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SUICIDE & CRISIS LIFELINE
988

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FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

Celebrating the Fleet and Family Support Program's 45th Anniversary!

45 Years of Meeting Your Needs...at Home and at Sea

For 45 years, Fleet and Family Support Program (FFSP) has been delivering the best support services possible to Sailors and their families at the right time and in the right place. On July 16, 1979, the FFSP started with one Fleet and Family Support Center (FFSC) at Naval Station Norfolk, Virginia. Today, there are over 80 FFSCs worldwide, with nearly 60 sites delivering a full portfolio of programs and services that include the following:

- **Counseling, Advocacy and Prevention**
 - Crisis Response/Psychological First Aid
 - Deployed Resiliency Counselors (DRC)
 - Family Advocacy Program
 - FAP Victim Advocacy
 - New Parent Support Home Visitation
 - Non-Medical Counseling
 - Sailor Assistance and Intercept for Life (SAIL) Program

- **Sexual Assault Prevention and Response (SAPR)**
 - Crisis Response
 - Victim Advocacy

- **Work and Family Life Programs**
 - Deployment and Mobilization Support
 - Emergency Preparedness/Response, including Non-Medical Case Management
 - Exceptional Family Member Non-Medical Case Management
 - Family Employment Readiness
 - Life Skills Education
 - Ombudsman Support
 - Personal Financial Management
 - Relocation Assistance
 - Repatriation of Noncombatant Evacuees
 - Transition Assistance

- **Integrated Primary Prevention (IPP)**
 - Integrated Prevention Coordinators (IPC) — *Shore*
 - Embedded Integrated Prevention Coordinators (EIPC) — *Afloat*
 - IPCs and EIPCs partner with leaders to:
 - Build healthy climates
 - Implement tailored prevention activities
 - Help build healthy relationships, communication, coping, and resilience skills



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, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

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

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

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

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

SAPR Administrative Unit Victim Advocate 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 Victim Advocate Basic Training and become D-SAACP certified before being designated in writing.

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

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

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

FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

Career Development
The 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 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, separates, and military family members are invited to attend.

Career Employers Questions
Impression Success CVs
Exposure Interview Resumes
Job FAIR
Recruiters Potential
Job Seekers Interview Apply
Networking Talent Companies
Compensation Recruitment HR
Information Exhibitors Benefits

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. It reviews unique hiring paths and special hiring authorities such as veterans and military spouse preferences. It 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.

TAP (Transition Assistance Program)
This three-day workshop is the mandatory Transition Core Curriculum Course for military members whose 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 Administration (VA) Benefits 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.

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

Education
• **Managing Your 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
• **Department of Labor Employment Workshop**
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

• **Boots 2 Business**
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
• **Career and Credential Exploration (C2E)**
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 (BEAMS)
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
The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and developing healthy habits.

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

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

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

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 step parenting 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-OSSC) 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 will learn how stress affects the four domains of resilience, as well as how to recognize it and turn it into an opportunity for growth. You will also develop the vital skills of energy management and recalibration through practical exercises designed to resync 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. You will also learn 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, 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 will cover 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: Connections
In this module you will learn how connection and communication help you manage stress and develop resiliency, among many other benefits. You will learn how to identify your support network and recognize the different communication styles that, when understood, can lead to more successful communication. You will also learn about 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.

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

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

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

Ready to Date
Dating in today's society can seem like an unachievable mission, but it doesn't have to be! In this workshop, you'll learn how to set healthy boundaries, identify red flags,

and learn techniques on how to date smarter. Learn that dating isn't just for finding a spouse, but to discover who you are and what to look for in a potential partner.

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

Stress Management
Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal setting, time management, and progressive relaxation.

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

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

PERSONAL FINANCIAL MANAGEMENT PROGRAMS

Blended Retirement System
The 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 included the financial planning workshop, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics. Open to Command Financial Specialists who meet new requirements implemented July 2019. CFS must meet with an FFSC PFM staff member to verify Quarterly Reporting and Continuing Education requirements have been met before registration can be completed. Call to request an appointment for verification of eligibility and registration.

