

Fleet and Family Support Center (FFSC) Resources

Below is a brief list of topics for individual consultations as well as classes, workshops, orientations and trainings provided from FFSC Yokosuka. For information about a specific class, the monthly schedule, or to register, please call 243-FFSC (3372).

Work and Family Life Programs

Deployment Readiness

- Family Readiness Group (FRG) Training
- Individual Augmentee (IA) Support
- Ombudsman Training
- Pre-Deployment & Mid-Deployment
- Return and Reunion

Family Employment Readiness Program (FERP)

- 10 Steps to Federal Employment
- Career Support Retention
- Effective Resume Writing
- Employment Overview
- Interview Techniques

Life Skills Education

- Communication, Anger & Stress Management (CASA)
- Getting Started Teaching English
- English as a Second Language
- Modeling in Japan
- Pre-Marital Workshop

Personal Finance Management (PFM)

- Command Financial Specialist (CFS) Training
- Million Dollar Sailor
- Home Buying Basics
- Credit Management
- Thrift Savings Plan (TSP) Guidance

Relocation Assistance Program (RAP)

- Area Orientation Brief/Intercultural Relations (AOB/ICR) Training
- Loaner Locker & Hospitality Kits
- Spouse Indoctrination
- PCS Workshop
- Sponsorship Orientation Training

Transition Assistance Program (TAP)

- Pre-Separation Brief
- VA Benefit Information

Crisis Response

Domestic Abuse Victim Advocacy (DAVA)

Emergency 24 Hour DAVA Hotline: 090-8046-5723 (Yokosuka local number)

Family Advocacy Program (FAP) for victims of abuse

Emergency 24 Hour FAP Hotline: 090-8046-5723 (Yokosuka local number)

Sexual Assault Prevention and Response (SAPR)

Emergency 24 Hour SAPR Hotline: 080-9355-8555/6 (Yokosuka local number)

Clinical Advocacy Program Counseling Services

Couples Counseling

- Blended Families
- Deployments and Reunification
- Divorce
- Global Transitions
- Intercultural Relationships
- Pre-Marital & Marital Counseling
- Parenting

Family Therapy

- Child Behavioral Problems
- Divorce or Separation
- Global Transition
- Military Family Life Style and Challenges
- School Problems
- Teen Issues

Individual Counseling

- Divorce
- Grief
- LGBT
- Military Lifestyle
- Parenting
- Personal Self Development
- Self Esteem
- Stress

Exceptional Family Member Program

- Enrollment Assistance
- Networking & Support
- Education & Awareness

New Parent Support

- Baby Basics & Basic Breastfeeding
- Boot Camp for New Dads
- Infant Massage
- Labor & You / Relaxation in Birth
- Play Morning



The

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Center

