


April 2026

**Personal & Family Life Education Workshops
Fleet & Family Support Center | Naval Base San Diego**

 Fleet & Family Support Center offers workshops that focus on practical skills to help you thrive in military life, including parenting classes, conflict and anger management, and suicide prevention.

All workshops offered onsite at NBSD unless otherwise noted.

Suicide Prevention CMT

April 1st / 9:30 am-10:30 am

Building Effective Anger Management Skills (BEAMS)

April 6th / 10:00 am-12:00 pm

Grow! Parenting Series

April 7th, 14th, 21st / 10:00 am-3:00 pm

Kearny Mesa Branch

Healthy Boundaries

April 7th / 10:00 am-11:30 am

Stress Management

April 8th / 10:00 am-11:00 am

Mind Body Mental Fitness:

Stress Resilience

April 8th / 1:00 pm-3:00 pm

Time Management

April 9th / 1:00 pm-2:00 pm

Child Abuse Prevention Month Overview

April 10th / 9:00 am-10:00 am

Healthy Coping

April 14th / 10:00 am-12:00 pm

Conflict Management

April 14th / 1:00 pm-2:00 pm

Child Abuse Prevention Month Overview

April 15th / 9:00 am-10:00 am

Mind Body Mental Fitness:

Mindfulness & Meditation

April 15th / 1:00 pm-3:00 pm

Healthy Boundaries

April 16th / 1:00 pm-2:30 pm

Bayview Hills Branch

Communication in the Workplace

April 16th / 1:00 pm-2:00 pm

Child Abuse Prevention Month Overview

April 20th / 9:30 am-10:30 am

Healthy Relationships

April 21st / 10:00 am-11:00 am

Effective Communication

April 21st / 1:00 pm-2:00 pm

Resources Exist, Asking Can Help (REACH)

April 22nd / 10:00 am-11:30 am

Mind Body Mental Fitness:

Living Core Values

April 22nd / 1:00pm-3:00 pm

Responsible Anger Management (RAM)

April 23rd / 9:00 am-4:00 pm

Healthy Coping

April 23rd / 1:00 pm-3:00 pm

Bayview Hills Branch

Mind Body Mental Fitness:

Flexibility

April 29th / 1:00 pm-3:00 pm

Mind Body Mental Fitness:

Stress Resilience

April 30th / 10:00 am-12:00 pm

Bayview Hills Branch

Time Management

April 30th / 1:00 pm-2:00 pm

To register for a workshop
or learn more information:

Scan the QR code

Call 1-866-923-6478

Visit sandiego.navylifew.com