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

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

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

Developing Your Spending Plan
Do you want to get control of your 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.

Financial Leadership Seminar
Planned and unplanned deployments are a fact of life in the Navy. This course provides information to help learners effectively manage their finances during a deployment.



Financial Literacy Touchpoints
Financial Literacy Touchpoint curriculums 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: First Duty Station, Permanent Change of Station (PCS), Promotion, Vesting in the Thrift Savings Plan (TSP), Entitlement to Continuation Pay, Marriage, Welcoming Your First Child, Preparing for Divorce, Disabling Sickness or Condition, Leadership Training, Pre-Deployment Preparation, and Post-Deployment. 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 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 Manager at your Fleet and Family Support Center.

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.

Leadership Training
Financial readiness is mission readiness. Understanding your role as a leader in helping service members manage their finances, including information, tools, and resources, will be reviewed in this training.

Marriage
This course will prepare you to set goals, establish priorities, develop a family financial plan, and organize your finances to adjust to your new life as a married person.

Permanent Change of Station
Moving often means adjusting to change and starting new routines. This is especially true for finances. This course will help optimize resources and strategize ways to complete a move without breaking the budget.

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 need to be completed, in order to take advantage of the extra money and resources that were available 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.

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

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.

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

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

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

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

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

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

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 repeat renters. Upon completion of this course, learners should be able to research rental options, determine affordability, and locate an appropriate rental property.

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

Survivor Benefit Plan
This course provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan.

Thrift Savings Plan
The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for 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 this 90-minute workshop.

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

RELOCATION ASSISTANCE PROGRAMS

Cultural Adaptation
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 yourself and your family for this challenging adventure. Information will be provided on household 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.

Moving with an Exceptional Family Member
This 30-minute session provides service members and their families with the information and resources available to assist them in relocating with an exceptional family member (EFM) before, during, and after a permanent change of station (PCS). The Exceptional Family Member Program (EFMP) is available for active-duty personnel who have family members with chronic health care or special education needs.

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.

