FLEET & FAMILY SUPPORT CENTER
METRO SAN DIEGO

July-September 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, July 5 | 0900-1100 | NBSD (IP)
Wednesday, July 12 | 1300-1500 | NBPL (IP)
Thursday, July 27 | 1000-1200 | (V)
Wednesday, August 2 | 0900-1100 | NBSD (IP)
Wednesday, August 9 | 1300-1500 | NBPL (IP)
Thursday, August 17 | 0900-1100 | BVH (IP)
Wednesday, August 30 | 1300-1500 | NBPL (IP)
Wednesday, September 6 | 0900-1100 | NBSD (IP)
Wednesday, September 20 | 1300-1500 | NBPL (IP)

Finding Federal Employment/Federal Resume
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.

Friday, September 8 | 0900-1200 | NBC (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, July 7 | 0800-1130 | KMB (IP)
Thursday, August 10 | 0800-1130 | KMB (IP)
Thursday, September 7 | 0800-1130 | KMB (IP)

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?

Thursday, August 31 | 1000-1200 | (V)
Wednesday, September 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, July 5 | 1300-1500 | NBPL (IP)
Thursday, July 6 | 0900-1100 | BVH (IP)
Wednesday, July 19 | 0900-1030 | NBSD (IP)
Friday, July 21 | 1000-1130 | KMB (IP)
Thursday, July 27 | 1300-1500 | VSM (IP)
Wednesday, August 2 | 1300-1500 | NBPL (IP)
Thursday, August 3 | 0900-1100 | BVH (IP)
Thursday, August 3 | 1000-1200 | NBC (IP)
Wednesday, August 16 | 0900-1030 | NBSD (IP)
Friday, August 18 | 1000-1130 | KMB (IP)
Wednesday, August 23 | 1300-1500 | NBPL (IP)
Tuesday, September 5 | 1000-1200 | GVB (IP)
Thursday, September 7 | 0900-1100 | BVH (IP)
Wednesday, September 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.

Thursday, July 13 | 1300-1500 | VSM (IP)
Friday, August 11 | 1000-1200 | NBC (IP)
Wednesday, August 16 | 0900-1100 | KMB (IP)
Thursday, August 31 | 0900-1100 | KMB (IP)
Tuesday, September 19 | 1000-1200 | GVB (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, July 13-14 | 0730-1630 | KMB (IP)
Thursday - Friday, July 20-21 | 0730-1630 | KMB (IP)
Thursday - Friday, July 27-28 | 0730-1630 | KMB (IP)
Thursday - Friday, August 3-4 | 0730-1630 | KMB (IP)
Thursday - Friday, August 17-18 | 0730-1630 | KMB (IP)
Thursday - Friday, August 24-25 | 0730-1630 | KMB (IP)
Thursday - Friday, August 31-September 1 | 0730-1630 | KMB (IP)
Thursday - Friday, September 14-15 | 0730-1630 | KMB (IP)
Thursday - Friday, September 21-22 | 0730-1630 | KMB (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.

Thursday, September 14 | 1000-1200 | NBC (IP)
...Career Services continued.

**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.

Wednesday, September 27 | Time: TBA | Location: TBA

**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, July 26 | 1300-1500 | NBPL (IP)
Wednesday, August 30 | 0900-1030 | NBSD (IP)

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

Wednesday, July 19 | 1300-1500 | NBPL (IP)
Wednesday, July 26 | 0900-1030 | NBSD (IP)
Wednesday, August 16 | 1300-1500 | NBPL (IP)
Wednesday, August 23 | 0900-1030 | NBSD (IP)
Thursday, August 24 | 1000-1200 | NBC (IP)
Friday, August 25 | 0900-1030 | KMB (IP)
Wednesday, September 6 | 1300-1500 | NBPL (IP)
Tuesday, September 26 | 0900-1030 | NBSD (IP)
Wednesday, September 27 | 1300-1500 | NBPL (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, July 13 | 1000-1200 | (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

