

Fleet and Family Support Center
San Diego

Deployment, Life Skills, and I&R Videos

On demand pre-recorded classes, GMTs,
and other tips and ideas to help Sailors and Families
through the new normal.

LINKS AVAILABLE ON THE FOLLOWING PAGES

These on demand videos were created for use during the
covid-19 pandemic. If you have any trouble accessing these links, please contact us directly.

Simply copy link and paste into your browser of choice.



INFORMATION & REFERRAL and RELOCATION

Welcome to San Diego

<https://youtu.be/J5C7m-419-U>

FFSC Overview for INDOC

<https://youtu.be/vUlaQX9Pe68>

DEPLOYMENT CLASSES

Pre-Deployment

Pre-Deployment 1 of 5:

<https://youtu.be/oRYYz06HeeE>

Pre-Deployment 2 of 5:

<https://youtu.be/rEuZPFAaUxY>

Pre-Deployment 3 of 5:

https://youtu.be/e_BNpJgxWGU

Pre-Deployment 4 of 5:

https://youtu.be/H2L_OIe44CU

Pre-Deployment 5 of 5:

<https://youtu.be/fEaor7pVydw>

Emotional Cycles of Deployment

Stage 1:

<https://youtu.be/pyZVchlRaDk>

Stage 2:

<https://youtu.be/ldk31EQFEck>

Stage 3:

<https://youtu.be/ZGPjw3tLAh8>

Stage 4:

<https://youtu.be/Ic7eQpC-BFg>

Stage 5:

<https://youtu.be/Jq1jReQHl-E>

Stage 6:

<https://youtu.be/t3hv5viluag>

Stage 7:

<https://youtu.be/EvGqhmWV4oQ>

LIFE SKILLS VIDEOS

STRESS RESILIENCE

Stress Resilience 1:

<https://youtu.be/l153H4FCue0>

Stress Resilience 2:

<https://youtu.be/4wywOX2ZycQ>

Stress Resilience 3:

<https://youtu.be/kvsAzR9fxN0>

<https://www.youtube.com/playlist?list=PLpo0Cmd0CMkY4f9o54FPTUncMFT4HeOUl>



TIME MANAGEMENT

Time Management 1 of 3:

https://youtu.be/cCdAQ_8ZqJs

Time Management 2 of 3:

https://youtu.be/n-24_ll5lnM

Time Management 3 of 3:

<https://youtu.be/C-CnYyviQV4>

SUICIDE PREVENTION

Suicide Prevention 1 of 4:

<https://youtu.be/ErZwQIx9VKU>

Suicide Prevention 2 of 4:

<https://youtu.be/vAHh0SpfTqc>

Suicide Prevention 3 of 4:

<https://youtu.be/i1MtZFSXwFs>

Suicide Prevention 4 of 4:

<https://youtu.be/BXxj260d5bE>

DEPLOYMENT – RETURN & REUNION VIDEOS

Consumer Awareness

Consumer Awareness 1 of 4:

<https://youtu.be/GPkIu1fdQCM>

Consumer Awareness 2 of 4:

<https://youtu.be/pSvo-IPOV1g>

Consumer Awareness 3 of 4:

<https://youtu.be/eyYdCCZ6EnY>

Consumer Awareness 4 of 4:

<https://youtu.be/ntiJehJHdLk>

Car Buying

Car Buying 1 of 5:

<https://youtu.be/M7QAEzrgQ7A>

Car Buying 2 of 5:

<https://youtu.be/asMuJH246SI>

Car Buying 3 of 5:

<https://youtu.be/XgD5Omvldw0>

Car Buying 4 of 5:

<https://youtu.be/kH2EVYoeGdc>

Car Buying 5 of 5:

<https://youtu.be/6CbJQDEiCN8>



Single Sailor

Single Sailor 1 of 4:

<https://youtu.be/3G5NJskgOg8>

Single Sailor 2 of 4:

<https://youtu.be/n303cfvnlF8>

Single Sailor 3 of 4:

<https://youtu.be/bKhSAqknJsE>

Single Sailor 4 of 4:

<https://youtu.be/pEloAmA9S-Q>

Return to Children

Return to Children 1 of 4:

https://youtu.be/17__N94KyFA

Return to Children 2 of 4:

https://youtu.be/FYSTE2U_6kk

Return to Children 3 of 4:

<https://youtu.be/BxTqcDEeOZU>

Return to Children 4 of 4:

<https://youtu.be/1W5-5leZcbQ>

Return to intimacy

Return to Intimacy 1 of 4:

<https://youtu.be/1n6wXoB5w5E>

Return to Intimacy 2 of 4:

<https://youtu.be/-COih6ec8eI>

Return to Intimacy 3 of 4:

<https://youtu.be/oIV7811-DdA>

Return to Intimacy 4 of 4:

<https://youtu.be/zT7Ilr5ltl8>

Consumer Awareness

Consumer Awareness 1 of 4:

