

Apr-May 2026

(V) – Virtual; (H) Hybrid

Scan to Register



NBSD – Naval Base San Diego

- BVH – Bayview Hills Branch
- KMB – Kearny Mesa Branch
- MCC – Murphy Canyon Chapel
- RECYARD – Liberty Center
- Pac B – Pacific Beacon
- MFRC – Healthy Start (MFRC)
- WFRC – Waterfront Rec Center
- WD – Well Deck Rec Center

NBC – Naval Base Coronado

- NBPL – Naval Base Point Loma**
- GVB – Gateway Village Branch
- VSM – Village at Serra Mesa
- CNRSW HQ Broadway Complex**



Mon 27

**Command Sponsor
Coordinator Training**
9:00 AM - 10:30 AM (NBSD)

Tue 28

**Command Financial
Specialist (CFS) - Continuing
Education**
9:00 AM - 10:30 AM (V)

Developing Your Family Care
Plan
9:00 AM - 10:00 AM (NBSD)

Toddler Tuesday
10:00 AM - 11:00 AM (KMB)

**Ombudsman
Advanced Training**
6:00 PM - 8:00 PM (MCC)

Wed 29

Mini and Me
10:00 AM - 11:00 AM (KMB)

Active Duty Pregnancy
Resources
10:00 AM - 12:00 PM (NBSD)

**INSIGHTS To Starting Your
Home-Based Business**
12:00 PM - 2:30 PM (V)

Mind Body Mental Fitness
(Flexibility)
1:00 PM - 3:00 PM (NBSD)

Thu 30

My Education
7:30 AM - 4:30 PM (NBSD)

Boots 2 Business (B2B)
7:30 AM - 4:30 PM (KMB)

Saving and Investing
9:00 AM - 10:30 AM (NBC)

Toddler Thursday
10:00 AM - 11:00 AM (KMB)

Navigating Childcare Options
10:00 AM - 11:00 AM (NBSD)

**Mind Body Mental Fitness
(Stress Resilience)**
10:00 AM - 12:00 PM (BVH)

Time Management
1:00 PM - 2:00 PM (NBSD)

Fri 1

Home Buying Workshop
1:00 PM - 3:00 PM (NBSD)

Resume Writing
1:30 PM - 2:30 PM (VSM)

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Mon

4

Command Sponsor Training
9:00 AM - 10:00 AM (NBSD)

Building Effective Anger
Management Skills (BEAMS)
10:00 AM - 12:00 PM (NBSD)

Tue

5

Toddler Tuesday
10:00 AM - 11:00 AM (KMB)

Healthy Boundaries
10:00 AM - 11:30 AM (NBSD)

Grow! Parenting Series
10:00 AM - 3:00 PM (KMB)

FFSC Overview
1:00 PM - 1:30 PM (NBSD)

Wed

6

Finding Federal Employment
9:00 AM - 11:00 AM (NBSD)

CMT: Suicide Prevention
9:00 AM - 10:00 AM (NBSD)

Mini and Me
10:00 AM - 11:00 AM (KMB)

Crypto
10:00 AM - 11:00 AM (NBSD)

Mind Body Mental Fitness
(Problem Solving)
1:00 PM - 3:00 PM (NBSD)

Thu

7

My Employment
7:30 AM - 4:30 PM (NBSD)

Boots 2 Business (B2B)
7:30 AM - 4:30 PM (KMB)

Organize Your Life
10:00 AM - 11:30 AM (NBPL)

Toddler Thursday
10:00 AM - 11:00 AM (KMB)

Stress Management
11:00 AM - 12:00 PM (NBSD)

PCS Move - Touch Point
10:00 AM - 11:00 AM (BVH)

Navy Spouse 101
1:00 PM - 2:00 PM (BVH)

Fri

8

Command Sponsor Training
1:00 PM - 2:00 PM (NBC)

Winning Interview
Techniques 9:00 AM - 11:00
AM (VSM)

Crypto
10:00 AM - 11:00 AM (NBSD)

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Mon

11

Tue

12

Wed

13

Thu

14

Fri

15

Boots 2 Business (B2B)
7:30 AM - 4:30 PM (KMB)

