Fleet & Family Support Centers
San Diego Metro

JULY 2024
PROGRAMS & WORKSHOPS

ADVOCATING FOR YOUR NEEDS AT HOME & SEA
LET’S CONNECT!
JOIN OUR SOCIAL MEDIA COMMUNITY

@FFSC_SAN_DIEGO

STAY UP TO DATE WITH WHAT PROGRAMS, EVENTS & WORKSHOPS FLEET AND FAMILY HAS TO OFFER!
# July 2024

**CALL 866-923-6478 TO REGISTER TODAY!**

**ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED**

### MON 1
- **COMMAND SPONSOR COORDINATOR TRAINING**
  - 0900–1030 (V)

### TUES 2
- **SURVIVOR BENEFIT PLAN (SBP)**
  - 0900–1000, NBC
  - 1000–1100, KMB
  - SMOOTH MOVE
  - 1300–1500, KMB
- **KIDS CRAFT**
  - 1330–1430, GVB
  - KIDS CRAFT
  - 1330–1430, VSM

### WED 3
- **FINDING FEDERAL EMPLOYMENT**
  - 0900–1100, NBC

### THUR 4
- NO WORKSHOPS SCHEDULED AT THIS TIME

### FRI 5

### MON 8
- **COMMAND FINANCIAL SPECIALIST (CFS) INITIAL TRAINING,**
  - JULY 8–12,
  - 0800–1600, NBSD

### TUES 9
- **RESUME WRITING**
  - 0900–1100, KMB
- **COMMAND SPONSOR COORDINATOR TRAINING**
  - 0900–1030, NBSD
- **FAMILY CARE PLAN COORDINATOR**
  - 0900–1030 (V)
- **BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS**
  - 1000–1200, NBSD
- **TODDLER TUESDAY**
  - 1000–1100, KMB
- **WINNING INTERVIEW TECHNIQUES**
  - 1300–1430, KMB

### WED 10
- **COMMAND EFMP POC TRAINING**
  - 0900–1100, NBC
- **EFFECTIVE PARENTING WORKSHOP,**
  - JULY 10–12,
  - 0800–1600, NBSD
- **JOB SEARCH STRATEGIES**
  - 0900–1030, NBSD
- **MBMF MODULE 6: CONNECTION**
  - 1000–1200, NBSD

### THUR 11
- **BOOTS–2–BUSINESS,**
  - JULY 11–12,
  - 0730–1630, KMB
- **MBMF MODULE 3:**
  - LIVING CORE VALUES
  - 0800–1100, NBC
- **SPOUSE EMPLOYMENT, EMPowerment & DEVELOPMENT**
  - 0900–1100, NBC
- **NAVIGATING CHILDCARE OPTIONS**
  - 0900–1100, BVH
- **MBMF MODULE 6:**
  - PROBLEM SOLVING
  - 0900–1100, VSM
- **ACTIVE DUTY PREGNANCY RESOURCES**
  - 1300–1500, BVH
- **TODDLER THURSDAY**
  - 1000–1100, KMB
- **NAVIGATING CHILDCARE OPTIONS**
  - 1330–1530, GVB

### FRI 12
- **BOOTS–2–BUSINESS,**
  - JULY 11–12,
  - 0730–1630, KMB
**July 2024**

CALL 866-923-6478 TO REGISTER TODAY!

**ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED**

<table>
<thead>
<tr>
<th>MON 15</th>
<th>TUES 16</th>
<th>WED 17</th>
<th>THUR 18</th>
<th>FRI 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMAND SPONSOR TRAINING 0900–1100, NBSD</td>
<td>SMOOTH MOVE 0900–1100, NBSD</td>
<td>COMMAND SPONSOR TRAINING 0900–1100, NBC</td>
<td>BOOTS—2—BUSINESS, JULY 18–19, 0730–1630, KMB</td>
<td>BOOTS—2—BUSINESS, JULY 18–19, 0730–1630, KMB</td>
</tr>
<tr>
<td>ONE LOVE 1100–1300, NBC</td>
<td>JOB SEARCH STRATEGIES 0900–1100, KMB</td>
<td>RESUME WRITING 0900–1100, NBSD</td>
<td>LEADERSHIP RESOURCE TRAINING 0800–1200, NBSD</td>
<td>RESPONSIBLE ANGER MANAGEMENT, JULY 18–19, 0900–1600, NBSD</td>
</tr>
<tr>
<td>HOLIDAY SPENDING 0900–1000, NBC</td>
<td>TODDLER TUESDAY 1000–1100, KMB</td>
<td>SURVIVOR BENEFIT PLAN (SBP) 1000–1100, NBSD</td>
<td>SAVING &amp; INVESTING 101 0900–1000, BVH</td>
<td>MBMF MODULE 5: PROBLEM SOLVING 1000–1130, NBPL</td>
</tr>
<tr>
<td>SPOUSE EMPLOYMENT, EMPOWERMENT &amp; DEVELOPMENT 1300–1500, KMB</td>
<td>WELCOME TO SAN DIEGO 1000–1200, KMB</td>
<td>WELCOME TO SAN DIEGO 1000–1200, KMB</td>
<td>RESPONSIBLE ANGER MANAGEMENT, JULY 18–19, 0900–1600, NBSD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MBMF MODULE 1: STRESS RESILIENCE 1000–1200, NBSD</td>
<td>INSIGHTS TO STARTING A HOME-BASED BUSINESS 1300–1530, KMB</td>
<td>THRIFT SAVINGS PLAN (TSP)/BLENDED REIMBURSEMENT SYSTEM (BRS) 1000–1100, VSM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>STRESS MANAGEMENT 1300–1500, NVH</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>RESUME WRITING 1330–1530, GVB</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>MBMF MODULE 6: CONNECTION 1330–1530, VSM</td>
<td></td>
</tr>
<tr>
<td>MON 22</td>
<td>TUES 23</td>
<td>WED 24</td>
<td>THUR 25</td>
<td>FRI 26</td>
</tr>
<tr>
<td></td>
<td>COMMAND FINANCIAL SPECIALIST (CFS) CONTINUING EDUCATION 0900–1030, (V)</td>
<td>MBMF MODULE 2: MINDFULNESS &amp; MEDITATION 1000–1200, NBSD</td>
<td>NAVY SPOUSE 101 0900–1030, NBC</td>
<td>HOME BUYING WORKSHOP 1300–1500, KMB</td>
</tr>
<tr>
<td></td>
<td>TODDLER TUESDAY 1000–1100, KMB</td>
<td>FIRST DUTY STATION FINANCIAL 1000–1130, GVB</td>
<td>WINNING INTERVIEW TECHNIQUES 0900–1100, NBC</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NAVIGATING CHILD CARE OPTIONS 1300–1500, KMB</td>
<td></td>
<td>WINNING INTERVIEW TECHNIQUES 0900–1100, BVH</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>TODDLER THURSDAY 1000–1100, KMB</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>RESUME WRITING 1300–1500, BVH</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>MBMF MODULE 1: STRESS RESILIENCE 1330–1530, GVB</td>
<td></td>
</tr>
</tbody>
</table>
CALL 866-923-6478 TO REGISTER TODAY!

**ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED**

MON
29
NO WORKSHOPS SCHEDULED AT THIS TIME

TUES
30
STRESS MANAGEMENT
0900-1100, KMB
COMMAND SPONSOR TRAINING
0900-1030, NBSD
CREDIT MANAGEMENT
0900-1000, NBC
TODDLER TUESDAY
1000-1100, KMB
EFFECTIVE COMMUNICATION SKILLS
1300-1430, KMB
DEBT DESTROYER
1300-1500, NBSD

WED
31
MBMF MODULE 3:
LIVING CORE VALUES
1000-1200, NBSD

4TH OF JULY
SAFETY TIPS
DRIVE SAFE!

FIREWORK SAFETY
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 INCLUDING DIVORCE • BLENDED FAMILIES • INFIDELITY • DEPLOYMENT REINTEGRATION • NEW MARRIAGE & FAMILY • GRIEF & LOSS • COMMUNICATION & CONFLICT RESOLUTION • COUPLES COMMUNICATION • PARENTING SKILLS • ANGER MANAGEMENT • AND 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.

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: NBSD_SAPR@US.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
Branch Locations

NAVAL BASE SAN DIEGO
BLDG 259, 263 & 271
3005 CORBINA ALLEY,
SUITE 1
SAN DIEGO, CA 92136
619-556-7404

NAVAL BASE CORONADO
BLDG 318, SAUFLEY RD
SAN DIEGO, CA 92135
619-545-6071

NAVAL BASE PT. LOMA
BLDG 211 & 212
140 SYLVESTER RD
SAN DIEGO, CA 92106
619-553-7505

GATEWAY VILLAGE BRANCH
3207 ROSECRANS PLACE
SAN DIEGO, CA 92110
619-222-5548

BAYVIEW HILLS BRANCH
1967 SKY HARBOR RD
SAN DIEGO, CA 92139
619-267-1720

KEARNY MESA BRANCH
3950 CALLE FORTUNADA
SAN DIEGO, CA 92123
619-987-9449

Centralized Scheduling:
(866) 923-6478

FLEET & FAMILY SUPPORT CENTERS:
*CLOSED WEEKENDS &
ALL FEDERAL HOLIDAYS*
DID YOU SEE SOMETHING THAT INTERESTED YOU?

Learn More
Below!

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!

CAREER SERVICES

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.

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.

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.

FFSC Job Fair
A great opportunity for transitioning sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.

How to Work a Job Fair
Make the most of a Job Fair experience and position yourself for success.

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!

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?

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.

Resume Writing
Resume writing offers a broad overview of the purpose and value in resumes and cover letters. Schedule a 1:1 for additional support or development for your resume and cover letter. Individual consultations available.

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.

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

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.

Command Financial Specialist (CFS) Initial Training
All Navy commands must appoint and ensure training for an adequate number of Command Financial Specialists (CFS’s) to meet OPNAVINST requirements. Invaluable training ensures CFS’s 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

Command Financial Specialist (CFS) Refresher Training
Appointed CFS’s must attend refresher training every three (3) years after initial training to maintain designation. The refresher training helps ensure all CFS’s have the knowledge base and skill set to continue to function as an effective CFS’s 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 email: ffsc_cfs_pfm@us.navy.mil

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 CFS’s, Senior Enlisted Advisors, and Command Career Counselors. For registration email: ffsc_cfs_pfm@us.navy.mil

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.
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.

