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988

DEPARTMENT OF THE NAVY
Fleet and Family Support Centers
of Hampton Roads, Virginia
7928 14th Street
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Official Business




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NavyLifeMA.com/FFSC



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2026
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FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

The New Face of Deployment

ADM Daryl Caudle, 34th Chief of Naval Operations, set forth the blueprint for the U.S. Navy's way forward in the U.S. Navy Fighting Instructions issued on 9 February 2026. The four foundations of the blueprint are Sailors FIRST, Foundry, Fleet and Fight. In this document, the CNO outlines the six core attributes of the U.S. Navy:

- ★ We are **lethal** from the sea.
- ★ We are **mobile in mass**.
- ★ We are **expeditionary**.
- ★ We are **sustainable**.
- ★ We are **versatile**.
- ★ We are **sovereign**.

For more information regarding CNO ADM Caudle's blueprint for the future, visit the CNO's Home Page: navy.mil/leadership/chief-of-naval-operations/

What does this mean in relation to deployments? Many sailors, families, commands and ships have already experienced the new, changing face of deployment. Some of the changes we have seen or could experience:

- ★ **Pre-Set Timelines** – set schedules for work-ups, preparations, POM periods, traditional timeframes and length of preparation activities can shift; planned deployment timeframes could lengthen; timeliness sailors and families are accustomed to may change.
- ★ **Extensions** – in addition to planned deployment timeframes lengthening, extensions, particularly short-notice extensions, are becoming more common based on the needs of the Navy, climate, and national defense posture.

- ★ **Surge Deployments and Short Turn-Arounds** – in-port times and maintenance periods may be compressing; the CNO has set the goal of 80% in combat surge readiness.

From a planning standpoint, things to consider with the new face/tempo/timeframes of deployments are:

- ★ **Powers of Attorney (POAs)** – financial planning for the unexpected includes having all POAs prepared correctly and in advance; not all banking and other institutions accept standard POAs and the accepted documents may change based on circumstances; reach out to your financial institutions, insurance companies, property management companies, etc. to ensure you are prepared.
- ★ **Family Care Plans** – ensure family care plans are up-to-date at all times, allow for coverage if there is an extension of deployment, and are flexible enough to meet family needs in event of surge or short turn-around
- ★ **Pre-Deployment Training** – it is to the benefit of commands, sailors, families and Ombudsman to visit the topic of pre-deployment preparation and training on a regular basis. Due to compressed work-up timelines and surge deployments, there may not be time for traditional pre-deployment briefings.
- ★ **Mid-Deployment And Post-Deployment Briefs** – your local Fleet and Family Support Center staff have a wide range of programs and briefs to support families and commands during and post deployment.

There are a wide variety of in-person and virtual resources and trainings for sailors, families and commands surrounding deployments. Please contact a Deployment Specialist at your local Fleet and Family Support Center for trainings, checklists and preparations for the most successful deployments possible. Additionally, you can find information, training and resources from:

- ★ Your command Ombudsman
- ★ Your command social media sites
- ★ CNIC Deployment Readiness Support – ffr.cnic.navy.mil/family-readiness/fleet-and-family-support-program/work-and-family-life/deployment-readiness-support/
- ★ CNIC Learning Management System – mynavyfamily.com/
- ★ Military OneSource website – militaryonesource.mil
- ★ Navy App Locker – available for Android and iOS
- ★ Hero Care Network by American Red Cross app – available for Android and iOS

Contact information for your local Fleet and Family Support Center is available at: navymwr.mil/dant.com/support-services/support-center-locations.

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COMMAND SUPPORT PROGRAMS

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 personal 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 EFMP POC in the Hampton Roads area.

Family Readiness Group (FRG) Trainings

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information regarding all FRG trainings.

FAP Liaison 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 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 setting personal and professional boundary selfing, 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 (Managing Your) Navy Career Options

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

Ombudsman Basic Training (OBT) prepares newly appointed Ombudsmen to fulfill the requirements of their role and work effectively with the command leadership team and command families. OBT provides resource avenues for helping families with crisis and daily living. Open to Ombudsman, COs, XO's, Chaplains, CMCs, COBs, and their spouses.

Sexual Assault Prevention and Response (SAPR) Administrative Unit Victim Advocate (VA) Training

This course 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 VA Basic Training and become D-SAACP certified before being designated in writing.

SAPR Command/Staff Duty Officer and Watchstander Training

This course provides guidance to Command Duty Officers (CDOs)/Staff Duty Officers and Watchstanders by identifying their role within the SAPR Program. The course also provides current information and guidance on personnel roles and responsibilities including current SAPR resources, reporting options and the SAPR SITREP process.

SAPR First Responder Training

This course provides guidance to First Responders by identifying the importance of the relationship between the command and the SAPR Program. The course discusses the DOW policy on sexual assault and the physical/psychological impact on victims. The course also provides current information and guidance on roles and responsibilities to include prevention and bystander intervention strategies, current SAPR resources, reporting options and the impact on mission readiness.

