

SIGNAL		DN	Dam Neck 757-492-6342	L	Little Creek 757-462-7563	NN	Newport News 757-688-6289	N	Norfolk 757-444-2102	NW	Northwest 757-421-8770	O	Oceana 757-433-2912	P	Portsmouth 757-953-7801	Y	Yorktown 757-887-4606	OCT • NOV • DEC 2025 PROGRAM CALENDAR	
FFSC PROGRAMS		OCTOBER						NOVEMBER						DECEMBER					
		COMMAND SUPPORT PROGRAMS																	
Deckplate Resource Awareness Training		OCT 8 & 9 (W&TH) 8:00 a.m.-4:00 p.m. (L)		OCT 15 & 16 (W&TH) 8:30 a.m.-3:30 p.m. (N)										DEC 9 & 10 (T&W) 8:30 a.m.-3:30 p.m. (N)		DEC 9 & 10 (T&W) 8:30 a.m.-4:30 p.m. (O)			
Exceptional Family Member POC Training		OCT 21 (T) 8:30-11:30 a.m. (P)						NOV 4 (T) 8:30-11:00 a.m. (N) (P)		NOV 14 (F) 9:00 a.m.-Noon (O)		NOV 17 (M) 8:30-11:30 a.m. (P)		DEC 12 (F) 9:00 a.m.-Noon (L)		DEC 18 (TH) 10:00 a.m.-Noon (Y)			
Family Readiness Group (FRG) Leadership Training		OCT 24 (F) 10:00-11:30 a.m. (O) (Advanced Training)						NOV 1 (S) 8:30 a.m.-4:00 p.m. (N) (Basic Training) NOV 5 (W) 9:00-11:00 a.m. (L) (Advanced Training)				NOV 5 (W) 6:00-8:00 p.m. (L) (Advanced Training) NOV 19 (W) 8:30 a.m.-4:30 p.m. (DN) (Basic Training)		DEC 4 (TH) 8:30 a.m.-4:30 p.m. (L) (Basic Training)					
FAP Liaison Quarterly Training		OCT 9 (TH) 1:00-3:00 p.m. (L)																	
Maintaining Respect in the Workplace		OCT 1 (W) 8:30-10:30 a.m. (O)		OCT 30 (TH) 1:00-3:00 p.m. (N)				NOV 24 (M) 9:00-11:00 a.m. (L)											
MY (Managing Your) Navy Career Options		OCT 23 & 24 (TH&F) 8:00 a.m.-4:00 p.m. (N)						NOV 17 & 18 (M&T) 8:00 a.m.-4:00 p.m. (L)				NOV 20 & 21 (TH&F) 8:00 a.m.-4:00 p.m. (N)		DEC 18 & 19 (TH&F) 8:00 a.m.-4:00 p.m. (N)					
Ombudsman Advanced Training		OCT 10 (F) 10:00-11:30 a.m. (O)												DEC 10 (W) 9:00-11:00 a.m. (L)		DEC 10 (W) 6:00-8:00 p.m. (L)			
Ombudsman Basic Training		OCT 14-16 (T-TH) 8:30 a.m.-4:30 p.m. (Y)		OCT 22-24 (W-F) 8:30 a.m.-4:00 p.m. (N)				NOV 14-16 (F-SU) 8:30 a.m.-4:30 p.m. (L)				DEC 2-4 (T-TH) 8:30 a.m.-4:30 p.m. (N) (Y)							
Due to recent government updates, prior to attending ANY SAPR trainings, please confirm current availability with your Assessor SAC.	SAPR Administrative Unit Victim Advocate Training						NOV 5 (W) 9:00 a.m.-Noon (Y)						NOV 6 (TH) 9:00 a.m.-2:00 p.m. (O)		NOV 13 (TH) 8:00 a.m.-Noon (L)				
	SAPR Command/Staff Duty Officer & Watchstander Training*						NOV 13 (TH) 10:00-11:00 a.m. (N)												