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| FFSC PROGRAMS | | JULY | | | | AUGUST | | | | SEPTEMBER | | | |
|---|--|---|--|--|--|--|--|--|--|--|--|--|--|
| COMMAND SUPPORT PROGRAMS | | | | | | | | | | | | | |
| CPO Selectee Resource Training | | JUL 9 & 10 (T&W) 8:30 a.m.-3:30 p.m. (N) JUL 17 & 18 (W&TH) 8:30 a.m.-4:30 p.m. (O) | | | | JUL 30 & 31 (T&W) 8:00 a.m.-4:00 p.m. (L) | | | | SEP 10 (T) 8:00 a.m.-Noon (L) SEP 16 & 17 (M&T) 8:30 a.m.-3:30 p.m. (N) | | | |
| Deckplate Resource Awareness Training | | JUL 16 (T) 8:30-11:00 a.m. (N) JUL 19 (F) 9:00 a.m.-Noon (O) | | | | JUL 22 (M) 8:30-11:30 a.m. (P) | | | | AUG 21 (W) 8:00-10:00 a.m. (Y) | | | |
| Exceptional Family Member POC Training | | JUL 10 (W) 8:30 a.m.- 3:30 p.m. (Basic Training) (N) | | | | AUG 23 (F) 8:30 a.m.-2:30 p.m. (Basic Training) (O) AUG 27-29 (T-TH) 5:00-7:00 p.m. (Basic Training) (N) | | | | AUG 29 (TH) 8:30 a.m.-4:00 p.m. (Advanced Training) (Y) SEP 5 (TH) 9:00-11:00 a.m. (Advanced Training) (Y) SEP 5 (TH) 6:00-8:00 p.m. (Advanced Training) (Y) | | | |
| Family Readiness Group (FRG) Leadership Training | | JUL 10 (W) 8:30 a.m.- 3:30 p.m. (Basic Training) (N) | | | | AUG 23 (F) 8:30 a.m.-2:30 p.m. (Basic Training) (O) AUG 27-29 (T-TH) 5:00-7:00 p.m. (Basic Training) (N) | | | | AUG 29 (TH) 8:30 a.m.-4:00 p.m. (Advanced Training) (Y) SEP 5 (TH) 9:00-11:00 a.m. (Advanced Training) (Y) SEP 5 (TH) 6:00-8:00 p.m. (Advanced Training) (Y) | | | |
| FAP Liaison Quarterly Training | | JUL 16 (T) 9:00-11:00 a.m. (O) | | | | JUL 18 (TH) 1:00-3:00 p.m. (L) | | | | AUG 7 (W) 1:00-3:00 p.m. (N) | | | |
| Maintaining Respect in the Workplace | | JUL 16 (T) 9:00-11:00 a.m. (O) | | | | JUL 18 (TH) 1:00-3:00 p.m. (L) | | | | AUG 7 (W) 1:00-3:00 p.m. (N) | | | |
| My Navy Career Options | | JUL 8 & 9 (M&T) 8:00 a.m.-4:00 p.m. (L) | | | | JUL 25 & 26 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | AUG 27 & 28 (T&W) 8:00 a.m.-4:00 p.m. (O) AUG 29 & 30 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | |
| Ombudsman Advanced Training | | JUL 17 (TH) 6:00-8:00 p.m. (Y) JUL 25 (TH) 9:00-10:30 a.m. (N) | | | | JUL 25 (TH) 5:30-7:00 p.m. (N) | | | | AUG 9 (F) 10:00-11:30 a.m. (O) AUG 15 (TH) 6:00-8:00 p.m. (Y) | | | |
| Ombudsman Basic Training | | JUL 22-25 (M-TH) 4:30-9:00 p.m. (L) | | | | AUG 9-11 (F-SU) 8:30 a.m.-4:00 p.m. (N) | | | | AUG 20-22 (T-TH) 8:30 a.m.-4:00 p.m. (Y) | | | |
| SAPR Administrative Unit Victim Advocate Training | | JUL 11 (TH) 9:00 a.m.-3:00 p.m. (O) JUL 25 (TH) 9:30 a.m.-12:30 p.m. (N) | | | | JUL 25 (TH) 5:30-7:00 p.m. (N) | | | | AUG 15 (TH) 9:00 a.m.-Noon (Y) AUG 22 (TH) 8:00 a.m.-Noon (P) | | | |
