FFSC LITTLE CREEK-FORT STORY

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FFSC NEWPORT NEWS 757-688-6289 **Huntington Hall** 3100 Huntington Avenue, Bldg. 633

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FFSC YORKTOWN WPNSTA Yorktown

Newport News, VA 23603 **MILITARY ONESOURCE**

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SUICIDE & CRISIS LIFELINE

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

Official Business

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS



Military life presents unique challenges that friends, family and colleagues in the civilian world may not experience or understand. Fleet and Family Readiness (FFR), in conjunction with other Navy and civilian partners, has many resources to help our warfighters and family members. FFR is the umbrella for a multitude of programs and services which operate separately but frequently collaborate to meet the needs of the Navy as a whole

Fleet and Family Support Centers (FFSC): Your FFSCs provide a wide variety of education and training, information and referral and counseling for service members and family members. Programs under the FFSC umbrella include Clinical Counseling, Deployment, Exceptional Family Member Program, Family Advocacy, Family Employment Readiness, Integrated Primary Prevention, Life Skills Education and Training, Ombudsman Program, Personal Financial Management, Relocation, Sexual Assault Prevention and Response, the Transition Assistance Program, and Emergency Family Assistance.

Morale Welfare and Recreation (MWR): MWR contributes significantly to fleet readiness. MWR activities and services help our sailors and families stay fit and have fun through deployed forces support, fitness and sports, ITT (information, tickets & travel), liberty programs, libraries, marinas, movies, outdoor recreation, campgrounds, vacation rentals and other programs.

hild and Youth Programs (CYP): Navy Child and Youth Programs provide developmental childcare and youth recreational programs and services for eligible children and youth ages 4 weeks to 18 years of age.

Programs and services are specifically designed and operated to meet the unique needs of the military mission and service members and their families. Programs that fall under CYP are Child and Youth Education Services, Child Development Centers, Family Child Care, School-Age Care, Youth Sponsorship, and Youth and Teen Programs.

School Liaison Program: School Liaisons are the Navy subject matter experts for K-12 education issues. School Liaisons work to connect commands, educators, and parents to each other and with education support services.

AUG

Calley and Regressional Dining: Healthy, affordable and quality food options are available on all installations and many of these are accessible to both service members and family members. Keeping the warfighters nutritionally ready is the job of the galleys and other dining services.

ousing: The Navy Housing program manages housing Navy-wide, including family housing, unaccompanied housing and assisting in finding civilian housing. Focused on assisting Sailors, both single and those with families, receive suitable, affordable, and safe housing wherever they are assigned. Navy Housing provides a key quality of life program that is essential to personal and family readiness. Navy Housing achieves this objective through Navy-owned/leased housing, privatized housing and community housing.

ounded Warrfor ((NWW)): NWW is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.

Navy and civilian partners include the American Red Cross, Armed Services YMCA, Chaplains, Navy Marine Corps Relief Society, Ombudsmen, USO, and other state and local resources. With the challenges of military life such as PCSs, deployments, homeport changes, etc., help is just a phone call, website, or question away. You just need to take that first step...call your local FFSC. For more information on any of the FFR services, please visit the CNIC FFR portal at https://ffr.cnic.navy.mil/.

FFR.CNIC.Navy.mil/Family-Readiness • NavyLifeMA.com/FFSC

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. **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

Ombudsman Basic TrainingThis 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, XOs, Chaplains, CMCs, COBs, and their spouses.

*Due to recent government updates, prior to attending ANY SAPR trainings, please confirm current availability with your installation SARC.

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

This course provides quidance to SAPR command-leve 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 first responders and the SAPR Program. The course discusses the DOD 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' 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.

SAPR Victim Advocate Initial Course (formerly Basic Training)*

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 Defense 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.

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

FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

Career DevelopmentThe program observes 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 iob, 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 e 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 Timebound) 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 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 penefits 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 Defense 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. See your Command Career Counselor regarding TAP requirements that must be completed prior

to attending a workshop.

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.

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.

covers best practices in career employment including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Entrepreneurshi

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

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

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

Building Effective Anger Management Skills

Individuals seeking to address and control their anger more effectively 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

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**

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

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.

to improve the four domains of resilience (mind, commands, service members, family members, family units, and Family Readiness Groups.

connection; increase clear thinking; and optimize

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 neditation 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

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.

NavyLifeMA.com/FFSC

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

MBMF Module 6: Connections

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

New Parent Resource Awareness Workshop

This workshop assists expectant parents as they prepare $for the \, arrival \, of \, a \, new \, baby. \, Topics \, discussed \, include \, the \,$

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

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

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.

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

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, nousing, 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.

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

MANAGEMENT PROGRAMS

Blended Retirement System

PERSONAL FINANCIAL

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.

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



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 inancial education that can benefit military members and their families.

d 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

Command Financial Specialist (CFS) Training be E-6 or above, in good financial standing, and have at

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 consume



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 finances? 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

clearance issues, and more.

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-**Financial Leadership Seminar** This four-hour 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

Financial Literacy Touchpoints Financial Literacy Touchpoint curricula are designed to meet financial readiness Common

Military Training (CMT) requirements as outlined in DTM 19-009. 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 for delivery at your command or as a one-on-one session. Please see your Command Financial Specialist or a Personal Financial Manager at

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.

Disabling Sickness or ConditionIt can be incredibly overwhelming if you or a family member, whether it's a child or an adult, experiences

a disabling sickness or condition. Caring for a loved one or yourself with a disabling sickness or condition can have quite a bit of unexpected costs. this course, we will cover several key financial tasks to consider including a spending plan, planning for the future, compensations, benefits and entitlements and caring for aging parents.

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. **Financial Implications of Divorce** training will help reduce the stress and uncertainty associated with the financial aspects of divorce.

