

(V) – Virtual; (H) Hybrid

# April 2025

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)

NBPL – Naval Base Point Loma  
GVB – Gateway Village Branch  
VSM – Village at Serra Mesa



NBC – Naval Base Coronado

Mon

7

Tue

8

Wed

9

Thu

10

Fri

11

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

Ombudsman Basic Training (OBT)  
4:00 PM - 9:00 PM (NBSD)

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

Infant Massage Course  
10:00 AM - 11:00 AM (BVH)

Conflict Resolution  
9:00 AM - 10:00 AM (NBC)

Effective Communication  
9:00 AM - 11:00 AM (VSM)

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

Final Move  
10:00 AM - 11:00 AM (KMB)

Stress Management  
10:00 AM - 12:00 PM (GVB)

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

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

Sensory Playgroup  
10:00 AM - 11:00 AM (KMB)

Conflict Management  
1:00 PM - 3:00 PM (VSM)

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

Mind Body Mental Fitness (Mindfulness & Meditation)  
9:00 AM - 11:00 AM (VSM)

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

PCSing (Permanent Change of Station) with Kids  
10:00 AM - 11:00 AM (BVH)

Mind Body Mental Fitness (Mindfulness & Meditation)  
10:00 AM - 12:00 PM (NBSD)

Infant Massage Course  
12:00 PM - 1:00 PM (KMB)

Intro to EFMP  
1:00 PM - 2:00 PM (BVH)

Navy Spouse 101  
1:30 PM - 3:30 PM (GVB)

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

Welcome to San Diego Newcomer Orientation  
10:00 AM - 11:30 AM (NBPL)

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**Mon 14**

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

**Infant Massage Course**  
10:00 AM - 11:00 AM (BVH)

**Tue 15**

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

**Resume Writing**  
9:00 AM - 11:00 AM (VSM)

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

**Planning Your Financial Future**  
10:00 AM - 11:00 AM (NBSD)

Life After the Uniform: The Resilient Spouse  
10:00 AM - 12:00 PM (GVB)

**Effective Parenting Day-1**  
10:00 AM - 4:00 PM (KMB)

Mind Body Mental Fitness (Living Core Values)  
1:00 PM - 3:00 PM (NBSD)

**Wed 16**

Effective Communication  
9:00 AM - 10:00 AM (NBSD)

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

Sensory Playgroup  
10:00 AM - 11:00 AM (KMB)

**Healthy Relationships**  
1:00 PM - 2:00 PM (NBSD)

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

**Finding Federal Employment**  
1:00 PM - 3:00 PM (NBPL)

Ombudsman Advanced Training  
6:00 PM - 8:00 PM (NBSD)

**Thu 17**

Supporting Children During Deployment  
9:00 AM - 10:00 AM (BVH)

**Mind Body Mental Fitness (Living Core Values)**  
9:00 AM - 11:00 AM (VSM)

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

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

Winning Interview Techniques  
10:00 AM - 11:00 AM (NBC)

**Mind Body Mental Fitness (Flexibility)**  
10:00 AM - 12:00 PM (NBSD)

Infant Massage Course  
12:00 PM - 1:00 PM (KMB)

**Kids Craft**  
1:30 PM - 2:30 PM (GVB)

The Thrift Savings Plan  
1:00 PM - 2:30 PM (V)

**Sailors & Families On The Move**  
1:00 PM - 3:00 PM (BVH)

**Fri 18**

CAPSTONE  
8:00 AM - 11:30 AM (KMB)

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

Homebuying Workshop  
1:00 PM - 3:00 PM (NBPL)

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NBC – Naval Base Coronado

**Mon** 21

FAP Triad Desk Brief  
8:30 AM - 10:30 AM (NBSD)

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

Infant Massage Course  
10:00 AM - 11:00 AM (BVH)

**Tue** 22

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

**Welcome to San Diego Newcomer Orientation**  
9:00 AM - 11:00 AM (VSM)

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

**Effective Communication**  
10:00 AM - 12:00 PM (GVB)

Effective Parenting Day-2  
10:00 AM - 4:00 PM (KMB)