	SAPR Uniformed Housing/ Residential Advisor Training*						NOV 4 (TUE) 10:00-11:00 a.m. (N)						DEC 2 (TUE) 10:00-11:00 a.m. (N)						
	SAPR Victim Advocate Continuing Education Training*		OCT 9 (TH) 9:00 a.m.-Noon (L) OCT 16 (TH) 7:30-11:30 a.m. (N)						NOV 6 (TH) 9:00 a.m.-Noon (L) NOV 12 & 13 (W&TH) 9:00 a.m.-4:30 p.m. (O)		NOV 19 (W) 9:00 a.m.-Noon (Y) NOV 20 (TH) 7:30-11:30 a.m. (N)		DEC 11 (TH) 7:30-11:30 a.m. (N)						
	SAPR Victim Advocate Initial Course (formerly Basic)*		OCT 6-10 (M-F) 8:00 a.m.-4:30 p.m. (Y) OCT 6-10 (M-F) 8:00 a.m.-5:00 p.m. (O)		OCT 20-24 (M-F) 7:30 a.m.-4:30 p.m. (N) OCT 27-31 (M-F) 8:00 a.m.-4:30 p.m. (L)						DEC 1-5 (M-F) 8:00 a.m.-4:30 p.m. (Y) DEC 1-5 (M-F) 8:00 a.m.-5:00 p.m. (O)								
	Sponsor Training		OCT 1 (W) 1:00-2:00 p.m. (N)		OCT 2 (TH) 9:00-11:00 a.m. (L)		OCT 22 (W) 9:00-10:30 a.m. (DN)		NOV 14 (F) 9:00-10:00 a.m. (N)				DEC 10 (W) 9:00-11:00 a.m. (L)		DEC 11 (TH) 10:00-11:30 a.m. (NN)		DEC 17 (W) 9:00-10:30 a.m. (O)		
FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS																			
Career Development		OCT 14 (T) 8:30-11:30 a.m. (N)		OCT 27 (M) 8:00-11:00 a.m. (L)		OCT 27 (M) 9:00 a.m.-Noon (O)		NOV 17 (M) 9:00 a.m.-Noon (O)		NOV 18 (T) 8:30-11:30 a.m. (N)		NOV 24 (M) 8:00-11:00 a.m. (L)		DEC 15 (M) 8:00-11:00 a.m. (L)		DEC 15 (M) 9:00 a.m.-Noon (O)		DEC 16 (T) 8:30-11:30 a.m. (N)	
Effective Resume Writing		OCT 15 (W) 8:30-11:30 a.m. (N)		OCT 28 (T) 8:00-11:00 a.m. (L)		OCT 28 (T) 9:00 a.m.-Noon (O)		NOV 18 (T) 9:00 a.m.-Noon (O)		NOV 19 (W) 8:30-11:30 a.m. (N)		NOV 25 (T) 8:00-11:00 a.m. (L)		DEC 16 (T) 8:00-11:00 a.m. (L)		DEC 16 (T) 9:00 a.m.-Noon (O)		DEC 17 (W) 8:30-11:30 a.m. (N)	
Interview Techniques		OCT 17 (F) 8:30-11:30 a.m. (N)		OCT 29 (W) Noon-3:00 p.m. (L)		OCT 30 (TH) 9:00 a.m.-Noon (O)		NOV 20 (TH) 9:00 a.m.-Noon (O)		NOV 21 (F) 8:30-11:30 a.m. (N)		NOV 26 (W) Noon-3:00 p.m. (L)		DEC 17 (W) Noon-3:00 p.m. (L)		DEC 18 (TH) 9:00 a.m.-Noon (O)		DEC 19 (F) 8:30-11:30 a.m. (N)	
Job Network		OCT 15 (W) Noon-1:30 p.m. (N)		OCT 28 (T) 11:00 a.m.-12:30 p.m. (L)		OCT 30 (TH) Noon-1:00 p.m. (O)		NOV 19 (W) Noon-1:30 p.m. (N)		NOV 20 (TH) Noon-1:00 p.m. (O)		NOV 25 (T) 11:30 a.m.-12:30 p.m. (L)		DEC 16 (T) 11:00 a.m.-12:30 p.m. (L)		DEC 17 (W) Noon-1:30 p.m. (N)		DEC 18 (TH) Noon-1:30 p.m. (O)	
