FLEET & FAMILY SUPPORT CENTER
METRO SAN DIEGO

October - December 2023

Programs & Workshops
Career Services

Finding Federal Employment
Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Wednesday, October 4 | 0900-1100 | NBSD (IP)
Wednesday, October 11 | 1300-1500 | NBPL (IP)
Wednesday, November 1 | 0900-1100 | NBSD (IP)
Wednesday, November 15 | 1300-1500 | NBPL (IP)
Wednesday, December 6 | 0900-1100 | NBSD (IP)

Capstone
Do you need assistance completing your TAP Capstone and are looking for a warm hand-off for resources and information? Come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events located at our Kearny Mesa Branch, 3950 Calle Fortunada, San Diego, CA 92123.

Friday, October 13 | 0800-1130 | KMB (IP)
Thursday, November 9 | 0800-1130 | KMB (IP)
Friday, December 8 | 0800-1130 | KMB (IP)

Insights to Starting a Home-Based Business
Get time-tested resources, information, advice, and proven techniques for starting your home-based business directly from organizations and agencies focused on your success!

Wednesday, October 18 | 1200-1430 | KMB (IP)
...Career Services continued.

Job Search Strategies
Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Wednesday, October 4 | 1000-1130 | (V)
Wednesday, October 11 | 0900-1030 | NBSD (IP)
Wednesday, November 1 | 1300-1500 | NBPL (IP)
Wednesday, November 8 | 0900-1030 | NBSD (IP)
Wednesday, December 6 | 1300-1500 | NBPL (IP)
Wednesday, December 13 | 0900-1030 | NBSD (IP)

Resume Writing
Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

Wednesday, October 4 | 1300-1500 | NBPL (IP)
Thursday, October 5 | 0900-1100 | BVH (IP)
Wednesday, October 11 | 1000-1130 | KMB (IP)
Wednesday, October 18 | 0900-1030 | NBSD (IP)
Thursday, October 26 | 1300-1500 | VSM (IP)
Thursday, November 2 | 0900-1100 | BVH (IP)
Wednesday, November 8 | 1300-1500 | NBPL (IP)
Wednesday, November 15 | 0900-1030 | NBSD (IP)
Tuesday, November 28 | 1000-1200 | GVB (IP)
Thursday, December 7 | 0900-1100 | BVH (IP)
Wednesday, December 13 | 1300-1500 | NBPL (IP)
Wednesday, December 20 | 0900-1030 | NBSD (IP)

Spouse Employment, Empowerment and Development
Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more.

Monday, December 4 | 1000-1200 | NBC (IP)
...Career Services continued.

**Boots-2-Business**  
Why start a Veteran-owned small business? Because Veterans are natural entrepreneurs, disciplined and goal-oriented self-starters. This workshop covers important steps related to business ownership as a post-military career. You'll learn fundamental tools & strategies associated with executing plans for launching & growing a small business. Additionally, you'll learn how business ownership might align with personal strengths and life goals.

Thursday-Friday, October 5-6 | 0730-1630 | KMB (IP)  
Thursday-Friday, October 19-20 | 0730-1630 | KMB (IP)  
Thursday-Friday, October 26-27 | 0730-1630 | KMB (IP)  
Thursday-Friday, November 2-3 | 0730-1630 | KMB (IP)  
Thursday-Friday, November 16-17 | 0730-1630 | KMB (IP)  
Thursday-Friday, November 30-December 1 | 0730-1630 | KMB (IP)  
Thursday-Friday, December 14-15 | 0730-1630 | KMB (IP)

**Navy Spouse in Transition**  
Are you a military spouse looking to support your active-duty service member through their transition from the military into the civilian world? Do you have questions or concerns about the transition process? In this 90-minute workshop, we will connect you with the Transition Assistance Program (TAP) information and resources you need from a spouse's perspective. You will learn how to plan for success by exploring a variety of TAP topics, including VA benefits, medical care, insurance, employment, education, relocation, finances, and governing laws, and instructions.