FAP Leadership Orientation Training
This two-hour training fulfills the FAP training requirements (both OPNAV 1742.2C and SURFPAC CRAV) for new Commanding Officers to be oriented to the Family Advocacy Program in the local area within 90 days of taking command. This class also meets the annual training requirement for Senior Enlisted Leaders.

Family Care Plan Coordinator
Family Care Plan Policy (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.

Leadership Resource Training (LRT)
Are you interested in learning more about the resources available to promote sailor and family resiliency? Learn more about the resources available in San Diego to military members and their families. It is open to all service members, ombudsmen, spouses, etc.

Family Readiness Group (FRG) Basic Training
This training is customized to fit your FRG, whether the command is starting a group or reenergizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines and ideas for fun activities. If you are unable to attend at this date/time, Fleet and Family also has FRG Basic Training On Demand.

To access FRG Basic Training On Demand, please visit: https://learning.zelders.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

Ombudsman Basic Training (OBT)
Ombudsman Basic Training (OBT) is the required training for all Navy Ombudsmen. It is a standardized multi-day training consisting of nine modules outlined in the Ombudsman Program Manual and OPNAVINST 1750.1H.

Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

Command Leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator, April Vasquez at sdfcsombudsman@us.navy.mil or call 619-556-7230 to register.

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

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.

Kids' Craft
Come out and meet your neighbors while enjoying a small craft structured for kids 4-12 years old.

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.

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 classes where you will learn about your child's development, gain useful behavior management techniques and engage in fun activities with your toddler.

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.

Consumer Awareness—Don't Get Ripped Off
Protect your money! Fraud is on the rise and you could be the next victim of consumer fraud or identity theft. Learn to detect, detect, and defend against consumer fraud in the marketplace.

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.

Crypto
Exploring digital (crypto) assets.

Debt Destroyer
Welcome to the United States Navy Debt Destroyer Workshop! This course is designed to empower you and your family to get 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.

Emergency Financial Preparedness
Emergencies come in many forms and will look different for each service member. Use these resources to educate service members about financial preparedness, how to build an emergency kit and the steps to financial recovery.

First Duty Station
This universal resource can assist with basic FFM and CFS tasks. Visit the How-To guide to get step-by-step guidance on delivering financial services, like checking a credit report or reporting identity theft.

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.

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.

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.

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.

Renting
Renting a house or apartment can be good solutions for single service members and military families, as it can offer the flexibility that home ownership does not provide. Learn how to weigh your options on locations, type, cost and renting vs. buying. This empowering workshop will ensure you make a wise housing choice. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters.

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.

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.

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.

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.

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!
RELOCATION SUPPORT

Moving Overseas
This training provides service members and their families who are transferring overseas with a one-stop resource and information overview. Focus is on the pre-departure planning and post-arrival adaptation to an overseas move, with proven tips and techniques for moving overseas.

Smooth Move
This training provides information to relocating service members and their families with permanent change of station (PCS) orders within the continental US. Topics in Smooth Move include an overview of the moving process, tips, and techniques for coping, managing the move, moving with children and resources available throughout the relocation process.

Welcome Aboard
This course is designed to minimize the stress associated with adjusting to a new duty station. It provides incoming service members and their families with information on military and civilian resources in their new area.

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.

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.

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 escalating, and working with others to solve problems. This allows people to grow, missions to succeed, and families to strengthen.

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

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.

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
*Module 2: Mindfulness and Meditation
*Module 3: Living Core Values
*Module 4: Flexibility
*Module 5: Problem Solving
*Module 6: Connection

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

One Love
USPACFLT is partnering with the One Love Foundation to provide One Love Escalation Workshops (OLEW) to the Navy. The OLEW message is strength-based with the belief that everyone has a role in prevention. The goal of OLEW is to facilitate a powerful discussion about healthy and unhealthy relationship behaviors as well as early warning signs of abuse, ultimately changing social norms around relationship health.

The Escalation Workshop is a 90-minute, film-based experience that educates about the warning signs of an abusive relationship, creating a safe zone for discussing an all-too-common problem. 1 in 3 women, 1 in 4 men, and 1 in 2 Trans and nonbinary people will experience intimate partner violence in the United States and that women ages 16–24 are at a 3x greater risk than the rest of the population. The One Love Foundation believes that by engaging people with powerful films and honest conversations, we can all help stop abuse and provide the skills needed to love better.

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!

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 will ultimately, can help you build more effective strategies for success at work and at home. This is an interactive 2-day workshop.

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

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.

24/7 ONLINE scheduling now available for NBSD workshops!

*PLEASE NOTE SOME CLASSES REQUIRE SPECIFIC OR ADDITIONAL REGISTRATION POLICIES-SEE CLASS DESCRIPTION FOR FURTHER DETAILS ON HOW TO REGISTER*

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!