FLEET & FAMILY SUPPORT CENTER
METRO SAN DIEGO

January-March 2023
Programs & Workshops
If you are interested in attending one of these classes, please call our Centralized Scheduling Center at 866-923-6478

(V)-Virtual; (IP)-In Person
NBSD - Naval Base San Diego
NBPL - Naval Base Point Loma
NBC - Naval Base Coronado
KMB - Kearny Mesa Branch
GVB - Gateway Village Branch
VSM - Village at Serra Mesa Branch
BVH - Bayview Hills Branch

**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.

Tuesday, January 10 | 0900 - 1100 | NBSD (IP)
Wednesday, January 18 | 1300 - 1500 | NBPL (IP)
Friday, January 20 | 1000 - 1130 | NBC (IP)
Thursday, February 2 | 0900 - 1100 | NBSD (IP)
Wednesday, February 15 | 1300 - 1500 | NBPL (IP)
Friday, February 24 | 1000 - 1130 | (V)
Wednesday, March 1 | 0900 - 1100 | NBSD (IP)
Wednesday, March 15 | 1300 - 1500 | NBPL (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.

Thursday, January 19 | 0800 - 1200 | KMB (IP)
Thursday, February 23 | 0800 - 1200 | KMB (IP)
Thursday, March 16 | 0800 - 1200 | KMB (IP)
LinkedIn
Finally, a LinkedIn workshop for everyone! Service members, retirees, and their families can learn how to use the LinkedIn site to build a profile, find employment opportunities, and grow their network.

Thursday, January 12 | 1000-1200 | (V)

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?

Monday, January 9 | 1000 - 1130 | (V)
Wednesday, January 11 | 0900 - 1030 | NBSD (IP)
Wednesday, January 25 | 1300 - 1500 | NBPL (IP)
Wednesday, February 8 | 0900 - 1030 | NBSD (IP)
Wednesday, February 22 | 1300 - 1500 | NBPL (IP)
Monday, March 6 | 1000 - 1130 | (V)
Wednesday, March 8 | 0900 - 1030 | NBSD (IP)
Wednesday, March 22 | 1300 - 1500 | NBPL (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, January 4 | 1300 - 1500 | NBPL (IP)
Thursday, January 12 | 0900 - 1100 | BVH (IP)
Wednesday, January 18 | 0900 -1030 | NBSD (IP)
Wednesday, February 1 | 1300 -1500 | NBPL (IP)
Friday, February 3 | 1000 - 1130 | KMB (IP)
Thursday, February 9 | 0900 - 1100 | NBC (IP)
Wednesday, February 15 | 0900 - 1030 | NBSD (IP)
Wednesday, March 1 | 1300 - 1500 | NBPL (IP)
Thursday, March 2 | 0900 - 1100 | BVH (IP)
Friday, March 3 | 1300 - 1430 | KMB (IP)
Wednesday, March 22 | 1000 - 1130 | KMB (IP)
...Career Services continued.

**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, January 18 | 1300 - 1500 | KMB (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.

Tuesday, January 17 | 1000 - 1200 | GVB (IP)
Thursday, January 26 | 1300 - 1500 | KMB (IP)
Thursday, February 2 | 1000 - 1200 | NBPL (IP)
Tuesday, February 7 | 0900 - 1030 | NBSD (IP)
Friday, March 3 | 0900 - 1100 | KMB (IP)
Thursday, March 16 | 1030 - 1130 | NBC (IP)

**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, January 12 - 13 | 0730 - 1630 | KMB (IP)
Thursday - Friday, January 26 - 27 | 0730 - 1630 | KMB (IP)
Thursday - Friday, February 2 - 3 | 0730 - 1630 | KMB (IP)
Thursday - Friday, February 9 - 10 | 0730 - 1630 | KMB (IP)
Thursday - Friday, February 16 - 17 | 0730 - 1630 | KMB (IP)
Thursday - Friday, March 2 - 3 | 0730 - 1630 | KMB (IP)
Thursday - Friday, March 9 - 10 | 0730 - 1630 | KMB (IP)
Thursday - Friday, March 30 - 31 | 0730 - 1630 | KMB (IP)
Career Services continued.

