



COURSE DESCRIPTIONS

ABCs of Resiliency

0.5 credit

COURSE DESCRIPTION: Explores how thoughts control behavior

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Web-based course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Accessing Higher Education: An Overview

1 credit

COURSE DESCRIPTION: This course will guide you through the variety of decisions involved in choosing a degree program, funding, and completing the admissions process. The expected outcome is you will create a customized plan for a successful transition to a higher education institution.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: A&FRC

Contact Info: 784-5440

Special Instructions: PLEASE BRING A COMPUTER AND MOUSE LOCATION: Bldg. 787, room 7 (building behind main Education center by UMUC/CTC college offices) DRESS CODE: Civilian Business Casual

REQUIRED ITEMS

1. Results from Military Occupation Code (MOC) Crosswalk Gap Analysis (from MOC participant guide)
2. Verification of Military Experience and Training (VMET) (from <http://www.dodtap.mil>)
3. Military transcripts (CCAF or Joint Service Transcript) and other educational transcripts -(unofficial)
4. Individual Transition Plan (ITP)
5. Computer and mouse

Activities not Listed in MU Catalog

1-4 credits

COURSE DESCRIPTION: Ad Hoc classes/activities offered by various agencies not listed in the MU catalog for which you can earn credit.

Target Audience: Everyone

Delivery Options: In-Person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: If you are interested in getting credit for a class or activity not listed in the MU catalog, i.e., a Lunch & Learn, Health Promotion, etc, contact the MU POC for instructions.

Adventure Dining: An Overview

1 credit per session up to a max of 4

COURSE DESCRIPTION: We will introduce you to an off-base restaurant frequently visited by the locals. Pay as you go.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person

Maximum Class Size: 15

POC: A&FRC

Contact Info: 784-5440

Special Instructions: Bring 30,000 Won for your meal and transportation cost.

Anger Management: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Learn to recognize and identify anger reactions, the anger cycle, the thought process and its' effect on anger and managing conflict.

Target Audience: All Ages

Delivery Options: In-person, 1x weekly (course will be every other session/change out with Stress Management)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Balance Your Thinking

0.5 credit

COURSE DESCRIPTION: How to avoid thinking traps

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Basic Instructor Training Course

1 Credit

COURSE DESCRIPTION: This course provides a basic overview of instructor and facilitator skills and techniques. Students will receive instruction regarding subjects such as adult learning, learning styles, group dynamics, classroom management, and more.

Target Audience: Everyone

Delivery Options: In person

POC: SMSgt Joshua Sacker

Contact Info: joshua.sacker@us.af.mil

Special Instructions: none

Basic Korean Language Workshop: An Overview

1 credit per session up to a max of 4

COURSE DESCRIPTION: Learn common expressions and phrases to survive in off-base activities. Lunch time, one hour class

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: A&FRC

Contact Info: 784-5440

Special Instructions: none

Career Exploration & Planning

2 credits

COURSE DESCRIPTION: The Technical Training track addresses such topics as selection of a reputable career and technical training school, the application process from start to finish, how to use certification finder Web tools and other internet resources that identify licensed occupations, and a military occupational code translator.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In Person, 2- day course

POC: A&FRC

Contact Info: 784-5440

Special Instructions: Bring personal computer if you have one.

Chapel Programs

Credits: Varies: Contact the MU Administrator

COURSE DESCRIPTION: The Chapel offers various faith-based gatherings that oftentimes include religious study. In addition, the chapel offers a number of trips, outings and retreats in which spiritual-resiliency topics are presented.

Target audience: Military, dependents and civilians from the Osan AB community.

Delivery options: In person

POC: <https://www.facebook.com/OsanABChapel>

Contact Info: DSN: 784-5000 or commercial: 0505-784-5000

Check Your Playbook

0.5 credit

COURSE DESCRIPTION: Helps you to understand why you do what you do.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

Maximum Class Size: none

POC Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Couples Communication: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants learn the basics of good communication including the value of listening and validating each other.

Target Audience: Couples

Delivery Options: In-person, 1x weekly (per session)

Maximum Class Size: 20 Participants (Max 10 Couples)

POC: Family Advocacy Program

Contact Info: 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Credit Report Review (1-on-1): An Overview

1 credit

COURSE DESCRIPTION: Accessing your full FICO® Score profile once per year for any of the 3 bureaus at A&FRC with an individual appointment

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: A&FRC

Contact Info: 010-2993-0194; PFC.Osan.USAF@zeiders.com

Special Instructions: none

Cultural Trips: An Overview

1 credit

COURSE DESCRIPTION: We will guide you via public transportation to a local venue such as markets, malls, movie theaters, historical venues, etc. where you will have time to venture out on your own to explore Korean culture.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: A&FRC

Contact Info: 784-5440

Special Instructions: Meet at the 7 Eleven prior to event time (varies). Bring a minimum of 30,000W for lunch, transportation, and shopping.

