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2073 Tartar Avenue, Bldg. 585
Virginia Beach, VA 23461

FFSC LITTLE CREEK-FORT STORY
757-462-7563
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Virginia Beach, VA 23459-2444

FFSC NEWPORT NEWS
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3100 Huntington Avenue, Bldg. 633
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FFSC NORFOLK
757-444-2102
7928 14th Street, Bldg. SDA-344, Suite 102
Norfolk, VA 23505-1219

FFSC NORTHWEST
757-421-8770
NSA Hampton Roads Northwest Annex
4504 Relay Road, Bldg. 374
Chesapeake, VA 23322-4102

FFSC OCEANA
757-433-2912
1896 Laser Road, Suite 120
Virginia Beach, VA 23460-2281

FFSC PORTSMOUTH
757-953-7801
NSA Hampton Roads Portsmouth Annex
1099 Holcomb Road, Bldg. 272
Portsmouth, VA 23708

FFSC YORKTOWN
757-887-4606
WPNSTA Yorktown
1949 Von Steuben Drive
Newport News, VA 23603

MILITARY ONESOURCE
militaryonesource.mil
1-800-342-9647

SUICIDE & CRISIS LIFELINE
988

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

Official Business



FFR.CNIC.Navy.mil/Family-Readiness/

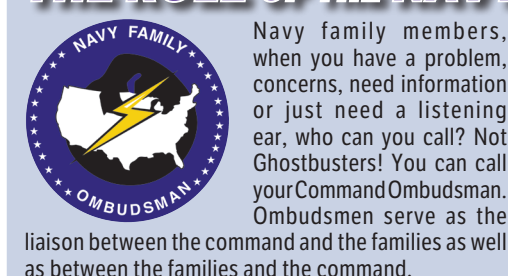
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FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

THE ROLE OF THE NAVY OMBUDSMAN



Navy family members, when you have a problem, concerns, need information or just need a listening ear, who can you call? Not Ghostbusters! You can call your Command Ombudsman. Ombudsmen serve as the liaison between the command and the families as well as between the families and the command.

On September 14, 1970, Adm. Elmo R. Zumwalt Jr., Chief of Naval Operations (CNO), established the Navy Family Ombudsman Program acknowledging in detail the vital role Navy spouses play. It created a procedure that allowed spouses an opportunity to present their complaints, viewpoints and suggestions to the commanding officer (CO), providing them with what he described as an "official representative to express their views to commanding officers and base commanders."

Ombudsmen are dedicated to helping families successfully navigate the challenges of the Navy lifestyle. There are currently more than 1,600 individuals who have dedicated over 150,000 hours within the past 12 months serving their Commands as Ombudsmen, supporting Navy families' resilience, which allows Sailors to focus on the command's mission. Although the Navy recruits Sailors, it retains families. Families who are satisfied with the Navy lifestyle are more likely to choose to "Stay Navy."

Some of the key services Ombudsmen provide to the Command and command families are:

- Ensures a timely and accurate flow of information between commands and families through appropriate communication outlets
- Serves as an effective representative and role model for family members
- Facilitates the smooth transition of Sailors and their families during permanent change of station (PCS) moves
- Offers vital support during natural and man-made disasters
- Serves as a link for families during deployment, mobilization or geographic separation

As a volunteer appointed by the CO, Ombudsmen serve as the informational link between the command leadership and command families. They are trained to disseminate official Department of the Navy (DoN) command information and local community opportunities. Ombudsmen also support families by providing them with resources and information to help resolve challenges before they require the command's attention. As governed by OPNAVINST 1750.1H, Navy Family Ombudsman Program, the ombudsman works for the CO. The CO determines the priorities of the program, the roles and responsibilities of its participants and the types and levels of support the program receives.

As advocates for the command and command families, an ombudsman is trained to provide information

and referrals (I&Rs). While providing information, ombudsmen must also empower family members to help themselves. When a family is empowered with resources they can learn to navigate waters with ease.