SAPR Uniformed Housing/Residential Advisor Training

This course explains the role of unaccompanied housing staff and resident advisors in the prevention and response to sexual assault.

SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOW 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.

SAPR Victim Advocate Initial Course

The 40-hour victim advocate initial course 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 War Sexual Assault Certification Program (D-SAACP) as a requirement to be certified as a "SAPR Victim Advocate."

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 resources, and FFSC relocation assistance.

FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

Career Development

The program focuses on the processes of assessing career interests, as well as exploring and choosing careers and entrepreneurship. It addresses employment challenges resulting from the mobile military lifestyle and provides tools and learning to help bring you closer to your ideal job, skill set, and lifestyle.

Effective Resume Writing

This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with resumes and how to effectively compile a resume in the current job market.

Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how. Topics include the interview process (including traditional and behavioral interviewing questions), as well as methods for responding to these questions using the STAR (Situation, Task, Action, Result) method.

Job Network

Job Network is a monthly employer panel comprised of three to 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. Transitions, separates, and military family members are invited to attend.

Job Search Strategies

This program focuses on the job search process. It observes the most effective methods for job searching, including networking, job search engines, job fairs, social media, and employment agencies. During this session, learners will identify their network, construct a personal elevator speech, write two job search SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals, and learn how to improve their professional online presence.

Navigating Federal Employment

This course focuses on the federal employment process. It explains the process of creating a USAJOBS profile, as well as searching and applying for jobs in federal government, reviews unique hiring paths and special hiring authorities, such as veterans and military spouse preferences; discusses the essential elements of an effective federal resume; and provides an in-depth look at job vacancy announcements, assessments and job requirements.

Navy Spouse in Transition

This class provides information for spouses regarding the process of transitioning out of the military for the servicemember and the family. Topics include the Navy's transition program, benefits, financial changes, culture shock, career transition, and the final move process.

Pre-Separation Counseling

Pre-separation counseling provides information on available benefits, services, resources, and programs available during and after transition. Knowing the benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty.

TAP (Transition Assistance Program)

This three-day workshop is the mandatory Transition Core Curriculum Course for military members who are retiring or separating from the military. The course includes one-day Department of War Training (Pre-Separation Counseling, My Transition Overview, Skills Identification, and Financial Preparedness for Transition); one-day Veterans Affairs and Services Brief; and one-day Department of Labor (DOL) Employment Workshop.

Command Career Counselors: Call 757-444-6089 for Norfolk class registrations; call 757-433-2912 for Oceana class registrations. Due to current demand, TAP classes at Norfolk are split: Executive Retirement (E9, W-4, W-5, O-5, and above) Retiree Classes & Separatee Classes; at Oceana, all retirees and separatees participate together.

Service Members: See your Command Career Counselor regarding TAP requirements and TAP registrations that must be completed prior to attending a workshop.

Transition Tracks

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

Education

This course, designed for anyone pursuing an undergraduate or graduate degree, includes information on choosing a field of study, selecting an institution, gaining admission, and funding your education.

Employment

This course presents a comprehensive view which covers best practices in career employment including: developing the vital skills of energy management and recalibration through practical exercises designed to re-energize your mind-body connection; increase clear thinking; and optimize performance.

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Entrepreneurship

This course is for those interested in exploring business ownership or other self-employment opportunities. Participants learn about evaluating business concepts, developing a business plan, the resources available to access technical assistance, start-up capital, contracting opportunities, and more.

Vocational

This course offers an opportunity to complete personalized career development assessments of occupational interests and aptitudes. Participants will then be guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.

VA Disability Benefits Review

Conducted by a VA accredited, Virginia Department of Veterans Services (VDVS) Veteran Services Representative (VSR), this workshop provides participants information on the VA disability claim process. This includes discussing laws that pertain to disability compensation, the VA's responsibility to execute laws pertaining to veteran's benefits and entitlements, the role of Section 38 of the Code of Federal Regulations and how it applies to veteran's disability benefits, and claim development and submission. Participants will also get an overview of other VA benefits, as well as VDVS programs available to them upon transition. The workshop is open to all separating service members who wish to file a disability compensation claim. If participants have hard copy medical records, they should bring them to the workshop to provide to the VDVS VSR. The workshop is sponsored by the Virginia Department of Veterans Services and FFSC.

MILITARY LIFE SKILLS EDUCATION PROGRAMS

Building Effective Anger Management Skills

Individuals seeking to address and better manage their anger would benefit from this six-session workshop. Participants will learn to identify triggers, address the root causes of anger, and acquire strategies to manage everyday stressors in a supportive environment. Discover the necessary tools for 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 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

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.