Wednesday, October 25 | 1300-1500 | NBPL (IP)

**Winning Interview Techniques**  
Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

Wednesday, October 18 | 1300-1500 | NBPL (IP)  
Wednesday, October 25 | 0900-1030 | NBSD (IP)  
Wednesday, November 22 | 0900-1030 | NBSD (IP)  
Wednesday, November 29 | 1300-1500 | NBPL (IP)  
Thursday, December 7 | 1000-1200 | NBC (IP)  
Wednesday, December 13 | 0900-1000 | (V)
Counseling Services

FFSC provides private and confidential counseling services for individuals, children, couples and families. Counselors are available to help with issues such as:

- Adjusting to military life
- Relationship Challenges
  - Divorce
  - Blended family
  - Infidelity
  - Deployment reintegration
  - New marriage and family
- Grief and loss
- Communication and conflict resolution
- Couples communication
- Parenting skills
- Anger management
- Other personal issues

Call us at 866-923-6478 to schedule an appointment. Often, just knowing an experienced professional is listening to you provides a feeling of great relief. This can lead to productive problem solving and effective relationships.
Deployment Support

Family Readiness Group (FRG) Basic Training On Demand
This training is customized to fit your FRG, whether the command is starting a group or re-energizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines, and ideas for fun activities. To access FRG Basic Training On Demand, please visit https://learning.zeiders.refineddata.com.

Fleet and Family has an FRG Coordinator available to provide additional support and FRG guidance should you need it. To reach the FRG Coordinator, please contact Centralized Scheduling at 866-923-6478

Family Readiness Group (FRG) Advanced Training
Explore the topics discussed in FRG Basic in more depth, hear from guests speakers, learn about additional community resources and network with your fellow FRG's.

Wednesday, November 1 | 1000-1200 | (V)

Deployment Support
Perhaps you are coming up to your first deployment, or maybe it has been a while since your family last experienced it. Let's demystify the process, review the cycles of deployment, and approach this upcoming transition with a drive to leverage and develop your resilience, and explore helpful resources to meet your goals and thrive!

Tuesday, October 10 | 1000-1200 | GVB (IP)
Thursday, November 16 | 0900-1100 | VSM (IP)
**Parenting Support**

**Active Duty Pregnancy Resources**
Are you a pregnant active duty service member? Learn about policies and programs related to motherhood, developing your Family Care Plan, the Navy's Pregnancy Instruction, as well as childcare, financial resources and more!

Wednesday, October 18 | 0900-1200 | KMB (IP)
Friday, October 20 | 0900-1200 | NBC (IP)
Friday, November 3 | 0900-1200 | NBSD (IP)
Friday, December 1 | 0900-1200 | NBC (IP)

**Effective Parenting Workshop**
This multi-session workshop discusses topics affecting today's family, including: consistent and effective discipline, understanding developmental stages, communication with children or young adults, building child self-esteem, and dealing with bullies.

Wednesday-Friday, October 11-13 | 0900-1600 | NBSD (IP)
Wednesday-Friday, November 29-December 1 | 0900-1600 | NBSD (IP)

**Navigating Childcare Options**
Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.

Tuesday, October 17 | 0900-1030 | BVH (IP)
Tuesday, October 31 | 1000-1200 | GVB (IP)
Thursday, November 16 | 1300-1500 | VSM (IP)
Tuesday, November 28 | 0900-1030 | BVH (IP)
Tuesday, December 19 | 0900-1030 | BVH (IP)
Toddler Monday, Tuesday and Thursday
Navigating through the toddler years can be stressful and frustrating. Let Toddler Monday, Tuesday and Thursday help! Join us for parent/toddler friendly courses where you will learn about your child's development, gain useful behavior management techniques and engage in fun activities with your toddler.

**Note: Toddler Monday Classes will be Spanish Speaking**

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Special Interests

**Building Effective Anger Management Skills (BEAMS)**
Develop the resiliency you need to thrive in stressful environments. This workshop explores valuable and proven anger management techniques.

Thursday, October 5 | 1000-1200 | NBSD (IP)
Thursday, November 2 | 1000-1200 | NBSD (IP)
Thursday, December 7 | 1000-1200 | NBSD (IP)

**Effective Communication**
Are you an effective communicator? Learn strategies for communicating better at home and at work.