Financial readiness is mission readiness. Understanding your role as a leader in helping service members manage their finances, including

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

information, tools, and resources, will be reviewed

and strategize ways to complete a move without

Post Deployment Returning home after deployment can be an exciting time and can bring with it a number of changes. It's important not to overlook certain financial tasks that ed to be completed, in order to take advantage of the extra money and resources that were available

starting new routines. This is especially true for

finances. This course will help optimize resources

before and after 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. **Vesting in the Thrift Savings Plan** For service members in the Blended Retirement System, once they complete two years of services

hey become vested in the Thrift Savings Plan. But

what does that mean? This course will cover what

vesting means, when does vesting occur, the rules regarding vested money and how those vested funds apply to retirement planning. **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.

Gambling opportunities are growing in our society. It's hard to watch a sporting event, other programming or scroll social media without seeing advertising for online gaming and sports betting. Plus traditional gaming and sports betting, are still very popular. Gambling Awareness discusses the prevalence of gambling problems, military directives, the warning signs of compulsive/pathological gambling and gambling statistics.

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, mortgage, and be able to negotiate and close the deal. **Homeownership** VHDA's Homeownership workshop is 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

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

Make the most of the holiday season — learn how

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



Planning for Your Retirement This single-session, interactive program introduces

including the military retirement system and the Thrift Savings Plan (TSP). This is a must if you are leaving the military. Renting Renting is a 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

the basic concepts of financial retirement planning

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 ins individual goals.

Survivor Benefit Plan This course provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This nformation will assist service members and their

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 themselves 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

spouses in making informed decisions about SBP's role

Your Insurance Needs This course 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

Cultural Adaptation

this 90-minute workshop.

This program provides service members and their families with an overview of culture shock and resources to help encourage a smooth integration into a new culture. Specific areas of focus are the symptoms of culture shock, the culture shock cycle, and coping tips before and after arrival to the host country. **Moving Overseas** Will you be transferring overseas soon? This

helpful single-session workshop is a great way to

prepare vourself and your family for this challenging

adventure. Information will be provided on househol

goods, 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



Welcome Aboard Designed to assist service members and their families

with the assimilation into their new military community following a permanent change of duty station, this course highlights familiarization with the area, community and base resources, and local amenities and attractions.

The Secretary of the Navy has determined that

this publication is necessary in the transaction of business required by Law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publication and Printing Policy Committee. Opinions and statements are the personal views of the contributors. We authorize and invite the reproduction of any SIGNAL articles for use by commands, Ombudsman, or spouse organization publications. We ask only that credit be given to the SIGNAL.

This course presents a comprehensive view which

Conducted by a VA accredited, Virginia Department of Veterans Services (VDVS) Veteran Services

(BEAMS)

The purpose of this training is to provide tools to

Do you have trouble communicating with your

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 **Enhancing Blended Families**

Mind-Body Mental Fitness (MBMF) This program is designed to promote a culture of excellence as part of the continuum of Warrior Foughness, Expanded Operational Stress Control (E-OSC) and Command Resilience Team (CRT). t 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 body, spirit, and social) and build toughness, trust, and connectedness. This course is appropriate for

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 resync your mind-body

values and behaviors are in conflict. MBMF Module 4: Flexibility

Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps ReliefSociety,informationabouttheirBudgetingforBaby 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.

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.

in-depth STEP Teens multi-session program.

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

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

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 six and younger. Topics include understanding developmental

Car Buying Strategies
Looking for a car but don't want to get taken for a ride?



Command Financial Specialist (CFS) Refresher

an appointment for verification of eligibility and

registration. 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

least one year remaining at their commands. Advanced registration is required. Consumer Awareness

