

November is Month of the Military Family



Join the Fleet and Family Support Center on Naval Base San Diego at one of our Personal and Family Life Education workshops this November to learn skills to strengthen your military family!

Building Effective Anger Management Skills (BEAMS)

Nov 3rd / 10:00 am-12:00 pm / NBSD

Mind Body Mental Fitness

Stress Resilience

Nov 4th / 10:00 am-12:00 pm / NBSD

Resources Exist, Asking Can Help (REACH)

Nov 5th / 9:00 am-10:30 am / NBSD

Mind Body Mental Fitness

Mindfulness & Meditation

Nov 5th / 10:00 am-12:00 pm / NBSD

Effective Communication

Nov 10th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Living Core Values

Nov 12th / 10:00 am-12:00 pm / NBSD

Active-Duty Pregnancy Resources

Nov 12th / 1:00 pm-3:00 pm / NBSD

Responsible Anger Management

Nov 13th / 9:00 am-4:00 pm / NBSD

Mind Body Mental Fitness

Flexibility

Nov 13th / 10:00 am-12:00 pm / NBSD

Time Management

Nov 13th / 1:00 pm-2:00 pm

Bayview Hills Branch

Mind Body Mental Fitness

Problem Solving

Nov 18th / 10:00 am-12:00 pm / NBSD

Resources Exist, Asking Can Help (REACH)

Spouse

Nov 18th / 10:30 am-12:00 pm

Kearny Mesa Branch

Stress Management

Nov 18th / 1:00 pm-2:00 pm

Kearny Mesa Branch

CMT: Suicide Prevention

Nov 19th / 10:00 am-11:00 am / NBSD

FFSC Overview

Nov 19th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Connection

Nov 20th / 10:00 am-12:00 pm / NBSD

Life After the Uniform:

The Resilient Spouse

Nov 20th / 1:00 pm-2:00 pm

Bayview Hills Branch

Conflict Management

Nov 25th / 11:00 am-12:00 pm / NBSD



To register for a workshop or learn more information:

- Scan the QR code
- Call 1-866-923-6478
- Visit sandiego.navylifesw.com