Tuesday, October 3 | 1000-1200 | GVB (IP)
Friday, October 27 | 0900-1000 | NBC (IP)
Thursday, November 9 | 1300-1500 | VSM (IP)
Friday, December 1 | 1200-1400 | NBPL (IP)
Friday, December 8 | 1000-1100 | NBC (IP)

**Conflict Resolution**
Unmanaged conflict has caused many hardships in the workplace and at home. It can cause people to suffer, missions to fail, and families to separate. Yet, conflict is inevitable. This workshop helps people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Practicing skills that prevent conflict from escalations, and working with others to solve problems. This allows people to grow, missions to succeed, and families to strengthen.

Tuesday, October 17 | 0900-1000 | NBSD (IP)
Monday, November 13 | 1330-1430 | NBC (IP)
Friday, December 8 | 1200-1400 | NBPL (IP)
Monday, December 11 | 0900-1000 | KMB (IP)

**Time Management**
Are you as organized as you want to be? Are you strong at prioritizing? We want to help you get to where you want to be. Learn strategies for managing time effectively as well as understanding the value of prioritizing.

Tuesday, December 12 | 0900-1000 | NBSD (IP)
Mind-Body Mental Fitness (MBMF)
The primary goal of Mind-Body Mental Fitness (MBMF) is to enhance the mind, body, spirit, and social domains in one's life. Participants will learn proactive pathways to achieve mental fitness, find balance within these domains and gain practical skills that can be utilized daily. The aim is to take a thoughtful and proactive approach to addressing the stressors inherent in the military, rather than a reactionary approach.

Module 1 Stress Resilience
Thursday, October 5 | 0900-1100 | VSM (IP)
Wednesday, November 1 | 1000-1200 | NBSD (IP)

Module 2 Mindfulness and Meditation
Thursday, October 12 | 0900-1100 | VSM (IP)
Wednesday, November 8 | 1000-1200 | NBSD (IP)

Module 3 Living Core Values
Wednesday, October 4 | 1000-1200 | NBSD (IP)
Thursday, October 19 | 0900-1100 | VSM (IP)
Wednesday, November 15 | 1000-1200 | NBSD (IP)

Module 4 Flexibility
Wednesday, October 11 | 1000-1200 | NBSD (IP)
Thursday, October 26 | 0900-1100 | VSM (IP)
Wednesday, November 22 | 1000-1200 | NBSD (IP)

Module 5 Problem Solving
Wednesday, October 18 | 1000-1200 | NBSD (IP)
Thursday, November 2 | 0900-1100 | VSM (IP)
Wednesday, November 29 | 1000-1200 | NBSD (IP)

Module 6 Connection
Wednesday, October 25 | 1000-1200 | NBSD (IP)
Thursday, November 9 | 0900-1100 | VSM (IP)
Wednesday, December 6 | 1000-1200 | NBSD (IP)
Special Interests Continued.

**Navy Spouse 101**
Learn the basics of Navy life and how to thrive as a military spouse.

Tuesday, November 7 | 1000-1200 | GVB (IP)
Monday, November 20 | 0900-1100 | NBC (IP)
Thursday, December 7 | 0900-1100 | VSM (IP)
Friday, December 8 | 0900-1030 | KMB (IP)

**Navy Spouse 101 with Spouse Employment, Empowerment, and Development**
Learn the basics of Navy life and how to thrive as a military spouse. Are you looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing, and more.

Thursday, October 12 | 1300-1500 | VSM (IP)
Tuesday, December 5 | 1000-1200 | GVB (IP)

**Organize Your Life!**
Having a well-organized life reduces stress and improves self-esteem. This hands-on workshop teaches you how to manage your bills, schedule home maintenance, organize closets, and much more!