<u> SUGNA</u>	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	Yorktown 757-887-4606 JUL AUG SEP 2025 PROGRAM CALENDAL
FFSC PROGRAMS	JULY	AUGUST COMMAND SUPPORT PROGRAMS	SEPTEMBER
PO Selectee Resource Training eckplate Resource Awareness Training	JUL 10 & 11 (TH&F) 8:30 a.m3:30 p.m. (N) JUL 30 & 31 (W&TH) 8:00 a.m4:00 p.m. (L)		SEP 11 (TH) 8:00 a.mNoon (L) SEP 18 (TH) 8:00 a.mNoon (L)
xceptional Family Member POC Training	JUL 11 (F) 9:00 a.mNoon (O) JUL 21 (M) 8:30-11:30 a.m. (P) JUL 16 (W) 8:30-11:00 a.m. (N)		SEP 5 (F) 9:00 a.mNoon. (DN) SEP 17 (W) 10:00 a.mNoon (Y) SEP 19 (F) 9:00 a.mNoon (L) SEP 9 (M) 8:30-11:30 a.m. (P) SEP 18 (TH) 8:30-11:00 a.m. (N) SEP 22 (M) 8:30-11:30 a.m. (P)
amily Readiness Group (FRG) Leadership Training	JUL 10 (TH) 8:30 a.m3:30 p.m. (N) (Basic Training) JUL 18 (F) 10:00-11:30 a.m. (O) (Basic Training)	AUG 14 (TH) 8:30 a.m4:30 p.m. (O) (Basic Training)	SEP 3 (W) 9:00-11:00 a.m. (Y) (Advanced Training) SEP 6 (S) 8:30 a.m4:30 p.m. (L) (Basic Training) SEP 4 (TH) 9:00-10:30 a.m. (N) (Advanced Training) SEP 23-25 (T-TH) 5:00-7:00 p.m. (N) (Basic Training) SEP 4 (TH) 5:30-7:00 p.m. (N) (Advanced Training)
AP Liaison Quarterly Training Aaintaining Respect in the Workplace	JUL 17 (TH) 1:00-3:00 p.m. (L)	AUG 6 (W) 1:00-3:00 p.m. (N)	SEP 10 (W) 9:00 a.mNoon (L)
IY (Managing Your) Navy Career Options	JUL 24 & 25 (TH&F) 8:00 a.m4:00 p.m. (N)	AUG 26 & 27 (T&W) 8:00 a.m4:00 p.m. (0) AUG 28 & 29 (TH&F) 8:00 a.m4:00 p.m. (N) AUG 22 (F) 10:00-11:30 a.m. (0)	SEP 22 & 23 (M&T) 8:00 a.m4:00 p.m. (L) SEP 25 &26 (TH&F) 8:00 a.m4:00 p. SEP 10 (W) 9:00-11:00 a.m. (L) SEP 10 (W) 6:00-8:00 p.m. (L)
mbudsman Basic Training	JUL 1 (T) 5:30-7:00 p.m. (Y) JUL 28-31 (M-TH) 4:30-9:00 p.m. (L)	AUG 5-7 (T-TH) 8:30 a.m4:30 p.m. (Y) AUG 8-10 (F-SU) 8:30 a.m4:00 p.m. (N)	SEP 16-18 (T-TH) 8:30 a.m4:30 p.m. (Y) SEP 22-25 (M-TH) 4:30-9:00 p.m. (0)
SAPR Administrative Unit Victim Advocate Training* SAPR Command/Staff Duty Ofc. & Watchstander Training*	JUL 22 (T) 9:00 a.mNoon (N) JUL 17 (TH) 10:00-11:00 a.m. (N)	AUG 14 (TH) 9:00 a.m2:00 p.m. (O) AUG 27 (W) 9:00 a.mNoon (Y) AUG 28 (TH) 8:00 a.mNoon (L)	SEP 11 (TH) 9:00 a.mNoon (N)
SAPR First Responder Training* SAPR Uniformed Housing/Residential Advisor Training*	JUL 8 (T) 10:00-11:00 a.m. (N)	AUG 19 (T) 10:00-11:30 a.m. (N) AUG 5 (T) 10:00-11:00 a.m. (N)	SEP 9 (T) 10:00-11:00 a.m. (N)
SAPR Victim Advocate Continuing Education Training* SAPR Victim Advocate Initial Course (formerly Basic)*	JUL 10 (TH) 9:00 a.mNoon (L) JUL 14-18 (M-F) 7:30 a.m4:30 p.m. (N) JUL 21-25 (M-F) 8:00 a.m4:30 p.m. (L) JUL 21-25 (M-F) 8:00 a.m5:00 p.m. (N) (O)	AUG 14 (TH) 9:00 a.mNoon (L) AUG 20 (W) 9:00 a.mNoon (Y) AUG 21 (TH) 7:30-11:30 a.m. (N) AUG 11-15 (M-F) 7:30 a.m4:30 p.m. (N) AUG 11-15 (M-F) 8:00 a.m4:30 p.m. (Y)	SEP 3 & 4 (W&TH) 9:00 a.m4:30 p.m. (O) SEP 25 (TH) 9:00 a.mNoon (L) SEP 8-12 (M-F) 8:00 a.m4:30 p.m. (L) SEP 15-19 (M-F) 7:30 a.m4:30 p.m. (N)
ponsor Training	JUL 21 (M) 1:00-2:00 p.m. (N) JUL 29 (T) 9:00-11:00 a.m. (L)	AUG 5 (T) 9:00-11:00 a.m. (L) AUG 28 (TH) 1:00-2:00 p.m. (N) Y EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS	SEP 24 (W) 9:00-10:30 a.m. (O) SEP 25 (TH) 9:00-11:00 a.m. (L)
