



MAY 2025 Training Calendar

NAVAL STATION GREAT LAKES
525 FARRAGUT AVENUE BLDG. 26
HOURS OF OPERATION: MON-FRI, 0730-1600
CALL: (847) 688-3603 X 100
CLASSES ARE FREE – REGISTRATION REQUIRED

Mental Health
Awareness Month



FFSC EVENTS

EVENT:	DATE:	TIME:	LOCATION:
Emergency Preparedness Brief	Wed, May 21	1400-1500	Bldg. 26

LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
Conflict Management	Thurs, May 8	1000-1100	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, May 13	0700-0900	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Tues, May 20	0700-0900	CNIC, LMS
Stress Management	Tues, May 20	0900-1000	CNIC, LMS
MBMF Module 3: Living Core Values	Tues, May 27	0700-0900	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, May 6	1000-1100	Bldg. 26
New Spouse Orientation	Thurs, May 8	1400-1600	Bldg. 26
Married in the Military	Tues, May 13	1000-1100	Bldg. 26
Smooth Move Workshop	Thurs, May 15	1400-1500	Bldg. 26

TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Apr 28-30 Mon-Wed, May 12-14	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, May 1-2 Thurs-Fri, May 15-16	0800-1600 0800-1600	Bldg. 617
Military to Civilian Transition Seminar	Mon, May 5	0800-1500	Bldg. 617
Managing Your Education	Wed-Thurs, May 7-8	0800-1500	Bldg. 617
Capstone	Fri, May 9	0800-1200	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
AI Resume Building – A Paradigm Shift	Thu, May 1	1100-1230	CNIC, LMS
Job Search Hacks	Wed, May 14	0900-1030	CNIC, LMS
Innovative Interviewing	Wed, May 21	1300-1430	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, May 14	1500-1600	Bldg. 26
What is EFMP	Wed, May 21	1500-1600	Bldg. 26
Tricare ECHO Demystified	Wed, May 28	1500-1600	CNIC, LMS

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Making Your Money Work For You	Fri, May 2	0600-0700	CNIC, LMS
Emergency Financial Preparedness	Wed, May 7	1000-1100	CNIC, LMS
Planning Your Financial Future	Mon, May 12	0900-1000	CNIC, LMS
Command Your Credit	Fri, May 30	1400-1500	CNIC, LMS

PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave

For Classes through CNIC LMS, Please visit MyNavyFamily.com

- ❖ Financial Counseling
- ❖ Career Planning and Resume Writing, Review & Support
- ❖ Educational Assistance and volunteer opportunities
- ❖ Victim Advocacy for sexual assault, domestic violence, and child abuse victims
- ❖ Deployment support and planning
- ❖ Individual, Couple, Family and Child counseling
- ❖ Home visitations, education, and support for parents
- ❖ Exceptional Family Member Support (resources for adults and children with special needs)
- ❖ Relocation Planning (CONUS & OCONUS)
- ❖ Information and Referral (links to local resources)
- ❖ Emergency Preparedness Planning
- ❖ Resource room with computers available



How are we doing?
Please give us your feedback
online at the Interactive Customer
Evaluation (ICE)

DOMESTIC VIOLENCE: 1-800-799-7233
CHILD ABUSE HOTLINE: 1-800-25ABUSE (22873)
SAPR Hotline: (847) 489-8196