While an Ombudsman is an advocate for families, here are some very specific "dos" and "don'ts". Navy Family Ombudsmen

- DO**
- Maintain professionalism
 - Follow their code of ethics
 - Practice personal and professional boundaries
 - Provide excellent customer service
 - Connect individuals with resources
- DON'T**
- Provide child care
 - Transport people
 - Lend money
 - Allow people to stay in their home
 - Do for others what they must learn to do for themselves

To learn more about the Ombudsman program or connect with your Command Ombudsman you can reach out to the Ombudsman Coordinator at your local Fleet and Family Support Center or look them up on the Ombudsman Registry: ombudsmanregistry.cnic.navy.mil

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COMMAND SUPPORT PROGRAMS

CPO Selectee Resource Training

This dynamic 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 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, CMC's, COB's, 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 self-respect, personal and professional boundary setting, groupthink, and active listening. 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 through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMC's, COB's, 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 Initial Victim Advocate Course (IVAC).

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 with 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 first responders 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 Initial Victim Advocate Course (IVAC)

The 40-hour victim advocate initial course prepares participants with the skills and knowledge to become SAPR 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-SAAC) 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 staff how to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community resources, and FFSC relocation assistance.

NAVY AND COAST GUARD WOUNDED WARRIOR EXPERIENCE

This course is for service members, command leadership, and others interested in understanding the Navy Wounded Warrior Program and services provided. The course is designed to directly support Sailors and Coast Guardsman in the Medical Board or on Limited Duty, and their families. The training highlights non-medical care management, transition services, career support, recreation opportunities, and individualized assistance for those who are seriously injured (e.g. work-related or liberty accidents) or have serious medical and psychological conditions (e.g. Cancer, PTSD, MST, etc.) who are being considered for medical separation. To register, call 757-433-3014.

- JUL 23 (TH) 9:00-10:00 a.m. (N)
- AUG 18 (T) 11:00 a.m.-1:00 p.m. (O)
- SEP 22 (T) 9:00-10:00 a.m. (N)

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. Transitioners, separatees, 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 agencies, 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 service member 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 the many 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 help 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 learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

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 to navigate challenging situations and strengthen relationships. Available to active duty, retirees, and their family members 18 years or older.

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 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.

Conflict Management

Unmanaged conflict can cause hardships in the workplace and at home, yet, conflict is inevitable. This workshop helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations; practicing skills that prevent conflict from escalating; and working with others to solve problems, allowing people to grow, missions to succeed and families to grow. This program addresses interpersonal conflict and is designed to help participants become more aware of the role of conflict in their lives and empower them to make healthy choices by managing their responses to conflict.

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.

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 reync 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 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 policy on 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.

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 money? 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 Literacy Seminar

This training is for Division Officers and non-CFS trained E-7s 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 budgeting and personal financial management, consumer awareness, legal and security clearance issues, and more.

Financial Literacy Touchpoints

Financial Literacy Touchpoint curricula are designed to meet financial readiness Common Military Training (CMT) requirements as outlined in OTH 18-009. The CMT requirements provide service members with common knowledge, skills, and behavior standards to enable management of their financial affairs in a manner that enhances financial readiness. These trainings, associated with milestones, or Touchpoints, in an individual's professional or personal life are: Disabling Sickness or Condition, Entitlement to Continuation Pay, Financial Implications of Divorce, Leadership Training, Marriage, Permanent Change of Station, Post-Deployment, Pre-Deployment Preparation, Vesting in the Thrift Savings Plan and Welcoming Your First Child. All Touchpoints are available

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 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 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 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.

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for delivery at your command or as a one-on-one session. Please see your Command Financial Specialist or a Personal Financial Manager at your FFSC.