areer Development	JUL 14 (M) 9:00 a.mNoon (O) (P) JUL 15 (T) 9:00 a.mNoon (Y) JUL 15 (T) 8:30-11:30 a.m. (N) JUL 21 (M) 8:00-11:00 a.m. (L)	AUG 13 (W) 1:00-3:00 p.m. (NN) AUG 18 (M) 9:00 a.mNoon (0) AUG 25 (M) 8:00-11:00 a.m. (L)	SEP 15 (M) 8:00-11:00 a.m. (L) SEP 16 (T) 8:30-11:30 a.m. (N) SEP 15 (M) 9:00 a.mNoon (O) SEP 23 (T) 9:00 a.mNoon (Y)
ffective Resume Writing	JUL 15 (T) 9:00 a.mNoon (O) JUL 16 (W) 9:00 a.mNoon (P) JUL 24 (TH) 9:00 a.mNoon (NW) JUL 16 (W) 8:30-11:30 a.m. (N) JUL 22 (T) 8:00-11:00 a.m. (L) JUL 29 (T) 9:00 a.mNoon (Y)	AUG 1 (F) 9:00 a.mNoon (NW) AUG 19 (T) 9:00 a.mNoon (O) AUG 20 (W) 8:30-11:30 a.m. (N) AUG 5 (T) 9:00 a.mNoon (NN) AUG 19 (T) 1:00-4:00 p.m. (P) AUG 26 (T) 8:00-11:00 a.m. (L)	SEP 9 (T) 9:00 a.mNoon (NW) (Y) SEP 16 (T) 9:00 a.mNoon (O) SEP 16 (T) 8:00-11:00 a.m. (L) SEP 17 (W) 8:30-11:30 a.m. (N)
terview Techniques	JUL 17 (TH) 9:00 a.mNoon (O) (P) JUL 23 (W) Noon-3:00 p.m. (L) JUL 18 (F) 8:30-11:30 a.m. (N) JUL 29 (T) 1:00-4:00 p.m. (Y)	AUG 6 (W) 1:00-4:00 p.m. (NN) AUG 22 (F) 8:30-11:30 a.m. (N) AUG 21 (TH) 9:00 a.mNoon (O) AUG 27 (W) Noon-3:00 p.m. (L)	SEP 9 (T) 1:00-4:00 p.m. (Y) SEP 18 (TH) 9:00 a.mNoon (O) SEP 23 (T) 9:00 a.mNoon (NW) SEP 17 (W) Noon-3:00 p.m. (L) SEP 19 (F) 8:30-11:30 a.m. (N)
ob Network	JUL 8 (T) 8:30-10:00 a.m. (Y) JUL 17 (TH) Noon-1:30 p.m. (O) JUL 16 (W) Noon-1:30 p.m. (N) JUL 22 (T) 11:00 a.m12:30 p.m. (L)	AUG 20 (W) Noon-1:30 p.m. (N) AUG 21 (TH) Noon-1:30 p.m. (O) AUG 27 (W) 8:30-10:00 a.m. (NN)	SEP 16 (T) 8:30-10:00 a.m. (Y) SEP 16 (T) 11:00 a.m12:30 p.m. (L) SEP 18 (TH) Noon-1:30 p.m. (O)
ob Search Strategies	JUL 8 (T) 10:00 a.mNoon (Y) JUL 15 (T) 1:00-4:00 p.m. (N) JUL 15 (T) 9:00 a.mNoon (P) JUL 16 (W) 9:00 a.mNoon (O) JUL 17 (TH) 8:30-11:30 a.m. (N) JUL 22 (T) 9:00 a.mNoon (Y)	AUG 19 (T) 1:00-4:00 p.m. (N) AUG 20 (W) 9:00 a.mNoon (O) AUG 27 (W) 10:00 a.mNoon (NN) AUG 15 (F) 9:00 a.mNoon (NW) AUG 21 (TH) 8:30-11:30 a.m. (N) AUG 27 (W) 8:00-11:00 a.m. (L)	SEP 15 (M) Noon-3:00 p.m. (L) SEP 16 (T) 1:00-4:00 p.m. (N) SEP 16 (T) 10:00 a.mNoon (Y) SEP 17 (W) 9:00 a.mNoon (O) SEP 17 (W) 8:00-11:00 a.m. (L) SEP 19 (F) 9:00 a.mNoon (O)
lavigating Federal Employment	JUL 17 (TH) 8:30-11:30 a.m. (N) JUL 22 (T) 9:00 a.mNoon (Y) JUL 18 (F) 9:00 a.mNoon (O) (P) JUL 23 (W) 8:00-11:00 a.m. (L) JUL 11 (F) 9:00 a.mNoon (Y) JUL 16 (W) 5:00-7:00 p.m. (N) JUL 25 (F) 9:00-11:30 a.m. (L)	AUG 20 (W) 1:00-4:00 p.m. (NN) AUG 22 (F) 9:00 a.mNoon (O) AUG 12 (T) 9:00-11:00 a.m. (O) AUG 20 (W) 5:00-7:00 p.m. (N) AUG 28 (TH) 9:00-11:00 a.m. (P)	SEP 18 (TH) 8:30-11:30 a.m. (N) SEP 30 (T) 9:00 a.mNoon (Y) SEP 17 (W) 5:00-7:00 p.m. (N)
Pre-Separation Counseling	JUL 10 (TH) 8:00-11:00 a.m. (N)	AUG 7 (TH) 8:00-11:00 a.m. (N) AUG 14 (TH) 9:00 a.m. Noon (L) AUG 22 (F) 8:00-11:00 a.m. (N) AUG 8 (F) 8:00-11:00 a.m. (N) AUG 15 (F) 9:00-11:00 a.m. (Y) AUG 28 (TH) 8:00-11:00 a.m. (N) AUG 14 (TH) 8:00-11:00 a.m. (N) AUG 29 (F) 8:30-10:30 a.m. (O)	SEP 11 (TH) 8:00-11:00 a.m. (N) SEP 19 (F) 9:00 a.mNoon (Y) SEP 26 (F) 8:30-10:30 a.m. (0) SEP 12 (F) 8:00-11:00 a.m. (N) SEP 25 (TH) 8:00-11:00 a.m. (N) SEP 26 (F) 9:00 a.mNoon (L) SEP 18 (TH) 8:00-11:00 a.m. (N) SEP 26 (F) 8:00-11:00 a.m. (N)
AP (Transition Assistance Program)	Executive Retirement (E-9, W-4, W-5, O-5, and Above) Retiree Classes & Separatee Classes (N) — Call 757-444-6089 for specific class I	cations due to building renovations. See TAP program description on reverse side for additional information.	