<https://youtu.be/GPkIu1fdQCM>

Consumer Awareness 2 of 4:

<https://youtu.be/pSvo-IPOV1g>

Consumer Awareness 3 of 4:

<https://youtu.be/eyYdCCZ6EnY>

Consumer Awareness 4 of 4:

<https://youtu.be/ntjJehJHdLk>

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<https://youtu.be/asMuJH246SI>

Car Buying 3 of 5:

<https://youtu.be/XgD5Omvldw0>

Car Buying 4 of 5:

<https://youtu.be/kH2EVYoEgdc>

Car Buying 5 of 5:

<https://youtu.be/6CbJQDEiCN8>



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Single Sailor 3 of 4:

<https://youtu.be/bKhSAqknJsE>

Single Sailor 4 of 4:

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Return to Children

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Return to Children 2 of 4:

https://youtu.be/FYSTE2U_6kk

Return to Children 3 of 4:

<https://youtu.be/BxTqcDEeOZU>

Return to Children 4 of 4:

<https://youtu.be/1W5-5leZcbQ>

Suicide Prevention: Deborah

Part 1:

<https://youtu.be/OuqR7KWWO-k>

Part 2:

<https://youtu.be/elriBU-ZvbE>

Part 3:

https://youtu.be/Um_DuSqO-pE

Part 4:

<https://youtu.be/sfVYDINxs-A>

Return to Children: Deborah

Part 1:

<https://youtu.be/da1JEZJXELs>

Part 2:

https://youtu.be/lma26_eYSFM

Return to Intimacy: Deborah

Part 1:

<https://youtu.be/4Q3wlb73h1k>

Part 2:

<https://youtu.be/dkeYYNryywk>

Part 3:

<https://youtu.be/quWaiqmtlj8>



New Parent: Denise

Part 1 of 2:

<https://youtu.be/vG0HkqK9LJM>

Part 2 of 2:

<https://youtu.be/Pf9fe5zDw5A>

New Parent: Lauren

New Parent 1 of 4:

<https://youtu.be/tv7kGZcUOLc>

New Parent 2 of 4:

<https://youtu.be/v2VHm1Xo8yU>

New Parent 3 of 4:

<https://youtu.be/2CkYE5NtGMA>

New Parent 4 of 4:

<https://youtu.be/cYZdisLgzh4>

DEPLOYMENT CLASSES

Mid-Deployment Brief

Mid-Deployment 1 of 3:

<https://youtu.be/SH9Bt3oWimQ>

Mid-Deployment 2 of 3:

<https://youtu.be/JbGp6ZDA31o>

Mid-Deployment 3 of 3:

<https://youtu.be/jwPGmC1hgjE>

Reintegration for Family Members-

1 of 4:

<https://youtu.be/eCyBHq-2ORg>

2 of 4:

https://youtu.be/npyq8M_JTmA

3 of 4:

<https://youtu.be/gxhRXuLK01g>

4 of 4:

https://youtu.be/fU_ELqQufyE

Reintegration with Children

1 of 5:

<https://youtu.be/h3B4KvD-JDw>

2 of 5:

<https://youtu.be/tlgjQVXoJkM>

3 of 5:

https://youtu.be/gL_bo9DA7gA

4 of 5:

<https://youtu.be/UolqvTctBwA>

5 of 5:

https://youtu.be/IshZ6b_OWGM



LIFE SKILLS VIDEOS

Communication and conflict resolution

Communication and conflict: 1 of 4:

<https://youtu.be/sIzi of V9NiA>

Communication and conflict 2 of 4:

https://youtu.be/T_lKh6jpbds

Communication and conflict 3 of 4:

<https://youtu.be/Iq17xiJGWjk>

Communication and conflict 4 of 4:

<https://youtu.be/IPIVUezTkao>

Team Building

Team Building 1 of 3:

<https://youtu.be/ziGsIG2JGTI>

Team Building 2 of 3:

<https://youtu.be/plJGFOi5xHE>

Building Self-esteem

Building Self-Esteem 1 of 3:

<https://youtu.be/zQAhVfjDlc4>

Building Self-Esteem 2 of 3:

<https://youtu.be/HixzAd-4EvU>

Building Self-Esteem 3 of 3:

<https://youtu.be/eg5KvxoVX4>

Team Building 3 of 3:

<https://youtu.be/33tJ6FKXHKU>

Domestic Violence Prevention

Domestic Violence Prevention 1 of 4:

<https://youtu.be/rL3pc66OzwU>

Domestic Violence Prevention 2 of 4:

https://youtu.be/Ve7_NEJ5CL8

Domestic Violence Prevention 3 of 4:

<https://youtu.be/Uwsthv0apTk>

Domestic Violence Prevention 4 of 4:

<https://youtu.be/J2Sq6iyjRdA>

Anger Management

Anger Management 1 of 2:

<https://youtu.be/nX7brA5AoL4>

Anger Management 2 of 2:

<https://youtu.be/pqPdesW8Qpg>