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

FFSC PROGRAMS		JULY					AUGUST					SEPTEMBER				
COMMAND SUPPORT PROGRAMS																
CPO Selectee Resource Training							AUG 19 (W) 8:00 a.m.-Noon (L)					AUG 26 (W) 8:00 a.m.-Noon (L)				
Deckplate Resource Awareness Training		JUL 15 & 16 (W&TH) 8:30 a.m.-3:30 p.m. (N)					JUL 29 & 30 (W&TH) 8:00 a.m.-4:00 p.m. (L)									
Exceptional Family Member POC Training		JUL 10 (F) 9:00 a.m.-Noon (O) JUL 15 (W) 8:30-11:00 a.m. (N)					JUL 20 (M) 8:30-11:30 a.m. (P)					SEP 4 (F) 9:00 a.m.-Noon (L) (O) SEP 9 (W) 1:00-3:00 p.m. (Y)				
Family Readiness Group (FRG) Leadership Training		JUL 23 (TH) 9:00-11:00 a.m. (N)										SEP 3 (TH) 9:00-11:00 a.m. (Y)				
FAP Liaison Quarterly Training		JUL 16 (TH) 1:00-3:00 p.m. (L)														
Maintaining Respect in the Workplace		JUL 1 (W) 1:00-3:00 p.m. (NN)					AUG 24 (M) 1:00-3:00 p.m. (N)					SEP 16 (W) 9:00 a.m.-Noon (L)				
MY (Managing Your) Navy Career Options		JUL 23 & 24 (TH&F) 8:00 a.m.-4:00 p.m. (N)					AUG 25 & 26 (T&W) 8:00 a.m.-4:00 p.m. (O)					AUG 27 & 28 (TH&F) 8:00 a.m.-4:00 p.m. (N)				
Ombudsman Advanced Training		JUL 1 (W) 5:30-7:00 p.m. (Y)					JUL 17 (F) 10:00-11:30 a.m. (O)					JUL 23 (TH) 9:00-11:00 a.m. (N)				
Ombudsman Basic Training		JUL 27-30 (M-TH) 4:30-9:00 p.m. (L)					AUG 5-7 (W-F) 8:30 a.m.-4:00 p.m. (Y)					AUG 7-9 (F-SU) 8:00 a.m.-4:30 p.m. (N)				
SAPR Administrative Unit Victim Advocate Training							AUG 11 (T) 9:30 a.m.-12:30 p.m. (N)					AUG 11 (T) Noon-4:00 p.m. (O)				
SAPR Command/Staff Duty Officer & Watchstander Training							AUG 27 (TH) 12:30-1:30 p.m. (N)					AUG 27 (TH) 8:00 a.m.-Noon (L)				
SAPR First Responder Training							AUG 27 (TH) 10:00-11:30 a.m. (N)									
SAPR Initial Victim Advocate Course (IVAC)		JUL 13-17 (M-F) 7:30 a.m.-4:30 p.m. (N) JUL 20-24 (M-F) 8:00 a.m.-4:30 p.m. (L)					JUL 27-31 (M-F) 8:00 a.m.-5:00 p.m. (O)					AUG 10-14 (M-F) 7:00 a.m.-4:30 p.m. (P) AUG 10-14 (M-F) 7:30 a.m.-4:30 p.m. (N)				
SAPR Uniformed Housing/Residential Advisor Training		JUL 28 (T) 10:00-11:00 a.m. (N)					AUG 25 (T) 10:00-11:00 a.m. (N)					SEP 29 (T) 10:00-11:00 a.m. (N)				
SAPR Victim Advocate Continuing Education Training		JUL 9 (TH) 9:00-11:00 a.m. (DN) JUL 9 (TH) 9:00 a.m.-Noon (L)					AUG 13 (TH) 9:00 a.m.-Noon (L) AUG 20 (TH) 9:00 a.m.-Noon (N)					AUG 26 (W) 9:00 a.m.-4:00 p.m. (O)				