Tuesday, November 14 | 1000-1200 | GVB (IP)
Thursday, December 14 | 0900-1100 | VSM (IP)
Thursday, December 21 | 0900-1100 | BVH (IP)

**Stress Management**
Stress management secrets that will change your outlook. Make time to invest in you!

Tuesday, October 10 | 0900-1030 | BVH (IP)
Tuesday, November 14 | 0900-1030 | BVH (IP)
Friday, November 17 | 1200-1400 | NBPL (IP)
Tuesday, December 12 | 0900-1030 | BVH (IP)
Life After the Uniform: The Resilient Spouse
Are you ready for the challenges of life after the military? Whether your spouse is retiring or separating, these tools and resources will help you effectively navigate the process and prepare the whole family for its next adventure.

Tuesday, October 3 | 0900-1030 | NBSD (IP)
Tuesday, October 17 | 1000-1200 | GVB (IP)
Thursday, November 30 | 0900-1100 | VSM (IP)

Responsible Anger Management (RAM)
Identify the root of your anger and learn skills to take control of your anger. Redirect your emotions in positive ways which, ultimately, can help you build more effective strategies for success at work and at home. This is an interactive 2-day workshop.

Thursday-Friday, October 19-20 | 0900-1600 | NBSD (IP)
Thursday-Friday, November 16-17 | 0900-1600 | NBSD (IP)
Thursday-Friday, December 14-15 | 0900-1600 | NBSD (IP)

Love Long Distance Communication
This hands-on workshop for spouses and children has a great purpose: brightening the day of any deployed service member! Learn the art of long distance communication through the use of digital venues and old fashion snail mail.

Tuesday, October 24 | 1000-1200 | GVB (IP)

Virtual Military Retiree Seminar
FFSC will hold a virtual Military Retiree Seminar on Thursday, 02 November from 1000-1400. The following agencies will present important information and updates about key benefits and entitlements for military retirees: Defense Finance & Accounting Service (DFAS), Veteran Administration Office (VAO), Social Security Administration (SSA), Tricare, and FFSC will provide a presentation on the Survivor Benefit Plan (SBP). For additional questions regarding this event, you may call our Retired Activities Office (RAO) at 619-556-9752.

Thursday, November 2 | 1000-1400 | Virtual
Sexual Assault Prevention & Response (SAPR)

Classes are only for Active Duty Members who are interested in becoming a Command Uniformed Victim Advocate or for those credentialed already. Registration for these courses is required. Please contact your command SARC or the following installation POCs:

Naval Base San Diego: SAPRSDClasses.ftc@navy.mil
Naval Base Coronado: Contact your command SARC
Naval Base Point Loma and NWS Seal Beach: yolanda.m.bencomo.naf@us.navy.mil and jeannette.casillas.naf@us.navy.mil

Ombudsman Training

Registration is required for all Ombudsman Basic training listed below. Please contact April Vasquez at sdffscombudsman@us.navy.mil or call 619-556-7230 to register.

Ombudsman Basic Training (OBT)

Ombudsman Basic Training (OBT) is the required training for all Navy Ombudsman. It is a standardized multi-day training consisting of nine modules outlined in the Ombudsman Program Manual and OPNAVINST 1750.1G CH-2. Command leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator at sdffscombudsman@us.navy.mil. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

Tuesday - Thursday, October 10-12 | 0800-1600 | NBSD (IP)
Monday - Thursday, November 6-9 | 1600-2100 | (V)

Ombudsman Advanced Training

This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.

Wednesday, October 4 | 1800-2000 | (V)
Wednesday, October 18 | 1000-1200 | NBSD (IP)
Relocation Support

Welcome to San Diego
This course is designed to inform service members and families about the wide range of resources and activities available in Metro San Diego. It is especially useful for individuals who consider themselves "new" to the area or want a "refresh" regarding what San Diego has to offer.

Thursday, October 5 | 1300-1500 | VSM (IP)
Tuesday, December 12 | 1000-1200 | GVB (IP)

Sailors and Families on the Move
Ease the stress of relocation! Learn the processes, policies and resources available for planning a Permanent Change of Station (PCS) move. Whether you're moving within the Continental United States (CONUS) or Overseas (OCONUS), arm yourself with the latest information on your next duty station. Workshop highlights include financial entitlements and secrets to reducing moving stress.