Enhancing Blended Families

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

Mind-Body Mental Fitness (MBMF)

This program is designed to promote a culture of excellence as part of the continuum of Warrior Toughness, Expanded Operational Stress Control (E-OSC) and Command Resilience Team (CRT). It consists of six modules: Stress Resilience, Mindfulness & Meditation, Living Core Values, Flexibility, Problem Solving, and Connection) which can be completed in any sequence. The course includes real-world discussions and skills practice to improve the four domains of resilience (mind, body, spirit, and social) and build toughness, trust, and connectedness. This course is appropriate for commands, service members, family members, family units, and Family Readiness Groups.

MBMF Module 1: Stress Resilience

In this module, you'll learn how stress affects the four domains of resilience, as well as how to recognize it and turn it into an opportunity for growth; develop the vital skills of energy management and recalibration through practical exercises designed to re-energize your mind-body connection; increase clear thinking; and optimize performance.

MBMF Module 2: Mindfulness & Meditation

In this module, you'll learn about the three attitudes of mindfulness (non-judgment, curiosity and acceptance) and how these attitudes can improve decision-making, reduce destructive behaviors, and increase optimal performance. Through practical exercises, you will also learn how mindfulness and meditation can aid in recovery from stress.

MBMF Module 3: Living Core Values

In this module, you'll learn how core values can help you stay on course and maintain commitment and consistency when you're under stress; how to identify and define your values, relate them to Core Navy Values and your personal goals; and develop strategies for dealing with situations where your values and behaviors are in conflict.

MBMF Module 4: Flexibility

This module will teach you how to better understand your own thoughts, emotions, and behaviors, as well as how they are different and how they interact with one another. You will also learn how to deal with your thoughts, emotions, and behaviors in different settings using practical skills.

MBMF Module 5: Problem Solving

This module covers the basic steps of effective problem-solving using practical examples of how these steps can be applied at work and at home. You will also learn how to recognize the dynamics and interactions that lead to personal and group challenges, as well as healthy and helpful coping skills.

MBMF Module 6: Connection

In this module, you will learn how connection and communication help you manage stress and develop resiliency, among many other benefits; to identify your support network and recognize the different communication styles that, when understood, can lead to more successful communication; and the vital role empathetic listening has in building connections, communicating effectively, and improving the cohesiveness of groups and organizations.

New Parent Resource Awareness Workshop

This workshop assists expectant parents as they prepare for the arrival of a new baby. Topics discussed include the Navy's program for pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society, information about their Budgeting for Baby program, child-care resources, FFSC programs and services, the WIC program, and career planning. Registration is open to all expectant parents. Partners are strongly encouraged to attend with them.

Parenting 411

This workshop provides expectant parents and parents of children up to three years old with the foundational tools for nurturing children, as well as basic parenting skills. Topics discussed are stages of development, how to handle crying, temper tantrums, self-care, and alternative measures for discipline.

Parenting in a Military Family

This workshop explores what it means to discipline children and the ways it can be most effectively accomplished. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, 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 program 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.

Ready Navy

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Operation Prepare public awareness program.

Ready to Date

Dating in today's society can seem like an unachievable mission, but it doesn't have to be! In this workshop, you'll learn how to set healthy boundaries, identify red flags, and learn techniques on how to date smarter. Learn that dating isn't just for finding a spouse, but to discover who you are and what to look for in a potential partner.

Spouse Newcomers Orientation

Are you newly married or getting married soon? Are you new to the area or to the military? Join us for a 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 multi-session program helps parents develop a positive and consistent approach to dealing with the special challenges of children age 6 and younger. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills; developing skills for effectively communicating 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 BRB Overview will cover the difference between the Legacy or High-3 retirement system and the new Blended Retirement System, which became effective 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 BRB.

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 avoid.

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. Refresher candidates must meet with an FFSC PFM staff member to verify that all pre-requisites have been met.

Command Financial Specialist (CFS) Training

This three-day interactive training prepares service members to serve as the point of contact and subject matter expert for their command's Personal Financial Management Program. The main focuses of the training are understanding of relevant policies and instructions, preparation of the Financial Planning Worksheet, principles of adult education, resources and referrals and Solution-Focused financial counseling. **Successful completion of the Million Dollar Sailor class is a prerequisite for CFS Training as well as other qualifications outlined in OPNAVINST 1740.5D.** Contact your local Fleet and Family Support Center for registration information.

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

Are you in control of your money or is your money controlling you? 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.

Exploring Digital Assets

Digital and crypto assets are a fast-growing sector of finance. Exploring Digital Assets provides participants with information and resources to make informed decisions about owning these assets, understand high-level tax implications, increase knowledge regarding associated frauds and scams, and understand how to submit consumer complaints regarding digital asset-related fraud.