Customer Service for Professionals

1 credit

COURSE DESCRIPTION: This course provides an overview of what is necessary to provide professional customer service. The course incorporates content regarding essential skills such as interpersonal skills, effective communication skills, effective listening skills, and providing feedback effectively. The participants will work with realistic scenarios to practice implementation of these essential skills.

Target Audience: Military and DoD Civilian Personnel

Delivery Options: In person

Contact Info: joshua.sacker@us.af.mil

Special Instructions: RSVP required as space is limited.

Diversity and Inclusion Events

1 Credit per event to a max of 4

COURSE DESCRIPTION: The Air Force supports a diverse workplace and leverages the effects of diversity to achieve a strategic advantage. Come participate in Osan's D & I activities or become a volunteer with the D & I Council.

Target Audience: everyone

Delivery Options: In person

POC: sammantha.jones@us.af.mil

Special Instructions: Also check the weekly bulletin for up-coming events.

Entrepreneurship Training: An Overview

2 credits

COURSE DESCRIPTION: Service members pursuing self-employment in the private or non-profit sector will learn the challenges faced by entrepreneurs, the benefits and realities of entrepreneurship, and the steps toward business ownership.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person with online course follow up

POC: A&FRC

Contact Info: 784-5440

Special Instructions: none

Fitness Center Classes

(1 credit per enrollment for a maximum of 4 credits)

COURSE DESCRIPTION: The Fitness Center offers every kind of class imaginable: Extreme Conditioning, Spin classes, Zumba, Barre, Brazilian Jiu-Jitsu, Muay Thai (kickboxing), Hap Ki Do, Circ-HIIT, Tae Kwon Do and much much more!

Target Audience: everyone

Delivery Options: In person

POC: <https://www.51fss.com/fitness/>

Contact Info: 784-5568

Special Instructions: none

Free Tour of Seoul

1 credit

COURSE DESCRIPTION: This is a FREE day trip to Seoul to see historical sites, tour the landmarks and sample the local food options. Includes lunch and dinner.

Target Audience: everyone

Delivery Options: in person.

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Tour is offered on rotating Saturdays during spring, summer and fall. Contact the POC for schedule and to sign up. Oh, and it's FREE!

Good Listening and Responding

0.5 credit

COURSE DESCRIPTION: Skills needed build, strengthen, and maintain relationships.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under "Resiliency Training" on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Gratitude

0.5 credit

COURSE DESCRIPTION: How developing Gratitude supports a health life.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Health Promotion Wellness Class

1 credit per session with a max of 4

COURSE DESCRIPTION: Set-up and attend a wellness class for your unit.

Target Audience: Military & DoD civilian personnel

Delivery Options: In-unit

POC: Lisa Roof (Health Promotion)

Contact Info: lisa.a.roof.civ@mail.mil

Special Instructions: Contact Ms. Lisa for more info and the list of wellness classes.

How to Choose Healthy Relationships: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants will examine belief systems and their effect on relationships, as well as discuss unhealthy relationships, what to avoid, relationship games and traps that frequently occur.

Target Audience: All Ages & Relationship Status (Married, Single, Divorced)

Delivery Options: In-person, 1x weekly

Maximum Class Size: 15-20 Participants (Can include singles and/or couples)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Korean Cooking Class

1 Credit per session up to 4 max

Course Description: Come learn how make Korean Cucumber Kimchi. Class is Free. Adults and older children only.

Target Audience: Service Members and Family (older children only)

Delivery Options: In person

POC: USO Osan Bldg 916

Contact Info: DSN 784-0469

Special Instructions: Register in person, via phone, or through Facebook. All materials are provided.

Free Korean Crafting Class

1 credit

Course Description: Come decorate a tissue box. Class is Free. Family friendly.

Target Audience: Service Members and Family

Delivery Options: In person

POC: USO Osan Bldg 916

Contact Info: DSN 784-0469

Special Instructions: Register in person, via phone, or through Facebook. All materials are provided.

