



FFSC GREAT LAKES TRAINING MENU

DEPLOYMENT SUPPORT

- Deployment Readiness Training (DRT)
- Emergency Preparedness
- Introduction to the Navy Family Accountability and Assistance System (NFAAS)

DOMESTIC/CHILD ABUSE

- Child Abuse Awareness and Prevention
- Domestic Violence Awareness and Prevention
- Family Advocacy (FAP) POC Training

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

- Educational and Resource Seminars
- EFMP Command POC Training
- Moving with an Exceptional Family Member
- Recreational Events
- What is EFMP?

LIFE SKILLS EDUCATION

- Managing Anger
- Mind Body Mental Fitness Series:
 - Connection
 - Flexibility
 - Living Core Values
 - Mindfulness & Meditation
 - Problem Solving
 - Stress Resilience
- Parenting Workshop
- Stress Management

NEW PARENT SUPPORT (NPS)

- Breastfeeding Education
- Developmental Screenings
 - Birth to Age 4
- Infant Massage Class
- Postpartum Support
- Safe Sleep
- Shaken Baby Syndrome Prevention
- Welcome To Pregnancy

OMBUDSMAN PROGRAM

- Married in the Military
- New Spouse Orientation
- Ombudsman Advanced Training
- Ombudsman Basic Training

PERSONAL FINANCIAL MANAGEMENT

- Blended Retirement System (BRS)
- Car Buying Strategies
- Command Leadership Information Seminar
- Consumer Awareness
- Credit Management: Using Credit Wisely
- Developing Your Financial Plan
- Financial Planning for Deployment
- Financial Planning for the Holidays
- Military Pay Issues
- Paying for College
- PFM Awareness Quarterly Forum
- Planning for Retirement
- Saving and Investing
- Survivor Benefit Plan
- Thrifts Savings Plan
- Your Credit, Your Clearance
- Your Insurance Needs

RELOCATION

- Smooth Move (PCS) Workshop
- Sponsorship Training

SEXUAL ASSAULT

- SAPR Administrative Victim Advocate (AVA) Training
- SAPR Advocate Training
- SAPR CDO Training
- SAPR First Responder Training
- SAPR Indoctrination Training
- SAPR Resident Advisor Training
- SAPR Standardized Core Training
- SAPR Training for Civilians

TRANSITION/EMPLOYMENT

- Accessing Federal Employment
- Acing the Interview
- Boots to Business Entrepreneurship Track
- Career and Credential Exploration Track
- Career Assessment and Exploration
- Dress for Success
- Managing My Education Track
- Meyers-Briggs Personality Type Indicator
- Military to Civilian Transition (M2C) Seminar
- Portable Careers
- TAP: CAPSTONE
- Transition Assistance Program 3-day Core Workshops



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