The Gaeta Fleet & Family Support Center

website: www.nsa.naples.navy.mil/gaetaffsc

2003 january Monthly Events

monday | tuesday | wednesday | thursday | friday

Happy New Year

1

2

3
ICR Rome (0830-1700)

6

7
Windshield Tour (1030-1200) Every Tuesday

8
Breastfeeding Support Group (0900-1000)
Area Orientation (0830-1500)
FREE INTERNET AT HOME (0900-1200)

9
Intercultural Relations
This classroom session covers Italian language, history, culture, customs, and shopping. It prepares you to live in Italy. (0830-1630)

10
Sponsorship Training (1000-1100)

Transition Assistance Program

Pre-Separation TAP (0830-1600) -- This pre-separation workshop covers Veteran's benefits and job search skills for your second career. Classes are open to all active duty and spouses. Computer classroom will be closed.

13

14
EMPLOYMENT OPPORTUNITIES IN GAETA (1000-1100)
Stress Management (1400-1600)
Learn how your nutrition and sleeping habits affect your stress level.

15
FREE INTERNET AT HOME (0900-1200)
Recognizing Stress in Children (0830-1000)
DANTES Testing (begins at 0800)

16
Early Pregnancy Class
Find out what changes are occurring in your body now that you are pregnant and what to expect in the upcoming months.
(1000-1200)

17
CAPPUCCINO AND . . . (0930-1200)
A walking tour of the Golden Chapel, Annuziata Church, and San Francesco (outside only). Enjoy the historical beauty of our little town of Gaeta including Montagna Spaccata (Split Mountain). Tour is free, but bring some change along for donation and cappuccino. Meet in front of Fleet Landing

20
MARTIN LUTHER KING DAY

21

22
Area Orientation (0830-1500)
Breastfeeding Support Group (0900-1000)
DANTES Testing (begins at 0800)
FREE INTERNET AT HOME (0900-1200)

23
Intercultural Relations (0830-1630)
Resume Writing (1000-1200)
This workshop offers an introduction to the various types of resumes . Participants will begin the resume writing process in class so bring a blank disk and your work and educational history with you.

24
(0830-1700)
ICR Rome
This transportation oriented field trip is open to all those who have attended an ICR classroom session. Meet at the bus stop by the pier.

27
Italian Cooking Class
(0930-1330) Learn how to prepare delicious Italian recipes at the IPSSAR Cooking School in Gianola, Formia.

28
EMPLOYMENT OPPORTUNITIES IN GAETA (1000-1100)

29
DANTES Testing (begins at 0800)
Smooth Move (0900-1200)
Learn about your moving allowances, household goods, utility closeouts, customs, and more.
FREE INTERNET AT HOME (0900-1200)

30
Financial Responsibilities for Junior Sailors
A day-long class covering military pay and allowances, resources to help manage finances and debt, budgeting, living in the economy and saving and investing. (0800-1630)
Childbirth Preparation Class (1000-1400)
Learn the basics of childbirth including stages of labor, comfort measure and breathing and relaxation.

31
Sharpening Your Employment Skills (0900-1100)
A two hour overview of how you can make your Job Search a positive experience. Update your resume, practice interviewing and get Internet website addresses to help get you started on the right track.

GAETA SUNRISE

TO SIGN UP FOR CLASSES CALL 0771-709818 OR COME TO VISIT US!!

the ffsc team

Kathleen Brainerd
Director

Vacant
Deputy Director

EM1 (SW) Magtibay
Career Counselor/Financial Specialist

Gerri Carlon
Counselor

Matthew McGahran
Counselor

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TAMP Manager

Angelo D'Arienzo
Computer Specialist

Lisa Montminy
Office Manager/I&R

Heidi Cramb
SEAP/Volunteer Specialist

Loan Conkle
Relocation Specialist

Eliana Candido
Receptionist

Marisa Di Nitto
ICR Specialist

Tracey Ybarra
New Parent Support Nurse

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