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, July 18 | 1000-1200 | GVB (IP)
Thursday, August 17 | 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, July 12 | 0900-1200 | KMB (IP)
Friday, July 21 | 0900-1200 | NBC (IP)
Friday, July 28 | 0900-1200 | KMB (IP)
Wednesday, August 9 | 0900-1200 | KMB (IP)
Tuesday, September 12 | 0900-1030 | BVH (IP)
Wednesday, September 27 | 0900-1200 | KMB (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, July 25 | 0900-1030 | BVH (IP)
Tuesday, August 8 | 1000-1200 | GVB (IP)
Tuesday, August 15 | 1400-1530 | BVH (IP)
Friday, September 8 | 1000-1130 | KMB (IP)
Thursday, September 21 | 0900-1100 | VSM (IP)
Tuesday, September 26 | 0900-1030 | BVH (IP)

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

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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, July 13-14 | 0900-1600 | NBSD (IP)
Thursday - Friday, August 10-11 | 0900 - 1600 | NBSD (IP)
Thursday - Friday, September 14-15 | 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, August 24 | 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, August 17 | 1100-1200 | KMB (IP)

Getting Your Preschooler Ready for School

Well the time has come to get your child ready for school. We will discuss what skills your child should be proficient in before starting school.

Thursday, August 10 | 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, August 31 | 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, September 7 | 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, September 14 | 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, July 6 | 1100-1200 | KMB (IP)
 Thursday, July 13 | 1100-1200 | KMB (IP)
 Thursday, September 21 | 1100-1200 | KMB (IP)
 Thursday, September 28 | 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, July 20 | 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, July 27 | 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, August 3 | 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, July 6 | 1000-1200 | NBSD (IP)
Thursday, August 3 | 1000-1200 | NBSD (IP)
Thursday, September 7 | 1000-1200 | NBSD (IP)

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

Friday, July 7 | 1200-1400 | NBPL (IP)
Tuesday, July 11 | 1000-1200 | GVB (IP)
Tuesday, August 8 | 0900-1030 | BVH (IP)
Thursday, August 10 | 1300-1500 | VSM (IP)
Tuesday, August 15 | 1000-1100 | NBC (IP)
Friday, August 18 | 1200-1400 | NBPL (IP)
Friday, September 15 | 1200-1400 | NBPL (IP)
Thursday, September 28 | 1300-1500 | VSM (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.

Friday, July 21 | 1200-1400 | NBPL (IP)
Tuesday, August 15 | 0900-1000 | NBSD (IP)
Wednesday, September 6 | 1300-1400 | KMB (IP)
Friday, September 15 | 0900-1000 | NBC (IP)
Friday, September 22 | 1200-1400 | NBPL (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, July 6 | 0900-1100 | VSM (IP)
Wednesday, August 9 | 1000-1200 | NBSD (IP)
Thursday, August 17 | 1300-1500 | VSM (IP)
Wednesday, September 20 | 1000-1200 | NBSD (IP)
Thursday, September 28 | 0900-1100 | VSM (IP)

Module 2 Mindfulness and Meditation
Wednesday, July 5 | 1000-1200 | NBSD (IP)
Thursday, July 13 | 0900-1100 | VSM (IP)
Wednesday, August 16 | 1000-1200 | NBSD (IP)
Thursday, August 24 | 1300-1500 | VSM (IP)
Wednesday, September 27 | 1000-1200 | NBSD (IP)

Module 3 Living Core Values
Wednesday, July 12 | 1000-1200 | NBSD (IP)
Thursday, July 20 | 0900-1100 | VSM (IP)
Wednesday, August 23 | 1000-1200 | NBSD (IP)
Thursday, August 31 | 1300-1500 | VSM (IP)

Module 4 Flexibility
Wednesday, July 19 | 1000-1200 | NBSD (IP)
Thursday, July 27 | 0900-1100 | VSM (IP)
Wednesday, August 30 | 1000-1200 | NBSD (IP)
Thursday, September 7 | 1300-1500 | VSM (IP)
Mind-Body Mental Fitness (MBMF) continued...

