



Introducing your
Fleet & Family
Support Center,
Command Rep
POC:
Ms. Sandra Lyle
(805) 982-6139

Email:
Sandy.Lyle@navy.mil

For coordination of
your Command Sexual
Assault Intervention
Program (SAVI) and
Family Advocacy
Program
responsibilities,
please contact
Ms. Venice Honick,
@ (805) 982-5037
or by Email:
Venice.Honick@navy.mil

Important
Phone Numbers

Police/Fire/
Ambulance
911

Child Abuse Hotline
(805) 654-3200

Children & Family
Services (24hr)
(805) 654-3200

Women's Shelter Hotline
1-800-580-4878

FFSC Hueneme
(805) 982-5037

Transition & Spouse Employment

- ❑ **Executive Transition Assistance Program** *(E-7 & above, any retiree)*
Monday–Thursday, November 1-4, 0730-1600, Bldg 116, Point Mugu
Monday-Thursday, December 6-10, 0730-1600, Bldg 1169, Hueneme
- ❑ **Transition Assistance Program** *(separatees)*
Monday-Thursday, November 15-18, 0730-1600, Bldg 1169, Port Hueneme
Monday-Thursday, December 13-17, 0730-1600, Bldg 116, Point Mugu
- ❑ **Corporate and Federal Resume Writing**
Wednesday, November 3, 1300-1600, Bldg 116, Point Mugu
Wednesday, November 17, 1300-1600, Bldg 1169, Port Hueneme
Wednesday, December 8, 1300-1600, Bldg 1169, Port Hueneme
Wednesday, December 15, 1300-1600, Bldg 116, Point Mugu

Financial Management

- ❑ **Command Financial Specialist Refresher**
Tuesday, November 30, 1300-1600, Bldg 1169, Port Hueneme
Tuesday, December 13, 1300-1600, Bldg 116, Point Mugu
- ❑ **Money Management** *(formerly known as PFM)*
Wednesday, November 3, 0730-1600, Bldg 1169, Port Hueneme
Wednesday, December 8, 0730-1600, Bldg 1169, Port Hueneme
- ❑ **Home Buying**
Thursday, November 18, 1800-2000, Bldg 1169, Port Hueneme

MILITARY SPOUSE 101

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical, TRICARE, and more.

November 10th 1800 – 2000
Bldg 1169, Port Hueneme

CHRISTMAS COOKIES

The Fleet & Family Support Center is looking for volunteers to bake, package, and deliver Christmas cookies for sailors in the barracks at Point Mugu, San Nicolas Island, and Port Hueneme.

Drop off cookies by 4:00 p.m. on 22 December at the Fleet & Family Support Center
Building 1169 – Port Hueneme

If you would like to help with the packaging and delivering, please contact Tonja Delgado @ (805) 982-5328 or by email: Tonja.Delgado@navy.mil

Delivery to the barracks on 23 December !

FOOD DISTRIBUTION

- November 20
- December 18

**0900-1400
hours**

**Port Hueneme
behind Bldg 19**

Requirements:

Active Duty E-6 &
below or
their spouses.

**Custodian of a child
who is a family
member of an Active
Duty personnel on
deployment.**

*To register for
classes or
counseling,
please call:*

**FFSC
Port Hueneme
(805)982-5037**

Individual & Family Services

- ❑ **Individual, Couple & Family Counseling available by appointment**
Monday – Friday, 0730-1600
- ❑ **Anger Management**
NOTE: All students are required to attend the first session.
Tuesdays, 4 Classes, November 23, 1400-1600, Bldg 1169, Port Hueneme
- ❑ **Stress Management**
Tuesdays, 4 Classes, November 2, 1100-1230, Bldg 1169, Port Hueneme
Tuesdays, 4 Classes, November 2, 1400-1530, Bldg 116, Point Mugu
- ❑ **Infant Massage (by appointment only)**
Contact the New Parent Support Program @ 982-5037
- ❑ **Boot Camp for New Dads**
Wednesday, November 17, 1800-2000, Bldg 116, Point Mugu
- ❑ **Parenting (ages 2-12)**
Tuesdays, 4 Classes, November 9, 1500-1630, Bldg 1169, Port Hueneme
- ❑ **Getting Organized**
Wednesdays, 3 Classes, November 3, 1500-1630, Bldg 1169, Hueneme
- ❑ **Ombudsman Monthly Training**
Tuesday, November 30, 1800-2100, Bldg 116, Point Mugu
- ❑ **Play Groups**
Thursdays, weekly, 1100-1200, Chapel, Port Hueneme
Tuesdays, weekly, 0900-1100, Chapel, Point Mugu

DEPARTMENT OF THE NAVY
Naval Base Ventura County N93RW
311 Main Road, Suite 1
Point Mugu, CA 93042-5033

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