

FFSC Training Request and Return and Reunion Request

Please return this form at least two weeks prior to brief request date to:
jacqueline.quinonez.ctr@navy.mil

For Internal Use Only

Date Received: _____ Received by: _____ Speaker Assigned: _____

Requesting Command's Information:

Requesting Command Name: _____

Point of Contact (POC): _____ POC Phone Number (*Deck or Cell*): _____

POC E-mail Address: _____ Alternate Phone Number (*Deck or Cell*): _____

Date of Training: _____ Time of Training Start: _____ Time of Training End: _____

Location of Training: _____ Building/Ship #: _____

Deck#/Floor#: _____ Room/Pier #: _____ Handicap Access: Yes No

Directions to Training Site: _____

Availability of Reserved Parking (*please indicate where*): _____

Training Requested:

Deployment Readiness Briefs

- Pre-Deployment Mid-Deployment
 Return and Reunion Homecoming (Post)

Mind-Body Mental Fitness Modules (90-120 min each)

1. Stress Resilience 2. Mindfulness & Meditation 3. Living Core Values
 4. Flexible Thinking 5. Problem Solving 6. Connection

Life Skills General Military Training (GMT)

- Anger Management (45-60 min) Team Building (45-60 min) Active Duty Pregnancy (180 min)
 Stress Management (45-60 min) Communication in the Workplace (45-60 min) Suicide Prevention (45-60 min)
 Time Management (45-60 min) Family Care Plan (60-90 min)
 Conflict Resolution (45-60 min) Family Care Plan Coordinator Training (60-90 min)
 Building Self Esteem (45-60 min) Family Advocacy Program Overview (45-60 min)

Relocation Briefs

- Area Resource Training (180 min) FFSC Overview (30-45 min) Homeport Change
 Sponsor Training (60-90 min) Sponsor Coordinator Training (60-90 min) Resource Table
 Sailors on the Move (120-150 min) Sailors and Families on the Move (120-150 min) Welcome to San Diego (120 min)

Other briefs not listed: _____

Total Number of Attendees: _____ Active Duty Family Members Civilians

Other (*Please specify*) _____

Special Requests/Notes: _____

Equipment Available at Requested Site:

- Proxima Computer TV Projector CD Player DVD Player Microphone Table & Chairs

Instructor Notes: _____

Please return this form to Tyler at jacqueline.quinonez.ctr@navy.mil