Employment	JUL 7 & 8 (M&T) 8:00 a.m4:00 p.m. (L) JUL 10 & 11 (TH&F) 8:00 a.m4:00 p.m. (N) JUL 10 & 11 (TH&F) 8:00 a.m4:00 p.m. (N) JUL 12 & 25 (TH&F) 8:00 a.m4:00 p.m. (N) JUL 13 & ALC 1/THEF) 8:00 a.m4:00 p.m. (N)	AUG 7 & 8 (TH&F) 8:00 a.m4:00 p.m. (N) AUG 21 & 22 (TH&F) 8:00 a.m4:00 p.m. (N) AUG 7 & 8 (TH&F) 8:00 a.m4:00 p.m. (N) (O) AUG 14 & 15 (TH&F) 8:00 a.m4:00 p.m. (N) AUG 28 & 29 (TH&F) 8:00 a.m4:00 p.m. (N)	SEP 11 & 12 (TH&F) 8:00 a.m4:00 p.m. (N) (O) SEP 25 & 26 (TH&F) 8:00 a.m4:00 p.m. SEP 11 & 12 (TH&F) 8:00 a.m4:00 p.m. (N) SEP 25 & 26 (TH&F) 8:00 a.m4:00 p.m.
Employment Entrepreneurship	JUL 17 & 18 (TH&F) 8:00 a.m4:00 p.m. (N) JUL 31 & AUG 1 (TH&F) 8:00 a.m4:00 p.m. (N) JUL 14 & 15 (M&T) 8:00 a.m4:00 p.m. (Y) JUL 28 & 29 (M&T) 8:00 a.m4:00 p.m. (L) JUL 17 & 18 (TH&F) 8:00 a.m4:00 p.m. (N) JUL 28 & 29 (M&T) 8:00 a.m4:00 p.m. (L)	AUG 14 & 15 (TH&F) 8:00 a.m4:00 p.m. (N) AUG 28 & 29 (TH&F) 8:00 a.m4:00 p.m. (N) AUG 12 & 13 (T&W) 8:00 a.m4:00 p.m. (P) AUG 14 & 15 (TH&F) 8:00 a.m4:00 p.m. (N)	
Vocational	JUL 10 & 11 (TH&F) 8:00 a.m4:00 p.m. (N) (O) JUL 31 & AUG 1 (TH&F) 8:00 a.m4:00 p.m. (N)	AUG 21 & 22 (TH&F) 8:00 a.m4:00 p.m. (N)	SEP 18 & 19 (TH&F) 8:00 a.m4:00 p.m. (N)
A Disability Benefits Review	JUL 10 (TH) 9:00 a.m4:00 p.m. (L) JUL 24 (TH) 9:00 a.m4:00 p.m. (L)	AUG 7 (TH) 9:00 a.m4:00 p.m. (L) AUG 13 (W) 9:00 a.mNoon (O) AUG 21 (TH) 9:00 a.m4:00 p.m. (L) MILITARY LIFE SKILLS EDUCATION PROGRAMS	SEP 4 (TH) 9:00 a.m4:00 p.m. (L) SEP 18 (TH) 9:00 a.m4:00 p.m. (L)
uilding Effective Anger Management Skills	JUL 7, 9, 11, 14, 16 & 18 (M,W,F) 9:00-11:00 a.m. (DN) JUL 15 (T) 1:00-2:30 p.m. (Y) JUL 15, 17, 22, 24, 29 & AUG 1 (T&TH) 1:00-3:00 p.m. (N)	AUG 11-13 (M-W) Noon-4:00 p.m. (Y) AUG 18, 20, 22, 25, 27 & 29 (M,W,F) 9:00-11:00 a.m. (L)	SEP 2 (T) 9:00-11:00 a.m. (NN) SEP 8, 10, 12, 15, 17 & 19 (M,W,F) 1:00-3:00 p.m. (O) SEP 10, 12, 17, 19, 24 & 26 (W&F) 9:00-11:00 a.m. (N)
Building Healthy Relationships	JUL 9 (W) 5:00-7:30 p.m. (N) JUL 17 (TH) 9:00-11:00 a.m. (Y)	AUG 8 (F) 9:00-11:30 a.m. (O) AUG 15 (F) 9:00-11:30 a.m. (Y) AUG 18 (M) 9:00-11:30 a.m. (P)	SEP 9 (T) 4:00-6:30 p.m. (N) SEP 16 (T) 4:00-6:30 p.m. (L) SEP 29 (M) 1:00-3:30 p.m. (Y)
rhildren and Divorce	JUL 18 (F) 8:30-11:30 a.m. (Y) JUL 25 (F) 8:30 a.m12:30 p.m. (N) JUL 15 & 17 (T&TH) 4:30-8:30 p.m. (N)	AUG 1 (F) 8:30 a.m12:30 p.m. (L) AUG 14 (TH) 12:30-4:30 p.m. (O) AUG 27 (W) Noon-4:00 p.m. (Y) AUG 5 (T) 8:00 a.mNoon (P) AUG 15 (F) 9:00-1:00 p.m. (N) AUG 29 (F) 8:00 a.mNoon (NW) AUG 5 & 7 (T&TH) 5:00-7:30 p.m. (O) AUG 19 & 26 (T) 5:00-7:30 p.m. (L) AUG 28 (TH) 4:00-6:30 p.m. (Y)	SEP 11 (TH) 8:30 a.m12:30 p.m. (N) SEP 12 (F) 8:30 a.mNoon (Y)
ads and Discipline	JUL 2 (W) 9:00-11:30 a.m. (L) JUL 17 (TH) 1:00-2:30 p.m. (NW) JUL 23 (W) 1:00-2:30 p.m. (N) JUL 10 (TH) 1:30-4:30 p.m. (Y) JUL 22 (T) 9:00-11:00 a.m. (NN) JUL 30 (W) 9:00-10:30 a.m. (P)	AUG 3 & 7 (181H) 3.00-7.30 p.m. (V) AUG 19 & 26 (1) 3.00-7.30 p.m. (L) AUG 26 (T) 2:00-4:30 p.m. (V) AUG 26 (T) 2:00-4:30 p.m. (O)	SEP 8 (M) 9:00-11:30 a.m. (L) SEP 25 (TH) 1:00-2:30 p.m. (P)