Thursday, October 12 | 0900-1100 | BVH (IP)
Thursday, October 19 | 1300-1500 | VSM (IP)
Thursday, November 9 | 0900-1100 | BVH (IP)
Monday, November 20 | 0900-1100 | NBSD (IP)
Thursday, December 14 | 0900-1100 | BVH (IP)

Sailors and Families on the Move: Not So Spooky Move
Ease the stress of relocation! Learn the processes, policies, and resources available for planning a Permanent Change of Station (PCS) move. Whether you're moving within the Continental United States (CONUS) or Overseas (OCONUS), arm yourself with the latest information on your next duty station. Workshop highlights include financial entitlements and secrets to reducing moving stress.

Tuesday, October 31 | 1000-1200 | NBC (IP)

PCSing (Permanent Change of Station) with Kids
PCSing with children can be challenging. It can also be an exciting adventure. Learn some of the tips of the trade for making your next move with the whole family a memorable experience.

Thursday, November 2 | 1300-1500 | VSM (IP)
Tuesday, November 21 | 1000-1200 | GVB (IP)
Monday, December 4 | 0900-1030 | NBSD (IP)
Personal Financial Management

Car Buying and Leasing Strategies
If you're thinking of buying or leasing, this workshop can help make your dream car a reality! Develop the knowledge and skills to thoroughly research a purchase or lease. Learn to ask the right questions during the process, and practice negotiation techniques to get a great deal.

Thursday, October 19 | 1400-1500 (V)

Credit Management
Building and maintaining credit can be an important tool for financial success. This course will provide you with the knowledge about establishing healthy credit, the impact and cost of credit, and tips for debt recovery.

Tuesday, November 14 | 1400-1500 | (V)

Debt Destroyer
Welcome to the United States Navy Debt Destroyer® Workshop! This course is designed to empower you and your family to get out—and stay out—of debt. You will learn proven techniques to overcome your high interest rate consumer debt, make the most of the money you have coming in and get on track to a more secure financial future.

Thursday, December 21 | 1300-1400 | BVH (IP)

Financial Planning for Your Retirement Plan
Whether you're a Seaman Recruit or an Admiral, this class is right for you! Estimate your retirement needs and evaluate retirement account options (TSP, IRAs, 401Ks, etc.).

Wednesday, October 11 | 0900-1000 | NBC (IP)
Holiday Spending
Holidays and special occasions occur year-round. Learn how to plan for the added expenses of holidays and special events and develop strategies to avoid overspending and accumulating excessive debt.

Wednesday, October 25 | 1000-1100 | GVB (IP)
Wednesday, November 8 | 0900-1000 | NBC (IP)
Wednesday, November 29 | 1000-1100 | GVB (IP)

Home Buying Workshop
Buying a house is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

Friday, October 27 | 1300-1500 | NBC (IP)
Friday, December 1 | 1300-1500 | KMB (IP)

Marriage & Money
Marriage is an exciting time in the lives of your Sailors. This workshop provides useful strategies and tips to help Service Members address important financial considerations and changes for this Touchpoint.

Thursday, October 19 | 1000-1100 | BVH (IP)

Million Dollar Sailor/Spouse Workshop
Who wants to be a millionaire? Take aim with this two-day workshop designed to help Service members and their families save a million dollars over their lifetime. Proven strategies address topics such as banking and financial services, military pay, planning for your retirement, home buying, savvy consumerism, car buying, insurance and Thrift Savings Plan.

Thursday-Friday, November 16-17 | 0800-1600 | NBSD (IP)
Money and the Move
A PCS move can be stressful financial time for sailors. This curriculum provides useful strategies and tips to help service members address financial considerations for this Touchpoint.

Thursday, November 30 | 1000-1100 | BVH (IP)

Developing Your Spending Plan
Get control of your financial affairs, develop financial goals, develop a budget that can put you on the path to wealth!

Thursday, November 9 | 1300-1400 | BVH (IP)

Planning Your Financial Future
A service member's understanding of their spending personality is the first step in planning their financial future. Setting goals that are strategic, measurable, attainable, realistic and timely - or "SMART" - is key to achieving success. Use these resources to talk to service members about how to effectively set and reach their financial goals.