| SAPR Victim Advocate Basic Training | | JUL 15-19 (M-F) 7:30 a.m.-4:30 p.m. (N) JUL 15-19 (M-F) 8:00 a.m.-4:30 p.m. (Y) | | | | JUL 22-26 (M-F) 8:00 a.m.-4:30 p.m. (L) | | | | AUG 5-9 (M-F) 8:00 a.m.-4:00 p.m. (P) | | | |
| SAPR Victim Advocate Continuing Education Training | | JUL 1 & 2 (M&T) 9:00 a.m.-4:00 p.m. (O) JUL 11 (TH) 9:00 a.m.-Noon (L) | | | | JUL 24 (W) 9:00 a.m.-Noon (Y) | | | | AUG 8 (TH) 9:00 a.m.-Noon (L) (N) | | | |
| Sponsor Training | | JUL 11 (TH) 9:00-11:00 a.m. (N) JUL 12 (F) 9:00-11:00 a.m. (O) | | | | JUL 15 (M) 9:00-11:00 a.m. (NN) JUL 19 (F) 9:00-11:00 a.m. (L) | | | | AUG 2 (F) 9:00-11:00 a.m. (NN) AUG 9 (F) 1:00-3:00 p.m. (L) | | | |
| FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS | | | | | | | | | | | | | |
| Career Development | | JUL 10 (W) 9:00 a.m.-Noon (Y) JUL 15 (M) 8:00-11:00 a.m. (L) | | | | JUL 15 (M) 9:00 a.m.-Noon (O) (P) JUL 16 (T) 8:30-11:30 a.m. (N) | | | | AUG 12 (M) 9:00 a.m.-Noon (N) (O) AUG 19 (M) 8:00-11:00 a.m. (L) | | | |
| Effective Resume Writing | | JUL 9 (T) 1:00-4:00 p.m. (Y) JUL 11 (TH) 9:00 a.m.-Noon (NW) JUL 15 (T) 8:00-11:00 a.m. (L) JUL 16 (T) 9:00 a.m.-Noon (O) | | | | JUL 17 (W) 8:30-11:30 a.m. (N) JUL 17 (W) 9:00 a.m.-Noon (P) | | | | AUG 5 (M) 1:00-4:00 p.m. (NN) AUG 6 (T) 1:00-4:00 p.m. (NW) AUG 9 (TH) 9:00 a.m.-Noon (P) AUG 13 (T) 8:30-11:30 a.m. (N) | | | |
| Interview Techniques | | JUL 11 (TH) 9:00 a.m.-Noon (Y) JUL 11 (TH) 1:00-4:00 p.m. (NW) JUL 17 (W) 1:00-4:00 p.m. (L) | | | | JUL 18 (TH) 9:00 a.m.-Noon (O) (P) JUL 19 (F) 8:30-11:30 a.m. (N) | | | | AUG 15 (TH) 9:00 a.m.-Noon (O) AUG 21 (W) 1:00-4:00 p.m. (L) AUG 23 (F) 8:30-11:30 a.m. (N) | | | |
| Job Network | | JUL 16 (T) 11:00 a.m.-Noon (L) JUL 17 (W) Noon-1:30 p.m. (N) | | | | JUL 18 (TH) Noon-1:00 p.m. (O) | | | | AUG 15 (TH) Noon-1:00 p.m. (O) AUG 20 (T) 1:00-4:00 p.m. (L) | | | |
| Job Search Strategies | | JUL 10 (W) 1:00-4:00 p.m. (Y) JUL 15 (M) 1:00-4:00 p.m. (L) JUL 16 (T) 9:00 a.m.-Noon (P) | | | | JUL 16 (T) 1:00-4:00 p.m. (N) JUL 17 (W) 9:00 a.m.-Noon (O) | | | | AUG 12 (M) 1:00-4:00 p.m. (NN) AUG 14 (W) 9:00 a.m.-Noon (O) AUG 19 (M) 1:00-4:00 p.m. (L) | | | |
| Navigating Federal Employment | | JUL 9 (T) 9:00 a.m.-Noon (Y) JUL 17 (W) 8:00-11:00 a.m. (L) JUL 18 (TH) 8:30-11:30 a.m. (N) | | | | JUL 19 (F) 9:00 a.m.-Noon (O) (P) | | | | AUG 5 (M) 9:00 a.m.-Noon (NN) AUG 16 (F) 9:00 a.m.-Noon (O) AUG 20 (T) 9:00 a.m.-Noon (NW) | | | |
| Navy Spouse in Transition | | JUL 12 (F) 9:00-11:30 a.m. (L) | | | | JUL 25 (TH) 9:00-11:00 a.m. (P) | | | | AUG 21 (W) 8:00-11:00 a.m. (L) AUG 22 (TH) 8:30-11:30 a.m. (N) AUG 28 (W) 9:00 a.m.-Noon (P) | | | |