Sponsor Training		JUL 1 (W) 2:00-3:00 p.m. (N)					JUL 7 (T) 1:00-3:00 p.m. (NN)					JUL 28 (T) 9:00-11:00 a.m. (L)				
FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS																
Career Development		JUL 13 (M) 9:00 a.m.-Noon (O) (P) JUL 14 (T) 8:30-11:30 a.m. (N)					JUL 20 (M) 8:00-11:00 a.m. (L)					AUG 17 (M) 9:00 a.m.-Noon (O) AUG 18 (T) 8:30-11:30 a.m. (N)				
Effective Resume Writing		JUL 14 (T) 9:00 a.m.-Noon (NN) (O) JUL 15 (W) 8:30-11:30 a.m. (N)					JUL 15 (W) 9:00 a.m.-Noon (P) JUL 21 (T) 8:00-11:00 a.m. (L)					JUL 23 (TH) 9:00 a.m.-Noon (NW)				
Interview Techniques		JUL 1 (W) 9:00 a.m.-Noon (NW) JUL 16 (TH) 9:00 a.m.-Noon (NN) (P)					JUL 17 (F) 8:30-11:30 a.m. (N) JUL 22 (W) Noon-3:00 p.m. (L)					AUG 20 (TH) 9:00 a.m.-Noon (O) AUG 21 (F) 8:30-11:30 a.m. (N)				
Job Network		JUL 15 (W) Noon-1:30 p.m. (N)										AUG 5 (W) 12:30-2:00 p.m. (Y)				
Job Search Strategies		JUL 13 (M) 1:00-4:00 p.m. (O) JUL 14 (T) 9:00 a.m.-Noon (P)					JUL 14 (T) 1:00-4:00 p.m. (N) JUL 15 (W) 1:00-4:00 p.m. (NN)					JUL 20 (M) Noon-3:00 p.m. (L)				
Navigating Federal Employment		JUL 14 (T) 8:30-11:30 a.m. (Y) JUL 15 (W) 9:00 a.m.-Noon (O)					JUL 16 (TH) 8:30-11:30 a.m. (N) JUL 17 (F) 9:00 a.m.-Noon (P)					JUL 22 (W) 8:00-11:00 a.m. (L) JUL 30 (TH) 9:00 a.m.-Noon (P)				
Navy Spouse in Transition		JUL 16 (TH) 1:00-4:00 p.m. (N)					JUL 24 (F) 9:00-11:30 a.m. (L)					AUG 14 (F) 9:00-11:00 a.m. (O)				
Pre-Separation Counseling		JUL 9 (TH) 7:30-11:00 a.m. (N) JUL 10 (F) 7:30-11:00 a.m. (Y) JUL 10 (F) 8:00-11:00 a.m. (N)					JUL 16 (TH) 7:30-11:00 a.m. (N) JUL 23 (TH) 7:30-11:00 a.m. (N) JUL 24 (F) 7:30-11:00 a.m. (N)					JUL 24 (F) 8:30 a.m.-12:30 p.m. (O) JUL 24 (F) 9:00 a.m.-Noon (L) JUL 30 (TH) 7:30-11:00 a.m. (N)				
TAP (Transition Assistance Program)		JUL 6-8 (M-W) 7:30 a.m.-4:00 p.m. (N) (O) JUL 13-15 (M-W) 7:30 a.m.-4:00 p.m. (N)					JUL 20-22 (M-W) 7:30 a.m.-4:00 p.m. (N) JUL 27-29 (M-W) 7:30 a.m.-4:00 p.m. (N)					AUG 3-5 (M-W) 7:30 a.m.-4:00 p.m. (N) (O) AUG 10-12 (M-W) 7:30 a.m.-4:00 p.m. (N) AUG 17-19 (M-W) 7:30 a.m.-4:00 p.m. (N) AUG 24-26 (M-W) 7:30 a.m.-4:00 p.m. (N)				
TRANSITION TRACKS	Education	JUL 6 & 7 (M&T) 8:00 a.m.-4:00 p.m. (L)					JUL 30 & 31 (TH&F) 8:00 a.m.-4:00 p.m. (N)					AUG 20 & 21 (TH&F) 8:00 a.m.-4:00 p.m. (N)				
