Fleet & Family Support Centers of Hampton Roads

Prioritizing Wellness

- No referral needed
- In-person and tele-counseling options

Life Skills Programs

- Mind-Body Mental Fitness (6 Modules)
- Stress Management/Anger Management
- Parenting Classes
- Military/Marriage Counseling
- Military/Family Counseling

Deployed Resiliency Counselors and Embedded Integrated Prevention Coordinators

Are you a service member stationed aboard an aircraft carrier or large-deck amphibious assault ship? Ask about the Deployed Resiliency Counselor (DRC) and Embedded Integrated Prevention Coordinator (EIPC) assigned to your ship. DRCs are licensed counselors who provide individual counseling, training, and education, and sexual assault victim advocacy. EIPCs facilitate prevention initiatives focused on substance use and adherence to the challenges of military life. DRCs and EIPCs provide support aboard the ship while aloft and at homeport.

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### MENTAL/BODY MENTAL FITNESS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUL 11</strong></td>
<td>2:00-4:00 p.m.</td>
<td>(DN)</td>
<td>MD: Stress Reduction</td>
</tr>
<tr>
<td><strong>JUL 19</strong></td>
<td>9:00-11:00 a.m.</td>
<td>(O)</td>
<td>MD: Coping Skills</td>
</tr>
<tr>
<td><strong>JUL 27</strong></td>
<td>8:00 a.m.-4:00 p.m.</td>
<td>(Y)</td>
<td>MD: Mindfulness and Meditation</td>
</tr>
</tbody>
</table>

### TRANSITION TRACKS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUL 5</strong></td>
<td>8:30-10:00 a.m.</td>
<td>(N)</td>
<td>Keep Your Options</td>
</tr>
<tr>
<td><strong>JUL 12</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>Keep Your Options</td>
</tr>
<tr>
<td><strong>JUL 18</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>Keep Your Options</td>
</tr>
<tr>
<td><strong>JUL 25</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>Keep Your Options</td>
</tr>
</tbody>
</table>

### JOB SEARCH STRATEGIES

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUL 20</strong></td>
<td>2:00-4:00 p.m.</td>
<td>(O)</td>
<td>MD: Job Search Strategies</td>
</tr>
<tr>
<td><strong>JUL 21</strong></td>
<td>8:30-11:30 a.m.</td>
<td>(N)</td>
<td>MD: Job Search Strategies</td>
</tr>
<tr>
<td><strong>JUL 25</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Job Search Strategies</td>
</tr>
<tr>
<td><strong>JUL 26</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Job Search Strategies</td>
</tr>
</tbody>
</table>

### NAVIGATING FEDERAL EMPLOYMENT

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUL 20</strong></td>
<td>8:30-11:00 a.m.</td>
<td>(N)</td>
<td>MD: Federal Employment</td>
</tr>
<tr>
<td><strong>JUL 21</strong></td>
<td>8:30-11:00 a.m.</td>
<td>(O)</td>
<td>MD: Federal Employment</td>
</tr>
<tr>
<td><strong>JUL 25</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Federal Employment</td>
</tr>
<tr>
<td><strong>JUL 26</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Federal Employment</td>
</tr>
</tbody>
</table>

### EXITIBILITY BENEFITS/BASICS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUL 19</strong></td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>(P)</td>
<td>MD: Exitibility Basics/Basics</td>
</tr>
<tr>
<td><strong>JUL 22</strong></td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>(Y)</td>
<td>MD: Exitibility Basics/Basics</td>
</tr>
<tr>
<td><strong>JUL 28</strong></td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>(N)</td>
<td>MD: Exitibility Basics/Basics</td>
</tr>
<tr>
<td><strong>JUL 30</strong></td>
<td>9:00 a.m.-4:00 p.m.</td>
<td>(O)</td>
<td>MD: Exitibility Basics/Basics</td>
</tr>
</tbody>
</table>

### DYNN.COM PROGRAMS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEP 5</strong></td>
<td>9:00-11:00 a.m.</td>
<td>(DN)</td>
<td>MD: Dynamic Learning</td>
</tr>
<tr>
<td><strong>SEP 13</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Dynamic Learning</td>
</tr>
<tr>
<td><strong>SEP 21</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Dynamic Learning</td>
</tr>
<tr>
<td><strong>SEP 29</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Dynamic Learning</td>
</tr>
</tbody>
</table>

### PERSONAL/FINANCIAL MANAGEMENT

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUL 3</strong></td>
<td>9:00-11:00 a.m.</td>
<td>(N)</td>
<td>MD: Personal/Financial managem</td>
</tr>
<tr>
<td><strong>JUL 11</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Personal/Financial managem</td>
</tr>
<tr>
<td><strong>JUL 19</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Personal/Financial managem</td>
</tr>
<tr>
<td><strong>JUL 27</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Personal/Financial managem</td>
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### ASSESSMENT/MEETING/CRISIS RESOLUTION

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEP 1</strong></td>
<td>9:00-11:00 a.m.</td>
<td>(N)</td>
<td>MD: Assessment/Meeting/Crisis</td>
</tr>
<tr>
<td><strong>SEP 9</strong></td>
<td>8:30 a.m.-5:00 p.m.</td>
<td>(LC)</td>
<td>MD: Assessment/Meeting/Crisis</td>
</tr>
<tr>
<td><strong>SEP 17</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Assessment/Meeting/Crisis</td>
</tr>
<tr>
<td><strong>SEP 25</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Assessment/Meeting/Crisis</td>
</tr>
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</table>

### HOUSING RESOURCES

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEP 9</strong></td>
<td>9:00-11:00 a.m.</td>
<td>(N)</td>
<td>MD: Housing Resources</td>
</tr>
<tr>
<td><strong>SEP 17</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Housing Resources</td>
</tr>
<tr>
<td><strong>SEP 25</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Housing Resources</td>
</tr>
<tr>
<td><strong>SEP 30</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Housing Resources</td>
</tr>
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<th>Location</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEP 2</strong></td>
<td>9:00-11:00 a.m.</td>
<td>(N)</td>
<td>MD: Regional Programs</td>
</tr>
<tr>
<td><strong>SEP 10</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
<td>MD: Regional Programs</td>
</tr>
<tr>
<td><strong>SEP 18</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(N)</td>
<td>MD: Regional Programs</td>
</tr>
<tr>
<td><strong>SEP 26</strong></td>
<td>9:00 a.m.-Noon</td>
<td>(O)</td>
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