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www.cnic.navy.mil/navylifema

DEPARTMENT OF THE NAVY
Fleet and Family Support Centers
of Hampton Roads, Virginia
7928 14th Street
Norfolk, VA 23505-1219

Official Business




Call or visit www.cnic.navy.mil/navylifema for more information. You can also use your smart phone to access the FFSC website by scanning this code:



SIGNAL

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

2021
JUL
AUG
SEP

Suicide is Not the Answer — There is Hope & the SAIL Program Can Help

SAIL (Sailor Assistance and Intercept for Life) is a voluntary case management program designed to provide support to active-duty Sailors during the critical 90-day period following a suicide crisis involving either ideations or attempts. While SAIL is not meant to replace existing mental health services, SAIL is meant to augment mental health treatment by providing a range of support services including identifying needs, monitoring risk, connecting Sailors with resources, and collaborating with commands and medical providers. The goal of the SAIL program is to reduce a Sailor's distress and ensure the Sailor can access the services and support he or she needs in order to healthily return to full duty. SAIL Case Managers are licensed and clinically privileged counselors from the Fleet and Family Support Program who provide caring contacts that may take place in person, telephonically, or by utilizing an approved virtual platform. Caring contacts occur in prescribed intervals for a minimum of 90 days but can be extended when indicated or requested by the Sailor.

During times of high stress, anxiety, crisis, or trauma, cognition and the way the brain functions may be compromised. Sailors can utilize the support of a SAIL Case Manager to help "think for them" and provide them with a "safety net" of additional support. All Sailors who have experienced a suicide crisis are required to be referred to the SAIL program by their commands so that, at a minimum, they are offered voluntary SAIL services. Sailors are also able to refer themselves to the program.

The SAIL Program is now in its fourth year. Since inception, SAIL has served over 4,400 Sailors Navy-wide. For more information on SAIL, or if you want to request program services, please contact your local FFSC.

www.cnic.navy.mil/navylifema

"In the words of one Sailor — SAIL gave me a chance to reach out for and accept help during the most sensitive and challenging time in my life. I knew the SAIL CM cared about my well-being and if they cared, then I knew others cared about me as well."

COMMAND SUPPORT PROGRAMS

CPO Selectee Resource Training
This two-day workshop is designed to educate newly selected CPOs about resources available in both the military and civilian communities. By addressing issues before they become critical, as well as making appropriate resource referrals, the CPO and the service member in need of support can stay focused on the command's mission.

Deckplate Resource Awareness Training
This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

Exceptional Family Member POC Training
This half-day training provides information that enables POCs to assist members in their commands. Who should attend: Any newly-designated FEMP POC in the Hampton Roads area.

Family Readiness Group (FRG) Leadership Training
FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information.

FAP POC Quarterly Training
This two-hour course emphasizes the Command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues, and reporting. Who should attend: COs, XO's, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

Maintaining Respect in the Workplace
This two-hour evidence-informed program equips service members with practical tools to interact respectfully with the ultimate goal of reducing destructive behaviors in the workplace. It covers a variety of concepts such as self-respect, personal and professional boundary setting, groupthink, and active intervention. Participants will gain a new perspective on respect, learn to set and enforce healthy boundaries, and be empowered to make healthy, respectful decisions in their personal and professional lives.

My Navy Career Options (formerly CONSEP)
The standard of career readiness, this course provides Navy Career Counselors and Fleet & Family Support Center (FFSC) staff an opportunity to guide first-term and mid-career Sailors through the career opportunities available in the Navy and in the civilian sector. This course will enhance mission readiness by giving Sailors the tools to make informed decisions about their educational and career options.

Ombudsman Advanced Training
This training is for all Ombudsmen who have completed the Ombudsman Basic Training Course. The purpose of advanced training is to support Ombudsmen's ongoing educational and informational needs.

Ombudsman Basic Training
This training consists of nine modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses.

PCO-PXO Spouses Workshop
This is a one-day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

SAPR Administrative Unit Victim Advocate Training
This two-hour course of instruction provides guidance to SAPR command-level designees to effectively oversee compliance with SAPR program policy requirements onboard their units and commands. The training provides current information and guidance on roles and responsibilities to include available military and community victim support services, SAPR reporting requirements, and facilitation of CNIC-approved awareness and prevention training. Administrative Unit VAs are also required to attend the SAPR Victim Advocate Basic Training and become D-SAACP certified before being designated in writing.

SAPR Victim Advocate Basic Training
The 40-hour victim advocate basic training prepares participants with the skills and knowledge to become Unit Victim Advocates. The training covers a broad spectrum of services available to sexual assault victims to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care. Participants will also gain a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Upon successful completion of the training, participants are eligible to apply to the Department of Defense Sexual Assault Certification

Program (D-SAACP) as a requirement to be certified as a "SAPR Victim Advocate".

SAPR Victim Advocate Continuing Education Training
This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAACP) credentialing. These workshops provide SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAACP credentialed victim advocates in the Hampton Roads area. All other SAPR trained personnel are welcome. However, continuing education hours are not mandated for other SAPR positions.

Sponsor Training
This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

Career Planning
Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop, you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

Effective Resume Writing
These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop also includes tips on translating military terminology.

Federal Employment System
In this single-session workshop, gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process, and how to understand standard qualifications and testing requirements.

Interview Techniques
Want to feel more confident at your next job interview? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

Job Network
Job Network is a monthly employer panel comprised of three or four human resources personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Translators, separatees, and military family members are invited to attend.