	Employment	JUL 9 & 10 (TH&F) 8:00 a.m.-4:00 p.m. (N) (O) JUL 16 & 17 (TH&F) 8:00 a.m.-4:00 p.m. (N)					JUL 23 & 24 (TH&F) 8:00 a.m.-4:00 p.m. (N) JUL 30 & 31 (TH&F) 8:00 a.m.-4:00 p.m. (N)					AUG 6 & 7 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 13 & 14 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 20 & 21 (TH&F) 8:00 a.m.-4:00 p.m. (N)				
	Entrepreneurship	JUL 16 & 17 (TH&F) 8:00 a.m.-4:00 p.m. (N)										AUG 6 & 7 (TH&F) 8:00 a.m.-4:00 p.m. (O)				
	Vocational	JUL 9 & 10 (TH&F) 8:00 a.m.-4:00 p.m. (N)					JUL 30 & 31 (TH&F) 8:00 a.m.-4:00 p.m. (N)					AUG 20 & 21 (TH&F) 8:00 a.m.-4:00 p.m. (N)				
VA Disability Benefits Review		JUL 7 (T) 9:00 a.m.-Noon (N) JUL 9 (TH) 9:00 a.m.-4:00 p.m. (L)					JUL 23 (TH) 9:00 a.m.-4:00 p.m. (L)					AUG 4 (T) 9:00 a.m.-Noon (N) AUG 6 (TH) 9:00 a.m.-4:00 p.m. (L) AUG 7 (TH) 9:00 a.m.-Noon (O)				
MILITARY LIFE SKILLS EDUCATION PROGRAMS																
Building Effective Anger Management Skills		JUL 13, 15, 17, 20, 22 & 24 (M,W,F) 9:00-11:00 a.m. (DN)					JUL 20, 22, 24, 27, 29 & 31 (M,W,F) 9:00-11:00 a.m. (N)					AUG 11, 13, 18, 20, 25 & 27 (T&TH) 9:00-11:00 a.m. (L)				
Building Healthy Relationships		JUL 28 (T) 9:00-11:00 a.m. (Y)					JUL 30 (TH) 1:00-3:00 p.m. (N)					AUG 17 (M) 9:00-11:30 a.m. (P)				
Children and Divorce		JUL 2 (TH) 8:30 a.m.-12:30 p.m. (Y)					JUL 28 (T) 8:30 a.m.-Noon (N)					AUG 3 (M) 8:00 a.m.-12:30 p.m. (L) AUG 5 (W) 8:00 a.m.-Noon (NW)				
Conflict Management		JUL 2 (TH) 10:00-11:30 a.m. (Y)					JUL 28 (T) 10:00-11:30 a.m. (NN)					AUG 3 (M) 8:00 a.m.-12:30 p.m. (L) AUG 5 (W) 8:00 a.m.-Noon (NW)				
Couples Workshop		JUL 6 & 8 (M&W) 5:00-7:30 p.m. (N)										AUG 17 & 18 (M&T) 2:00-4:30 p.m. (Y)				
Dads and Discipline		JUL 7 (TH) 9:00-11:30 a.m. (L) JUL 16 (TH) 1:00-2:30 p.m. (NW)					JUL 21 (T) 9:00-11:30 a.m. (N) JUL 29 (W) 9:00-10:30 a.m. (P)					JUL 31 (F) 9:00 a.m.-Noon (Y)				
Enhancing Blended Families		JUL 13 (M) 1:30-4:00 p.m. (N)										AUG 5 (W) 1:00-3:00 p.m. (N)				
MIND-BODY MENTAL FITNESS (MBMF)	Module 1: Stress Resilience	JUL 14 (T) 1:00-3:00 p.m. (Y)										AUG 5 (W) 1:00-3:00 p.m. (N)				
	Module 2: Mindfulness & Meditation	JUL 9 (TH) 9:00-11:00 a.m. (Y)										AUG 19 (W) 11:00 a.m.-1:00 p.m. (P)				