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, February 15 | 1000 - 1130 | KMB (IP)

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

Wednesday, January 11 | 1300 - 1500 | NBPL (IP)
Tuesday, January 24 | 1000 - 1130 | (V)
Wednesday, January 25 | 0900 - 1030 | NBSD (IP)
Monday, January 30 | 0900 - 1000 | KMB (IP)
Thursday, February 2 | 0900 - 1100 | BVH (IP)
Wednesday, February 8 | 1300 - 1500 | NBPL (IP)
Wednesday, February 22 | 0900 - 1030 | NBSD (IP)
Wednesday, March 8 | 1300 - 1500 | NBPL (IP)
Monday, March 27 | 0900 - 1000 | KMB (IP)
Wednesday, March 29 | 0900 - 1030 | NBSD (IP)

How to Work a Job Fair with Resume Writing
Make the most of your job fair experience and position yourself for success. Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective, and winning resume.

Monday, March 13 | 1000 - 1200 | NBC (IP)
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
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.

Wednesday, January 4 | 0900-1600 | NBSD (IP)
Wednesday, February 1 | 0900-1600 | NBSD (IP)
Wednesday, March 1 | 0900-1600 | NBSD (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!

Tuesday, January 10 | 0900 - 1200 | KMB (IP)
Friday, January 20 | 0900-1200 | NBSD (IP)
Tuesday, February 14 | 0900-1030 | BVH (IP)
Friday, February 17 | 0900 - 1200 | KMB (IP)
Friday, February 17 | 0900-1200 | NBC (IP)
Friday, February 24 | 0900 - 1200 | NBSD (IP)
Wednesday, March 15 | 1300 - 1600 | KMB (IP)
Friday, March 24 | 0900-1200 | 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, January 17 | 0900 - 1030 | BVH (IP)
Wednesday, January 18 | 0900 - 1030 | KMB (IP)
Tuesday, January 24 | 1000 - 1200 | GVB (IP)
Tuesday, February 21 | 0900 - 1030 | BVH (IP)
Wednesday, February 22 | 0900 - 1030 | KMB (IP)
Tuesday, March 21 | 0900 - 1030 | BVH (IP)
Thursday, March 23 | 1000 - 1200 | NBPL (IP)
Tuesday, March 28 | 1000 - 1200 | GVB (IP)

Kids Craft
Come out and meet your neighbors while enjoying a small craft structured for kids 4-12 years old. Located at your Bayview Hills Branch, 1967 Sky Harbor Rd, San Diego CA 92139.

Wednesdays | 1300 - 1400 | BVH (IP)

January 4 | February 1 | March 1
January 11 | February 8 | March 8
January 25 | February 15 | March 22
February 22
**Effective Parenting**

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.

- Thursday-Friday, January 26-27 | 0900-1600 | NBSD (IP)
- Thursday-Friday, February 23-24 | 0900-1600 | NBSD (IP)
- Thursday-Friday, March 30-31 | 0900-1600 | NBSD (IP)

**New Parent Support Home Visitation Program (NPSHV)**

NPSHVs offer free and confidential individualized home visitations, consultation, and Nurturing Parent education for expectant and new parents. You are eligible for this program if single or married active duty, or an eligible family member. This program is for you if you can access services at a military medical treatment facility, you are expecting your first child, or your family includes a child under the age of four. NPSHVs also provide special support to active duty, expectant mothers to help prepare them for maternity leave and parenthood while active duty. Call 619-556-8809 for more information.

**Happiest Baby on the Block**

Dr. Harvey Karp, pediatrician and child development expert, has developed a technique to help parents soothe their crying babies and increase sleep. The New Parent Support Team will demonstrate the 5 S's to switch on the calming reflex and calm your baby.

- Thursday, January 12 | 1100 - 1200 | KMB (IP)
- Thursday, March 23 | 1100 - 1200 | KMB (IP)

**Happiest Toddler on the Block**

Dr. Harvey Karp has developed a sure-fire technique to deal with challenging behaviors of toddlers. This method reduces tantrums before they happen and helps calm your toddler when having a meltdown.

- Thursday, January 5 | 1100 - 1200 | KMB (IP)
- Thursday, March 16 | 1100 - 1200 | KMB (IP)
Electronic Media and the Developing Mind
You may be wondering how electronic media effects my child's brain development. We will explore the effects of electronic media on a young child's brain, the American Academy of Pediatrics recommendations for small children and alternatives to electronic media for small children.