Wednesday, November 29 | 1000-1130 | NBSD (IP)

Saving and Investing 101
Develop knowledge and skills that will enable you to achieve your financial goals through saving and investing. You will learn the characteristics of the different saving and investment vehicles-such as Retirement Accounts, Money Market Accounts, and stocks.

Tuesday, October 24 | 1000-1130 | NBC (IP)
Survivor Benefit Plan (SBP)
Provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan.

Tuesday, November 21 | 1000-1100 | (V)

Thrift Savings Plan (TSP)/Blended Retirement System (BRS)
Get the latest detailed information on the Thrift Savings Plan (TSP) and how TSP can contribute to financial retirement security. In 2018, the Uniformed Services Blended Retirement System (BRS) will be implemented, with extensive changes that will affect current and future Sailors. This official Department of Defense training will provide you with critical information to help you understand who is affected by BRS; what is changing from the current high-3 system; why it is called blended retirement; important dates and deadlines; and the role of the Thrift Savings Plan in BRS. Most importantly, learn what steps you need to take to make the best decision for your retirement.

Wednesday, October 18 | 1300-1400 | NBSD (IP)
Friday, November 17 | 1000-1100 | NBC (IP)
Command Programs

Command Exceptional Family Member Program (EFMP) Point of Contact (POC) Training

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223

Wednesday, October 4 | 0900-1100 | NBC (IP)
Wednesday, November 1 | 0900-1100 | NBSD (V)
Wednesday, December 6 | 0900-1100 | NBPL (IP)

Family Care Plan Coordinator

Family Care Plans (FCPs) are a critical tool in ensuring personal and family readiness for any type of absence, crisis, or emergency. This workshop is designed to assist with the establishment of a collateral duty billet as Family Care Plan (FCP) Coordinator within the command. The FCP Coordinator manages the command's FCP Program, ensuring eligible Service Members maintain updated FCPs and providing resources as required in OPNAVINST 1740.4E, U.S. Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.

Friday, October 13 | 1200-1400 | NBPL (IP)
Tuesday, October 24 | 0900-1030 | (V)
Monday, October 30 | 0900-1030 | NBSD (IP)
Friday, November 3 | 1200-1400 | NBPL (IP)
Monday, November 27 | 0900-1030 | NBSD (IP)
Monday, December 11 | 1400-1500 | NBC (IP)
Monday, December 18 | 0900-1030 | NBSD (IP)
Sailor Assistance and Intercept for Life (SAIL) Workshop for Suicide Prevention Coordinators

Topics will include: an overview of the SAIL program, safety planning and compassion fatigue.

Wednesday, December 13 | 1300-1600 | NBC (IP)

Leadership Resource Training (LRT)

Are you a lead within your department, division or command and interested in learning more about the resources available to promote Sailor and family resiliency? This class will do just that! It is open to Service Members (E-5 and above), Ombudsmen, Leadership spouses, etc.

Thursday, November 16 | 0800-1200 (V) and NBSD (IP)

Transition Assistance Program (TAP)

This class is required for every Service member separating from the military and is designed to help Service members prepare for the transition to civilian life. Registration for transition classes will be done through your Command Career Counselor. Career Counselors can contact the TAP Coordinator, Ms. Laurie Lyford at laurie.a.lyford.ctr@us.navy.mil, to get their Service members registered for classes.
Command Financial Specialist (CFS) Initial Training
All Navy commands must appoint and ensure training for an adequate number of Command Financial Specialists (CFSs) to meet OPNAVINST requirements. Invaluable training ensures CFSs have the latest tools to serve as effective financial specialists for their respective commands. Pre-registration is required. For registration email: ffsc_cfs_pfm@us.navy.mil

Monday-Friday, October 2-6 | 0800-1600 | NBSD (IP)
Monday-Friday, October 30-November 3 | 0800-1600 | NBSD (IP)
Monday-Friday, December 4-8 | 0800-1600 | NBSD (IP)