nhancing Blended Families Modulo 1- Strong Positiones	JUL 28 (M) 2:30-5:00 p.m. (N)	AUG 19 (T) 9:00-11:00 a.m. (L) AUG 7 (TH) 9:00 11:00 a.m. (N) AUG 18 (M) 10:00 a.m. Non (O) AUG 20 (M) 9:00 11:00 a.m. (D)	SEP 5 (F) 8:30-11:00 a.m. (N) SEP 5 (F) 9:00-11:00 a.m. (Y) SEP 8 (M) 9:00-11:00 a.m. (P) SEP 12 (F) 9:00-11:30 a.m. (L)
Module 1: Stress Resilience Module 2: Mindfulness & Meditation Module 3: Living Core Values Module 4: Flexibility	JUL 8 (T) 9:00-11:00 a.m. (NN) JUL 8 (T) 1:00-3:00 p.m. (Y) JUL 8 (T) 9:00-11:00 a.m. (N) JUL 14 (M) 1:30-3:30 p.m. (Y) JUL 15 (T) 9:00-11:00 a.m. (NN)	AUG 7 (TH) 9:00-11:00 a.m. (N) AUG 18 (M) 10:00 a.mNoon (O) AUG 20 (W) 9:00-11:00 a.m. (P) AUG 18 (M) 12:30-2:30 p.m. (O) AUG 20 (W) 11:00 a.m1:00 p.m. (P)	SEP 5 (F) 9:00-11:00 a.m. (Y) SEP 8 (M) 9:00-11:00 a.m. (P) SEP 12 (F) 9:00-11:30 a.m. (L) SEP 8 (M) 11:00 a.m1:00 p.m. (P) SEP 8 (M) 1:00-3:00 p.m. (Y) SEP 19 (F) 9:00-11:30 a.m. (L)
Module 3: Living Core Values Module 4: Flexibility	JUL 29 (T) 9:00-11:00 a.m. (NN) JUL 30 (W) 1:00-3:00 p.m. (Y) JUL 11 (F) 9:00-11:30 a.m. (L) JUL 22 (T) 9:00-11:00 a.m. (N) JUL 31 (TH) 9:00-11:00 a.m. (Y)	AUG 13 (W) 9:00-11:00 a.m. (N) AUG 20 (W) 10:00 a.mNoon (O) AUG 12 (T) 1:00-3:00 p.m. (NN) AUG 14 (TH) 10:00-Noon (Y) AUG 20 (W) 12:30-2:30 p.m. (O)	SEP 10 (W) 9:00-11:00 a.m. (P) SEP 10 (W) 1:00-3:00 p.m. (Y) SEP 26 (F) 9:00-11:30 a.m. (L) SEP 10 (W) 11:00 a.m1:00 p.m. (P) SEP 11 (TH) 9:00-11:00 a.m. (Y)
Module 5: Problem Solving Module 6: Connections	JUL 18 (F) 9:00-11:30 a.m. (L) JUL 25 (F) 9:00-11:30 a.m. (L)	AUG 19 (T) 1:00-3:00 p.m. (NN) AUG 19 (T) 1:30-3:30 p.m. (Y) AUG 22 (F) 10:00 a.mNoon (O) AUG 22 (F) 12:30-2:30 p.m. (O) AUG 26 (T) 1:00-3:00 p.m. (Y)	SEP 12 (F) 9:00-11:00 a.m. (P) SEP 24 (W) 1:00-4:00 p.m. (Y) SEP 30 (T) 9:00-11:00 a.m. (N) SEP 12 (F) 11:00 a.m1:00 p.m. (P) SEP 16 (T) 1:00-3:00 p.m. (NN)
lew Parent Resource Awareness Workshop	JUL 8 (T) 12:30-4:30 p.m. (N) JUL 23 (W) 9:00 a.m1:00 p.m. (P)	AUG 22 (F) 12.50-2.50 p.iii. (U) AUG 26 (1) 1.00-5.00 p.iii. (1)	SEP 3 (W) 8:00 a.mNoon (L)
Parenting 411 Parenting in a Military Family	JUL 2 (W) 8:30 a.m1:30 p.m. (0)	AUG 11 (M) 1:00-6:00 p.m. (N)	SEP 3 (W) 9:00 a.m2:00 p.m. (N) SEP 5 (F) 9:00 a.m2:00 p.m. (O) SEP 15 (M) 1:00-3:00 p.m. (Y) SEP 24 (W) Noon-5:00 p.m. (L) SEP 18 (TH) 9:00 a.mNoon (P) SEP 25 (TH) 9:00 a.m2:00 p.m. (N)
Parenting Teens	JUL 7 (M) 9:00-11:30 a.m. (L) JUL 14 (M) 1:00-3:30 p.m. (N) JUL 29 (T) 1:00-3:00 p.m. (Y)	AUG 18 (M) 1:00-3:30 p.m. (Y)	SEP 11 (TH) 2:00-4:30 p.m. (O) SEP 16 (T) 9:00-11:30 a.m. (N) SEP 30 (T) 1:00-3:30 p.m. (Y)
Personal Communications	JUL 9 (W) 9:00 a.mNoon (L)	AUG 6 (W) 2:00-4:00 p.m. (0) AUG 19 (T) 9:00-11:00 a.m. (P) AUG 26 (T) 1:00-3:00 p.m. (NN)	SEP 23 (T) 1:00-3:00 p.m. (N)
Ready Navy Ready to Date	JUL 21 (M) 1:00-3:00 p.m. (Y)	AUG 1 (F) 9:00-11:00 a.m. (Y) AUG 4 (M) 9:00-10:00 a.m. (O) AUG 4 (M) 2:00-4:00 p.m. (O) AUG 20 (W) 1:30-3:30 p.m. (N)	SEP 4 (TH) 10:00-Noon (Y) SEP 15 (M) 2:00-4:00 p.m. (N) SEP 23 (T) 9:00-11:00 a.m. (NN)
Spouse Newcomers Orientation	JUL 18 (F) 9:00 a.m1:00 p.m. (N) JUL 28 (M) 8:30 a.m1:2:30 p.m. (L) JUL 22 (T) 1:00-4:00 p.m. (Y) JUL 31 (TH) 9:00 a.m1:00 p.m. (O)	AUG 4/01/4 20 2 20 mm (N)	SEP 22 (M) Noon-4:00 p.m. (N) SEP 29 (M) 9:00 a.m1:00 p.m. (N)