Ombudsman Basic Training (OBT) 8:00 AM - 3:00 PM (NBSD)

Command Financial Specialist (CFS) Initial Training
8:00 AM - 4:00 PM (NBSD)

**Family Care Plan
Coordinator Training**
9:00 AM - 10:30 AM (NBSD)

Debt Destroyer
10:00 AM - 12:00 PM (NBC)

Toddler Tuesday
10:00 AM - 11:00 AM (KMB)

Healthy Coping
10:00 AM - 12:00 PM (NBSD)

Grow! Parenting Series
10:00 AM - 3:00 PM (KMB)

Navy Spouse 101
1:00 PM - 2:00 PM (NBSD)

Job Search Strategies
9:00 AM - 10:30 AM (NBSD)

Mini and Me
10:00 AM - 11:00 AM (KMB)

Conflict Management
11:00 AM - 12:00 PM (NBSD)

Mind Body Mental Fitness
(Connection)
1:00 PM - 3:00 PM (NBSD)

**Mind Body Mental Fitness
(Mindfulness and Meditation)**
9:00 AM - 11:00 AM (NBC)

Effective Communication
10:00 AM - 11:30 AM (NBPL)

**Mind Body Mental Fitness
(Connection)**
10:00 AM - 11:30 AM (VSM)

Toddler Thursday
10:00 AM - 11:00 AM (KMB)

**Communication in the
Workplace**
10:00 AM - 11:00 AM (NBSD)

Healthy Relationships
10:30 AM - 11:30 AM (BVH)

Effective Communication
1:00 PM - 2:00 PM (BVH)

**Spouse Employment,
Empowerment and
Development (SEED)**
1:00 PM - 3:00 PM (GVB)

Job Search Strategies
1:00 PM - 2:00 PM (NBC)

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Mon 18

**Command Sponsor
Coordinator Training**
10:30 AM - 12:00 PM (NBSD)

Tue 19

**Command Financial
Specialist (CFS) - Refresher**
8:00 AM - 4:00 PM

Toddler Tuesday
10:00 AM - 11:00 AM (KMB)

Healthy Relationships
10:00 AM - 11:00 AM (NBSD)

Grow! Parenting Series
10:00 AM - 3:00 PM (KMB)

Let's Get Real About FRGs
1:00 PM - 1:30 PM (NBSD)

Wed 20

Resume Writing
9:00 AM - 10:30 AM (NBSD)

Mini and Me
10:00 AM - 11:00 AM (KMB)

**Resources Exist, Asking Can
Help (REACH)**
10:00 AM - 11:30 AM (NBSD)

Moving Overseas
1:00 PM - 2:30 PM (NBSD)

Kids Craft
2:30 PM - 3:30 PM (GVB)

Thu 21

My Employment
7:30 AM - 4:30 PM (NBSD)

Boots 2 Business (B2B)
7:30 AM - 4:30 PM (KMB)

**Sailors Assisting Intercept
for Life (SAIL)**
9:00 AM - 11:00 AM (NBSD)

Responsible Anger
Management (RAM)
9:00 AM - 4:00 PM (NBSD)

Toddler Thursday
10:00 AM - 11:00 AM (KMB)

Stress Management
10:00 AM - 11:00 AM (BVH)

Moving Off-Base
10:00 AM - 11:30 AM (NBSD)

Saving and Investing
10:00 AM - 11:00 AM (GVB)

Navy Spouse in Transition
10:00 AM - 11:30 AM (NBPL)

Communication in the
Workplace
1:00 PM - 2:00 PM (BVH)

Kids Craft
1:30 PM - 2:30 PM (VSM)

Fri 22

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Mon

25

No Classes Scheduled

Tue

26

Toddler Tuesday
10:00 AM - 11:00 AM (KMB)

Developing Your Family Care
Plan
11:00 AM - 12:00 PM (NBSD)

Effective Communication
1:00 PM - 2:00 PM (NBSD)

Wed

27

**Winning Interview
Techniques**
9:00 AM - 10:30 AM (NBSD)

Mini and Me
10:00 AM - 11:00 AM (KMB)

**Active Duty Pregnancy
Resources**
10:00 AM - 12:00 PM (NBSD)

Continuation Pay
1:00 PM - 2:00 PM (NBPL)