| TAP (Transition Assistance Program) | | Executive Retirement (E-9, W-4, W-5, O-5, and Above), Retiree Classes & Separatee Classes (N) TAP Bldg. U-93 – See TAP program description on reverse side for additional information. | | | | | | | | | | | |
| Education - Managing Your Education | | JUL 18 & 19 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | AUG 1 & 2 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 15 & 16 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | AUG 26 & 27 (M&T) 8:00 a.m.-4:00 p.m. (L) AUG 29 & 30 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | |
| Employment - Department of Labor Employment Workshop | | JUL 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N) JUL 18 & 19 (TH&F) 8:00 a.m.-4:00 p.m. (N) JUL 25 & 26 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | AUG 8 & 9 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 8 & 9 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 15 & 16 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | AUG 22 & 23 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 29 & 30 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | |
| Entrepreneurship - Boots to Business | | JUL 9 & 10 (T&W) 8:00 a.m.-4:00 p.m. (O) JUL 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | JUL 15 & 16 (M&T) 8:00 a.m.-4:00 p.m. (L) | | | | AUG 8 & 9 (TH&F) 8:00 a.m.-4:00 p.m. (N) AUG 13 & 14 (T&W) 8:00 a.m.-4:00 p.m. (P) | | | |
| Vocational - Career and Credential Exploration (C2E) | | JUL 8 & 9 (M&T) 8:00 a.m.-4:00 p.m. (L) JUL 11 & 12 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | JUL 25 & 26 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | | AUG 6 & 7 (T&W) 8:00 a.m.-4:00 p.m. (O) AUG 8 & 9 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | |
| VA Disability Benefits Review | | JUL 11 (TH) 9:00 a.m.-4:00 p.m. (L) JUL 25 (TH) 9:00 a.m.-4:00 p.m. (L) | | | | AUG 7 (W) 9:00 a.m.-4:00 p.m. (L) AUG 8 (TH) 9:00 a.m.-4:00 p.m. (L) | | | | AUG 22 (TH) 9:00 a.m.-4:00 p.m. (L) SEP 12 (TH) 9:00 a.m.-4:00 p.m. (L) SEP 26 (TH) 9:00 a.m.-4:00 p.m. (L) | | | |
| MILITARY LIFE SKILLS EDUCATION PROGRAMS | | | | | | | | | | | | | |
| Building Effective Anger Management Skills | | JUL 9, 11, 16, 18, 23 & 25 (T&TH) 9:00-11:00 p.m. (NN) JUL 9, 11, 16, 18, 23 & 25 (T&TH) 1:00-3:00 p.m. (O) | | | | JUL 15, 17, 22, 24, 29 & 31 (M&W) 1:00-3:00 p.m. (N) | | | | AUG 6, 8, 13, 15, 20 & 22 (T&TH) 9:00-11:00 a.m. (L) (N) AUG 26-28 (M-W) Noon-4:00 p.m. (Y) | | | |