Financial Leadership Seminar

This four-hour training is for Division Officers and non-CFS trained E-7's and above. It provides a basic understanding of typical military financial problems, helps participants develop skills in handling a financial crisis, and creates an awareness of resources available. The agenda includes



DN	Dam Neck 757-492-6342	L	Little Creek 757-462-7563	NN	Newport News 757-688-6289	N	Norfolk 757-444-2102	NW	Northwest 757-421-8770	O	Oceana 757-433-2912	P	Portsmouth 757-953-7801	Y	Yorktown 757-887-4606
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APR • MAY • JUN 2026 PROGRAM CALENDAR

FFSC PROGRAMS		APRIL										MAY					JUNE																										
COMMAND SUPPORT PROGRAMS																																											
Deckplate Resource Awareness Training		APR 2 & 3 (TH&F) 8:30 a.m.-3:30 p.m. (N)					APR 8 & 9 (W&TH) 8:00 a.m.-4:00 p.m. (L)																																				
Exceptional Family Member POC Training		APR 8 (W) 9:00-11:00 a.m. (N)										MAY 8 (F) 9:00 a.m.-Noon (DN) MAY 13 (W) 1:00-3:00 p.m. (Y)					MAY 18 (M) 8:30-11:30 a.m. (P) MAY 20 (W) 1:00-3:30 p.m. (N)					JUN 17 (W) 9:00 a.m.-Noon (P) JUN 18 (TH) 9:00 a.m.-Noon (L)				JUN 29 (M) 8:30-11:30 a.m. (P)																	
Family Readiness Group (FRG) Leadership Training												MAY 14 (TH) 5:30-7:30 p.m. (N) (Advanced)					MAY 21 (TH) 8:30 a.m.-4:00 p.m. (Y) (Basic)																										
FAP Liaison Quarterly Training		APR 23 (TH) 1:00-3:00 p.m. (L)																																									
Maintaining Respect in the Workplace		APR 8 (W) 8:30-10:30 a.m. (DN)					APR 17 (F) 9:00-11:00 a.m. (N)															JUN 5 (F) 9:00 a.m.-Noon (L)				JUN 18 (TH) 2:00-4:00 p.m. (N)																	
MY (Managing Your) Navy Career Options		APR 23 & 24 (TH&F) 8:00 a.m.-4:00 p.m. (N)					APR 28 & 29 (T&W) 8:00 a.m.-4:00 p.m. (O)					MAY 21 & 22 (TH&F) 8:00 a.m.-4:00 p.m. (N)										JUN 22 & 23 (M&T) 8:00 a.m.-4:00 p.m. (L)				JUN 25 & 26 (TH&F) 8:00 a.m.-4:00 p.m. (N)																	
Ombudsman Advanced Training		APR 17 (F) 10:00-11:30 a.m. (O)										MAY 14 (TH) 5:30-7:30 p.m. (N)					MAY 28 (TH) 9:00-10:30 a.m. (Y)					JUN 9 (T) 6:00-8:00 p.m. (L)																					
Ombudsman Basic Training		APR 10-12 (F-SU) 8:30 a.m.-4:30 p.m. (L)					APR 22-24 (W-F) 8:30 a.m.-4:00 p.m. (Y)					MAY 15-17 (F-SU) 8:30 a.m.-4:30 p.m. (O)										JUN 24-26 (W-F) 8:00 a.m.-4:30 p.m. (N)																					
SAPR Administrative Unit Victim Advocate Training		APR 2 (TH) 9:00 a.m.-Noon (Y) APR 6 (M) Noon-4:00 p.m. (O)					APR 14 (T) 9:30 a.m.-12:30 p.m. (N) APR 23 (TH) 8:00 a.m.-Noon (L)															JUN 10 (W) 9:00 a.m.-1:00 p.m. (O) JUN 16 (T) 9:30 a.m.-12:30 p.m. (N)				JUN 25 (TH) 8:00 a.m.-Noon (L) JUN 30 (T) 9:00 a.m.-Noon (Y)																	
SAPR Command/Staff Duty Officer & Watchstander Training												MAY 21 (TH) 12:30-13:30 p.m. (N)																															
SAPR First Responder Training												MAY 21 (TH) 10:00-11:30 a.m. (N)																															