Job Search Strategies
Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

TAP (Transition Assistance Program)
This three-day workshop is the mandatory Transition Core Curriculum Course (formerly Transition GPS) for military members who are retiring or separating from the military. The course is comprised of one-day Department of Defense Training (Pre-Separation Counseling, My Transition Overview, Skills Identification, and Financial Preparedness for Transition), one-day Veterans Administration (VA) Benefits and Services Brief, and one-day Department of Labor (DOL) Employment Workshop.

**Due to the impact COVID-19 has had on in-person workshops, please contact your local Fleet and Family Support Center (FFSC) for available training dates and registration details. Additionally, you may also participate in LIVE Virtual Transition Assistance Program (VTAP) webinars. Go to mynavyfamily.com to create an account and register for a session on the calendar. For NMCI users, go to <https://learning.zedlers.refineddata.com>.

See your Command Career Counselor regarding TAP requirements that must be completed prior to attending a workshop.

VA Disability Benefits Review
This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring copies of their medical records, and copies of (if applicable): their marriage certificate, children's birth certificates, dependents' social security numbers, and divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.

Transition Tracks
These two-day transition tracks are part of the Transition Assistance Program and contain information and skills to set service members up for success with their career trajectory.

Education
• **Managing Your Education**
This track is geared towards transitioning service members who plan to pursue higher education. It is designed to assist participants in developing educational goals and to assist with the admission process. Course curriculum includes instruction on identifying information related to federal financial aid; application for Federal Student Aid (FAFSA); online resources to assist in college and program selection; information on veteran support clubs/organizations at certain institutions; college progression and associated costs; and best practices on adult and virtual learning.

Employment
• **Department of Labor Employment Workshop**
This track assists participants in considering career goals and how to position themselves for success in future careers. Additionally, participants will develop their resume, networking skills, interview techniques, and job search strategies. Service members and family members will learn about the essential tools and resources needed to evaluate career options, gain information for training and employment, and identify the next steps to facilitate transition to the civilian workforce. This course will help guide participants through a process of self-reflection, assessment, research and planning.

Entrepreneurship
• **Boots 2 Business**
This two-day transition track provided by Small Business Administration (SBA) partners, which may include Small Business Development Centers, Service Corps of Retired Executives, Veterans Business Outreach Centers, and Women Business Centers focuses on feasibility analysis for business planning for transitioning service members interested in self-employment.

Vocational
• **Career and Credential Exploration (C2E)**
This two-day transition track offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Service members and spouses who attend the Department of Labor Career and Credential Exploration (C2E) workshop will complete personalized career development assessments of occupational interests, aptitudes, and work values. These assessments will present workshop participants with a variety of tailored job recommendations aligned with their interests and aptitudes, some of which are classified as "high demand" or "high growth" occupations. Participants will learn to narrow their career focus by establishing achievable career goals and development strategies. Workshop facilitators will guide participants through a variety of career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements.

Transition Track programs are open to all transitioning service members. Non-transitioning service members and family members can attend on a space-available basis. To register for any of the Transition Tracks, call the Fleet and Family Support Center hosting the session you would like to attend.

MILITARY LIFE SKILLS EDUCATION PROGRAMS

Building Effective Anger Management Skills (BEAMS)
Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel and their adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

Building Healthy Relationships
The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and developing healthy habits.

Children and Divorce
This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

Couples Workshop
Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners.

Dads and Discipline
The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

Dual Military Parenting
Dual Military Parents face unique challenges in balancing military careers and family responsibilities. This workshop is intended to help Dual Military Parents navigate their unique military family lifestyle. Discussion topics include Building Healthy Relationships, Deployment Readiness, Parenting in a Military Family, Family Care Plan, Career Planning, and sharing and successes with Dual Military Parenting.

Enhancing Stepfamilies
This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

Love Tips
Are you tired of the same dating traps like becoming involved too quickly, dishonesty from the start, or overlooking problem areas? Learn how to avoid common dating mistakes when developing a new romance by attending "Love Thinks," a program for single or newly-dating military members who are tired of playing dating games and are ready to keep it real.

New Parent Resource Awareness Workshop
This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

Parenting 411
This workshop provides expectant parents with information on what to expect from a newborn, as well as basic parenting skills for service members. Topics discussed are stages of development, how to handle crying, temper tantrums, and alternative measures for discipline. Registration is open to first time expectant service members.

Parenting in a Military Family
This workshop explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that are truly rewarding, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

Parenting Teens
This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

Personal Communications
Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

Spouse Newcomers Orientation
Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more.

Stress Management
Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives.

Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

Systematic Training for Effective Parenting (STEP): Early Childhood
This seven-session class helps parents develop a positive and consistent approach to dealing with the special challenges of children age six and younger. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline plans, developing skills for communicating effectively with young children, and much more.

Systematic Training for Effective Parenting (STEP): School-age
This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the resolution of misbehavior, mutual respect, and family meetings.

PERSONAL FINANCIAL MANAGEMENT PROGRAMS

Blended Retirement System
The BRS Overview will cover the difference between the Legacy or High 3 retirement system and the new Blended Retirement System which took effect on January 1, 2018. Opt-In choices, TSP contributions and continuation pay will be covered. This class is for all service members or family members who want to learn more about BRS.