Individual Project

1-5 credits

COURSE DESCRIPTION: You design an individualize project that benefits either the Osan Community or our Korean partners.

Target Audience: Everyone

Delivery Options: TBA

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Contact the MU POC for instructions.

International Cooking Class: An Overview

1 credit per session up to 4 max

COURSE DESCRIPTION: Volunteer chefs plan and cook with you to teach how to make various cuisines and share the recipes so you can recreate them at home.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-person

POC: Airmen and Family Readiness Center

Contact Info: 784-5440

Special Instructions: Age 13 and above. Free.

Interpersonal Problem Solving

0.5 credit

COURSE DESCRIPTION: A tool for building and maintaining strong alliances.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

ITT Tour

1 credit per tour date to a max of 4

COURSE DESCRIPTION: Participate in an ITT tour.

Target Audience: everyone

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Sign up at the ITT office and provide your receipt to the POC as confirmation. Earn 1 credit per day length of tour.

Korean Immersion Program

1 credit per day

COURSE DESCRIPTION: 2-day cultural and language immersion program hosted by Pyongtaek University. You may attend one or the other days, or both. Combines a variety of classroom and experiential activities where participants learn about Korean history, culture and language. A Korean style lunch is served. The program is FREE.

Target Audience: everyone (not appropriate for children under 12)

Delivery Options: in person

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Offered weekdays only. Contact the POC for schedule

Master Resiliency Trainer Certification Course

5 credits

COURSE DESCRIPTION: MRT 40-hour In-residence course.

Target Audience: everyone

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Must be first certified as an RTA. PACAF usually offers this course twice a year. Contact the POC for more info.

Mindfulness

0.5 credit

COURSE DESCRIPTION: Learn to strengthen awareness and openness.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

Maximum Class Size: none

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Mustang University Advisor Course

1 credit

COURSE DESCRIPTION: This 45-min class will instruct you on how to be a Mustang University Advisor. Learn how to create success for Mustang University students.

Target Audience: Must be a Master Resiliency Trainer or Bronze level of MU.

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Contact the POC for instructions.

Outdoor Rec Activity

1 Credit per activity up to a max of 4

COURSE DESCRIPTION: Osan Out Door Recreation provides a variety of trips and activities. Check the website for offerings or give them a call.

Target Audience: Everyone

Delivery Options: in person

POC: Out Door Recreation Bldg. 1304 | 784-4007

Contact Info: <https://www.51fss.com/odr/>

Overview of Resiliency

0.5 credit

COURSE DESCRIPTION: Introduction to the concept of Resiliency

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Parenting Class: Dads 101: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants discuss fathering styles, the portrayal of fathers in social media, learn about child development, and gain insight into their partners' experience, and how to prepare for fatherhood.

Target Audience: Young Fathers, New Fathers

Delivery Options: In-person, 1x weekly (Offered once every quarter)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Parenting Class: Parenting with Love and Logic: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Learn to raise self-confident, motivated children and how to parent effectively while teaching your children responsibility and character.

Target Audience: Parents

Delivery Options: In-person, 1x weekly (per session) *Parenting classes rotate each session

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Parenting Class: Surviving Your Adolescent: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Learn a wide variety of the necessary skills to set behavioral limits, encourage decision-making, and communicate with teens.

Target Audience: Adolescent/Teenage Parents

Delivery Options: In-person, 1x weekly (per session)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Physical Resiliency

0.5 credit

COURSE DESCRIPTION: Learn the link between physical and mental well being.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more points.

Resiliency Training Assistant Certification Class

3 credits

COURSE DESCRIPTION: 3-day in-residence certification as an Air Force Resiliency Training Assistant.

Target Audience: Everyone

Delivery Options: In person

POC: Mr. Garretson

Contact Info: chet.garretson@us.af.mil

Résumé Review (1-on-1): An Overview

1 credit

COURSE DESCRIPTION: Get a second review of a completed résumé and tips on how to maximize your chances to make it past the first HR selection for the interview.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person, Email, Telephone, Videoconference

POC: A&FRC

Contact Info: 784-5440

Special Instructions: Provide us with a job posting to compare your application. Send at least a week prior to the job closing date

Spiritual Resiliency

0.5 credit

COURSE DESCRIPTION: Identify the beliefs that sustain our sense of well-being.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Review the slide deck, complete the written exercise found in the MU Guide and submit to the Administrator.