Thursday, January 19 | 1100 - 1200 | KMB (IP)
Thursday, March 30 | 1100 - 1200 | KMB (IP)

5 Love Languages of Parents and Children
Just like adults, children have different ways of expressing love and getting their needs met. We will look at what is your child's love language and how to parent a child whose love language is different than your own.

Thursday, January 26 | 1100 - 1200 | KMB (IP)

Packing Your Bag for the Hospital / Getting to Know Your Baby
If you are wondering what you will need at the hospital when you deliver your baby this class is for you. We will cover what most hospitals will allow you to bring and helpful tips of what to bring for you and your baby.

Thursday, February 2 | 1100 - 1200 | KMB (IP)

Infant Massage
There are many benefits of infant massage. Infant massage helps ease discomfort, release tension, improves breathing function, and is a wonderful nurturing routine for your baby and you. You will be provided step-by-step instructions on how to massage your baby.

Thursday, February 9 | 1100 - 1200 | KMB (IP)
Thursday, February 16 | 1100 - 1200 | KMB (IP)

Breastfeeding Basics
We will explore strategies and proven tips to make breastfeeding your baby less stressful for you and your baby.

Thursday, February 23 | 1100 - 1200 | KMB (IP)
Postpartum Depression and Anxiety
One out of five women experience postpartum depression and anxiety. The rate is even higher, among military families. We will review risk factors, screening treatment, and support.

Thursday, March 2 | 1100 - 1200 | KMB (IP)

Preparing Your Child for Deployment
Deployments can be hard for families. Children often express confusion and sadness during this time. We will explore ways to help your child during this difficult time and offer suggestions on how to help your child through this difficult time.

Thursday, March 9 | 1100 - 1200 | KMB (IP)

Toddler Tuesday and Thursday
Navigating through the toddler years can be stressful and frustrating. Let Toddler 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.

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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, January 12 | 1000-1200 | NBSD (IP)
Thursday, February 2 | 1000-1200 | NBSD (IP)
Thursday, March 2 | 1000-1200 | NBSD (IP)

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

Thursday, January 12 | 1000 - 1200 | NBPL (IP)
Tuesday, February 7 | 1100 - 1200 | NBC (IP)
Thursday, February 16 | 1000 - 1200 | NBPL (IP)
Thursday, March 2 | 1000 - 1200 | NBPL (IP)
Tuesday, March 14 | 0900 - 1030 | BVH (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.

Thursday, January 5 | 1400 - 1500 | KMB (IP)
Tuesday, January 31 | 1100 - 1200 | NBC (IP)
Thursday, February 9 | 1000 -1200 | NBPL (IP)
Friday, March 17 | 1200 -1300 | KMB (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, January 10 | 1000-1130 | NBC (IP)
Wednesday, February 15 | 0900-1030 | 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  
Wednesday, January 11 | 1000-1200 | NBSD (IP)  
Thursday, January 19 | 1000 - 1200 | NBPL (IP)  
Thursday, January 26 | 0900 - 1100 | BVH (IP)  
Wednesday, February 22 | 1000-1200 | NBSD (IP)  

Module 2 Mindfulness and Meditation  
Wednesday, January 18 | 1000-1200 | NBSD (IP)  
Tuesday, February 21 | 1000 - 1200 | GVB (IP)  
Thursday, February 23 | 0900 - 1100 | BVH (IP)  
Wednesday, March 1 | 1000-1200 | NBSD (IP)  

Module 3 Living Core Values  
Wednesday, January 25 | 1000-1200 | NBSD (IP)  
Wednesday, March 8 | 1000-1200 | NBSD (IP)  
Tuesday, March 21 | 1000 - 1200 | GVB (IP)  
Thursday, March 30 | 0900 - 1100 | BVH (IP)  

Module 4 Flexibility  
Wednesday, February 1 | 1000-1200 | NBSD (IP)  
Wednesday, March 15 | 1000-1200 | NBSD (IP)  

Module 5 Problem Solving  
Wednesday, February 8 | 1000-1200 | NBSD (IP)  
Wednesday, March 22 | 1000-1200 | NBSD (IP)  

Module 6 Connection  
Wednesday, February 15 | 1000-1200 | NBSD (IP)  
Wednesday, March 29 | 1000-1200 | NBSD (IP)  

Resiliency Skills Training  
This class focuses on enhancing your resiliency by strengthening your current skills and introducing you to new ones. You will be taught to view and handle stressors differently to help achieve your optimal performance. This 2-hour class is held once a week for three consecutive weeks. Includes a Virtual or In-Person option.
Navy Spouse 101
Learn the basics of Navy life and how to thrive as a military spouse.

