.2570

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RELOCATION READINESS

JOINT BASE ANACOSTIA-BOLLING

Event: Right Start

Date: 9 & 23 February 9 & 23 March

Time: 7:30 am -2:00 pm

Place: Bolling Club, 50 Theisen St, SW, Washington, DC 20032

Call this number for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

Description: Registration is required. 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: 11 February. 11 March

Time: 9:00 am - 10:30 am

Place: Virtual

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

Description: Open to all military branches. Are you a service member/civilian looking to help people transition to a new duty station? This course provides the tools and resources to help you sponsor a newcomer's move. Registration is required.

Event: Smooth Move & Overseas Planning

Date: 22 February 22 March

Time: 2:00 pm - 3:30 pm

Place: Virtual

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

Description: Open to all military branches. Getting ready to PCS? Information and resources for making a military move. Whether this your 1st or 10th time moving.

FINANCIAL READINESS

JOINT BASE MYER – HENDERSON HALL

Event: **Credit and Debt Management**

Date: **2, 11, 17, 24 February**

Time: **2:00 pm – 3:30pm**

Place: **Virtual**

Call for more information or to register: ACS FRPM at **703-696-3510** or Cheyanne.N.Pace.civ@mail.mil.

Description: **The FICO credit scoring system can be a tough mystery for anyone to understand. Register for this virtual class to learn how you can break the code and earn an 850 credit score from the comfort of your own home! We will discuss building up credit, best uses of credit, avoiding interest and paying down debt. This is a great class for anyone wanting to purchase a car, home or increase a credit score.**

Event: **Debt Elimination Strategies**

Date: **3, 18 March**

Time: **11:30 pm - 12:30 pm**

Place: **Virtual**

Call for more information or to register: ACS FRPM at **703-696-3510** or Cheyanne.N.Pace.civ@mail.mil.

Description: **Debt is a common financial burden service members and civilians face. It's often easy to fall into debt quicksand but difficult to recover. Register for this virtual class to learn how to take down debt and elevate your finances!**

Event: **Paying Off Student Loans5**

Date: **24, 31 March**

Time: **2:00 pm - 3:30 pm**

Place: **Virtual**

Call for more information or to register: ACS FRPM at **703-696-3510**

Description: **Attend this virtual workshop to discuss best practices in paying off public and private student loans after separating from school.**

JOINT BASE ANACOSTIA-BOLLING

Event: **Car Buying**

Date: **3 & 25 February 3 & 25 March**

Time: **9:30 am - 10:30 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

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. Registration is required.

Event: **Debt Management**

Date: **4 February 4 March**

Time: **9:30 am - 10:30 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Learn about debt managing before you become buried underneath a mountain of credit card bills car payments and more. We will talk about debt management companies, PowerPay and other ways to pay down or off your debt. Registration is required.**

Event: **Gambling Awareness**

Date: **9 February**

Time: **9:00am - 10:00 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Gambling Awareness is a course that discusses gambling statistics, the prevalence of gambling problems, military directives and the warning signs of compulsive/pathological gambling. Registration is required.**

Event: **Promotion**

Date: **18 February 18 March**

Time: **9:30 am - 10:30 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Promotion is a career milestone that brings both new opportunities and new challenges. One of the happy challenges is how to manage the additional income that accompanies promotion. This course targets service members and their spouses who make financial choices regarding anticipated or new income due to promotion. It provides information and guidance. Registration is required.**

Event: **Paying Off Student Loans**

Date: **9 March**

Time: **9:00 am -10:00 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Paying Off Your Student Loans is a course intended to provide awareness of student loan debt management strategies so that learners can improve their current financial situations, avoid student loan delinquency**

FINANCIAL READINESS

and default and repay student loans as quickly and inexpensively as possible. Registration is required.

Event: **Marriage and Money**

Date: **24 March**

Time: **10:00 am - 11:00 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

Description: **Marriage** 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. Registra-

It Pays to Visit a Personal Financial Counselor

- ✓ Are you interested in planning your financial future?
- ✓ Do you need financial peace of mind to better focus on the mission?
- ✓ Are you ready to boost your monetary might?



Take advantage of the no-cost, personal support services that Personal Financial Counselors (PFCs) offer and make the most of your money today as you develop your financial plan for the future.

Support and counseling services include face-to-face appointments with individuals and families, group presentations, referrals to military and community resources, support for family members during deployments, and help with budgeting, credit management and navigating benefits.