Job Search Strategies		OCT 14 (T) 1:00-4:00 p.m. (N)		OCT 27 (M) Noon-3:00 p.m. (L)		OCT 29 (W) 9:00 a.m.-Noon (O)		NOV 18 (T) 1:00-4:00 p.m. (N)		NOV 19 (W) 9:00 a.m.-Noon (O)		NOV 24 (M) Noon-3:00 p.m. (L)		DEC 15 (M) Noon-3:00 p.m. (L)		DEC 16 (T) 1:00-4:00 p.m. (N)		DEC 17 (W) 9:00 a.m.-Noon (O)	
Navigating Federal Employment		OCT 16 (TH) 8:30-11:30 a.m. (N)		OCT 29 (W) 8:00-11:00 a.m. (L)		OCT 31 (F) 9:00 a.m.-Noon (O)		NOV 20 (TH) 8:30-11:30 a.m. (N)		NOV 21 (F) 9:00 a.m.-Noon (O)		NOV 26 (W) 8:00-11:00 a.m. (L)		DEC 17 (W) 8:00-11:00 a.m. (L)		DEC 18 (TH) 8:30-11:30 a.m. (N)		DEC 19 (F) 9:00 a.m.-Noon (O)	
Navy Spouse in Transition		OCT 10 (F) 9:00-11:30 a.m. (L)						NOV 25 (T) 1:00-3:00 p.m. (O)				NOV 19 (W) 5:00-7:00p.m. (N)							
Pre-Separation Counseling		OCT 2 (TH) 8:00-11:00 a.m. (N) OCT 3 (F) 8:00-11:00 a.m. (N) OCT 9 (TH) 8:00-11:00 a.m. (N)		OCT 23 (TH) 8:00-11:00 a.m. (N) OCT 24 (F) 8:00-11:00 a.m. (N) OCT 30 (TH) 8:00-11:00 a.m. (N)		OCT 31 (F) 8:30-10:30 a.m. (DN) OCT 31 (F) 9:00 a.m.-Noon (L)		NOV 6 (TH) 8:00-11:00 a.m. (N) NOV 7 (F) 8:00-11:00 a.m. (N) NOV 20 (TH) 8:00-11:00 a.m. (N)		NOV 21 (F) 8:00-11:00 a.m. (N) NOV 21 (F) 8:30-10:30 a.m. (O) NOV 21 (F) 9:00 a.m.-Noon (L)		DEC 4 (TH) 8:00-11:00 a.m. (N) DEC 5 (F) 8:00-11:00 a.m. (N) DEC 11 (TH) 8:00-11:00 a.m. (N)				DEC 18 (TH) 8:00-11:00 a.m. (N) DEC 19 (F) 8:00-11:00 a.m. (N) DEC 19 (F) 9:00 a.m.-Noon (L)			
TAP (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 locations due to building renovations. See TAP program description on reverse side for additional information.																	
TRANSITION TRACKS	Education	OCT 2 & 3 (TH&F) 8:00 a.m.-4:00 p.m. (N)		OCT 30 & 31 (TH&F) 8:00 a.m.-4:00 p.m. (N)				NOV 6 & 7 (TH&F) 8:00 a.m.-4:00 p.m. (L)				NOV 20 & 21 (TH&F) 8:00 a.m.-4:00 p.m. (N)				DEC 4 & 5 (TH&F) 8:00 a.m.-4:00 p.m. (O)		DEC 18 & 19 (TH&F) 8:00 a.m.-4:00 p.m. (N)	
	Employment	OCT 2 & 3 (TH&F) 8:00 a.m.-4:00 p.m. (N) OCT 9 & 10 (TH&F) 8:00 a.m.-4:00 p.m. (N)		OCT 23 & 24 (TH&F) 8:00 a.m.-4:00 p.m. (N) OCT 30 & 31 (TH&F) 8:00 a.m.-4:00 p.m. (N)				NOV 6 & 7 (TH&F) 8:00 a.m.-4:00 p.m. (N) (O)								DEC 4 & 5 (TH&F) 8:00 a.m.-4:00 p.m. (N) DEC 18 & 19 (TH&F) 8:00 a.m.-4:00 p.m. (N)			