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

**Wed** 23

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

**Welcome to San Diego Newcomer Orientation**  
10:00 AM - 11:00 AM (MCC)

Sensory Playgroup  
10:00 AM - 11:00 AM (KMB)

**Stress Management**  
1:00 PM - 3:00 PM (VSM)

**Thu** 24

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

**Family Care Plan Coordinator Training**  
9:00 AM - 10:30 AM (NBSD)  
Sailors & Families On The Move (Smooth Move) 9:00 AM - 10:30 AM (NBC)

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

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

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

Mind Body Mental Fitness (Connection)  
10:00 AM - 12:00 PM (NBSD)

**Infant Massage Course**  
12:00 PM - 1:00 PM (KMB)

Healthy Relationships  
1:00 PM - 2:00 PM (BVH)

**Conflict Management**  
1:30 PM - 3:30 PM (GVB)

**Fri** 25

**Resume Writing**  
10:00 AM - 11:30 AM (NBPL)

Survivor Benefit Plan  
11:00 AM - 12:00 PM (NBC)

**PCS/PCS'ing – Financial Planning**  
10:00 AM - 12:00 PM (NBC)

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# April-May 2025

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NBC – Naval Base Coronado

Mon

28

Tue

29

Wed

30

Thu

1

Fri

2

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

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

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

Infant Massage Course  
10:00 AM - 11:00 AM (BVH)

Communication in the Workplace  
9:00 AM - 10:00 AM (V)

Navigating Childcare Options  
9:00 AM - 11:00 AM (VSM)

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

Resources Exist, Asking Can Help (REACH)-Spouse  
10:30 AM - 12:00 PM (MFRC)

Debt Destroyer  
12:30 PM - 2:30 PM (NBC)

Spouse Employment, Empowerment and Development (SEED)  
1:30 PM - 3:30 PM (GVB)

Sensory Playgroup  
10:00 AM - 11:00 AM (KMB)

Moving Overseas  
10:00 AM - 12:00 PM (NBSD)

INSIGHTS To Starting Your Home-Based Business  
12:30 PM - 4:00 PM (KMB)

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

Conflict Management  
2:00 PM - 3:00 PM (NBSD)

Mind Body Mental Fitness (Problem Solving)  
9:00 AM - 11:00 AM (VSM)

Family Readiness Group (FRG) Basic Training  
9:00 AM - 4:00 PM (BVH)

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

Navigating Childcare Options  
10:00 AM - 12:00 PM (GVB)

Life After the Uniform: The Resilient Spouse  
5:00 PM - 6:00 PM (V)

Homebuying Workshop  
11:00 AM - 1:00 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
- **Career Exploration & Portability:** This workshop discusses the use of career assessments that match your interests, skills, and abilities to careers and occupations. It also reviews career exploration tools to help you learn about the occupational outlook and portability of different careers and industries.
- **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.
- **FFSC Job Fair:** A great opportunity for transition Sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.
- **How to Work a Job Fair:** Make the most of your job fair experience and position yourself for success.
- **Insights to Starting a 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!
- **Job Search Strategies (also referred to as Navigating Your Job Search):** 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?
- **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.
- **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:** 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.

## 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](mailto: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](mailto:ffsc_cfs_pfm@us.navy.mil)

## • COMMAND PROGRAMS

- **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](mailto:ffsc_cfs_pfm@us.navy.mil)
- **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.
- **FFSC Overview:** FFSC Overview offers a foundational understanding of programs offered by the Fleet and Family Support Center.

## • DEPLOYMENT SUPPORT

- **Couples and Deployment:** This workshop is designed to provide couples with tools to manage emotions and reactions associated with separation.
- **Deployment Started: What Now? :** This workshop is designed to help families identify and connect with resources so they can manage deployment successfully.
- **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!
- **Developing Your Family Care Plan:** This workshop provides an overview of a Family Care Plan, how to create a plan, and available resources for service members and caregivers.
- **"Family Readiness Group (FRG) Basic Training:** 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.