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs are:

- Accredited professionals
- Available by appointment at your installation Family Center
- Flexible, providing their services one-on-one, at group briefings and at events

You work hard; let your financial status reflect that hard work. Reach out to your installation's Family Center to make an appointment with a PFC who can help you develop a healthy financial future.

Follow the Office of Financial Readiness

- <https://www.facebook.com/DoDFINRED>
- <https://www.twitter.com/DoDFINRED>
- <https://www.instagram.com/DoDFINRED>
- <https://www.youtube.com/DoDFINRED>
- <https://FINRED.USAEARNING.GOV>
- <https://www.medium.com/@DoDFINRED>

Local Contact Information

Kathleen Lynch, AFC®
Joint Base Myer-Henderson Hall
Personal Financial Counselor
C: 571.635.5320
Email: pfc.myer.usa@zeiders.com





Time for a Financial Check Up?

We are here for you!

The JB Andrews Personal Financial Readiness program provides a FREE accredited Personal Financial Counselor to help you stay financially fit!

Schedule a virtual appointment today!

Services available to all AD and reserve members and their families. Appointments are confidential and no records are kept.

Your Personal Financial
Counselor

Heather Walrath, AFC

pfc.andrews.usaf@zeiders.com

cell: 240-222-2604

What Plan Might Need A Check Up?



TSP Plan

Are you investing the right funds to achieve your TSP plan? The TSP now has 10 Lifecycle Funds! We can help you navigate them.



Credit Plan

Save thousands in interest by having a debt repayment plan, and knowing the free tools available to use!



Life Stages Plan

Trying to find more money to start a college savings plan, buy a house, get a new car? We can make a plan for that!

Financial checkups are just as important as yearly physicals, so schedule one today! Evenings and weekends are available virtually!



UNDERSTANDING CREDIT

★ CREDIT IS AN IMPORTANT FINANCIAL TOOL

Credit lets you pay for expenses you could not afford with cash, such as a college education, a new vehicle, or a home. It even helps you build a credit reputation (summarized in a credit report). However, credit can be dangerous if misused. Some individuals make the mistake of viewing credit as a license to spend. Poor spending decisions can leave you deeply in debt and damage your credit reputation for years. Understand how credit works and make wise decisions with these tips.

★ CREATE HEALTHY CREDIT HABITS

Boost your overall financial well-being by using credit responsibly. Practice the following healthy credit habits to improve your credit reputation and limit unnecessary debt.



- Create and follow a budget, so that you don't overspend and take on debt.
- Pay bills on time. Do not skip payments.
- Strive to pay off credit cards in full each month. If you have to carry a balance, try to keep it as low as possible.
- Do not apply for credit you do not need.
- Keep credit card and loan information in a safe, secure place to reduce the risk of identity theft.
- Keep your receipts and compare charges when your billing statements arrive. Call your bank, credit card or finance company immediately if there is a discrepancy.

★ BUILD A SOLID CREDIT REPUTATION (CREDIT REPORT)

Your credit report is a record of your payment history with creditors. It is this report that employers, lenders, landlords, insurers and other businesses often evaluate to make decisions about your creditworthiness. Your credit report shows the following:

- How much credit are you using?
- How well do you pay your debts?
- Who is inquiring about your credit?
- Information on bankruptcies or federal income tax liens

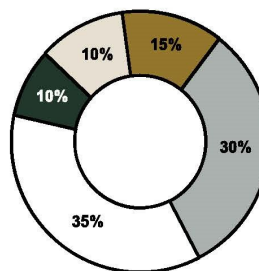
You can request your free annual credit report and dispute any errors through the Annual Credit Report Request Service (annualcreditreport.com), a centralized contact created by the three nationwide consumer reporting agencies, Equifax, Experian and TransUnion.

★ KNOW THE FACTORS DETERMINING YOUR CREDIT SCORE

Credit scores may range from 300 to 850 depending on the credit scoring model. Most lenders consider people with scores above 660 to be good credit risks. Scores below 600 may indicate credit problems.

A FICO Score is one credit score model and is considered by lenders to be the industry standard for determining how likely a person is to repay a loan. The chart indicates the five key components of a FICO credit score.

Payment history and amounts owed are responsible for approximately 65% of your credit score, so be sure to make payments on time and keep debt levels low. According to financial experts, payments made later than 30 days from the due date can hurt your credit score, as well as carrying credit card balances larger than 30% of your available credit limit.