Friday, February 3 | 1000-1130 | NBC (IP)
Tuesday, February 7 | 1000 - 1200 | GVB (IP)
Thursday, February 9 | 0900 - 1100 | BVH (IP)
Wednesday, February 15 | 1330-1500 | NBSD (IP)
Thursday, February 16 | 0900 - 1030 | KMB (IP)
Wednesday, March 8 | 1000-1130 | NBC (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, January 10 | 1000 - 1200 | GVB (IP)
Thursday, February 23 | 1000 - 1200 | NBPL (IP)
Tuesday, February 28 | 1330 - 1500 | BVH (IP)
Thursday, March 9 | 1000 - 1200 | NBPL (IP)
Wednesday, March 15 | 1000 - 1100 | KMBP (IP)

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

Thursday, January 5 | 1000-1200 | NBPL (IP)
Tuesday, January 10 | 0900-1030 | BVH (IP)
Thursday, January 12 | 1300-1430 | KMB (IP)
Wednesday, March 1 | 1300-1430 | KMB (IP)
Friday, March 31 | 1300-1430 | 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.

Wednesday, February 15 | 1000-1130 | KMB (IP)
Friday, March 10 | 0900-1030 | (V)
...Special Interests Continued.

**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, January 19-20 | 0900-1600 | NBSD (IP)
Thursday-Friday, February 16-17 | 0900-1600 | NBSD (IP)
Thursday-Friday, March 16-17 | 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.

Wednesday, January 4 | 1100 - 1230 | KMB (IP)
Thursday, January 26 | 1000 - 1200 | NBPL (IP)
Friday, February 10 | 1000 - 1130 | KMB (IP)
Wednesday, March 1 | 0900 - 1030 | KMB (IP)

**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 credentialled 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 of the Ombudsman training listed below. Please contact trisha.k.pair.ctr@us.navy.mil 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 trisha.k.pair.ctr@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, February 7-9 | 0800-1630 | NBSD (IP)
Monday-Thursday, March 13-16 | 1600-2130 | NBSD (IP)

Ombudsman Advanced Training

This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network.

Wednesday, February 1 | 1800-2000 | (V)
Wednesday, February 22 | 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.

Tuesday, January 3 | 1000-1200 | GVB (IP)
Friday, January 13 | 1000-1200 | (V)
Tuesday, February 28 | 1000-1200 | GVB (IP)
Thursday, March 16 | 1000-1200 | NBPL (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, January 5 | 0900-1100 | BVH (IP)
Tuesday, February 21 | 0900-1100 | NBSD (IP)
Thursday, March 9 | 0900-1100 | BVH (IP)
Thursday, March 9 | 1000-1230 | NBC (IP)
Tuesday, March 14 | 1000-1200 | GVB (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.

Tuesday, February 14 | 1000-1200 | GVB (IP)
Tuesday, February 21 | 1300-1430 | 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, February 2 | 1000-1130 | (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, March 21 | 1100-1200 | NBC (IP)
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.

Tuesday, February 28 | 1000-1200 | NBSD (IP)

Financial Readiness for Deployment
From managing payments, to active duty alerts to insurance–help sailors prepare for the move. This curriculum provides useful strategies and tips to help Service Members address financial considerations for this touchpoint.

Thursday, March 23 | 1300-1400 | BVH (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, January 27 | 1300-1500 | KMB (IP)
Friday, February 24 | 1300-1500 | NBC (IP)
Friday, March 24 | 1300-1500 | KMB (IP)

Money and the Move
A PCS move can be a stressful financial time for sailors. This curriculum provides useful strategies and tips to help Service Members address financial considerations for this Touchpoint.

Thursday, January 19 | 0900-1000 | BVH (IP)
Wednesday, March 29 | 1000-1100 | GVB (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, March 1 | 0900-1000 | NBC (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, March 16-17 | 0800-1600 | NBSD (IP)

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

Wednesday, February 22 | 0930-1100 | GVB (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.