Module 5 Problem Solving
Tuesday, July 18 | 1000-1200 | NBC (IP)
Wednesday, July 26 | 1000-1200 | NBSD (IP)
Thursday, August 3 | 0900-1100 | VSM (IP)
Wednesday, September 6 | 1000-1200 | NBSD (IP)
Thursday, September 14 | 1300-1500 | VSM (IP)

Module 6 Connection
Tuesday, July 25 | 1000-1200 | NBC (IP)
Thursday, July 27 | 0900-1100 | BVH (IP)
Wednesday, August 2 | 1000-1200 | NBSD (IP)
Thursday, August 10 | 0900-1100 | VSM (IP)
Wednesday, September 13 | 1000-1200 | NBSD (IP)
Thursday, September 21 | 1300-1500 | VSM (IP)

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

Friday, July 14 | 0900-1100 | NBC (IP)
Tuesday, August 15 | 1000-1200 | GVB (IP)
Thursday, August 31 | 0900-1030 | BVH (IP)
Thursday, September 7 | 0900-1100 | VSM (IP)
Friday, September 22 | 0900-1100 | NBC (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.

Tuesday, September 19 | 1000-1200 | GVB (IP)
...Special Interests Continued.

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!

Wednesday, July 26  |  0900-1000  |  KMB (IP)
Tuesday, August 22 |  1000-1200  |  GVB (IP)
Thursday, September 14 |  0900-1100 |  VSM (IP)

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

Friday, August 4  |  1200-1400  |  NBPL (IP)
Friday, September 8 |  1200-1400 |  NBPL (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, July 18  |  0900-1030  |  NBSD (IP)
Tuesday, July 25 |  1000-1200  |  GVB (IP)
Thursday, August 24 |  0900-1100 |  VSM (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.

Friday, August 25  |  1100-1200  |  NBC (IP)
Tuesday, September 12 |  0900-1000 |  NBSD (IP)
Friday, September 29 |  1000-1100 |  NBC (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, July 20-21 | 0900-1600 | NBSD (IP)
Thursday - Friday, August 17-18 | 0900-1600 | NBSD (IP)
Thursday - Friday, September 21-22 | 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, August 1 | 1000-1200 | GVB (IP)
Wednesday, August 2 | 1300-1430 | KMB (IP)
Thursday, August 31 | 0900-1100 | VSM (IP)

**Fleet and Family Support Center Overview**
The Fleet and Family Support Center is here to provide programs and services to Active Duty and families alike. Learn about the numerous departments and what they have to offer in this information-packed course.

Wednesday, August 2 | 1000-1100 | KMB (IP)
Wednesday, August 23 | 1400-1500 | KMB (IP)
Thursday, September 7 | 1000-1100 | 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 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, July 11-13 | 0800-1630 | NBSD (IP)
Monday - Thursday, August 7-10 | 1600-2130 | NBSD (IP)

Annual Ombudsman Resource Fair

The Ombudsman Resource Fair will serve as the Ombudsman Advanced Training for this quarter. Advanced training is mandatory for all appointed Ombudsmen. The resource fair will provide the latest resources and opportunity to network. Registration is not required.

Wednesday, August 30 | 1730-1930 | Admiral Baker's Clubhouse
2400 Admiral Baker Road
San Diego, CA 92120
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, July 6 | 1300-1500 | VSM (IP)
Monday, August 14 | 1300-1430 | NBC (IP)
Thursday, September 21 | 0900-1030 | BVH (IP)
Tuesday, September 26 | 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 Unites 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.

Friday, July 7 | 0900-1030 | NBC (IP)
Thursday, July 13 | 0900-1100 | BVH (IP)
Thursday, July 20 | 1300-1500 | VSM (IP)
Thursday, August 10 | 0900-1100 | BVH (IP)
Tuesday, September 12 | 1000-1200 | GVB (IP)
Thursday, September 14 | 0900-1100 | BVH (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, August 3 | 1300-1500 | VSM (IP)
Tuesday, August 29 | 1000-1200 | GVB (IP)
Friday, September 8 | 1300-1400 | KMB (IP)
**Personal Financial Management**

**Credit Management Your Credit Your Clearance**
Learn about military policy on indebtedness as well as how indebtedness may impact your security clearance. Then we'll dig into understanding credit reports and some best practices for managing credit.