Spouse Orientation / Heartlink: An Overview

1 credit

COURSE DESCRIPTION: A great opportunity to meet base representatives and ask questions regarding a variety of base services. In addition, you will learn about A&FRC services, NEO and Korean Culture. Target Audience: Spouses

Military/DoD/Contractor personnel at Osan AB

Delivery Options: In-Person

POC: A&FRC

Contact Info: 784-5440

Special Instructions: Call first to register

Strengths

0.5 credit

COURSE DESCRIPTION: How to identify and use your signature strengths.

Target Audience: everyone

Delivery Options: Web based or in person via RTA Certification

Maximum Class Size: none

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the RTA Certification for more points.

Stress Management / Awareness: An Overview

1 credit per session (max 4 credits)

COURSE DESCRIPTION: Participants learn to identify stress, ways to manage stress, relaxation skills and changing negative self-talk.

Target Audience: All Ages

Delivery Options: In-person, 1x weekly (course content will vary)

POC: Family Advocacy Program

Contact Info: DSN 784-5010

Special Instructions: Book and additional materials will possibly be provided based on topic presented.

Toastmasters

1 credit for enrolling

COURSE DESCRIPTION: Osan AB Toastmasters can help you become a confident public speaker and stronger leader. It's a supportive learn-by-doing environment that allows you to achieve your goals at your own pace and meet new people.

Target Audience: Everyone

Delivery Options: In-Person

POC: <https://www.facebook.com/OsanABMustangMumblers/>

Contact Info: 784-1735

Special Instructions: The Mustang Mumblers' meet every Tuesday at 11:30 am to 12:30 pm in the USO. Look for the Toastmasters banner! No sign-ups required.

USAJOBS Federal Resume / Workshop: An Overview

1 credit

COURSE DESCRIPTION: Learn to navigate the complex USAJOBS hiring process, efficiently search for jobs, and apply for federal service. Also, tips on making your application stand out, what documents are needed, and how to receive job email alerts. Explores the Application Manager and check your application status.

Target Audience: Military and Civilian Osan community with base access

Delivery Options: In-Person

POC: A&FRC

Contact Info: 784-5440

Special Instructions: Min 5 attendees

VA Benefits

COURSE DESCRIPTION: Brief introduction to all VA benefits including ones that can be used on active duty and ones to be used in veteran status.

Target Audience: Active duty & their dependents, Veterans & their dependents

Delivery Options: In-person

POC: Airmen & Family Readiness Center

Contact info: 784-5440

Special Instructions: none

Values Based Goals

0.5 credit

COURSE DESCRIPTION: Develop goals that provide a sense of purpose.

Target Audience: Everyone

Delivery Options: Web based or in person via RTA Certification

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Self-paced course found under “Resiliency Training” on the MU site. Go through the slide deck. Perform the written exercise found in the MU Guide and submit to the Administrator. Or complete the Resiliency Training Certification for more credits.

Volunteer

1-5 credits

COURSE DESCRIPTION: Volunteer in support an event that serves either the Osan community or our Korean partners. Agencies that typically need volunteers are the USO, Red Cross, Family Readiness, Fitness Center and Health Promotion.

Target Audience: everyone

Delivery Options: In person

POC: Chet Garretson

Contact Info: chet.garretson@us.af.mil

Special Instructions: Email the MU POC for more info.

Volunteer Victim Advocate Training: An Overview

5 credits

COURSE DESCRIPTION: Volunteer Victim Advocates (VVA) are trained and credentialed Airmen that support victims of sexual assault. VVAs offer victims information, emotional support, and assist with finding other resources available to them. In order to become a Volunteer Victim Advocate, you must meet the following requirements:

1. Enlisted: E-4 and above, 21+ years of age; Officer: O-2 and above,
2. Be in a career field that is not ineligible (Security Forces, Medical with direct patient care, First Sergeants, Commanders, etc.),
3. Submit all required documents timely and be interviewed,
4. Successfully complete Initial Victim Advocate Training (40-hour course),
5. Submit National Organization for Victim Assistance (NOVA) application timely,
6. Have at least six months remaining at Osan Air Base after receiving NOVA credential.