	Entrepreneurship	OCT 9 & 10 (TH&F) 8:00 a.m.-4:00 p.m. (N) OCT 16 & 17 (TH&F) 8:00 a.m.-4:00 p.m. (O)		OCT 20 & 21 (M&T) 8:00 a.m.-4:00 p.m. (L)				NOV 6 & 7 (TH&F) 8:00 a.m.-4:00 p.m. (N)								DEC 1 & 2 (M&T) 8:00 a.m.-4:00 p.m. (L) DEC 4 & 5 (TH&F) 8:00 a.m.-4:00 p.m. (N)			
	Vocational	OCT 9 & 10 (TH&F) 8:00 a.m.-4:00 p.m. (N) (O)						NOV 6 & 7 (TH&F) 8:00 a.m.-4:00 p.m. (N)								DEC 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N)			
VA Disability Benefits Review		OCT 2 (W) 9:00 a.m.-4:00 p.m. (L) OCT 15 (W) 9:00 a.m.-Noon (O)		OCT 16 (TH) 9:00 a.m.-4:00 p.m. (L) OCT 30 (TH) 9:00 a.m.-4:00 p.m. (L)				NOV 20 (TH) 9:00 a.m.-4:00 p.m. (L)				DEC 11 (TH) 9:00 a.m.-4:00 p.m. (L)							
MILITARY LIFE SKILLS EDUCATION PROGRAMS																			
Building Effective Anger Management Skills		OCT 20, 22, 24, 27, 29 & 31 (M,W,F) 1:00-3:00 p.m. (N)						NOV 3, 5, 7, 10, 12 & 14 (M,W,F) 9:00-11:00 a.m. (DN) NOV 3, 5, 10, 12, 17 & 19 (M&W) 9:00-11:00 a.m. (N)				NOV 5-7 (W-F) 8:00 a.m.-Noon (Y)		DEC 1, 3, 5, 8, 12 & 15 (M,W,F) 9:00-11:00 a.m. (L)					
Building Healthy Relationships		OCT 6 (M) 5:00-7:30 p.m. (N)		OCT 9 (TH) 9:00-11:30 a.m. (Y)		OCT 31 (F) 9:00-11:30 a.m. (O)		NOV 13 (TH) 9:00-11:30 a.m. (N) (Y)								DEC 4 (TH) 9:00-11:30 a.m. (NN)		DEC 11 (TH) 4:00-6:30 p.m. (L)	
Children and Divorce		OCT 3 (F) 1:00-5:00 p.m. (N) OCT 13 (M) 8:30 a.m.-12:30 p.m. (Y)		OCT 16 (TH) 8:30 a.m.-12:30 p.m. (L) OCT 16 (TH) 12:30-4:30 p.m. (O)				NOV 19 (W) 2:30-6:30 p.m. (N) NOV 25 (T) 8:30 a.m.-12:30 p.m. (Y)								DEC 2 (T) 8:30 a.m.-12:30 p.m. (N)			
Couples Workshop		OCT 15 & 17 (W&F) 4:00-6:30 p.m. (N)		OCT 20 & 27 (M) 5:00-7:30 p.m. (L)		OCT 28 & 30 (T&TH) 5:00-7:30 p.m. (O)								DEC 2 & 9 (T) 5:00-7:30 p.m. (L)					
Dads and Discipline		OCT 6 (M) 1:30-4:00 p.m. (Y) OCT 7 (T) 2:00-4:30 p.m. (Y)						NOV 3 (M) 9:00-11:30 a.m. (Y) NOV 14 (F) 8:30-11:00 a.m. (O)				NOV 17 (M) 9:00-11:30 a.m. (N) NOV 19 (W) 9:00-11:30 a.m. (L)		DEC 8 (M) 9:00-11:30 a.m. (N) DEC 8 (M) 1:00-3:00 p.m. (Y)					
Enhancing Blended Families		OCT 21 (T) 2:00-4:30 p.m. (O)						NOV 17 (M) 9:00-11:00 a.m. (L)								DEC 22 (M) 8:30-11:00 a.m. (N)			
MIND-BODY/MENTAL FITNESS (MBMF)	Module 1: Stress Resilience	OCT 1 (W) 9:00-11:00 a.m. (N)		OCT 3 (F) 10:00 a.m.-Noon (Y)				NOV 10 (M) 9:00-11:00 a.m. (Y)				NOV 19 (W) 1:00-3:00 p.m. (NN)		DEC 2 (T) 10:00 a.m.-Noon (DN)					