	Module 3: Living Core Values	JUL 10 (F) Noon-2:00 p.m. (Y)										AUG 19 (W) 1:00-3:00 p.m. (N)				
	Module 4: Flexibility	JUL 10 (F) 9:00-11:30 a.m. (L)					JUL 29 (W) 1:00-3:00 p.m. (Y)									
	Module 5: Problem Solving	JUL 17 (F) 9:00-11:30 a.m. (L)					JUL 27 (M) 1:00-3:00 p.m. (N)					AUG 3 (M) 1:00-3:00 p.m. (Y)				
	Module 6: Connection	JUL 24 (F) 9:00-11:30 a.m. (L)										AUG 12 (W) 1:00-3:00 p.m. (Y)				
New Parent Resource Awareness Workshop		JUL 22 (W) 9:00 a.m.-1:00 p.m. (P)										AUG 3 (M) 9:00 a.m.-Noon (N)				
Parenting 411												AUG 25 (T) 9:00 a.m.-2:00 p.m. (NN)				
Parenting in a Military Family		JUL 9 (TH) 8:30 a.m.-12:30 p.m. (L)					JUL 14 (T) 8:30 a.m.-1:30 p.m. (O)					JUL 28 (T) 9:00 a.m.-Noon (NW)				
Parenting Teens		JUL 6 (M) 8:30 a.m.-12:30 p.m. (L)					JUL 7 (T) 2:00-3:30 p.m. (N)					AUG 4 (T) 1:00-3:00 p.m. (Y)				
Personal Communications		JUL 1 (W) 1:00-3:00 p.m. (N)					JUL 8 (W) 9:00 a.m.-Noon (L)					JUL 30 (TH) 9:00-11:00 a.m. (Y)				
Ready Navy												AUG 12 (W) 9:00-10:00 a.m. (DN)				
Ready to Date		JUL 6 (M) 9:00-11:00 a.m. (Y) JUL 12 (T) 2:00-4:00 p.m. (N)										AUG 11 (T) 9:00-11:00 a.m. (Y) AUG 17 (M) 2:00-4:00 p.m. (O)				
Spouse Newcomers Orientation		JUL 9 (TH) 9:00 a.m.-1:00 p.m. (O)					JUL 13 (M) 1:00-3:00 p.m. (Y)					JUL 27 (M) 8:30 a.m.-12:30 p.m. (L)				
Stress Management		JUL 7 (T) 9:00-10:30 a.m. (Y) Multi-Session JUL 9 (TH) 9:00-10:30 a.m. (NN) Single Session					JUL 14 (T) 9:30-10:30 a.m. (N) Single Session JUL 29 (W) 9:00-10:30 a.m. (NN) Single Session					AUG 11 & 13 (T&TH) 10:00 a.m.-1:00-3:00 p.m. (O) Multi-Session AUG 11 (T) 1:00-2:30 p.m. (Y) Multi-Session				
Systematic Training for Effective Parenting (STEP)		JUL 27, 29 & 31 (M,W,F) 10:00 a.m.-Noon & 1:00-3:00 p.m. (DN) School Age										AUG 4-7 (T-F) Noon-5:00 p.m. (L) School Age AUG 4, 6, 11, 15, 18 & 20 (T&TH) 2:00-4:30 p.m. (N) School Age				
PERSONAL FINANCIAL MANAGEMENT PROGRAMS																
Blended Retirement System		JUL 1 (W) 9:00-10:30 a.m. (NN) JUL 22 (W) 1:30-3:00 p.m. (N)										AUG 11 (T) 9:00-10:30 a.m. (Y) AUG 19 (W) 1:30-3:00 p.m. (N)				
Car Buying Strategies		JUL 2 (TH) 8:30-10:00 a.m. (Y)					JUL 7 (T) 8:30-10:00 a.m. (NN)					JUL 15 (W) Noon-1:30 p.m. (N)				
CFS Forum and Financial Town Hall Meeting		JUL 28 (T) 8:30-10:00 a.m. (N)					JUL 30 (TH) 8:30-10:00 a.m. (O)					AUG 6 (TH) 1:00-2:30 p.m. (P)				