Car Buying Strategies
Looking for a car but don't want to get taken for a ride? In this single-session program, learn all of the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting
This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

Command Financial Specialist (CFS) Refresher Training
Review and sharpen skills learned in Command Financial Specialist (CFS) Training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics. Open to Command Financial Specialists who meet new requirements implemented July 2019. CFS must meet with an FFSC PFM staff member to verify Quarterly Reporting and Continuing Education requirements have been met before registration can be completed. Call to request an appointment for verification of eligibility and registration.

Command Financial Specialist (CFS) Training
This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term, solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands. Advanced registration is required.

Consumer Awareness
Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

Credit Management
This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

Developing Your Spending Plan
Do you want to get control of your financial life? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short- and long-term financial goals.

Family Financial Planning
Family Financial Planning is a course that illustrates the costs involved in starting a family, or adding to your existing family, and emphasizes the need for preparing financially to cover those costs. This course is suitable for anyone who will be starting or adding to a family through birth, adoption or blending families.

Financial Literacy Touchpoints

The following curriculums are designed to meet financial readiness Common Military Training (CMT) requirements as outlined in DTM 19-009. The CMT requirements provide service members the common knowledge, skills, and behavior standards to enable them to manage their financial affairs in a manner that enhances financial readiness. These trainings are associated with milestones, or Touchpoints, in an individual's professional or personal life.

- **Disabling Sickness or Condition**
It can be incredibly overwhelming if you or a family member — whether child or adult — experiences a disabling sickness or condition. The course will cover several key financial tasks to consider once a disability is discovered.
- **Entitlement to Continuation Pay**
This Touchpoint training is an opportunity to understand what Continuation Pay is, how to apply for it, and how best to use it.
- **First Duty Station**

This Touchpoint training is designed to help Sailors better understand a variety of personal financial management issues as they begin their military careers.

- **Leadership Training**
Financial readiness is mission readiness. Understanding your role as a leader in helping service members manage their finances including information, tools, and resources will be reviewed in this training.
- **Marriage**
This course will prepare you to set goals, establish priorities, develop a family financial plan and organize your finances to adjust to your new life as a married person.
- **Permanent Change of Station**
Moving often means adjusting to change and starting new routines. This is especially true for financial planning. This course will help optimize resources and strategize ways to complete a move without breaking the budget.
- **Post-Deployment**
Developing a financial plan following deployment is as important as financial planning at other points in life. This course will help you develop an effective financial plan and be aware of financial tasks post-deployment.

• **Pre-Deployment Preparation**
Deployments can be stressful. Having an effective financial plan will help you to remain focused on the mission and ease your return home. This course will help prepare you for deployment and teach you how to take advantage of certain opportunities to improve your finances while deployed.

• **Preparing for Divorce**
Divorce is a stressful life event in many ways. This training will help reduce the stress and uncertainty associated with the financial aspects of divorce.

• **Promotion**
Career advancement is a great time to hit the pause button and review your finances to set yourself up for a more successful, prosperous future. This course will help you organize your finances and make the most of a promotion.

• **Vesting in the Thrift Savings Plan**
Congratulations on completing two years of service. You are now vested in the TSP. Vesting means that you have met the service requirement to keep automatic and matching contributions that have been made to your TSP account by the government whenever you separate or retire from military service. This course will provide you with additional information on how this milestone can enhance your financial future.

• **Welcoming Your First Child**
For most service members, a new child means changes, especially to your finances. This course is designed to help organize finances efficiently and prepare for the changes that come with the birth or adoption of a child.

If you are in need of a Touchpoint training that is not being offered during the quarter, please see your Command Financial Specialist or a Personal Financial Manager at your Fleet and Family Support Center.

Home Buying
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. Upon completion of this course, learners should be able to determine whether they are ready to purchase a home, know how to choose a real estate agent and mortgage, and be able to negotiate and close on the deal.

Homeownership
VHDA's Homeownership workshops are designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

How to Survive the Holidays Financially

Make the most of the holiday season — learn how to reduce the financial stress of the holidays. This 90-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt.

Million Dollar Sailor
This two-day interactive program is for active duty service members, Reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

Paying for College
This course provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives. Please note: this course contains information for those entering college now or in the near future, as well as for those who want to save for their children's future education. Based on participants' needs, discussion topics may include scholarships, grants, loans, savings plans, and tax incentives.

Paying Off Your Student Loans
This course provides awareness of student loan debt management strategies so that learners can improve their current financial situations, avoid student loan delinquency or default, and repay student loans as quickly and inexpensively as possible.

Planning For Your Retirement
This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the Thrift Savings Plan (TSP). This is a must if you are leaving the military.

Raising Financially Fit Kids
This 90-minute interactive program is designed for parents of children of all ages. Parents will explore their own financial habits and skills, as well as learn techniques to teach their children sound financial management skills. Participants will also assess their current financial situation, learn how to communicate effectively with family members about finances, and implement age-appropriate financial practices for their children.

Renting
Renting is a 60-minute course suitable for all potential renters. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters. Upon completion of this course, learners should be able to research rental options, determine affordability, and locate an appropriate rental property.

Saving and Investing
This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable them to save and invest wisely, explore various investment options, and learn which instrument best suits them and their individual goals.

Survivor Benefit Plan
This course 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
The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence in this 90-minute workshop.

Your Insurance Needs
Covers the basic types of insurance and what they can do for you including life, health, homeowners and rental insurance, as well as SGLI and DIC.

RELOCATION ASSISTANCE PROGRAMS

Overseas Transfer Workshop
Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty service members, spouses, and dependents 12 years and older.

Smooth Move Workshop
Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families.