Once credentialed by NOVA, all advocates will:

1. Pull on-call duty (Wednesday – Wednesday) per a set schedule – and be willing to be on-call during Wing down days and/or holidays in order maintain an installation 24/7 response capability for victims of sexual assault
2. Attend monthly training/advocate meetings
3. Participate in Sexual Assault Awareness & Prevention Month activities (April)
4. Commit to completing 32 hours of continuing education every two years as required to remain credentialed

Target Audience: Enlisted: E-4 and above, 21+ years of age; Officer: O-2 and above

Delivery Options: 40 hour in person course taught quarterly

Contact Info: 784-2832/5057 or 51FWCVK@us.af.mil

Special Instructions: If you meet the above requirements, and believe you can commit the time required, please send us an email and we will send you an application. You can also visit our Facebook page here:

<https://www.facebook.com/OsanSAPR>

Red Cross Classes

The Osan Chapter of the American Red Cross offers a variety of activities and is located in the same building as Checkertails:

Volunteer Orientation

1 credit

COURSE DESCRIPTION: This course provides an overview of the Red Cross mission and how it is executed at Osan Air Base. Learn how you can be a part of the volunteer workforce that contributed 16,800 volunteers hours in the year 2018 to Osan - that's \$580,000 saved to Osan!

Target Audience: Everyone

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Please create an account at www.volunteerconnection.redcross.org with your local zip code (96266) and PERSONAL email address before attending orientation

Resiliency through Guided Painting

1 credit

COURSE DESCRIPTION: This course combines artistic expression with psychological awareness and communication through a guided 14 x 11 inch art acrylic art piece. This creative practice promotes healing, wellness, coping, inner reflection, and personal change.

Target Audience: Everyone at no cost

Delivery Options: In Class

Contact Info: osan@redcross.org

Special Instructions: RSVP required as space is limited.

Resiliency through Guided Meditation & Aromatherapy

1 credit

COURSE DESCRIPTION: Free introductory class on the benefits of essential oils combined with meditation. Focus will be on aromatherapy as we connect with our breath. The oils are carefully selected for each class so they pair well together; You will leave feeling relaxed, more informed, and smelling wonderful!

Target Audience: Everyone

Delivery Options: In person

Contact Info: Osan@RedCross.org

Special Instructions: RSVP required as space is limited.

Effective Communication Reconnection Workshop

1 Credit

COURSE DESCRIPTION: This module is designed to build effective communication skills with emphasis on transition points and the stress they can bring. This module topic helps participants learn ways to communicate verbally and nonverbally as well as how to interpret and respond in positive ways to achieve a healthy outcome.

Target Audience: Everyone at no cost

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Emotional Grit Reconnection Workshop

1 Credit

COURSE DESCRIPTION: This module is designed to help participants recognize and understand the different thoughts, feelings and behaviors that contribute to and define depression.

Target Audience: Everyone at no cost

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Defusing Anger Reconnection Workshop

1 Credit

COURSE DESCRIPTION: This module addresses the anger that can develop during major military transitions, including deployments, moves and leaving the service.

Target Audience: Everyone at no cost

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Introduction Using Mind Body Skills Workshop

1 Credit

COURSE DESCRIPTION: This module introduces techniques that engage both the mind and body to address common stress reactions that occur within military families and communities.

Target Audience: Everyone at no cost

Delivery Options: In Class

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Using Mind Body Skills Workshop

1 Credit

COURSE DESCRIPTION: This module teaches more in-depth techniques that engage both the mind and body to address common stress reactions that occur within military families and communities.

Target Audience: Everyone at no cost

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Healing Garden

1 Credit per session up to a max of 4

COURSE DESCRIPTION: All materials will be provided, individuals can come out in a 2 hour block of time to help water the garden, pick weeds, plant seeds, trim plants, and pick vegetables.

Target Audience: Everyone at no cost

Delivery Options: In person at the Healing Garden

Contact Info: Osan@redcross.org

Special Instructions: Must RSVP in link provided in email

Disaster Cycle Services: An Overview

1 credit

COURSE DESCRIPTION: This course is the first in the Disaster Cycle Services course curriculum. It provides an overview of how DCS fulfills the Red Cross mission and describes the whole cycle process of helping individuals, families, and communities to prepare for, respond to and recover from disasters.

Target Audience: Everyone

Delivery Options: Web based

Contact Info: Osan@RedCross.org

Special Instructions: Requires that the cardholder be a volunteer of the Osan American Red Cross and have access to the American Red Cross computer-based training site.

Disaster Action Team Fundamentals

3 credits

COURSE DESCRIPTION: This curriculum is the online version of *Disaster Action Team Fundamentals* course. To receive credit for this course, learners must successfully complete all 3 modules. The WBT and ILT versions have the same content; learners may choose to take whichever version fits their needs.

Target Audience: Everyone

Delivery Options: Web based

Contact Info: Osan@RedCross.org

Special Instructions: Available only to volunteers of the Osan American Red Cross with access to the American Red Cross computer-based training site.