SAPR Uniformed Housing/Residential Advisor Training		APR 28 (T) 10:00-11:00 a.m. (N)										MAY 26 (T) 10:00-11:00 a.m. (N)										JUN 30 (T) 10:00-11:00 a.m. (N)																					
SAPR Victim Advocate Continuing Education Training		APR 9 (TH) 8:00 a.m.-Noon (N) APR 9 (TH) 9:00 a.m.-Noon (L)					APR 13 (TH) 8:00 a.m.-Noon (N)					MAY 14 (TH) 9:00 a.m.-Noon (L) MAY 28 (TH) 1:00-3:00 p.m. (DN)										JUN 4 (TH) 11:30 a.m.-4:30 p.m. (O) JUN 11 (TH) 9:00 a.m.-Noon (L)				JUN 17 (W) 9:00 a.m.-Noon (Y) JUN 25 (TH) 8:00 a.m.-Noon (N)																	
SAPR Victim Advocate Initial Course		APR 6-10 (M-F) 7:00 a.m.-4:30 p.m. (P)										MAY 4-8 (M-F) 8:00 a.m.-4:30 p.m. (L)					MAY 11-15 (M-F) 7:30 a.m.-4:30 p.m. (N)					MAY 18-22 (M-F) 7:30 a.m.-4:00 p.m. (Y)					JUN 8-12 (M-F) 7:30 a.m.-4:30 p.m. (N)																
Sponsor Training		APR 9 (TH) 10:00-11:00 a.m. (NN)					APR 15 (W) 9:00-10:30 a.m. (O)					APR 29 (W) 1:00-3:00 p.m. (L)					MAY 1 (F) 9:00-10:00 a.m. (N)					MAY 15 (F) 9:00-11:00 a.m. (L)					MAY 22 (F) 10:00-11:00 a.m. (NN)					JUN 1 (M) 9:00-11:00 a.m. (L)				JUN 17 (W) 9:00-10:30 a.m. (O)				JUN 30 (T) 9:00-11:00 a.m. (P)			
FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS																																											
Career Development		APR 7 (T) 8:30-11:30 a.m. (Y) APR 13 (M) 9:00 a.m.-Noon (O)					APR 14 (T) 8:30-11:30 a.m. (N) APR 20 (M) 8:00-11:00 a.m. (L)					APR 20 (M) 9:00 a.m.-Noon (P)					MAY 13 (M) 9:00 a.m.-Noon (NN) MAY 18 (M) 8:00-11:00 a.m. (L)					MAY 18 (M) 9:00 a.m.-Noon (O) MAY 19 (T) 8:30-11:30 a.m. (N)					JUN 9 (T) 8:30-11:30 a.m. (Y) JUN 15 (M) 8:00-11:00 a.m. (L)				JUN 17 (W) 9:00 a.m.-Noon (NN) JUN 22 (M) 9:00 a.m.-Noon (O)				JUN 23 (T) 8:30-11:30 a.m. (N)								
Effective Resume Writing		APR 2 (TH) 9:00 a.m.-Noon (NW) APR 14 (T) 9:00 a.m.-Noon (O)					APR 15 (W) 8:30-11:30 a.m. (N) APR 21 (T) 8:00-11:00 a.m. (L)					APR 22 (W) 9:00 a.m.-Noon (P)					MAY 7 (TH) 9:00 a.m.-Noon (NW) MAY 12 (T) 1:00-4:00 p.m. (P)					MAY 19 (T) 8:00-11:00 a.m. (L) MAY 19 (T) 9:00 a.m.-Noon (O)					MAY 20 (W) 8:30-11:30 a.m. (N) MAY 27 (F) 9:00 a.m.-Noon (P)					JUN 16 (T) 8:00-11:00 a.m. (L) JUN 23 (T) 8:30-11:30 a.m. (Y)				JUN 23 (T) 9:00 a.m.-Noon (O) JUN 24 (W) 8:30-11:30 a.m. (N)							
Interview Techniques		APR 16 (TH) 9:00 a.m.-Noon (O) APR 17 (F) 8:30-11:30 a.m. (N)					APR 22 (W) Noon-3:00 p.m. (L) APR 23 (TH) 8:30-11:30 a.m. (Y)					APR 23 (TH) 9:00 a.m.-Noon (P)					MAY 20 (W) Noon-3:00 p.m. (O) MAY 21 (TH) 9:00 a.m.-Noon (L)					MAY 22 (F) 8:30-11:30 a.m. (N) MAY 27 (W) 1:00-4:00 p.m. (P)					JUN 4 (TH) 9:00 a.m.-Noon (NW) JUN 17 (W) Noon-3:00 p.m. (L)				JUN 25 (TH) 8:30-11:30 a.m. (Y) JUN 25 (TH) 9:00 a.m.-Noon (O)				JUN 26 (F) 8:30-11:30 a.m. (N)								
Job Network		APR 15 (W) Noon-1:30 p.m. (N)					APR 16 (TH) Noon-1:30 p.m. (O)										MAY 13 (W) 12:30-2:00 p.m. (Y)					MAY 20 (W) Noon-1:30 p.m. (N)					MAY 21 (TH) Noon-1:30 p.m. (O)					JUN 16 (T) 11:00 a.m.-12:30 p.m. (L)				JUN 24 (W) Noon-1:30 p.m. (N)				JUN 25 (TH) Noon-1:30 p.m. (O)			