	Module 2: Mindfulness & Meditation	OCT 8 (W) 1:30-3:30 p.m. (Y)		OCT 9 (TH) 9:00-11:00 a.m. (N)				NOV 20 (TH) 9:00-11:00 a.m. (Y)								DEC 2 (T) 12:30-2:30 p.m. (DN)		DEC 9 (T) 9:00-11:00 a.m. (NN)	
	Module 3: Living Core Values	OCT 21 (T) 9:00-11:00 a.m. (N)		OCT 23 (TH) 1:00-3:00 p.m. (Y)												DEC 3 (W) 10:00 a.m.-Noon (DN)			
	Module 4: Flexibility	OCT 23 (TH) 9:00-11:00 a.m. (N)		OCT 27 (M) 9:00-11:00 a.m. (Y)				NOV 7 (F) 9:00-11:30 a.m. (L)								DEC 3 (W) 12:30-2:30 p.m. (DN)			
	Module 5: Problem Solving	OCT 28 (T) 1:00-3:00 p.m. (Y)						NOV 14 (F) 9:00-11:30 a.m. (L)								DEC 4 (TH) 10:00 a.m.-Noon (DN)		DEC 11 (TH) 1:00-3:00 p.m. (Y)	
	Module 6: Connections	OCT 28 (T) 9:00-11:00 a.m. (N)		OCT 30 (TH) 1:30-3:30 p.m. (Y)				NOV 21 (F) 9:00-11:30 a.m. (L)								DEC 4 (TH) 12:30-2:30 p.m. (DN)		DEC 19 (F) Noon-2:00 p.m. (Y)	
New Parent Resource Awareness Workshop		OCT 3 (F) 8:30 a.m.-12:30 p.m. (O)						NOV 3 (M) 12:30-4:30 p.m. (N)								DEC 18 (TH) 12:30-4:30 p.m. (Y)			
Parenting 411																DEC 5 (F) 9:00 a.m.-2:00 p.m. (O)			
Parenting in a Military Family		OCT 1 (W) 9:00 a.m.-2:00 p.m. (Y)						NOV 5 (W) 8:30 a.m.-1:30 p.m. (O)								DEC 4 (TH) Noon-5:00 p.m. (L)			
Parenting Teens		OCT 22 (W) 9:00-11:30 a.m. (Y)						NOV 18 (T) 1:00-3:30 p.m. (Y)								DEC 3 (W) 1:00-3:30 p.m. (N) DEC 9 (T) 2:00-4:30 p.m. (O)		DEC 22 (M) 1:00-3:30 p.m (Y)	
Personal Communications		OCT 10 (F) 9:00-11:00 a.m. (Y) OCT 15 (W) 9:00-11:00 a.m. (NN)		OCT 29 (W) 2:00-4:00 p.m. (O) OCT 30 (TH) 9:00 a.m.-Noon (L)				NOV 21 (F) 10:00 a.m.-Noon (Y)								DEC 2 (T) 9:00-11:00 a.m. (N)			
Ready to Date		OCT 17 (F) 9:00-11:00 a.m. (NN)						OCT 27 (M) 2:00-4:00 p.m. (O)								DEC 15 (M) 9:00-11:00 a.m. (N)			
Spouse Newcomers Orientation		OCT 21 (T) Noon-4:00 p.m. (Y)						NOV 12 (W) 8:00 a.m.-12:30 p.m. (L)								DEC 11 (TH) 9:00 a.m.-1:00 p.m. (O) DEC 16 (T) 1:00-4:00 p.m. (Y)		DEC 17 (W) 9:00 a.m.-1:00 p.m. (N)	
Stress Management		OCT 2 (TH) 9:00-10:30 a.m. (Y)		OCT 20 & 22 (M&W) 10:00 a.m.-Noon & 12:30-2:30 p.m. (DN)				NOV 3, 5, 7 & 10 (M,W,F) 9:00-11:00 a.m. (L)								DEC 3 (W) 9:00-10:00 a.m. (N)			
Systematic Training for Effective Parenting (STEP)		OCT 7, 9, 14, 16, 21, 23 & 28 (T&TH) 4:30-7:30 p.m. (L) School Age						NOV 17-25 (M-F,M&T) 1:00-3:00 p.m. (O) School Age								DEC 1, 3, 5, 8, 12, 15 & 17 (M,W,F) 4:30-7:30 p.m. (L) Early Childhood DEC 2, 4, 9, 11, 16 & 18 (T&TH) 3:00-5:30 p.m. (N) School Age			