Recovery Services: An Overview

1 credit

COURSE DESCRIPTION: The anticipated outcome of this course is to begin to lay a solid foundation building from the Recovery Framework and Recovery Program Essentials from which Red Cross recovery workers can confidently act, whether providing recovery services, measuring recovery program effectiveness or informing continuous improvement of client recovery services.

Target Audience: Everyone

Delivery Options: Web based

POC: Osan@RedCross.org

Special Instructions: Available only to volunteers of the Osan American Red Cross with access to the American Red Cross computer-based training site.

Recovery Fundamentals

1 credit

COURSE DESCRIPTION: Provides basic level skills for new Caseworkers and Disaster Action Team members to properly provide Casework and Recovery Planning services and Direct Client Assistance to disaster-affected clients.

Target Audience: Everyone

Delivery Options: Web based

POC: Osan@RedCross.org

Special Instructions: Available only to volunteers of the Osan American Red Cross with access to the American Red Cross computer-based training site.

Psychological First Aid: Helping Others in Times of Stress

1 credit

COURSE DESCRIPTION: Provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve.

Target Audience: Everyone

Delivery Options: Web based

Contact Info: osan@redcross.org

Special Instructions: Only available to volunteers of the Osan American Red Cross who have access to the American Red Cross computer-based training site.

Stress Solutions Reconnection Workshop

1 Credit

COURSE DESCRIPTION: This module is designed to help participants understand the difference between healthy and unhealthy stress levels. Participants learn to recognize and manage stressors in their lives, particularly those related to transition and change. They also learn the physical and mental health consequences of allowing stress to build and effective ways to address it.

Target Audience: Everyone at no cost

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Trauma Talk Reconnection Workshop

1 Credit

COURSE DESCRIPTION: This module is designed to help participants broach the subject of trauma in a non-intimidating, approachable way.

Target Audience: Everyone at no cost

Delivery Options: In person

Contact Info: osan@redcross.org

Special Instructions: Taught by a licensed mental health official with no reporting/documentation

Concept of Operations Basics

.5 credit

COURSE DESCRIPTION: *Concept of Operations Basics* is a 30-minute, basic level, web-based training. The purpose of this course is to provide a basic overview of key ideas and practices from the Concept of Operations.

Target Audience: Everyone

Delivery Options: Web based

Contact Info: osan@redcross.org

Special Instructions: Only available to volunteers of the Osan American Red Cross who have access to the American Red Cross computer-based training site.

Mass Care: An Overview

1 credit

COURSE DESCRIPTION: web-based and instructor-led course that introduces participants to the Sheltering, Feeding, Distribution of Emergency Supplies, and Reunification services provided by Mass Care to people affected by disaster.

Target Audience: Everyone

Delivery Options: Web based

Contact Info: osan@redcross.org

Special Instructions: Only available to volunteers of the Osan American Red Cross who have access to the American Red Cross computer-based training site.

Basic Food Safety

1 credit

COURSE DESCRIPTION: introduces the non-management food-handler to critical issues of safe food handling & preparation, equipping them with all the practical skills and knowledge required to be a part of the food flow process. The aligns with all major Managerial Certification programs.

Target Audience: Everyone

Delivery Options: Web based

Contact Info: osan@redcross.org

Special Instructions: Only available to volunteers of the Osan American Red Cross who have access to the American Red Cross computer-based training site.

Disaster Action Team Management

1 credit

COURSE DESCRIPTION: basic level training that provides Disaster Action Team (DAT) leadership (DAT Supervisors, DAT Managers, DAT Duty Officers, DAT Coordinators, DAT Regional Program Leads, and DAT Leaders with instruction for leadership tasks for steady state program support and DAT response operations.

Target Audience: DAT Leader, DAT Coordinator

Delivery Options: Web based

Contact Info: osan@redcross.org

Special Instructions: Only available to volunteers of the Osan American Red Cross who have access to the American Red Cross computer-based training site.

Shelter Fundamentals

1 credit

COURSE DESCRIPTION: *Shelter Fundamentals* is a basic level course that introduces the guidelines and procedures for setting up, running and closing a shelter during a disaster.

Target Audience: DAT Leader, DAT Coordinator

Delivery Options: Web based

Contact Info: osan@redcross.org

Special Instructions: Only available to volunteers of the Osan American Red Cross who have access to the American Red Cross computer-based training site.