Thursday, July 6 | 1300-1430 | (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.

Wednesday, July 26 | 1000-1200 | GVB (IP)

**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.

Wednesday, September 27 | 1000-1100 | GVB (IP)

**Paying For College**
This workshop provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans, and tax incentives.

Wednesday, September 6 | 1000-1100 | NBC (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, August 30 | 1000-1100 | GVB (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, September 28 | 0900-1000 | BVH (IP)

Financial Strategies for Your Growing Family
Adding a child to the family brings new financial considerations. This workshop provides useful strategies and tips to help service members address financial considerations when having children. This curriculum meets the requirements for First Child Touchpoints.

Tuesday, August 22 | 1000-1100 | (V)

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, July 28 | 1300-1500 | NBC (IP)
Friday, August 25 | 1300-1500 | KMB (IP)
Friday, September 22 | 1300-1500 | KMB (IP)
How to Survive the Holidays Financially
Don't just survive the holidays; thrive during this time with secrets to smart finances, strategies to maximize your budget, and tips for how to manage the stress associated with this busy time.

Tuesday, September 26 | 1400-1500 | (V)

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, September 21-22 | 0800-1600 | NBPL (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!

Thursday, August 24 | 0900-1000 | 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.

Thursday, July 6 | 0830-1000 | NBC (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.

Wednesday, July 5 | 1400-1500 | (V)
Thursday, July 27 | 1300-1400 | BVH (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.

Wednesday, September 20 | 1300-1400 | NBSD (IP)

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.

Thursday, August 17 | 1000-1100 | NBSD (IP)
Tuesday, September 19 | 1300-1400 | 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, July 12 | 0900-1100 | NBC (IP)
Wednesday, August 2 | 0900-1100 | (V)
Wednesday, September 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.

Wednesday, July 12 | 1330-1430 | KMB (IP)
Friday, July 14 | 1200-1400 | NBPL (IP)
Monday, July 24 | 0900-1030 | NBSD (IP)
Friday, July 28 | 1330-1430 | KMB (IP)
Friday, August 11 | 1200-1400 | NBPL (IP)
Tuesday, August 22 | 0900-1030 | (V)
Monday, August 28 | 0900-1030 | NBSD (IP)
Monday, September 11 | 1400-1500 | NBC (IP)
Monday, September 25 | 0900-1030 | NBSD (IP)
Friday, September 29 | 0900-1000 | 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, September 14 | 0830-1130 | 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, July 20 | 0800-1200 | NBSD (IP) & (V)
Thursday, September 21 | 0800-1200 | NBSD (IP) & (V)

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 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

Tuesday - Thursday, July 11-13 & Tuesday-Friday, July 18-21 | 0900-1300 | (V)

*Must attend all classes July 11-21*

Monday - Friday, August 7-11 | 0800-1600 | NBSD (IP)
Monday - Friday, September 11-15 | 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, August 15 | 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, July 25 | 0800-1100 | NBSD (IP)
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, July 11 | 0900-1030 | NBSD (IP)
Tuesday, August 1 | 1330-1500 | (V)
Monday, August 7 | 1400-1500 | NBC (IP)
Tuesday, August 8 | 0900-1030 | NBSD (IP)
Monday, September 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, July 11 | 1330-1500 | (V)
Friday, July 14 | 1000-1100 | (V)
Tuesday, July 25 | 0900-1030 | NBSD (IP)
Tuesday, August 22 | 0900-1030 | NBSD (IP)
Tuesday, September 5 | 1300-1430 | (V)
Tuesday, September 19 | 0900-1030 | NBSD (IP)
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

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