PERSONAL FINANCIAL MANAGEMENT PROGRAMS																			
Blended Retirement System		OCT 15 (W) 11:00 a.m.-Noon (NN) OCT 21 (T) 10:30-11:30 a.m. (NN)		OCT 22 (W) 1:30-3:00 p.m. (N)				NOV 12 (W) 10:30 a.m.-Noon (L) NOV 18 (T) 10:30 a.m.-11:30 a.m. (NN)				NOV 19 (W) 11:00 a.m.-Noon (NN) NOV 19 (W) 1:30-3:00 p.m. (N)		DEC 16 (T) 10:30-11:30 a.m. (NN) DEC 17 (W) 11:00 a.m.-Noon (NN)				DEC 17 (W) 1:30-3:00 p.m. (N)	
Car Buying Strategies		OCT 7 (T) 2:30-4:00 p.m. (L)		OCT 7 (T) 3:30-5:00 p.m. (O)		OCT 15 (W) Noon-1:30 p.m. (N)				NOV 12 (W) Noon-1:30 p.m. (N)				DEC 10 (W) Noon-1:30 p.m. (N)					
CFS Forum and Financial Town Hall Meeting		OCT 31 (F) 8:30-10:00 a.m. (O)						NOV 5 (W) 12:30-1:30 p.m. (N)				NOV 21 (F) 8:30-10:00 a.m. (L)							
CFS Refresher Training																DEC 5 (F) 8:00 a.m.-4:00 p.m. (L)			
CFS Training		OCT 8-10 (W-F) 7:30 a.m.-4:00 p.m. (N) OCT 22-24 (W-F) 8:00 a.m.-4:00 p.m. (L)		OCT 29-31 (W-F) 7:30 a.m.-4:00 p.m. (O)				NOV 5-7 (W-F) 7:30 a.m.-4:00 p.m. (N)(P)(Y) NOV 19-21 (W-F) 7:30 a.m.-4:00 p.m. (O)				NOV 19-21 (W-F) 8:00 a.m.-4:00 p.m. (L)							
Consumer Awareness		OCT 7 (T) 10:30 a.m.-Noon (L)		OCT 15 (W) 10:00-11:30 a.m. (N)												DEC 10 (W) 10:00-11:30 a.m. (N)			
Credit Management		OCT 7 (T) 1:00-2:30 p.m. (L)		OCT 7 (T) 1:30-3:00 p.m. (O)		OCT 15 (W) 8:30-10:00 a.m. (N)				NOV 12 (W) 10:00-11:30 a.m. (N)									
Developing Your Spending Plan		OCT 7 (T) 9:00-10:30 a.m. (L)						NOV 12 (W) 8:30-10:00 a.m. (N)											
Exploring Digital Assets		OCT 23 (TH) 10:00-11:30 a.m. (N)																	
Financial Leadership Seminar								NOV 3 (M) 9:00 a.m.-Noon (L)											
FINANCIAL LITERACY TOUCHPOINTS	Disabling Sickness or Condition							NOV 18 (T) 09:00-10:00 a.m. (N)											
	Entitlement to Continuation Pay	OCT 16 (TH) 2:00-3:30 p.m. (O)						NOV 3 (M) 2:00-3:00 p.m. (L)											
	Financial Implications of Divorce															DEC 17 (W) Noon-1:00 p.m. (L)			
	First Duty Station	OCT 15 (W) 10:00-11:00 a.m. (L)		OCT 21 (T) 2:00-3:30 p.m. (O)												DEC 17 (W) 10:00-11:00 a.m. (L)			
	Leadership Training	OCT 21 (T) 10:00-11:00 a.m. (N)						NOV 3 (M) 1:00-2:00 p.m. (L)											
	Marriage	OCT 15 (W) 9:00-10:00 a.m. (L)																	