Stress Management	JUL 7 (M) 9:00-10:00 a.m. (N) JUL 14, 16, 21 & 23 (M&W) 9:00-11:00 a.m. (L) JUL 7 (M) 1:00-2:30 p.m. (Y) JUL 21, 23, 28 & 30 (M&W) 9:00-11:00 a.m. (N) JUL 21-25, 28 & 29 (M-F & M&T) 1:00-5:00 p.m. (O) (School Age)	AUG 4 (M) 1:30-2:30 p.m. (Y) AUG 5 (T) 1:00-3:00 p.m. (NN) AUG 5-8 (T-F) Noon-5:00 p.m. (L) (School Age)	SEP 4 (TH) 9:00-11:00 a.m. (L) SEP 9, 11, 16 & 18 (T&TH) 9:00-11:00 a.m. (L) SEP 9, 11, 16 & 18 (T&TH) 9:00-11:00 a.m. (L) SEP 23 (T) 1:30-2:30 p.m. (Y)
Systematic Training for Effective Parenting (STEP)		AUG 12, 14, 19, 21, 26 & 28 (T&TH) 3:00-5:00 p.m. (N) (Early Childhood) PERSONAL FINANCIAL MANAGEMENT PROGRAMS	SEP 15, 17, 19, 22, 24, 26 & 29 (M,W,F) 4:30-7:30 p.m. (L) (Early Childhood) SEP 22-26, 29 & 30 (M-F & M&T) 9:00-11:00 a.m. (O) (Early Childhood)
Blended Retirement System	JUL 16 (W) 1:30-3:00 p.m. (N)	AUG 20 (W) 1:30-3:00 p.m. (N) AUG 21 (TH) 1:30-3:00 p.m. (Y) AUG 28 (TH) 10:30 a.mNoon (L)	SEP 24 (W) 1:30-3:00 p.m. (N)
Car Buying Strategies CFS Forum and Financial Town Hall Meeting	JUL 9 (W) Noon-1:30 p.m. (N) JUL 10 (TH) 8:30-10:00 a.m. (Y) JUL 24 (TH) 2:30-4:00 p.m. (L)	AUG 13 (W) 8:30-10:00 a.m. (Y) AUG 13 (W) Noon-1:30 p.m. (N) AUG 28 (TH) 8:30-10:00 a.m. (NN) AUG 1, (F) 8:30-10:00 a.m. (O) AUG 7 (TH) 1:00-2:30 p.m. (P) AUG 7 (TH) 12:30-1:30 p.m. (N) AUG 22 (F) 8:30-10:00 a.m. (L)	SEP 17 (W) Noon-1:30 p.m. (N)
FS Refresher Training		AUG 12 (T) 8:00 a.m4:00 p.m. (O) AUG 27 (W) 8:00 a.m4:00 p.m. (P)	SEP 5 (F) 8:00 a.m4:00 p.m. (L) SEP 18 (TH) 8:00 a.m4:00 p.m. (N)
PS Training Consumer Awareness	JUL 14-18 (M-F) 8:00 a.m4:00 p.m. (L) JUL 21-25 (M-F) 7:30 a.m4:00 p.m. (Y) JUL 28-AUG 1 (M-F) 7:30 a.m4:00 p.m. (O) JUL 9 (W) 1:00-2:30 p.m. (L)	AUG 4-8 (M-F) 7:30 a.m4:00 p.m. (N) (P) AUG 18-22 (M-F) 8:00 a.m4:00 p.m. (L) AUG 25-29 (M-F) 7:30 a.m4:00 p.m. (O) AUG 13 (W) 10:00-11:30 a.m. (N) AUG 25 (M) 10:30 a.mNoon (NW)	SEP 8-12 (M-F) 7:30 a.m4:00 p.m. (N) SEP 22-26 (M-F) 8:00 a.m4:00 p.m. (L)
Credit Management	JUL 1 (T) 1:00-2:30 p.m. (L) JUL 10 (TH) 10:00-11:30 a.m. (Y) JUL 9 (W) 10:00-11:30 a.m. (N)	AUG 5 (T) 10:00-11:30 a.m. (O) AUG 13 (W) 10:00-11:30 a.m. (Y) AUG 25 (M) 9:00-10:30 a.m. (NW) AUG 13 (W) 8:30-10:00 a.m. (N) AUG 22 (F) 9:00-10:30 a.m. (P) AUG 28 (TH) 10:00-11:30 a.m. (NN)	SEP 3 (T) 1:30-3:00 p.m. (Y) SEP 17 (W) 10:00-11:30 a.m. (N)
Developing Your Spending Plan Exploring Digital Assets	JUL 9 (W) 8:30-10:00 a.m. (N) JUL 9 (W) 9:00-10:30 a.m. (L)	AUG 13 (W) 8:30-10:00 a.m. (NN) AUG 21 (TH) 9:00-10:30 a.m. (P) AUG 21 (TH) 10:00-11:30 a.m. (N)	SEP 11 (TH) 9:00-10:30 a.m. (P) SEP 16 (W) 1:00-2:30 p.m. (Y) SEP 17 (W) 8:30-10:00 a.m. (N)
inancial Leadership Seminar	JUL 30 (W) 8:00 a.mNoon (NN)	AUG 4 (M) 9:00 a.mNoon (L) AUG 14 (TH) Noon-4:00 p.m. (P)	SEP 18 (TH) 1:00-3:00 p.m. (Y)
Entitlement to Continuation Pay Leadership Training	JUL 10 (TH) 3:30-5:00 p.m. (0)	AUG 4 (M) 2:00-3:00 p.m. (L) AUG 19 (T) 10:00-11:00 a.m. (N) AUG 4 (M) 1:00-2:00 p.m. (L)	
Financial Implications of Divorce First Duty Station	JUL 22 (T) 9:00-10:00 a.m. (N)		SEP 30 (T) 2:00-3:30 p.m. (O)
Marriage Permanent Change of Station	JUL 22 (T) 10:00-11:00 a.m. (N)	AUG 20 (W) 9:00-10:30 a.m. (NN)	SEP 16 (T) 9:00-10:00 a.m. (N) SEP 17 (W) 9:00-10:00 a.m. (L)
Post Deployment			SEP 17 (W) Noon-1:00 p.m. (L)
Vesting in the Thrift Savings Plan		AUG 19 (T) 9:00-10:00 a.m. (N)	SEP 17 (W) 10:00-11:00 a.m. (L)