Time Management
1:00 PM - 2:00 PM (NBSD)

Thu

28

**Mind Body Mental Fitness
(Flexibility)**
9:00 AM - 11:00 AM (NBC)

Sailors & Families On The
Move
9:30 AM - 11:00 AM (NBSD)

Toddler Thursday
10:00 AM - 11:00 AM (KMB)

Resources Exist, Asking Can
Help (REACH)-Spouse
10:00 AM - 11:30 AM (BVH)

**Mind Body Mental Fitness
(Mindfulness and Meditation)**
1:00 PM - 3:00 PM (BVH)

Job Search Strategies
1:30 PM - 3:30 PM (GVB)

Fri

29

CAPSTONE
8:00 AM - 12:00 PM (KMB)

Resume Writing
1:00 PM - 3:00 PM (NBC)

WORKSHOP GLOSSARY

CAREER SERVICES

- **TAP 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.
- **TAP 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
- **INSIGHTS To Starting Your 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!
- **My Education two-day workshop:** This course is designed for anyone interested in earning either an undergraduate or graduate degree. It is designed to assist participants in identifying the education requirements for a desired career and provide information, resources, and strategies to guide the transition into higher education. This course will utilize activities, demonstrations, and discussion to increase awareness and encourage learning. It is important for these portions of the course to be facilitated as outlined.
- **My Employment Two-day Track:** This two-day TAP track, the Employment Workshop, builds on the same job search activities and fundamentals, and presents practical exercises to practice your skills. This course covers emerging best practices in career employment including in-depth training to build effective resumes, learn about federal hiring, network with contacts using technology, develop interview skills, and learn how to evaluate your job offer.
- **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.

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, OPNAVINST1754.2F requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223

- **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
- **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 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
- **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

• COMMAND PROGRAMS

- **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.
- **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.
- **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, US Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.
- **FAP Triad Desk Brief:** (Also known as - 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 requirements for Senior Enlisted Leaders.

- **Sailors Assisting Intercept for Life (SAIL) :** Sailors Assisting Intercept for Life (SAIL) equips Suicide Prevention Coordinators, or anyone interested, with vital tools and training to proactively engage and support at-risk individuals within the naval community, fostering a culture of empathy and intervention to safeguard mental well-being.

• DEPLOYMENT SUPPORT

- **Couples and Deployment:** This workshop equips couples with practical tools and strategies to navigate the emotional challenges of deployment-related separation. Participants will explore ways to strengthen their relationship, manage stress, and maintain meaningful connection while apart.
- **Deployment Started: What Now?:** This workshop equips families with tools and resources to navigate the challenges of deployment. Participants will learn how to access support services, maintain communication, and foster resilience during the mid-deployment cycle.
- **Let's Get Real About FRGs:** The Family Readiness Group (FRG) — just three words, but they carry powerful potential to strengthen support for our sailors and the families who serve alongside them.

Let's Get Real About FRGs offers a relaxed and easy introduction to the Family Readiness Program, highlighting essential elements from FRG Basic Training. Whether you're curious about joining your command's FRG or considering starting one yourself, this session will provide clarity, guidance, and resources to get you in the right direction. Come be part of the conversation — and discover how FRGs can make a real difference!

- **Navigating Your New Normal:** Deployment brings about many changes. Although most families are able to progress through the emotional cycle of deployment, some families may get stuck in the “Emotional Disorganization” stage. This workshop is designed to help family members adjust to changing circumstances, realize their potential, and create a new normal.
- **Preparing Children for Deployment:** This workshop equips parents and caregivers with practical strategies to support children through the emotional challenges of deployment. Participants will learn how to foster open communication, address common emotional responses, and involve children in age-appropriate ways in the family's deployment preparation process.
- **Supporting Children During Deployment:** This workshop equips nondeployed parents and caregivers with practical strategies to support their children through the challenges of deployment. Participants will explore tools and resources to foster emotional resilience, maintain healthy routines, and strengthen family connections—helping their families not just manage, but thrive during deployment.