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SIGNAL

Due to COVID-19, class and service delivery could be virtual or in-person. Please contact the host site to register and receive information regarding participation.

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JUL • AUG • SEP 2021 PROGRAM CALENDAR

FFSC PROGRAMS

JULY

AUGUST

SEPTEMBER

COMMAND SUPPORT PROGRAMS

CPO Selectee Resource Training			AUG 9, 12, 16, 17, 18, 20, 23, 24 & 30 8:00 a.m.-Noon (N) AUG 21 (SA) 8:00 a.m.-Noon (Y)	AUG 24 (T) 8:00 a.m.-Noon (NN) AUG 27 (F) 9:00 a.m.-Noon (NN)	
Deckplate Resource Awareness Training	JUL 20-21 (T&W) 8:00 a.m.-4:00 p.m. (L) JUL 26-27 (M&T) 8:00 a.m.-4:00 p.m. (N)	JUL 27-28 (T&W) 8:00 a.m.-4:00 p.m. (O)	AUG 24-25 (T&W) 8:00 a.m.-4:00 p.m. (O) AUG 26-27 (T&W) 8:00 a.m.-4:00 p.m. (N)		SEP 2-3 (T&W) 8:00 a.m.-4:00 p.m. (L) SEP 20-21 (M&T) 8:00 a.m.-4:00 p.m. (N) SEP 28-29 (T&W) 8:00 a.m.-4:00 p.m. (O)
Exceptional Family Member POC Training	JUL 1 (TH) 8:00 a.m.-Noon (L) JUL 9 (F) 8:00-Noon (Y) JUL 16 (F) 8:30 a.m.-Noon (O)	JUL 19 (M) 8:30 a.m.-12:30 p.m. (P) JUL 28 (W) 8:30 a.m.-Noon (N)			SEP 15 (W) 8:00 a.m.-Noon (L) SEP 21 (T) 8:30 a.m.-12:30 p.m. (P) SEP 27 (M) 8:30 a.m.-Noon (N)
Family Readiness Group (FRG) Leadership Training	JUL 14 (W) 9:00 a.m.-Noon (Basic) (O) JUL 15 (TH) 9:00 a.m.-Noon (Basic) (O)	JUL 17 (SA) 8:30 a.m.-3:00 p.m. (Basic Training) (N)	AUG 18 (W) 9:00-10:30 a.m. (Advanced) (O) AUG 18 (W) 5:30-7:00 p.m. (Advanced) (O)	AUG 19 (TH) 6:00-8:00 p.m. (Homecoming Training) (N)	SEP 16 (TH) 9:00-10:30 a.m. (Advanced Training) (N) SEP 16 (TH) 5:30-7:00 p.m. (Advanced Training) (N) SEP 18 (SA) 8:30 a.m.-3:00 p.m. (Basic Training) (N) SEP 25 (SA) 8:00 a.m.-5:00 p.m. (Basic Training) (L)
FAP POC Quarterly Training			AUG 25 (TH) 8:00-10:00 a.m. (N)		
Maintaining Respect in the Workplace	JUL 20 (T) 9:00-11:00 a.m. (N)		AUG 23 (M) 1:00-3:00 p.m. (N)		SEP 23 (TH) 2:00-4:00 p.m. (N)
My Navy Career Options (formerly CONSEP)	JUL 26-27 (M&T) 8:00 a.m.-4:00 p.m. (Mid-Career) (L) JUL 28-29 (W&TH) 8:00 a.m.-4:00 p.m. (Mid-Career) (N)		AUG 19-20 (TH&F) 8:00 a.m.-4:00 p.m. (Mid-Career) (O) AUG 25-26 (W&TH) 8:00 a.m.-4:00 p.m. (First Term) (N)		SEP 29-30 (W&TH) 8:00 a.m.-4:00 p.m. (Mid-Career) (N)
Ombudsman Advanced Training	JUL 27 (T) 9:00-10:30 a.m. (N)	JUL 27 (T) 5:30-7:00 p.m. (N)			SEP 7 (T) 9:00-11:00 a.m. (L) SEP 7 (T) 6:00-8:00 p.m. (L)
Ombudsman Basic Training	JUL 9-11 (F-SU) 8:30 a.m.-4:00 p.m. (L)		AUG 13-15 (F-SU) 8:30 a.m.-4:00 p.m. (N) AUG 24-26 (T-TH) 8:30 a.m.-4:00 p.m. (Y)		SEP 10-12 (F-SU) 8:30 a.m.-4:00 p.m. (L) SEP 28-30 (T-W) 8:30 a.m.-4:00 p.m. (Y)
PCO-PKO Spouses Workshop					SEP 9 (TH) 9:00 a.m.-2:00 p.m. (N)
SAPR Administrative Unit Victim Advocate Training	JUL 21 (W) 9:00-11:00 a.m. (N)		AUG 9 (M) 8:00 a.m.-5:00 p.m. (O) AUG 26 (TH) 8:00 a.m.-4:30 p.m. (L)		SEP 14 (T) 8:00 a.m.-4:30 p.m. (Y) SEP 15 (W) 7:30 a.m.-4:30 p.m. (N) SEP 22 (T) 8:00 a.m.-5:00 p.m. (P) SEP 25 (W) 9:00-11:00 a.m. (N)
SAPR Victim Advocate Basic Training	JUL 12-16 (M-F) 7:30 a.m.-4:30 p.m. (N) JUL 12-16 (M-F) 8:00 a.m.-5:00 p.m. (O)	JUL 26-30 (M-F) 8:00 a.m.-5:00 p.m. (L)	AUG 2-6 (M-F) 8:00 a.m.-5:00 p.m. (P) AUG 9-13 (M-F) 8:00 a.m.-4:30 p.m. (Y)	AUG 16-20 (M-F) 7:30 a.m.-4:30 p.m. (N)	SEP 20-24 (M-F) 7:30 a.m.-4:30 p.m. (N) SEP 20-24 (M-F) 8:00 a.m.-5:00 p.m. (L) SEP 27-OCT 1 (M-F) 8:00 a.m.-5:00 p.m. (O)
SAPR Victim Advocate Continuing Education Training	JUL 22 (TH) 9:00 a.m.-Noon (NN)		AUG 5 (TH) 9:00-11:30 a.m. (N) AUG 12 (TH) 9:00-11:30 a.m. (L)	AUG 25-26 (W-TH) 9:00 a.m.-4:00 p.m. (O)	SEP 29 (W) 9:00 a.m.-Noon (Y) SEP 30-OCT 1 (TH&F) 9:00 a.m.-4:00 p.m. (P)
Sponsor Training	JUL 8 (TH) 9:00-11:00 a.m. (O) JUL 13 (T) 9:00-11:00 a.m. (NW)	JUL 15 (TH) 9:00-10:00 a.m. (N)	AUG 10 (T) 9:00-11:00 a.m. (NN) AUG 12 (TH) 9:00-10:00 a.m. (N)	AUG 25 (W) 2:00-4:00 p.m. (L)	SEP 9 (TH) 9:00-10:00 a.m. (N) SEP 27 (M) 1:00-3:00 p.m. (L)

FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

Career Planning	JUL 13 (T) 9:00 a.m.-Noon (NN) JUL 20 (T) 8:30-11:30 a.m. (N)	JUL 27 (M) 9:00 a.m.-Noon (O)	AUG 9 (M) 9:00 a.m.-Noon (O) AUG 17 (T) 8:30-11:30 a.m. (N)	AUG 17 (T) 9:00 a.m.-Noon (Y)	SEP 13 (M) 9:00 a.m.-Noon (NW) (O) SEP 14 (T) 9:00 a.m.-Noon (L) (NN)	SEP 21 (T) 8:30-11:30 a.m. (N)
Effective Resume Writing	JUL 13 (T) 9:00 a.m.-Noon (P) JUL 14 (W) 9:00 a.m.-Noon (L) (NN) (NW) JUL 21 (W) 8:30-11:30 a.m. (N) JUL 28 (W) 9:00 a.m.-Noon (O)		AUG 4 (W) 9:00 a.m.-Noon (P) AUG 10 (T) 9:00 a.m.-Noon (L) AUG 11 (W) 9:00 a.m.-Noon (NW) (O) AUG 18 (SA) 9:30-11:30 a.m. (N)	AUG 18 (W) 1:00-4:00 p.m. (Y)	SEP 2 (TH) 1:00-4:00 p.m. (P) SEP 8 (W) 9:00 a.m.-Noon (NW) SEP 15 (W) 9:00 a.m.-Noon (NN) (O) SEP 18 (SA) 9:00 a.m.-Noon (N)	SEP 22 (W) 8:30-11:30 a.m. (N) SEP 23 (TH) 9:00 a.m.-Noon (NW) SEP 29 (W) 5:00-8:00 p.m. (L)
Federal Employment System	JUL 8 (TH) 8:30-11:30 a.m. (N) JUL 14 (W) 5:00-9:00 p.m. (L) JUL 15 (TH) 1:00-4:00 p.m. (NN) JUL 22 (TH) 8:30-11:30 a.m. (N)	JUL 27 (M) 9:00 a.m.-Noon (P) JUL 28 (W) 9:00 a.m.-Noon (NW) JUL 30 (F) 9:00 a.m.-Noon (O)	AUG 10 (T) 1:00-4:00 p.m. (O) AUG 13 (F) 9:00 a.m.-Noon (O) AUG 17 (TH) 8:30-11:30 a.m. (N) AUG 19 (TH) 9:00 a.m.-Noon (Y)	AUG 31 (T) 9:00 a.m.-Noon (P)	SEP 1 (W) 1:00-4:00 p.m. (NW) SEP 16 (TH) 9:00 a.m.-Noon (NN) SEP 17 (F) 8:00-11:00 a.m. (L) SEP 17 (F) 9:00 a.m.-Noon (O)	SEP 23 (TH) 8:30-11:30 a.m. (N) SEP 28 (T) 9:00 a.m.-Noon (P) SEP 29 (W) 1:00-4:00 p.m. (NW)
Interview Techniques	JUL 10 (SA) Noon-2:00 p.m. (N) JUL 14 (W) 1:00-4:00 p.m. (NN) JUL 23 (F) 8:30-11:30 a.m. (N)	JUL 29 (TH) 9:00 a.m.-Noon (O)	AUG 5 (TH) 1:00-4:00 p.m. (NW) AUG 10 (T) 8:30-11:30 a.m. (N) AUG 12 (TH) 9:00 a.m.-Noon (L) (O)	AUG 12 (TH) 1:00-4:00 p.m. (P) AUG 19 (TH) 1:00-4:00 p.m. (Y) AUG 20 (F) 8:30-11:30 a.m. (N)	SEP 7 (T) 9:00 a.m.-Noon (P) SEP 15 (W) 1:00-4:00 p.m. (NN) SEP 16 (TH) 9:00 a.m.-Noon (O)	SEP 24 (F) 8:30-11:30 a.m. (N)
Job Network	JUL 12 (M) 11:00 a.m.-1:00 p.m. (L) JUL 21 (W) Noon-1:30 p.m. (N)	JUL 28 (W) Noon-1:00 p.m. (O)	AUG 11 (W) Noon-1:00 p.m. (O) AUG 18 (W) Noon-1:30 p.m. (N)		SEP 15 (W) Noon-1:00 p.m. (O) SEP 17 (F) 11:00 a.m.-Noon (L)	SEP 22 (W) Noon-1:30 p.m. (N) SEP 28 (T) 1:00-2:30 p.m. (NN)
Job Search Strategies	JUL 12 (M) 8:00-11:00 a.m. (L) JUL 13 (T) 1:00-4:00 p.m. (NN) JUL 20 (T) 1:00-4:00 p.m. (N)	JUL 27 (T) 9:00 a.m.-Noon (O)	AUG 7 (SA) 10:00 a.m.-Noon (N) AUG 10 (T) 9:00 a.m.-Noon (O) AUG 16 (M) 9:00 a.m.-Noon (N)	AUG 17 (T) 1:00-4:00 p.m. (N) (Y)	SEP 7 (T) 1:00-4:00 a.m. (N) SEP 14 (T) 9:00 a.m.-Noon (O) SEP 14 (T) 1:00-4:00 p.m. (NN)	SEP 15 (W) 1:00-4:00 p.m. (P) SEP 21 (T) 1:00-4:00 p.m. (N)