Job Search Strategies		APR 13 (M) 1:00-4:00 p.m. (O) APR 14 (T) 1:00-4:00 p.m. (N)					APR 20 (M) Noon-3:00 p.m. (L) APR 21 (T) 9:00 a.m.-Noon (P)					APR 30 (TH) 9:00 a.m.-Noon (NW)					MAY 12 (T) 8:30-11:30 a.m. (Y) MAY 18 (M) Noon-3:00 p.m. (L)					MAY 18 (M) 1:00-4:00 p.m. (O) MAY 19 (T) 1:00-4:00 p.m. (N)					MAY 27 (F) 9:00 a.m.-Noon (P)					JUN 15 (M) Noon-3:00 p.m. (L) JUN 22 (M) 1:00-4:00 p.m. (N)				JUN 23 (T) 1:00-4:00 p.m. (N)							
Navigating Federal Employment		APR 15 (W) 9:00 a.m.-Noon (O) APR 16 (TH) 8:30-11:30 a.m. (N)					APR 22 (W) 8:00-11:00 a.m. (L) APR 24 (F) 9:00 a.m.-Noon (P)					APR 24 (F) 9:00 a.m.-Noon (P)					MAY 20 (W) 8:00-11:00 a.m. (L) MAY 20 (W) 9:00 a.m.-Noon (NW) (O)					MAY 21 (TH) 8:30-11:30 a.m. (N) MAY 26 (T) 8:30-11:30 a.m. (Y)					JUN 17 (W) 8:00-11:00 a.m. (L) JUN 24 (W) 9:00 a.m.-Noon (O)					JUN 25 (TH) 8:30-11:30 a.m. (N)											
Navy Spouse in Transition		APR 17 (F) 9:00-11:30 a.m. (L)					APR 21 (T) 3:00-5:00 p.m. (Y)										MAY 12 (T) 4:00-6:00 p.m. (DN) MAY 20 (W) 5:00-7:00 p.m. (N)										JUN 17 (W) 9:00-11:00 a.m. (P)																
Pre-Separation Counseling		APR 2 (TH) 8:00-11:00 a.m. (N) APR 10 (F) 8:00-11:00 a.m. (N) APR 16 (TH) 8:00-11:00 a.m. (N)					APR 17 (F) 8:30 a.m.-12:30 p.m. (O) APR 23 (TH) 8:00-11:00 a.m. (N) APR 24 (F) 8:00-11:00 a.m. (N)					APR 24 (F) 9:00 a.m.-Noon (L) APR 30 (TH) 8:00-11:00 a.m. (N)					MAY 1 (F) 8:00-11:00 a.m. (Y) MAY 7 (TH) 8:30 a.m.-12:30 p.m. (O) MAY 8 (F) 8:00-11:00 a.m. (N)					MAY 14 (TH) 8:00-11:00 a.m. (N) MAY 15 (F) 8:30 a.m.-12:30 p.m. (O) MAY 21 (TH) 8:00-11:00 a.m. (N)					MAY 22 (F) 8:00-11:00 a.m. (N)					JUN 4 (TH) 8:00-11:00 a.m. (N) JUN 5 (F) 8:00-11:00 a.m. (N) JUN 11 (TH) 8:00-11:00 a.m. (N)				JUN 25 (TH) 8:00-11:00 a.m. (N) JUN 26 (F) 8:30 a.m.-12:30 p.m. (O)				JUN 26 (F) 9:00 a.m.-Noon (L)			
TAP (Transition Assistance Program)		APR 6-8 (M-W) 7:30 a.m.-4:00 p.m. (N) (O) APR 13-15 (M-W) 7:30 a.m.-4:00 p.m. (N)					APR 20-21 (M-W) 7:30 a.m.-4:00 p.m. (N) APR 27-29 (M-W) 7:30 a.m.-4:00 p.m. (N)					APR 27-29 (M-W) 7:30 a.m.-4:00 p.m. (N)					MAY 4-6 (M-W) 7:30 a.m.-4:00 p.m. (N) (O) MAY 11-13 (M-W) 7:30 a.m.-4:00 p.m. (N)					MAY 18-20 (M-W) 7:30 a.m.-4:00 p.m. (N)					JUN 1-3 (M-W) 7:30 a.m.-4:00 p.m. (N) (O) JUN 8-10 (M-W) 7:30 a.m.-4:00 p.m. (N)					JUN 15-17 (M-W) 7:30 a.m.-4:00 p.m. (N) JUN 22-24 (M-W) 7:30 a.m.-4:00 p.m. (N)					JUN 22-24 (M-W) 7:30 a.m.-4:00 p.m. (N)						
TRANSITION TRACKS	Education	APR 6 & 7 (M&T) 8:00 a.m.-4:00 p.m. (L)					APR 9 & 10 (TH&F) 8:00 a.m.-4:00 p.m. (O)					APR 16 & 17 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 7 & 8 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 21 & 22 (TH&F) 8:00 a.m.-4:00 p.m. (N)					JUN 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N)																