CFS Refresher Training		JUL 8 (W) 8:00 a.m.-4:00 p.m. (NN)										AUG 11 (T) 8:00 a.m.-4:00 p.m. (O)				
CFS Training		JUL 8-10 (W-F) 7:30 a.m.-4:00 p.m. (N) JUL 15-17 (W-F) 8:00 a.m.-4:00 p.m. (L)					JUL 22-24 (W-F) 7:30 a.m.-4:00 p.m. (Y) JUL 28-30 (T-TH) 8:00 a.m.-4:00 p.m. (O)					AUG 5-7 (W-F) 8:00 a.m.-4:00 p.m. (P) AUG 19-21 (W-F) 8:00 a.m.-4:00 p.m. (L)				
Consumer Awareness		JUL 1 (W) 1:00-2:30 p.m. (L) JUL 15 (W) 9:00-10:30 a.m. (NN)					JUL 28 (T) 10:00-11:00 a.m. (L) JUL 31 (F) 1:00-2:30 p.m. (L)					AUG 6 (TH) Noon-1:30 p.m. (O) AUG 31 (M) 10:30 a.m.-Noon (NW)				
Credit Management		JUL 15 (W) 10:00-11:30 a.m. (N)										AUG 12 (W) 10:00-11:30 a.m. (N)				
Developing Your Spending Plan		JUL 1 (W) 9:00-10:30 a.m. (L)					JUL 15 (W) 8:30-10:00 a.m. (N)					AUG 5 (W) 9:00-10:30 a.m. (NN)				
Exploring Digital Assets		JUL 23 (TH) 10:00-11:30 a.m. (P)					JUL 23 (TH) 1:30-3:00 p.m. (N)					AUG 4 (T) 9:00-10:30 a.m. (NN)				
Financial Leadership Seminar												AUG 10 (W) 9:00 a.m.-Noon (L) AUG 13 (TH) Noon-4:00 p.m. (Y)				
FINANCIAL LITERACY TOUCHPOINTS	Entitlement to Continuation Pay	JUL 23 (TH) 2:00-3:30 p.m. (O)										AUG 10 (M) 2:00-3:00 p.m. (L)				
	Financial Implications of Divorce											AUG 3 (M) 1:00-2:30 p.m. (L)				
	First Duty Station	JUL 21 (T) 9:00-10:00 a.m. (N)										AUG 11 (T) 10:00-11:00 a.m. (N)				
	Leadership Training											AUG 10 (M) 1:00-2:00 p.m. (L)				
	Marriage	JUL 27 (M) 11:30 a.m.-12:30 p.m. (L)										AUG 12 (W) 11:00 a.m.-12:30 p.m. (NN)				
	Permanent Change of Station	JUL 8 (W) 9:00-10:30 a.m. (Y)					JUL 10 (F) 11:00 a.m.-Noon (L)					AUG 11 (T) 9:00-10:00 a.m. (P)				
	Post Deployment											AUG 28 (F) 11:00 a.m.-Noon (L)				
	Pre-Deployment Preparation											SEP 1 (T) 8:30-10:00 a.m. (NN)				
Vesting in the Thrift Savings Plan	JUL 9 (TH) 9:00-10:30 a.m. (Y)					JUL 23 (TH) Noon-1:30 p.m. (O)					AUG 19 (W) 9:00-10:30 a.m. (NN)					
Welcoming Your First Child												AUG 2 (W) 11:30 a.m.-12:30 p.m. (L)				
Gambling Awareness		JUL 23 (TH) Noon-1:30 p.m. (N)										AUG 4 (T) 9:00-10:30 a.m. (Y)				
Homebuying		JUL 7 (T) 9:00-10:30 a.m. (Y)					JUL 23 (TH) 1:00-2:30 p.m. (L)					JUL 28 (T) Noon-1:30 p.m. (N)				