• FAP EDUCATION

- **Description - Child Abuse Prevention Month (CAPM) Overview:** This workshop provides an overview of child abuse prevention, including how to recognize signs of abuse and neglect, understand risk factors, and identify protective measures that help keep children safe. Participants will learn about available support resources, reporting responsibilities, and practical strategies to promote safe, healthy environments for children and families.

• FAP EDUCATION

- **Healthy Boundaries:** This interactive workshop explores what it means to set and maintain healthy boundaries in all areas of life. Learn to identify boundary types, recognize red flags, and communicate clearly and assertively. Through discussion and real-life scenarios, participants will gain tools to enhance their relationships, protect their well-being, and align their actions with their values.
- **Healthy Coping:** This workshop will help participants define coping and identify the difference between healthy and unhealthy coping skills to better manage stress and strong emotions. Participants will learn about four main types of coping and how to assess the effectiveness of their coping skills. The ultimate goal is for each person to develop a diverse, values-aligned coping skills toolkit and practice techniques to build lasting resilience for ongoing stress management.
- **Healthy Relationships:** Learn to recognize the signs of healthy and unhealthy relationships. This class provides tools to enhance healthy relationships and educate Sailors and family members on how to successfully nurture intimate relationships and identify unhealthy relationships behaviors.

• FERP WORKSHOPS

- **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.
- **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?

- **Resume Writing:** Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.
- **Spouse Employment, Empowerment and Development (SEED):** 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.

• OMBUDSMAN SUPPORT

- **Ombudsman Advanced Training:** This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.
- **Ombudsman Assembly:** Purpose: The assembly acts as a forum for ombudsmen to gain updates on Navy programs, exchange best practices, and discuss policies affecting Navy families with local authorities. It is not a policy-making or supervisory body. Participants: While all command ombudsmen in Metro-SD are required members, command leadership—including Commanding Officers (COs), Executive Officers (XOs), Command Master Chiefs (CMCs), and chaplains—are also encouraged to attend.
- **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

▪ 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!
- **Grow! Parenting Series:** GROW! is a universal program designed to support parents and caregivers of children ages 5 to 10 years old. Through a series of five engaging sessions, participants will learn positive parenting techniques, effective stress management strategies, and practical health promotion skills to help their children thrive. Attendance at all five sessions is required to receive a certificate of completion.
- **Kids Craft:** Come out and meet your neighbors while enjoying a small craft structured for kids 4 -12 years old.
- **Mini and Me:** Exclusively for 1st time parents and guardians (bring a blanket for your baby). Activities Include: - Infant Massage, - Sensory Stimulation, - Music, - Development Stages, - Social Interaction.
- **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.

• PARENTING SUPPORT

- **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.

• PERSONAL FAMILY LIFE EDUCATION

- **Building Effective Anger Management Skills (BEAMS):** Learn how to navigate stress with confidence and control. This workshop provides practical, evidence-based strategies for understanding and managing anger, enhancing emotional resilience, and improving communication in challenging situations.
- **CMT: Suicide Prevention:** This workshop offers invaluable education and practical tools, equipping participants with the knowledge and skills needed to recognize warning signs, intervene effectively, and provide compassionate support, ultimately saving lives within communities.
- **Communication in the Workplace:** This workshop empowers participants to strengthen workplace and personal relationships through effective two-way communication. Attendees will learn and practice practical strategies to enhance clarity, build trust, and improve collaboration through intentional and respectful dialogue.

- **Conflict Management:** 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.
- **Effective Communication:** Discover practical strategies to enhance your communication skills at home and in the workplace. This workshop explores the foundations of clear, respectful, and impactful two-way communication to build stronger personal and professional relationships.
- **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. In this session, discover the essential role of human connection in resilience and well-being. Participants will assess their support networks, learn empathetic listening techniques, and recognize different communication styles. Strengthen your ability to foster trust, empathy, and mutual support in any environment.
- **Navy Spouse 101:** Learn the basics of Navy life and how to thrive as a military spouse.
- **Organize Your Life:** Take control of the chaos and create systems that work for you. This interactive workshop offers practical tools to help you get organized in everyday life while building habits that reduce stress and boost confidence.