| Building Healthy Relationships | | JUL 8 (M) 5:00-7:30 p.m. (L) JUL 26 (F) 9:00-11:30 a.m. (N) | | | | JUL 31 (W) 9:00-11:00 a.m. (Y) | | | | AUG 1 (TH) 3:30-6:00 p.m. (N) AUG 14 (W) 3:30-6:00 p.m. (L) | | | |
| Children and Divorce | | JUL 1 (M) 8:30 a.m.-12:30 p.m. (N) JUL 17 (W) 8:30 a.m.-12:30 p.m. (O) | | | | JUL 30 (T) 8:00 a.m.-Noon (NW) | | | | AUG 16 (F) 2:30-6:30 p.m. (N) AUG 5 (M) 9:30 a.m.-12:30 p.m. (Y) | | | |
| Couples Workshop | | JUL 22 & 25 (M&W) 5:00-7:30 p.m. (N) | | | | AUG 5 & 6 (M&T) 4:00-6:30 p.m. (N) AUG 8 & 15 (TH) 5:00-7:30 p.m. (L) | | | | AUG 14 (W) 5:00-7:30 p.m. (Y) AUG 22 & 23 (TH&F) 5:00-7:30 p.m. (O) | | | |
| Dads and Discipline | | JUL 3 (W) 2:00-4:30 p.m. (O) JUL 9 (T) 9:00-11:30 a.m. (L) | | | | JUL 23 (T) 9:00-11:30 a.m. (N) | | | | AUG 7 (W) 8:30 a.m.-12:30 p.m. (Y) AUG 15 (TH) 9:00-11:30 a.m. (NW) | | | |
| Enhancing Blended Families | | JUL 29 (M) 9:00-11:30 a.m. (O) | | | | JUL 30 (T) 8:30-11:00 a.m. (N) | | | | AUG 7 (W) 9:00-11:00 a.m. (L) | | | |
| Module 1: Stress Resilience | | JUL 8 (M) 1:00-3:00 p.m. (N) JUL 9 (T) 1:00-3:00 p.m. (Y) | | | | JUL 11 (TH) 9:00-11:30 a.m. (L) | | | | AUG 5 (M) 9:00-11:00 a.m. (P) AUG 12 (M) 9:00-11:00 a.m. (O) | | | |
| Module 2: Mindfulness & Meditation | | JUL 11 (M) 1:00-3:00 p.m. (N) JUL 15 (M) 2:00-4:00 p.m. (Y) | | | | JUL 23 (T) 9:00-11:30 a.m. (L) | | | | AUG 5 (M) 11:00 a.m.-1:00 p.m. (P) | | | |
| Module 3: Living Core Values | | JUL 18 (TH) 1:00-3:00 p.m. (N) JUL 25 (TH) 9:00-11:30 a.m. (L) | | | | AUG 7 (W) 9:00-11:00 a.m. (P) AUG 14 (W) 9:00-11:00 a.m. (O) | | | | AUG 16 (F) 9:00 a.m.-4:00 p.m. (Y) | | | |
| Module 4: Flexibility | | JUL 30 (T) 9:00-11:00 a.m. (NN) | | | | AUG 9 (F) 9:00-11:00 a.m. (P) AUG 16 (F) 9:00-11:00 a.m. (O) | | | | AUG 28 (W) 9:00-11:00 a.m. (N) | | | |
| Module 5: Problem Solving | | JUL 30 (T) 9:00-11:00 a.m. (NN) | | | | AUG 9 (F) 9:00-11:00 a.m. (P) AUG 16 (F) 9:00-11:00 a.m. (O) | | | | AUG 28 (W) 9:00-11:00 a.m. (N) | | | |
| Module 6: Connections | | JUL 30 (T) 9:00-11:00 a.m. (NN) | | | | AUG 9 (F) 9:00-11:00 a.m. (P) AUG 16 (F) 9:00-11:00 a.m. (O) | | | | AUG 28 (W) 9:00-11:00 a.m. (N) | | | |
| New Parent Resource Awareness Workshop | | JUL 12 (F) 8:30 a.m.-12:30 p.m. (N) (O) | | | | AUG 15 (TH) 9:00 a.m.-2:00 p.m. (N) | | | | SEP 5 (TH) 8:00 a.m.-Noon (L) | | | |
| Parenting 411 | | JUL 29 (M) 9:00 a.m.-2:00 p.m. (O) | | | | AUG 15 (TH) 9:00 a.m.-2:00 p.m. (N) | | | | SEP 19 (TH) 9:00 a.m.-2:00 p.m. (N) | | | |