Command Financial Specialist (CFS) Refresher Training
Appointed CFSs must attend refresher training every three (3) years after initial training to maintain designation. The refresher training helps to ensure all CFSs have the knowledge base and skill set to continue to function as an effective CFSs through: discussions on the financial planning worksheet, latest financial trends, schemes, potential pitfalls, and other relevant topics. Command triads and other leaders are also highly encouraged to attend. For registration please email: ffsc_cfs_pfm@us.navy.mil

Tuesday, November 7 | 0800-1600 | NBSD (IP)

Command Financial Specialist (CFS) Continuing Education
As specified in OPNAVINST 1740.5, this quarterly training is provided to discuss personal financial issues and provide additional training to meet the four elements of the PFM program (education, counseling, consumer advocacy, and information & referrals). The CFS will be notified of specific topics to be covered. This training is open to all CFSs, senior enlisted advisors, and command career counselors.
For registration please email: ffsc_cfs_pfm@us.navy.mil

Tuesday, October 17 | 0900-1030
Command Programs Continued.

Command Sponsor Coordinator Training
All commands must appoint a Sponsor Coordinator to oversee the support provided to incoming and outgoing Sailors. Per OPNAVINST 1740.3E, Sponsor Coordinators should receive initial training from FFSC to learn more about the program, policy requirements and resources for Sailors and families facing a Permanent Change of Station (PCS). Sponsor Coordinators are encouraged to contact FFSC for Welcome Aboard Packet information and to schedule Command Sponsor Training.

Tuesday, October 3 | 1330-1500 | (V)
Tuesday, October 10 | 0900-1030 | NBSD (IP)
Monday, October 16 | 0900-1030 | (V)
Friday, October 20 | 1200-1400 | NBPL (IP)
Monday, November 6 | 1330-1430 | NBC (IP)
Tuesday, November 7 | 0900-1030 | NBSD (IP)
Monday, November 13 | 0900-1030 | (V)
Tuesday, December 5 | 0900-1030 | NBSD (IP)
Monday, December 11 | 0900-1030 | (V)

Command Sponsor Training
This class is designed to help you be an effective Command Sponsor. We will review the roles and responsibilities of the Sponsor and discuss each stage of the program. We will also provide you with resources and area-specific information to assist you with your incoming personnel.

Tuesday, October 24 | 0900-1030 | NBSD (IP)
Monday, October 30 | 0900-1030 | (V)
Tuesday, November 7 | 0900-1030 | (V)
Tuesday, November 21 | 0900-1030 | NBSD (IP)
Monday, November 27 | 0900-1030 | (V)
Tuesday, December 5 | 1330-1500 | (V)
Monday, December 18 | 0900-1030 | (V)
Tuesday, December 19 | 0900-1030 | NBSD (IP)
## FFSC BRANCH LOCATIONS

<table>
<thead>
<tr>
<th>Branch Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Naval Base San Diego (NBSD)</strong></td>
<td>Buildings 259, 263 &amp; 271, 3005 Corbina Alley, Suite 1</td>
<td>619-556-7404</td>
</tr>
<tr>
<td><strong>Naval Base Coronado (NBC)</strong></td>
<td>Building 318, Saufley Road</td>
<td>619-545-6071</td>
</tr>
<tr>
<td><strong>Naval Base Point Loma (NBPL)</strong></td>
<td>Buildings 211 &amp; 212, 140 Sylvester Road</td>
<td>619-553-7505</td>
</tr>
<tr>
<td><strong>Bayview Hills Branch (BVH)</strong></td>
<td>1967 Sky Harbor Road</td>
<td>619-267-1720</td>
</tr>
<tr>
<td><strong>Gateway Village Branch (GVB)</strong></td>
<td>3207 Rosecrans Place</td>
<td>619-222-5548</td>
</tr>
<tr>
<td><strong>Kearny Mesa Branch (KMB)</strong></td>
<td>3950 Calle Fortunada</td>
<td>619-987-9449</td>
</tr>
<tr>
<td><strong>Village at Serra Mesa Branch (VSM)</strong></td>
<td>3141 Afton Road</td>
<td>858-505-1369</td>
</tr>
</tbody>
</table>

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