Thursday, February 23 | 0900-1000 | NBSD (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.

Thursday, January 19 | 1400-1500 | (V)
Thursday, March 23 | 0900-1000 | NBC (IP)

Tax Preparation for Service Members (Tax Tips)
Filing taxes can be confusing but understanding basic tax filing terminology makes filing easier. Use these resources to talk to service members about the information needed to fill out specific forms and the no-cost tax resources available to them.

Wednesday, January 18 | 1300-1400 | NBSD (IP)
Thursday, February 16 | 0900-1000 | NBC (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.

Wednesday, January 25 | 1000 - 1100 | GVB (IP)
Thursday, February 16 | 1300 - 1400 | BVH (IP)

Your Insurance Needs
Suitable for all audiences, designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on the basic types of insurance, and to determine their personal need for life insurance.

Tuesday, March 14 | 1500 - 1600 | (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.

Tuesday, January 31 | 1300-1500 | NBC (IP)
Thursday, March 2 | 1000-1130 | NBSD (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 1754.2D requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223

Wednesday, January 11 | 0900-1100 | NBC (IP)
Wednesday, February 1 | 0900-1100 | NBSD (IP)
Wednesday, March 1 | 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.

Wednesday, January 11 | 1000-1200 | KMB (IP)
Monday, January 23 | 0900-1030 | NBSD (IP)
Tuesday, January 24 | 1330-1500 | (V)
Wednesday, February 8 | 1000-1200 | KMB (IP)
Monday, February 27 | 0900-1030 | NBSD (IP)
Monday, March 27 | 0900-1030 | NBSD (IP)
Tuesday, March 28 | 1330-1500 | (V)
Wednesday, March 29 | 1200-1400 | KMB (IP)

Sailor Assistance and Intercept for Life (SAIL) Workshop for Suicide Prevention Coordinators

Topics will include: an overview of the SAIL program, safety planning, compassion fatigue, and intro to FFSC's "Resiliency Skills Training".

Thursday, March 2 | 1300-1600 | NBSD (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, January 19 | 0800-1200 | (V)
Thursday, March 16 | 0800-1200 | (V)
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. Call 866-923-6478 to register.

Monday-Friday, January 9-13 | 0800-1600 | NBSD (IP)
Monday-Friday, February 6-10 | 0800-1600 | NBSD (IP)
Monday-Friday, March 6-10 | 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.

Tuesday, February 14 | 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.

Tuesday, January 24 | 0900-1030 | (V) Register on MyNavyFamily.com

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 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.

Monday, January 9 | 0900-1030 | (V)
Tuesday, January 17 | 0900-1030 | NBSD (IP)
Tuesday, February 7 | 1330-1500 | (V)
Tuesday, February 7 | 0900-1030 | NBSD (IP)
Monday, February 13 | 0900-1030 | (V)
Tuesday, March 7 | 0900-1030 | NBSD (IP)
Monday, March 13 | 0900-1030 | (V)
Wednesday, March 15 | 0900-1030 | NBC (IP)

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, January 3 | 1330-1500 | (V)
Monday, January 23 | 0900-1030 | (V)
Tuesday, January 31 | 0900-1030 | NBSD (IP)
Tuesday, February 21 | 0900-1030 | NBSD (IP)
Monday, February 27 | 0900-1030 | (V)
Tuesday, March 7 | 1330-1500 | (V)
Friday, March 17 | 1000-1100 | (V)
Tuesday, March 21 | 0900-1030 | NBSD (IP)
Monday, March 27 | 0900-1030 | (V)
FFSC BRANCH LOCATIONS

Naval Base San Diego (NBSD)
Buildings 259, 263 & 271
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
619-556-7404

Bayview Hills Branch (BVH)
1967 Sky Harbor Road
San Diego, CA 92139
619-267-1720

Village at Serra Mesa Branch (VSM)
3141 Afton Road
San Diego, CA 92123
858-505-1369

Naval Base Coronado (NBC)
Building 318, Saufley Road
San Diego, CA 92135-7138
619-545-6071

Gateway Village Branch (GVB)
3207 Rosecrans Place
San Diego, CA 92110
619-222-5548

Naval Base Point Loma (NBPL)
Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-7505

Kearny Mesa Branch (KMB)
3950 Calle Fortunada
San Diego, CA 92123
619-987-9449