| Parenting in a Military Family | | JUL 3 (W) 9:00-10:00 a.m. (Y) | | | | AUG 5 (M) 8:30 a.m.-1:30 p.m. (O) AUG 12 (M) 9:00 a.m.-2:00 p.m. (Y) AUG 23 (F) 8:30 a.m.-1:30 p.m. (L) | | | | AUG 26 (M) 9:00 a.m.-Noon (NW) AUG 26 (M) 1:00-6:00 p.m. (N) | | | |
| Parenting Teens | | JUL 15 (M) 2:30-5:00 p.m. (O) | | | | JUL 23 (T) 1:00-3:30 p.m. (N) | | | | AUG 5 (M) 8:30 a.m.-1:30 p.m. (O) AUG 12 (M) 9:00 a.m.-2:00 p.m. (Y) AUG 23 (F) 8:30 a.m.-1:30 p.m. (L) | | | |
| Personal Communications | | JUL 9 (T) 5:00-7:00 p.m. (N) | | | | AUG 2 (F) 9:00-11:00 a.m. (N) AUG 19 (M) 9:00 a.m.-Noon (L) | | | | AUG 21 (W) 3:00-5:00 p.m. (O) | | | |
| Ready Navy | | JUL 11 (TH) 1:00-3:00 p.m. (Y) | | | | AUG 1 (TH) 10:00 a.m.-Noon (Y) | | | | AUG 2 (F) 10:00-11:00 a.m. (O) | | | |
| Ready to Date | | JUL 11 (TH) 9:00-11:00 a.m. (N) | | | | AUG 19 (M) 2:30-4:30 p.m. (O) | | | | AUG 21 (W) 5:00-7:00 p.m. (N) | | | |
| Spouse Newcomers Orientation | | JUL 1 (M) 9:00 a.m.-1:00 p.m. (Y) | | | | AUG 9 (F) 9:00 a.m.-1:00 p.m. (Y) | | | | AUG 29 (F) 9:00 a.m.-1:00 p.m. (L) | | | |
| Stress Management | | JUL 1, 3, 8 & 10 (M&W) 9:00-11:00 a.m. (L) JUL 5 (F) 9:00-10:30 a.m. (Y) | | | | JUL 16 (T) 9:30-10:30 a.m. (N) | | | | AUG 8 (TH) 9:00-10:30 a.m. (Y) AUG 8 (TH) 9:00-11:00 a.m. (NN) | | | |
| Systematic Training for Effective Parenting (STEP) | | JUL 16 (T) 9:30-10:30 a.m. (N) | | | | AUG 12, 14, 19 & 21 (M&W) 1:00-3:00 p.m. (N) | | | | SEP 9, 11, 13 & 16 (M,W,F) 9:00-11:00 a.m. (L) SEP 10, 12, 17 & 19 (T&TH) 1:00-3:00 p.m. (Y) | | | |
| PERSONAL FINANCIAL MANAGEMENT PROGRAMS | | | | | | | | | | | | | |
| Blended Retirement System | | JUL 10 (W) 1:30-3:00 p.m. (N) | | | | AUG 6 (T) 1:00-2:30 p.m. (L) AUG 21 (W) 1:30-3:00 p.m. (N) | | | | AUG 30 (F) Noon-1:30 p.m. (NW) | | | |
| Car Buying Strategies | | JUL 3 (W) Noon-1:30 p.m. (N) JUL 10 (W) 8:30-10:00 a.m. (Y) | | | | JUL 22 (M) 1:00-2:30 p.m. (P) | | | | AUG 14 (W) Noon-1:30 p.m. (N) AUG 15 (TH) 8:30-10:00 a.m. (Y) AUG 29 (TH) 8:30-10:00 a.m. (NN) | | | |
| CFS Forum and Financial Town Hall Meeting | | JUL 19 (F) 8:00-9:30 a.m. (L) | | | | JUL 26 (F) 8:30-10:00 a.m. (O) | | | | AUG 8 (TH) 12:30-1:45 p.m. (N) AUG 22 (TH) 1:00-2:30 p.m. (P) | | | |
| CFS Refresher Training | | JUL 10 (W) 8:00 a.m.-4:00 p.m. (L) | | | | AUG 13 (T) 8:00 a.m.-4:00 p.m. (O) | | | | SEP 10 (T) 8:00 a.m.-4:00 p.m. (N) | | | |
| CFS Training | | JUL 15-19 (M-F) 8:00 a.m.-4:00 p.m. (L) JUL 22-26 (M-F) 7:30 a.m.-4:00 p.m. (O) (Y) | | | | AUG 12-16 (M-F) 8:00 a.m.-4:00 p.m. (L) | | | | AUG 19-23 (M-F) 7:30 a.m.-4:00 p.m. (DN) (P) AUG 26-30 (M-F) 7:30 a.m.-4:00 p.m. (N) | | | |