	Employment	APR 2 & 3 (TH&F) 8:00 a.m.-4:00 p.m. (N) APR 16 & 17 (TH&F) 8:00 a.m.-4:00 p.m. (N)					APR 23 & 24 (TH&F) 8:00 a.m.-4:00 p.m. (N) APR 30 & MAY 1 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 7 & 8 (TH&F) 8:00 a.m.-4:00 p.m. (N) MAY 14 & 15 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 21 & 22 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 27 (F) 9:00 a.m.-Noon (P)					JUN 4 & 5 (TH&F) 8:00 a.m.-4:00 p.m. (N) JUN 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N)				JUN 25 & 26 (TH&F) 8:00 a.m.-4:00 p.m. (N)												
	Entrepreneurship	APR 2 & 3 (TH&F) 8:00 a.m.-4:00 p.m. (N)					APR 8 & 9 (W&TH) 8:00 a.m.-4:00 p.m. (P)					MAY 7 & 8 (TH&F) 8:00 a.m.-4:00 p.m. (N) (O)															JUN 8 & 9 (M&T) 8:00 a.m.-4:00 p.m. (L)				JUN 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N)												
	Vocational	APR 2 & 3 (TH&F) 8:00 a.m.-4:00 p.m. (N)					APR 30 & MAY 1 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 14 & 15 (TH&F) 8:00 a.m.-4:00 p.m. (N)					MAY 30 & MAY 1 (TH&F) 8:00 a.m.-4:00 p.m. (N)										JUN 4 & 5 (TH&F) 8:00 a.m.-4:00 p.m. (L) (O)																
VA Disability Benefits Review		APR 2 (TH) 9:00 a.m.-4:00 p.m. (L) APR 16 (TH) 9:00 a.m.-4:00 p.m. (L)					APR 22 (W) 9:00 a.m.-Noon (O) APR 30 (TH) 9:00 a.m.-4:00 p.m. (L)										MAY 14 (TH) 9:00 a.m.-4:00 p.m. (L) MAY 28 (TH) 9:00 a.m.-4:00 p.m. (L)										JUN 11 (TH) 9:00 a.m.-4:00 p.m. (L)				JUN 25 (TH) 9:00 a.m.-4:00 p.m. (L)												
MILITARY LIFE SKILLS EDUCATION PROGRAMS																																											
Building Effective Anger Management Skills		MAR 31, APR 2, 7, 9, 14 & 16 (T&TH) 9:00-11:00 a.m. (L) APR 14, 16, 21, 23, 28 & 30 (T&TH) 1:00-3:00 p.m. (N)										MAY 4, 6, 8, 11, 13 & 15 (M,W,F) 1:00-3:00 p.m. (DN) MAY 12 (T) 1:00-3:00 p.m. (N)					MAY 18-20 (M-W) Noon-4:00 p.m. (Y)					JUN 2, 4, 9, 11, 16 & 18 (T&TH) 9:00-11:00 a.m. (L)																					
Building Healthy Relationships		APR 3 (F) 9:00-11:30 a.m. (Y) APR 6 (M) 9:00-11:30 a.m. (N)					APR 17 (F) 9:00-11:30 a.m. (Y)					MAY 5 (T) 1:00-3:00 p.m. (NN) MAY 8 (F) 9:00-11:30 a.m. (O)					MAY 11 (M) 9:00-11:30 a.m. (P) MAY 14 (TH) 9:00-11:30 a.m. (Y)					MAY 19 (T) 5:00-7:30 p.m. (L)					JUN 10 (W) 1:00-3:00 p.m. (NN) JUN 12 (F) 9:00-11:00 a.m. (Y)																
Children and Divorce		APR 1 (W) 8:30 a.m.-12:30 p.m. (L)					APR 1 (W) 12:30-4:30 p.m. (Y)					MAY 5 (T) 8:00 a.m.-Noon (NW)					MAY 28 (TH) 8:30 a.m.-12:30 p.m. (N)					JUN 2 (T) 8:30 a.m.-12:30 p.m. (L)					JUN 22 (M) 12:30-4:30 p.m. (N)																
Couples Workshop		APR 6 & 13 (M) 5:00-7:30 p.m. (L)					APR 13 & 16 (M&TH) 4:00-6:30 p.m. (N)					MAY 5 & 7 (T&TH) 5:00-7:30 p.m. (O)										JUN 4 & 11 (TH) 5:00-7:30 p.m. (L)																					
Dads and Discipline		APR 2 (TH) 1:00-4:00 p.m. (Y) APR 2 (TH) 2:00-4:30 p.m. (O)					APR 7 (T) 9:00-10:30 a.m. (P) APR 20 (M) 2:00-4:30 p.m. (N)					MAY 13 (W) 9:00-11:30 a.m. (L) MAY 27 (W) 1:30-4:00 p.m. (Y)																															