TAP (Transition Assistance Program)	Executive Retirement (E-9, W-4, W-5, O-5, and Above), Retiree Classes & Separatee Classes (N) TAP Bldg. U-93 — See TAP program description on reverse side for additional information.					
TRANSITION TRACKS						
Education - Managing Your Education	JUL 1-2 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N) JUL 15-16 (TH&F) 7:30 a.m.-4:00 p.m. (N) JUL 20 & 21 (T&W) 8:00 a.m.-4:00 p.m. (NN)	JUL 29-30 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (L) JUL 29-30 (TH&F) 8:00 a.m.-4:00 p.m. (L)	AUG 3 (T) 8:00 a.m.-4:00 p.m. (O) AUG 12 (TH) 7:30 a.m.-4:00 p.m. (N) AUG 19-20 (TH&F) 7:30 a.m.-4:00 p.m. (N)	AUG 26-27 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	SEP 1-2 (W&TH) 8:00 a.m.-4:00 p.m. (L) SEP 9-10 (TH&F) 7:30 a.m.-4:00 p.m. (N) SEP 23-24 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	
Employment - Department of Labor Employment Workshop	JUL 1-2 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N) JUL 15-16 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	JUL 22-23 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N) JUL 29-30 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	AUG 5-6 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N) AUG 12-13 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	AUG 19-20 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N) AUG 26-27 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	SEP 2-3 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N) SEP 16-17 (TH&F) 7:30 a.m.-4:00 p.m. (Virtual) (N)	
Entrepreneurship - Boots to Business	JUL 15-16 (TH&F) 7:30 a.m.-4:00 p.m. (N) JUL 28 & 29 (W&TH) 8:00 a.m.-4:00 p.m. (Y)		AUG 4-5 (W&TH) 8:00 a.m.-4:00 p.m. (L) AUG 12-13 (TH&F) 7:30 a.m.-4:00 p.m. (N)		SEP 8-9 (W&TH) 8:00 a.m.-4:00 p.m. (L) SEP 16 & 17 (W&TH) 8:00 a.m.-4:00 p.m. (N) (Y)	
Vocational - Career and Credential Exploration	JUL 22-23 (TH&F) 7:30 a.m.-4:00 p.m. (N)		AUG 1-12 (W&TH) 8:00 a.m.-4:00 p.m. (NN) AUG 18-19 (W&TH) 8:00 a.m.-4:00 p.m. (P)	AUG 19-20 (TH&F) 7:30 a.m.-4:00 p.m. (N) AUG 26-27 (TH&F) 8:00 a.m.-4:00 p.m. (L)	SEP 22 (W) 8:00 a.m.-4:00 p.m. (N) SEP 23-24 (TH&F) 7:30 a.m.-4:00 p.m. (N) (Virtual)	
VA Disability Benefits Review	JUL 1 (TH) 7:30 a.m.-4:00 p.m. (O) JUL 8 (TH) 8:00 a.m.-4:00 p.m. (L)	JUL 22 (TH) 8:00 a.m.-4:00 p.m. (L)	AUG 5 (TH) 7:30 a.m.-4:00 p.m. (O) AUG 12 (TH) 8:00 a.m.-4:00 p.m. (L)	AUG 26 (TH) 8:00 a.m.-4:00 p.m. (L)	SEP 2 (TH) 7:30 a.m.-4:00 p.m. (O) SEP 9 (TH) 8:00 a.m.-4:00 p.m. (L)	