- **Getting Real About Deployment:** This is a discussion-style workshops covering topics on the emotional cycle of deployment, deployment frequently asked questions, and understanding deployment support resources.
- **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 gives parents or caregivers a foundation for helping their children with emotional reactions to deployment, establishing positive and open communication and involving their children in deployment plans for the family.
- **Supporting Children During Deployment:** This workshop aims to help nondeployed parents or caregivers by providing ideas for support as they experience deployment together. Parents or caregivers can help their family survive – and even thrive – during deployment with the proper tools and resources.

## • OMBUDSMAN TRAINING

- **Ombudsman Advanced Training:** This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.
- **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](mailto: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!
- **Effective Parenting:** This multi-session workshop discusses topics affecting parents of school-aged children including cooperation and communication, responsibility and discipline, managing misbehavior, building self-esteem, and school success tips. This workshop is 16 hours (two full business days). Attendance in the full workshop is required in order to receive a Certificate of Attendance.
- **Kids Craft:** Come out and meet your neighbors while enjoying a small craft structured for kids 4 -12 years old.
- **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.
- **Sensory Playgroup:** The Navy New Parent Support Program offers a new sensory playgroup, which is designed for children 2-4 years old that will benefit for a small playgroup. Focused on sensory exploration and movement that promotes your children's motor and emotional development.
- **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 FINANCIAL MANAGEMENT

- **Car Buying & 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.
- **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.
- **Financial Planning for Your Retirement Plan:** (Also referred to as Retirement Planning): 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.).
- **Financial Touchpoint (CNIC First Duty Station):** This universal resource can assist with basic PFM and CFS tasks. View the How-To-guide to get step-by-step guidance on delivering financial services, like checking a credit report or reporting identity theft.
- **Homebuying 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.
- **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.
- **PCS/PCSing - Financial Planning:** The *PCS/PCSing - Financial Planning* course is designed to equip military personnel and their families with the essential financial knowledge and tools needed to navigate the challenges of Permanent Change of Station (PCS) moves. This course provides comprehensive insights into budgeting, managing relocation expenses, and understanding the financial implications of a PCS 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.
- **Renting:** Renting a house or apartment can be good solutions for single service members and military families, as it can offer the flexibility that home ownership does not provide. Learn how to weigh your options on locations, type, cost, and renting vs. buying. This empowering workshop will ensure you make a wise housing choice. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters.

## • PERSONAL FINANCIAL MANAGEMENT

- **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.
- **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.
- **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.
- **Your Financial Checkup at Promotion Touchpoint:** Promotion is a rewarding time in the lives of your Sailors. Help Service Members achieve the most from their pay increases. This workshop provides useful strategies and tips to help Service Members address financial considerations for this Touchpoint.

## • RELOCATION SUPPORT

- **Final Move:** This workshop provides information and resources available to retiring or separating service members in preparation of their final move.
- **Moving Overseas:** Moving Overseas entails meticulous planning and coordination, ensuring a smooth transition for individuals and families relocating across international waters, navigating diverse cultures, and embracing new experiences.
- **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:** 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.
- **Sailors & 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 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!

## ▪ 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.
- **Communication in the Workplace:** This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.
- **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:** Are you an effective communicator? Learn strategies for communicating better at home and at work.
- **Healthy Relationships:** Learn to recognize the signs of healthy and unhealthy relationships. This workshop provides tools to enhance healthy relationships and educate Sailors and family members on how to successfully nurture intimate relationships and identify unhealthy relationships behaviors.
- **Into to EFMP:** This workshop provides an overview on the Exceptional Family Member program including information and resources.

## ▪ SPECIAL INTERESTS

- **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.
- **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 pro-active 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.
- **Navy Spouse 101:** Learn the basics of Navy life and how to thrive as a military spouse.
- **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!
- **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 an interactive 8-hour workshop.
- **Stress Management:** Stress management secrets that will change your outlook. Make time to invest in you!
- **Suicide Prevention:** A Suicide Prevention Class 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.
- **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.