- **Resources Exist, Asking Can Help (REACH):** This workshop is to cultivate a new mindset around mental health and help-seeking in the military by encouraging Service Members to reach out for help and not suffer in silence. The workshop focuses on empowering service members to use resources without worrying about perceived or real barriers that may stand in the way and to not give up until they find the help that they need.
- **Resources Exist, Asking Can Help (REACH)-Spouse :** This workshop is to help spouses, significant others, and family members of active duty, reserve, and National Guard service members develop a proactive mindset around mental health and help-seeking behaviors. REACH-Spouse cultivates a mindset by empowering military spouses to overcome perceived barriers to care and to use resources to find mental health help.
- **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 a one day 8-hour interactive class.
- **Stress Management:** Stress management secrets that will change your outlook. Make time to invest in you!
- **Time Management:** Do you feel in control of your time? This interactive workshop introduces practical strategies to help you stay organized, prioritize effectively, and make the most of your day. Learn how to take charge of your schedule and align your time with what matters most.

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.
- **Continuation Pay:** Continuation Pay eligibility for Sailors in the BRS Retirement Plan Option is an important milestone in one's Navy career. Understanding this benefit and considering the financial situation of each Sailor can assist them in making the best decisions to assess their career goals and make important personal financial decisions as they pertain to the Continuation Pay benefit.
- **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.
- **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.
- **Crypto:** Exploring digital (crypto) assets.
- **First Child (Also referred to as 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.
- **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.
- **Moving Off-Base:** If you are getting ready to take that big step and move into your own place off base, this one-hour workshop will help you. Topics covered include renting, the pros and cons of roommates, consumer protection, transportation, and insurance. Additionally, you will be provided with many useful resources.
- ***Touch Point (TP): PCS Move:** Moving often means adjusting to change and starting new routines. This is especially true for your finances. This course will help you to optimize your resources and strategize ways to complete your upcoming move without breaking your budget. This workshop will discuss basic finance, consumer protection, major purchases, planning for your financial future, compensation, benefits and entitlements, and PCS considerations before, during and after the move.
- **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.
- **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.
- **Thrift Savings Plan/ Blended Retirement System:** Get the latest detailed information on everything the Thrift Savings Plan (TSP) has to offer, understand the differences between High 3 and Blended retirement system and the various streams of well curated investing options used to further contribute to financial retirement security. Ensure your Sailors are making smart financial choices early on in their career when it comes to sound retirement planning with minimal fees and better return on investments.

• RELOCATION SUPPORT

- **Developing Your Family Care Plan:** This workshop offers a practical overview of the Family Care Plan, guiding service members and caregivers through the steps to create a comprehensive plan that ensures family readiness during deployments or other absences. Participants will also learn about key resources and support services available to assist in building and maintaining an effective plan.
- **FFSC Overview:** This 30–45-minute workshop provides a foundational introduction to the wide range of programs and services offered by the Fleet and Family Support Center. Participants will gain insight into available resources that support service members and their families in areas such as relocation, deployment readiness, employment readiness, counseling services, and personal and family life education.
- **Moving Overseas:** This workshop provides essential information and resources to help service members and their families prepare for an international relocation. Participants will gain practical guidance on planning and logistics, navigating cultural transitions, and managing the emotional aspects of moving overseas. The goal is to ensure a smooth, well-supported move and successful adjustment to life abroad.
- **Moving with an Exceptional Family Member:** Moving with an Exceptional Family Member involves meticulous attention to detail and compassionate support, ensuring a seamless transition for families with unique needs, prioritizing their well-being and integration into new communities.
- **PCSing (Permanent Change of Station) with Kids:** Relocating with children presents unique challenges—and opportunities. This workshop offers practical strategies and insider tips to help families navigate Permanent Change of Station (PCS) moves with confidence. Learn how to support your children's emotional needs, maintain routines, and turn your next move into a positive and memorable family experience.
- **Sailors & Families On The Move (Smooth 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.
- **Welcome to San Diego Newcomer Orientation:** New to San Diego? Let's start your tour off right! Metro San Diego is a wonderful duty station for work and play for the entire family. Learn about all the beautiful places and unique opportunities that makes San Diego so special. Take advantage of being able to meet and listen to the representatives from a multitude of service organizations. All active duty and families are encouraged to attend, you will not want to miss out!