☐ Payment History Account
☐ Owed
☐ Length of Credit History
☐ Types of Credit Used
☐ New Credit

Be sure to keep all five credit score components in check to maintain the highest possible score.

Updated November 2019 For more information contact the JBMHH ACS Financial Readiness Manager: Cheyanne Pace, AFC at 703-696-3510 or cheyanne.n.pace.civ@mail.mil.



**SECURING THE
FINANCIAL
FRONTLINE**

Employment READINESS

JOINT BASE ANACOSTIA-BOLLING

Event: **Acing the Interview**

Date: **2 February**

Time: **9:00 am -11:00am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **An interview is all about selling yourself to get the job. 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.**

Registration is required.

Event: **Federal Resume Writing**

Date: **3 February**

2 March

Time: **9:00 am - 10:30 am**

2:00 pm - 3:30 pm

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Federal job overview: learn to navigate USA-JOBS, create and manage your account, and analyze job announcements, also receive tips on how to tailor your federal resume. Registration is required.**

Event: **Private Sector Resume Basics**

Date: **16 February**

16 March

Time: **2:00 pm - 3:30 pm**

9:00 am - 10:30 am

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **This webinar will provide information to help you create your own Private Sector Resume. The class will cover what you must include in your resume, the best format to use, how to convey your experience and more. Registration is required.**

Event: **Dress for Success Webinar**

Date: **19 February**

Time: **9:00 am - 10:00 am**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Tips to achieve a professional appearance. Learn how to make a positive and lasting impression and tips for appropriate attire for the workplace. Registration is required.**

Event: **Military Spouse Employment Workshop**

Date: **24 February**

24 March

Time: **6:00 pm - 7:00 pm**

12:00 pm - 1:00 pm

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or **202-284-4473**

Description: **Need some direction to find a job in the National Capital Region? Need help with where/how to search, build a good resume, how to get into federal service, understanding Military Spouse Preference, and find education resources? In this class, we will answers these questions and more. Open to military spouses of all branches. Registration is required.**

SURVIVOR OUTREACH



Joint Base Myer—Henderson Hall
For information about this
program, please contact
Kristi Pappas at 703-696-8846

PERSONAL GROWTH & VOLUNTEERISM

JOINT BASE ANACOSITA-BOLLING

Event: **Key Spouse Refresher Training**

Date: **9 February**

Time: **1:00 pm - 2:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

Description: **This training is a requirement for all Key Spouses/Mentors that completed Key Spouse/Mentor Initial training at another base. Registration is required.**

Event: **Key Spouse Quarterly Continuing Education**

Date: **9 February**

Time: **2:00 pm - 4:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

Description: **Additional continuing education opportunities**

for Key Spouses.

Event: **Predeployment Brief**

Date: **By Appointment**

Time: **8:00 am - 4:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

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

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

Date: **By Appointment**

Time: **8:00 am - 4:00 pm**

Place: **Virtual**

Call for more information or to register:

11FSS.MFRC.Org@us.af.mil or 202-284-4473

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

MILITARY FAMILY LIFE COUNSELOR (MFLC)

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.



New Service! National Guard Bureau: 972-358-4195

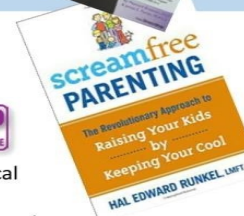
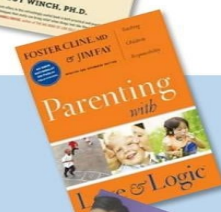
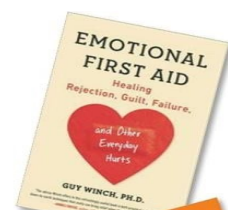
Fort Belvoir 703-488-0941 or 703-814-2399 or 703-389-5708	Joint Base Myer—Henderson Hall 571-733-0251 or 703-414-9885 or (Adults)	Pentagon 571-395-0408 or 571-395-0514
Fort Meade 301-751-7252 or 301-751-7093	CYS MFLC JBM-HH Cody Child Development Center 703-414-9886 or 571-775-9016 or 571-329-3130 (Child)	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
- Baby 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: **703-696-3510**

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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: 703-696-3510
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

NAVAL DISTRICT OF WASHINGTON