Welcoming Your First Child ambling Awareness		AUG 21 (TH) 8:30-10:00 a.m. (N)	SEP 16 (T) 10:00-11:00 a.m. (N)
ome Buying omeownership	JUL 24 (TH) 1:00-2:30 p.m. (L) JUL 22 (T) 8:30 a.m3:00 p.m. (P)	AUG 7 (TH) 8:30 a.m 3:00 p.m. (NN) AUG 14 (TH) 8:30 a.m3:00 p.m. (O)	SEP 29 (M) 2:30-4:00 p.m. (L) SEP 16 (T) 8:30 a.m3:00 p.m. (P) SEP 23 (T) 8:30 a.m3:00 p.m. (N)
ow to Survive the Holidays Financially	JUL 9 (W) 10:30 a.mNoon (L) JUL 11 (F) 8:30-10:30 a.m. (N) JUL 22 (T) 10:00-11:30 a.m. (O) JUL 15 & 16 (T&W) 8:00 a.m4:00 p.m. (O)	AUG 6 (W) 8:30-10:00 a.m. (NN) AUG 19 (T) Noon-1:30 p.m. (Y) AUG 25 & 26 (M&T) 8:00 a.m4:00 p.m. (N)	SEP 4 (TH) 9:00-10:30 a.m. (NN) SEP 8 & 9 (M&T) 8:00 a.m4:00 p.m. (L) SEP 25 & 26 (TH&F) 8:00 a.m4:00 p.m.
illion Dollar Sailor aying for College	JUL 24 & 25 (TH&F) 8:00 a.m. 4:00 p.m. (N) JUL 1 (T) 9:00-10:30 a.m. (L) JUL 2 (W) 9:00-10:30 a.m. (Y) JUL 23 (W) 10:00-11:30 a.m. (N)		SEP 9 & 10 (T&W) 8:00 a.m4:00 p.m. (D) (Y) SEP 16 (W) 9:00-10:30 a.m. (NN)
aying Off Your Student Loans	JUL 1 (T) 10:30 a.mNoon (L) JUL 23 (W) 8:30-10:00 a.m. (N) JUL 16 (W) Noon-1:30 p.m. (N)	AUG 20 (W) Noon-1:30 p.m. (N) AUG 28 (TH) 2:30-4:00 p.m. (L)	SEP 17 (W) 9:00-10:30 a.m. (NN) SEP 24 (W) Noon-1:30 p.m. (N)
aising Financially Fit Kids	JUL 30 (W) 8:30-10:00 a.m. (N)		
enting aving and Investing	JUL 28 (M) 10:30 a.mNoon (NW) JUL 31 (TH) 8:30 a.mNoon (NN) JUL 10 (TH) 10:30 a.mNoon (N) JUL 14 (M) 9:00-10:30 a.m. (NW) JUL 16 (W) 8:30-10:00 a.m. (N)	AUG 19 (T) 8:30-10:00 a.m. (Y) AUG 20 (W) 8:30-10:00 a.m. (N) AUG 28 (TH) 9:00-10:30 a.m. (L)	SEP 29 (M) 1:00-2:30 p.m. (L) SEP 24 (W) 8:30-10:00 a.m. (N) SEP 30 (T) 9:00-10:30 a.m. (NN) (Y)
urvivor Benefit Plan hrift Savings Plan	JUL 10 (TH) 9:00-10:30 a.m. (N) JUL 10 (TH) 9:00-10:30 a.m. (NN) JUL 16 (W) 10:00-11:30 a.m. (N)	AUG 4 (M) 9:00-10:30 a.m. (Y) AUG 20 (W) 10:00-11:30 a.m. (N) AUG 28 (TH) 1:00-2:30 p.m. (L)	SEP 29 (M) 10:30 a.mNoon (L) SEP 11 (TH) 9:00-10:30 a.m. (NN) SEP 15 (M) 9:00-10:30 a.m. (NW) SEP 24 (W) 10:00-11:30 a.m. (N)
our Insurance Needs	JUL 9 (W) 1:30-3:00 p.m. (N)	AUG 13 (W) 1:30-3:00 p.m. (N) RELOCATION ASSISTANCE PROGRAMS	SEP 17 (W) 1:30-3:00 p.m. (N) SEP 29 (M) 9:00-10:30 a.m. (L)
ultural Adaptation	JUL 15 (T) 12:30-2:00 p.m. (L) IIII 15 (T) 9:00 a m -Noon (L) IIII 23 (W) 9:00 a m -Noon (NN)		SEP 30 (T) 12:30-2:00 p.m. (L) SEP 4 (TH) 9:00 a m -4:00 p.m. (NW) SEP 18 (TH) 9:00 a m -(0) SEP 30 (T) 9:00 a m -Noon (L)
oving Overseas	JUL 23 (W) 9:00 a.mNoon (L) JUL 23 (W) 9:00 a.mNoon (NN) JUL 8 (T) 9:00 a.mNoon (L) JUL 16 (W) 1:00-3:30 p.m. (P)	AUG 5 (T) 9:00 a.mNoon (Y) AUG 15 (F) Noon-3:30 p.m. (N) AUG 26 (T) 9:00 a.m4:00 p.m. (P) AUG 19 (T) 9:00 a.mNoon (Y)	SEP 14 (TH) 9:00 a.m4:00 p.m. (NW) SEP 18 (TH) 9:00-11:00 a.m. (O) SEP 30 (T) 9:00 a.mNoon (L) SEP 10 (W) 1:00-4:00 p.m. (NN) SEP 29 (M) Noon-3:30 p.m. (N) SEP 12 (F) Noon-3:30 p.m. (N) SEP 24 (W) 9:00 a.mNoon (NN)
mooth Move Workshop	JUL 8 (T) 9:00 a.mNoon (L) JUL 16 (W) 1:00-3:30 p.m. (P) JUL 9 (W) 9:00 a.mNoon (NN) JUL 29 (T) Noon-3:30 p.m. (N) JUL 14 (M) 8:30-9:30 a.m. (N) JUL 17 (TH) 9:00-10:00 a.m. (DN)	AUG 29 (F) 9:00 a.mNoon (L)	SEP 12 (F) Noon-3:30 p.m. (N) SEP 24 (W) 9:00 a.mNoon (NN) SEP 23 (T) 9:00 a.mNoon (L) SEP 30 (T) 9:00 a.mNoon (P)