Homeownership Workshop		JUL 21 (T) 8:30 a.m.-3:00 p.m. (P)										AUG 6 (TH) 8:00 a.m.-3:30 p.m. (Y)				
How to Survive the Holidays Financially		JUL 1 (W) 10:30 a.m.-Noon (L)					JUL 29 (W) Noon-1:30 p.m. (N)					JUL 31 (F) 10:30 a.m.-Noon (L)				
Million Dollar Sailor		JUL 6 & 7 (M&T) 7:30 a.m.-3:30 p.m. (N) JUL 13 & 14 (M&T) 8:00 a.m.-4:00 p.m. (L) JUL 20 & 21 (M&T) 8:00 a.m.-4:00 p.m. (Y)					JUL 21 & 22 (T&W) 8:00 a.m.-4:00 p.m. (O)					AUG 3 & 4 (M&T) 7:30 a.m.-3:30 p.m. (N) AUG 10 & 11 (M&T) 8:00 a.m.-4:00 p.m. (L) AUG 17 & 18 (M&T) 8:00 a.m.-4:00 p.m. (L)				
Paying for College		JUL 7 (T) 9:00-10:00 a.m. (L)					JUL 9 (TH) 9:00-10:30 a.m. (O)					JUL 16 (TH) Noon-1:30 p.m. (N)				
Paying Off Your Student Loans		JUL 7 (T) 1:00-2:00 p.m. (L)					JUL 9 (TH) Noon-1:30 p.m. (O)					JUL 16 (TH) 1:30-3:00 p.m. (N)				
Planning for Your Retirement		JUL 22 (W) Noon-1:30 p.m. (N)										AUG 19 (W) Noon-1:30 p.m. (N)				
Raising Financially Fit Kids		JUL 6 (M) 11:30 a.m.-12:30 p.m. (L)										AUG 20 (TH) Noon-1:30 p.m. (N)				
Renting		JUL 23 (TH) 2:30-4:00 p.m. (L)					JUL 27 (M) 10:30 a.m.-Noon (NW)					JUL 28 (T) 1:30-3:00 p.m. (N)				
Saving and Investing		JUL 14 (T) 9:00-10:30 a.m. (NW)					JUL 22 (W) 8:30-10:00 a.m. (N)					JUL 28 (T) 9:00-10:00 a.m. (Y)				
Survivor Benefit Plan												AUG 20 (TH) 1:30-3:00 p.m. (N)				
Tax Preparation for Service Members		JUL 8 (W) 11:00 a.m.-Noon (NW)										AUG 27 (TH) 2:30-4:00 p.m. (L)				
Thrift Savings Plan		JUL 22 (W) 10:00-11:30 a.m. (N)										AUG 19 (W) 10:00-11:30 a.m. (N) AUG 27 (TH) 1:00-2:30 p.m. (L)				
Your Insurance Needs		JUL 15 (W) 1:30-3:00 p.m. (N)										AUG 12 (W) 1:30-3:00 p.m. (N)				
RELOCATION ASSISTANCE PROGRAMS																
Cultural Adaptation		JUL 14 (T) 12:30-2:00 p.m. (L)					JUL 23 (TH) 12:30-2:00 p.m. (NN)									
Moving Overseas		JUL 14 (T) 9:00 a.m.-Noon (L)										AUG 10 (M) 12:30-4:00 p.m. (N)				
Moving with an Exceptional Family Member		JUL 24 (F) 11:00-11:30 a.m. (O)										SEP 1 (T) 9:00 a.m.-4:00 p.m. (NW) SEP 10 (TH) 9:00-11:00 a.m. (O)				
Smooth Move Workshop		JUL 9 (TH) 1:00-4:00 p.m. (P) JUL 10 (F) 9:00 a.m.-Noon (L)					JUL 13 (M) 8:30 a.m.-Noon (N) JUL 21 (T) 9:00-10:00 (NN)					JUL 24 (F) 9:00-11:00 a.m. (O)				
Welcome Aboard		JUL 16 (TH) 9:00-11:00 a.m. (O)										AUG 17 (M) 3:00-4:00 p.m. (N)				