MILITARY LIFE SKILLS EDUCATION PROGRAMS

Building Effective Anger Management Skills	JUL 6-22 (T&TH) 1:00-3:00 p.m. (O) JUL 7, 12, 14, 16, 21 & 23 (W&F) 9:00-11:00 a.m. (N)		AUG 2, 4, 6, 9, 11 & 13 (M&W&F) 1:00-3:00 p.m. (N) AUG 9, 11, 16, 18, 23 & 25 (M&W) 9:00-11:00 a.m. (L)		SEP 7-23 (T&TH) 1:00-3:00 p.m. (O) SEP 8, 10, 15, 17, 22 & 24 (W&F) 9:00-11:00 a.m. (N) SEP 13-21 (M&W&F) 9:00-11:00 a.m. (NN)	SEP 13-25 (M&W&F) 8:00-10:00 a.m. (Y) SEP 28, 30, OCT 5, 7, 12 & 14 (T&TH) 9:00-11:00 a.m. (L)
Building Healthy Relationships	JUL 22 (TH) 4:00-6:30 p.m. (N)	JUL 28 (W) 9:00-11:30 a.m. (L)			SEP 14 (T) 4:00-6:30 p.m. (N)	SEP 15 (W) 1:00-3:30 p.m. (O)
Children and Divorce	JUL 20 (T) 1:00-4:00 p.m. (P)		AUG 6 (TH) 8:30 a.m.-12:30 p.m. (L) AUG 12 (TH) 8:30 a.m.-12:30 p.m. (N)	AUG 17 (T) 1:00-5:00 p.m. (DN)	SEP 13 (M) 8:30 a.m.-12:30 p.m. (N) SEP 20 (M) 8:30 a.m.-12:30 p.m. (DN)	
Couples Workshop			AUG 19 & 26 (TH) 4:00-6:30 p.m. (N)		SEP 20 & 27 (M) 5:00-7:30 p.m. (L)	
Dads and Discipline	JUL 16 (F) 9:00-11:30 a.m. (L)	JUL 23 (TH) 9:00-11:30 a.m. (N)			SEP 21 (T) 1:00-3:30 p.m. (DN)	
Dual Military Parenting					SEP 24 (F) 8:00-11:30 a.m. (N)	
Enhancing Step Families					SEP 2 (TH) 2:30-5:00 p.m. (N)	
Love Talks	JUL 8 (TH) 8:30-11:00 a.m. (NN) JUL 19 (M) 4:00-5:30 p.m. (N)		AUG 16 (M) 10:00-11:30 a.m. (Y)		SEP 1 (W) 10:00-11:30 a.m. (Y) SEP 2 (TH) 2:30-4:00 p.m. (N)	SEP 7 (T) 8:30-11:00 a.m. (NN)
New Parent Resource Awareness Workshop			AUG 20 (F) 8:30 a.m.-12:30 p.m. (O)		SEP 27 (M) 8:00 a.m.-Noon (L)	
Parenting 411					SEP 23-24 (TH&F) 9:00 a.m.-1:00 p.m. (DN)	
Parenting in a Military Family	JUL 19 (M) 8:30 a.m.-1:30 p.m. (O)		AUG 3 (T) 1:00-6:00 p.m. (N) AUG 16 (M) Noon-5:00 p.m. (O)	AUG 17 (T) 8:30 a.m.-12:30 p.m. (L)	SEP 21 & 23 (T&TH) 5:00-7:30 p.m. (Y) SEP 22 (W) 8:30 a.m.-1:30 p.m. (O)	
Parenting Teens	JUL 12 (M) 1:00-3:30 p.m. (DN) JUL 12 (M) 5:00-7:00 p.m. (L)	JUL 20 (T) 1:00-3:30 p.m. (Y)			SEP 23 (TH) 2:30-5:00 p.m. (N)	
Personal Communications	JUL 12 (M) 1:00-3:00 p.m. (N) JUL 12 (M) 9:00-11:00 a.m. (Y)	JUL 28 (W) 9:00 a.m.-Noon (P)			SEP 1 (W) 1:00-3:00 p.m. (N) SEP 8 (W) 9:00 a.m.-Noon (O)	
Ready Navy	JUL 6 (T) 1:00-3:00 p.m. (L) JUL 15 (TH) 9:00-11:00 a.m. (NN)	JUL 23 (TH) 9:00-11:00 a.m. (P)	AUG 13 (F) 9:00-11:00 a.m. (O)			
Single Parenting in the Military	JUL 19 (M) 5:00-7:30 p.m. (L)	JUL 27 (T) 6:00-8:30 p.m. (Y)	AUG 6 (TH) 9:00-11:30 a.m. (N)	AUG 18 (W) 9:00-11:30 a.m. (O)		
Spouse Newcomers Orientation	JUL 7 (TH) 11:00 a.m.-2:00 p.m. (Y)		AUG 4 (W) 9:00-11:00 a.m. (DN)	AUG 9 (M) 1:00-4:00 p.m. (L)		
Systematic Training for Effective Parenting (STEP)	JUL 8, 12, 15, 19, 22, 26 & 29 (M&TH) 3:00-5:00 p.m. (Teen) (N)		AUG 9-30 (M&W) 3:00-5:00 p.m. (Early Childhood) (DN)		SEP 7, 14, 21 & 28, OCT 5, 12, 19 (T) 5:30-7:30 p.m. (School Age) (N)	
Stress Management	JUL 6, 8, 13 & 15 (T&TH) 9:00-11:00 a.m. (Multi) (L) JUL 6, 8, 13 & 15 (T&TH) 1:00-3:00 p.m. (Multi) (N)	JUL 12 (M) 9:00-11:00 a.m. (Single) (N)	AUG 3-12 (T&TH) 8:00-10:00 a.m. (Multi) (Y) AUG 3-12 (T&TH) 9:00-11:00 a.m. (Multi) (O)	AUG 10 (T) 8:00 a.m.-Noon (Single) (NW)	SEP 7, 9, 14 & 16 (T&TH) 9:00-11:00 a.m. (Multi) (N) SEP 14, 16, 21 & 23 (T&TH) 9:00-11:00 a.m. (Multi) (L)	