| Consumer Awareness | | JUL 12 (F) 10:30 a.m.-Noon (NW) | | | | AUG 14 (W) 10:00-11:30 a.m. (N) | | | | SEP 16-20 (M-F) 8:00 a.m.-4:00 p.m. (L) SEP 23-27 (M-F) 7:30 a.m.-4:00 p.m. (O) (Y) | | | |
| Credit Management | | JUL 3 (W) 8:30-10:00 a.m. (N) JUL 10 (W) 10:00-11:30 a.m. (Y) | | | | JUL 12 (F) 1:00-2:30 p.m. (NW) | | | | AUG 7 (W) 2:00-3:30 p.m. (O) AUG 14 (W) 8:30-10:00 a.m. (N) | | | |
| Developing Your Spending Plan | | JUL 3 (W) 10:00-11:30 a.m. (N) JUL 19 (F) 9:00-10:30 a.m. (NW) | | | | JUL 24 (W) 10:30 a.m.-Noon (P) | | | | AUG 15 (TH) 10:00-11:30 a.m. (Y) AUG 29 (TH) 10:00-11:30 a.m. (NN) | | | |
| Financial Leadership Seminar | | JUL 30 (T) 8:00 a.m.-Noon (NN) | | | | AUG 21 (W) 9:00 a.m.-Noon (L) | | | | SEP 4 (W) 8:30-10:00 a.m. (N) SEP 20 (F) 9:00-10:30 a.m. (P) | | | |
| Entitlement to Continuation Pay | | AUG 21 (W) 2:00-3:00 p.m. (L) | | | | AUG 21 (W) 1:00-2:00 p.m. (L) | | | | AUG 29 (TH) 3:30-5:00 p.m. (O) | | | |
| Leadership Training | | AUG 21 (W) 2:00-3:00 p.m. (L) | | | | AUG 21 (W) 1:00-2:00 p.m. (L) | | | | AUG 29 (TH) 3:30-5:00 p.m. (O) | | | |
| Marriage | | AUG 21 (W) 2:00-3:00 p.m. (L) | | | | AUG 21 (W) 1:00-2:00 p.m. (L) | | | | AUG 29 (TH) 3:30-5:00 p.m. (O) | | | |
| Permanent Change of Station | | JUL 11 (TH) 10:00-11:30 a.m. (O) | | | | AUG 29 (TH) 3:30-5:00 p.m. (O) | | | | SEP 4 (W) 9:00-10:00 a.m. (L) | | | |
| Post-Deployment | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | SEP 25 (W) 10:00-11:00 a.m. (L) | | | |
| Pre-Deployment Preparation | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | SEP 25 (W) 10:00-11:00 a.m. (L) | | | |
| Preparing for Divorce | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | SEP 25 (W) 10:00-11:00 a.m. (L) | | | |
| Welcoming Your First Child | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | AUG 27 (T) 10:30 a.m.-Noon (O) | | | | SEP 25 (W) 10:00-11:00 a.m. (L) | | | |
| Home Buying | | AUG 1 (TH) 11:00 a.m.-12:30 p.m. (P) | | | | AUG 8 (TH) 8:30 a.m.-3:00 p.m. (O) | | | | AUG 13 (T) 8:30 a.m.-3:00 p.m. (Y) | | | |
| Homeownership | | AUG 1 (TH) 11:00 a.m.-12:30 p.m. (P) | | | | AUG 8 (TH) 8:30 a.m.-3:00 p.m. (O) | | | | AUG 13 (T) 8:30 a.m.-3:00 p.m. (Y) | | | |
| How to Survive the Holidays Financially | | JUL 23 (T) 1:00-3:00 p.m. (N) | | | | JUL 31 (W) 3:30-5:00 p.m. (DN) | | | | AUG 8 (TH) 8:30-10:00 a.m. (NN) AUG 28 (W) Noon-1:30 p.m. (Y) | | | |
| Million Dollar Sailor | | JUL 1 & 2 (M&T) 8:00 a.m.-4:00 p.m. (O) | | | | JUL 29 & 30 (M&T) 8:00 a.m.-4:00 p.m. (L) | | | | AUG 10 & 11 (T&W) 8:00 a.m.-4:00 p.m. (O) SEP 18 & 19 (W&TH) 8:00 a.m.-4:00 p.m. (Y) | | | |
| Paying For College | | JUL 2 (T) 9:00-10:30 a.m. (Y) | | | | | | | | | | | |