

Call 757-444-2102 or click on program titles to register!

COMMAND SUPPORT

FFSC Command Indoc | Suicide Prevention | Command Sponsor | Deployment Readiness

Call 757-444-2102 to schedule • In-person and Virtual Training Options Available

Deckplate Awareness Training
Nov. 2 - 3, 8:30 am - 3:30 pm

Navy Spouse in Transition
Nov. 19, 1:00 - 4:00 pm

EFMP POC Training
Nov. 12, 8:30 - 11:00 am

Sponsor Training
Nov. 20, 9:00 - 10:00 am

TRANSITION ASSISTANCE

Call 757-444-6089 | U93 - 1327 West C Street | C9 - 9475 Bacon Ave.

Pre- Separation

In Person:
Nov. 5, 19, 20, 7:30 - 11:00 am
Bldg. U-93

Virtual:
Nov. 2, 7:00 am
Nov. 17, 8:00 am

Retiree TAP and Separatee TAP
Bldg. U-93
Nov. 2 - 4, 7:30 am - 4:00 pm
Nov. 16 - 18, 7:30 am - 4:00 pm
Nov. 30 - Dec. 2, 7:30 am - 4:00 pm

MY Navy Career Options
Nov. 19 - 20, 8:00 am - 4:00 pm

Speacialized TAP Tracks:

Education
Nov. 5 - 6, 8:00 am - 4:00 pm

Employment
Nov. 5 - 6, 8:00 am - 4:00 pm
Nov. 19 - 20, 8:00 am - 4:00 pm

Entrepreneurship
Nov. 20, 9:00 am - 10:00 am

Vocational
Nov. 19 - 20, 8:00 am - 4:00 pm

RELOCATION ASSISTANCE

Welcome Aboard
Nov. 9, 3:00 - 4:00 pm

Smooth Move
Nov. 16, 8:30 am - 12:00 pm

FAMILY EMPLOYMENT READINESS

Career Development
Nov. 17, 8:30 - 11:30 am

Job Search Strategies
Nov. 17, 1:00 - 4:00 pm

Effective Resume Writing
Nov. 18, 8:30 - 11:30 am

Job Network
Nov. 18, 12:00 - 1:30 pm

Navigating Federal Employment
Nov. 19, 8:30 - 11:30 am

Interview Techniques
Nov. 20, 8:30 - 11:30 am

MILITARY LIFE SKILLS

STEP: School-Age
Nov. 2-16, M,W,F, 1:30 - 3:30 pm

Ready to Date
Nov. 5, 2:00 - 4:00 pm

MBMF: Stress Resilience
Nov. 9, 9:00 - 11:00 am

Parenting in a Military Family
Nov. 12, 1:00 - 3:30 pm

MBMF: Problem Solving
Nov. 16, 9:00 - 11:00 am

Enhancing Blended Families
Nov. 17, 1:30 - 4:30 pm

Children & Divorce
Nov. 18, 8:30 am - 12:30 pm

Personal Communications
Nov. 19, 1:00 - 3:00 pm

Parenting Teens
Nov. 23, 1:00 - 3:30 pm

Parenting 411
Nov. 30, 9:00 am - 2:00 pm

PERSONAL FINANCIAL MANAGEMENT

Million Dollar Sailor
Nov. 2 & 3, 7:30 am - 4:00 pm
Nov. 30 & Dec. 1, 7:30 am - 4:00 pm

Command Financial Specialist Training
Nov. 4- 6, 7:30 am - 4:00 pm

Touchpoint: Financial Implications of Divorce
Nov. 10, 9:00 - 10:00 am

Touchpoint: Disabling Sickness or Condition
Nov. 10, 10:00 - 11:00 am

Developing Your Spending Plan
Nov. 11, 8:30 - 10:00 am

Credit Management
Nov. 11, 10:00 - 11:30 am

Car Buying Strategies
Nov. 11, 12:00 - 1:30 pm

Your Insurance Needs
Nov. 11, 1:30 - 3:00 pm

CFS Forum & Financial Town Hall
Nov. 12, 9:00 - 10:30 am

Saving & Investing
Nov. 18, 8:30 - 10:00 am

Thrift Savings Plan
Nov. 18, 10:00 - 11:30 am

Planning for Your Retirement
Nov. 18, 12:00 - 1:30 pm

Blended Retirement System
Nov. 18, 1:30 - 3:00 pm

How to Survive the Holidays Financially
Nov. 19, 12:00 - 1:30 pm

FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC
FFSC Norfolk
7928 14th Street
757-444-2102