PERSONAL FINANCIAL MANAGEMENT PROGRAMS

Blended Retirement System	JUL 7 (W) 8:30-10:00 a.m. (L)	JUL 14 (W) 1:30-3:00 p.m. (N)	AUG 18 (W) 1:00-3:00 p.m. (N)		SEP 14 (T) 9:00-11:30 a.m. (P)	SEP 15 (W) 1:30-3:00 p.m. (N)
Car Buying Strategies	JUL 7 (W) Noon-1:30 p.m. (N) JUL 8 (TH) 9:00-10:30 a.m. (NN)		AUG 11 (W) Noon-1:30 p.m. (N) AUG 12 (TH) 10:00-11:30 a.m. (DN)	AUG 24 (T) 1:00-2:30 p.m. (L)	SEP 8 (W) Noon-1:30 p.m. (N) SEP 29 (W) 9:00-10:30 a.m. (Y)	
CFS Forum and Financial Town Hall Meeting	JUL 23 (F) 8:30-9:30 a.m. (L) JUL 30 (F) 8:30-10:00 a.m. (O)		AUG 4 (W) 1:00-2:30 p.m. (P) AUG 5 (TH) 1:00-2:30 p.m. (N)	AUG 26 (TH) 9:00-10:00 a.m. (NN)		
CFS Refresher Training	JUN 29-JUL 1 (T&TH) Noon-4:00 p.m. (N) (Virtual) JUL 6-9 (T&F) Noon-4:00 p.m. (N) (Virtual)	JUL 13 (T) 8:00 a.m.-4:00 p.m. (N)	AUG 2 (M) 8:00 a.m.-4:00 p.m. (L)		SEP 9 (TH) 8:00 a.m.-4:00 p.m. (NN) SEP 14 (T) 8:00 a.m.-4:00 p.m. (N)	SEP 15 (W) 7:30 a.m.-4:00 p.m. (DN)
CFS Training	JUL 19-23 (M-F) 7:30 a.m.-4:00 p.m. (L) JUL 26-30 (M-F) 7:30 a.m.-4:00 p.m. (DN)		AUG 2-6 (M-F) 7:30 a.m.-4:00 p.m. (N) AUG 23-27 (M-F) 7:30 a.m.-4:00 p.m. (DN) (NN) (P)		SEP 7-9 & 14-17 (T-TH & F) Noon-4:00 p.m. (N) (Virtual) SEP 20-24 (M-F) 7:30 a.m.-4:00 p.m. (L)	SEP 27-OCT 1 (M-F) 7:30 a.m.-4:00 p.m. (DN)
Consumer Awareness	JUL 22 (TH) 1:00-2:30 p.m. (P)		AUG 1 (W) 10:00-11:30 a.m. (N)	AUG 24 (T) 8:30-10:00 a.m. (L)		
Credit Management	JUL 7 (W) 8:30-10:00 a.m. (N) JUL 8 (TH) 10:30 a.m.-Noon (NN)		AUG 11 (W) 8:30-10:00 a.m. (N) AUG 12 (TH) 8:30-10:00 a.m. (DN)	AUG 24 (T) 10:00-11:30 a.m. (L)	SEP 2 (TH) 9:00-10:30 a.m. (P) SEP 8 (W) 8:30-10:00 a.m. (N)	SEP 29 (W) 10:30 a.m.-Noon (Y)
Developing Your Spending Plan	JUL 7 (W) 10:00-11:30 a.m. (N)	JUL 7 (W) 2:30-4:00 p.m. (L)			SEP 8 (W) 10:00-11:30 a.m. (N)	SEP 16 (TH) 1:00-2:30 p.m. (NW)
Financial Leadership Seminar	JUL 22 (TH) 8:00 a.m.-Noon (NN)				SEP 16 (TH) 8:00 a.m.-Noon (NW) SEP 29 (W) 8:30-10:00 a.m. (N)	SEP 28 (T) 1:00-4:00 p.m. (L)
FINANCIAL LITERACY TOUCHPOINTS						
Marriage						
Permanent Change of Station			AUG 25 (W) 8:30-10:00 a.m. (N)			
Pre-Deployment Preparation	JUL 21 (W) Noon-1:30 p.m. (N)					
Preparing for Divorce			AUG 31 (T) 9:00-11:30 a.m. (O)			
Welcoming Your First Child					SEP 29 (W) 10:00-11:30 a.m. (N)	
Homebuying			AUG 25 (W) 10:00-11:30 a.m. (N)			
Homeownership	JUL 22 (TH) 8:00 a.m.-3:30 p.m. (Y)	JUL 28 (W) 8:30 a.m.-3:00 p.m. (N)	AUG 19 (TH) 8:30 a.m.-3:00 p.m. (O)		SEP 1 (W) 8:30 a.m.-3:00 p.m. (L)	SEP 30 (TH) 8:30 a.m.-3:00 p.m. (N)
How to Survive the Holidays Financially	JUL 20 (T) 9:00-11:00 a.m. (DN)		AUG 4 (W) 9:00-10:30 a.m. (NN) AUG 17 (T) 9:00-10:30 a.m. (P)	AUG 24 (T) 2:30-4:00 p.m. (L)		
Million Dollar						