Enhancing Blended Families		APR 14 (T) 9:00-11:30 a.m. (O)										MAY 26 (T) 1:30-4:00 p.m. (N)										JUN 16 (T) 2:00-4:30 p.m. (O)																					
MIND-BODY/MENTAL FITNESS (MBMF)	Module 1: Stress Resilience	APR 1 (W) 1:00-3:00 p.m. (N)					APR 6 (M) 9:00-11:00 a.m. (Y)					MAY 1 (F) 9:00-11:30 a.m. (L)					MAY 4 (M) 10:00 a.m.-Noon (Y)					MAY 13 (W) 9:00-11:00 a.m. (P)					JUN 1 (M) 9:00-11:00 a.m. (DN) JUN 1 (M) 1:00-3:00 p.m. (Y)					JUN 3 (W) 1:00-3:00 p.m. (N)					JUN 8 (M) 9:00-11:00 a.m. (P)						
	Module 2: Mindfulness & Meditation	APR 7 (T) 1:00-3:00 p.m. (N) (Y)										MAY 8 (F) 9:00-11:30 a.m. (L)					MAY 13 (W) 11:00 a.m.-1:00 p.m. (P)										JUN 2 (T) 9:00-11:00 a.m. (Y)					JUN 3 (W) 9:00-11:00 a.m. (DN)					JUN 8 (M) 11:00 a.m.-1:00 p.m. (P)						
	Module 3: Living Core Values	APR 8 (W) 2:00-4:00 p.m. (Y)					APR 9 (TH) 1:00-3:00 p.m. (N)					MAY 7 (TH) 10:00 a.m.-Noon (Y)					MAY 22 (F) 9:00-11:30 a.m. (L)										JUN 5 (F) 9:00-11:00 a.m. (DN)					JUN 10 (W) 9:00-11:00 a.m. (P)											
	Module 4: Flexibility	APR 9 (TH) 9:00-11:00 a.m. (Y)					APR 13 (M) 1:00-3:00 p.m. (N)					MAY 12 (T) 1:00-3:00 p.m. (Y)										JUN 8 (M) 9:00-11:00 a.m. (DN)					JUN 10 (W) 11:00 a.m.-1:00 p.m. (P)					JUN 11 (TH) 1:00-3:00 p.m. (Y)											
	Module 5: Problem Solving	APR 20 (M) 10:00 a.m.-Noon (Y)					APR 22 (W) 1:00-3:00 p.m. (N)					MAY 26 (T) 1:30-3:30 p.m. (Y)										JUN 10 (W) 9:00-11:00 a.m. (DN)					JUN 10 (W) 1:00-3:00 p.m. (N)					JUN 12 (F) 9:00-11:00 a.m. (P)											
	Module 6: Connection	APR 21 (T) 10:00 a.m.-Noon (Y)					APR 29 (W) 1:00-3:00 p.m. (N)										JUN 12 (F) 9:00-11:00 a.m. (DN)					JUN 12 (F) 11:00 a.m.-1:00 p.m. (P)					JUN 24 (W) 1:00-3:00 p.m. (Y)																
New Parent Resource Awareness Workshop												MAY 29 (F) 12:30-4:00 p.m. (N)										JUN 10 (W) 8:30 a.m.-12:30 p.m. (L)					JUN 11 (TH) 8:30 a.m.-12:30 p.m. (O)																
Parenting 411																						JUN 26 (F) 9:00 a.m.-2:00 p.m. (O)																					
Parenting in a Military Family		APR 16 (TH) 9:00 a.m.-Noon (P)					APR 28 (T) 9:00 a.m.-2:00 p.m. (Y)					APR 29 (W) 8:30 a.m.-1:30 p.m. (O)					MAY 4 (M) 1:00-6:00 p.m. (N)					MAY 29 (F) 8:30 a.m.-12:30 p.m. (L)					JUN 29 (M) 9:00 a.m.-2:00 p.m. (Y)					JUN 29 (M) 1:00-6:00 p.m. (N)											
Parenting Teens		APR 10 (F) 9:00-11:30 a.m. (L)					APR 30 (TH) 9:00-11:30 a.m. (Y)					MAY 28 (TH) 2:00-4:30 p.m. (O)										JUN 30 (T) 1:00-3:30 p.m. (NN)																					
Personal Communications		APR 15 (W) 9:00 a.m.-Noon (L)					APR 22 (W) 9:00-11:00 a.m. (NN)					APR 22 (W) 9:00-11:30 a.m. (N)					MAY 6 (W) 2:00-4:00 p.m. (O) (Y)					MAY 12 (T) 9:00-11:00 a.m. (P)					JUN 2 (T) 1:00-3:00 p.m. (NN)					JUN 3 (W) 2:00-4:00 p.m. (Y)											
Ready Navy																											JUN 24 (W) 9:00-11:00 a.m. (L)																
Ready to Date		APR 10 (F) 9:00-11:00 a.m. (Y) APR 15 (W) 9:00-11:00 a.m. (Y)										MAY 1 (F) 2:00-4:00 p.m. (N)<																															