



**Fleet & Family Support Center**  
**Building 241**  
**207-438-1835**  
**Monday - Friday, 0700 - 1530**

# March Classes

## **LIFE SKILLS:**

### **STRESS MANAGEMENT 101**

Wednesday, March 1 from 1200 to 1400

Stress is an unavoidable part of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal setting, time management, and progressive relaxation.

### **BEAMS: BUILDING EFFECTIVE ANGER MANAGERMENTS SKILLS**

Monday, March 20 and daily Monday, March 27 to Friday, March 31 from 1200 to 1400

Anger is a natural emotion that everyone knows. For some, though, it can be hard to control how quickly it comes on and how intense it can be, sometimes leading to destructive choices. This 6 session in-depth course is designed to give participants new understandings and a selection of tools for mastering this powerful emotion.

## **FAMILY EMPLOYMENT / TRANSITION ASSISTANCE:**

### **TAP: TRANSITION ASSISTANCE PROGRAM**

Monday, March 6 to Friday, March 10 from 0730 to 1530 daily

This 5-day mandatory course provides information on employment, resume writing, job searching, post-military finances, available benefits, and a variety of resources useful in the transition to civilian life. Take this course within 24 months of retirement. See your Command Career Counselor to sign up.

### **INTERVIEWING SKILLS**

Wednesday, March 22 from 1200 to 1400

Want to feel more confident at your next job interview? This single-session workshop teaches you how. Topics include the interview process, including traditional and behavioral interviewing questions, as well as methods for responding to these questions using the STAR (situation, task, action, result) methods.

### **WINNING RESUME WRITING**

Thursday, March 23 from 1200 to 1400

This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with the resume and how to compile a resume effectively in the current job market.

**March 2023**

# Portsmouth Shipyard Currents

Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine



**Saturday, May 13, 2023**

\$30 (Trip Includes: Admission to Butterfly Place & Transportation)  
OR \$10 to meet us there



We'll be leaving PNSY at 9 a.m., our first stop is Butterfly Place in Westford, MA then we'll head to Yankee Candle Village in South Deerfield, MA. Once there you can explore and shop. We'll leave at 4 p.m. to head back to PNSY for 6 p.m. There is limited seating so don't let this trip fly by.

**Sign up at ITT, Building 22 | 207-438-2713**



**Fletcher Fitness Center**

Building 306  
Programs & Events are FREE  
to all authorized patrons  
More info call: 207-438-4261  
Mon-Fri, 5 a.m. - 8 p.m.  
Sat & Sun, 8 a.m. - 4 p.m.  
\*Hours are subject to change

**Airdyne  
Challenge  
March Fitness  
Competition**

March fitness  
competition at  
the Fletcher  
Fitness center for the whole  
month. The greatest mileage  
attained on the Airdyne in 5  
minutes wins.



**Dodgeball Tournament**

Sign up  
deadline:  
March 13  
Start date:  
March 20  
End date:  
March 31



Test your throwing and  
evasiveness skills with a  
dodgeball tournament.  
Tournament style will be  
determined by the number of  
teams that sign up. Sign up by  
Monday March 13, at the  
Fitness Center, building 301.

**March Fun Run:  
St. Patrick's  
Day Run**

Friday,  
March 17  
11:30 a.m.

3 Mile Run or walk  
outside or on  
treadmill. There will be a prize  
for first place and swag for all  
patrons.



**Discount Tickets, Trips &  
Tours at ITT**

Building 22  
More info call: 207-438-2713  
Operational Hours:  
Mon-Thurs, 8 a.m. - 6 p.m.  
Fri, 8 a.m. - 8 p.m. | Sat, 1 - 6 p.m.  
\*On all trips there are no refunds if a custom-  
er cancels unless we are able to fill their spot.

**Boston Day Trip  
Sunday May 7, 2023**

\$25 for van transportation  
This is your chance to join us for  
a private tour of the USS  
Constitution and spend the rest  
of the day in Boston. We depart  
PNSY at 7:30 a.m. and our tour  
starts at 9 a.m. Once complete,  
you are free to explore (the  
museum, harbor walk, Freedom  
Trail and more). There's even a  
water shuttle to the Aquarium.  
We leave at 3:30 p.m. returning  
to PNSY by 5 p.m. Don't let this  
opportunity set sail without you!

**Free Movies**

Free movies play in the  
Shipyards Auditorium, Building  
22. Friday Movies are at 6 p.m.  
and Saturday Movies are  
at 2 p.m.  
To find a full list of movies that  
will be playing this month visit  
our facebook page at  
[www.facebook.com/pnsyffr](http://www.facebook.com/pnsyffr)

**Recreation Equipment  
Rental**

Building H10  
More info call: 207-438-1514  
Operational Hours:  
Mon-Fri, 8 a.m. - 3:30 p.m.

**Spring Skiing!**

There is still plenty of time to  
get out there on the slopes!  
Come check out Recreation  
Equipment Rentals.

Item Description	Daily	Weekend
Alpine Ski Package*	\$16	\$25
XC Ski Package*	\$16	\$25
Skis Only	\$10	\$18
Boot Only	\$10	\$18
Poles Only	\$4	\$7
Snow Blades	\$10	\$18
Snowshoes	\$5	\$10
Snowboard	\$16	\$25

(3 Day Weekend & Weekly Rates available)

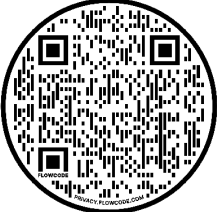
**Auto Hobby Shop**

Building 320 (Behind bldg H10)  
More info call: 207-438-2981  
Operational Hours:  
Tues, Wed & Sat, 8 a.m. - 4:30 p.m.  
Thurs & Fri, 8 a.m. to 8 p.m.

Take the time to clean up and  
refresh your car from the  
winter. Auto Hobby Shop has 6  
bays - 5 two post lifts & 1  
motorcycle/ATV lift. First come,  
first serve. We have tools for  
just about ANY job!

- \$5.00/hr Wash bay (Power  
washer available)
- \$6.00/hr To rent a bay with a  
lift (We supply the tools!)
- \$5.00 Tire machine (Unlim-  
ited use)
- \$5.00 Tire balancer (\$5.00  
Per tire - weights included)
- FREE vacuum out front.
- FREE air hose out front.

**GET MORE UPDATES!**



**IKEA Shopping Day**



**Friday, May 12, 2023**  
**Mother's Day Weekend - Make it a fun day with Mom  
or find her something special**



This trip is great for first timers or for people wanting to avoid delivery charges.  
IKEA is an internationally known home furnishing retailer with many affordable Scandinavian style items.  
IKEA is next to Costco and Jordan's so there is something for everyone.

Leaving at 8:30 am from PNSY, Arriving at IKEA in Stoughton, MA at 10 am for shopping around the area.  
Lunch is on your own and available there. We will leave at 2:30 pm to return to PNSY by 4 pm.  
Please note there is limited van transportation but will allow for more cargo space when returning back.

**Sign up at ITT, Building 22 | 207-438-2713**