



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

COMMAND SUPPORT

Command Sponsor Training

July 1, 2:00 – 3:00 p.m.

Deckplate Resource Awareness

July 15 – 16, 8:30 a.m. – 4:30 p.m.

EFMP Point of Contact Training

July 15, 8:30 – 11:30 a.m.

EMPLOYMENT READINESS

Career Planning

July 14, 8:30 – 11:30 a.m.

Job Search Strategies

July 14, 1:00 – 4:00 p.m.

Effective Resume Writing

July 15, 8:30 – 11:30 a.m.

Job Network

July 15, Noon – 1:30 p.m.

Navigating Federal Employment

July 16, 8:30 – 11:30 a.m.

Interview Techniques

July 17, 8:30 – 11:30 a.m.

RELOCATION ASSISTANCE

Smooth Move

July 13, 8:30 a.m. – 12:00 p.m.



**FLEET &
FAMILY
SUPPORT
CENTERS
MID ATLANTIC**

**FFSC Norfolk
Bldg. SDA -344,
7928 14th Street
Norfolk, VA**



Navy Spouse in Transition

July 16, 1 - 4 p.m., Bldg. SDA-344

MY (Managing Your) Navy Career Options

July 23-24, 8 a.m. – 4 p.m., Bldg. U-93

WORK & FAMILY LIFE

Personal Communication

July 1, 1:00 – 3:00 p.m.

Stress Management

July 2, 1:00 – 3:00 p.m.

July 14, 9:30 – 10:30 a.m.

Couples Workshop (2-part workshop)

July 6 & 8, 5:00 – 7:30 p.m.

Parenting Teens

July 7, 2:00 – 4:30 p.m.

Enhancing Blended Families

July 13, 1:30 – 4:00 p.m.

Building Effective Anger Management Skills

(Mon., Wed. & Fri. only)

July 20-31, 9:00 – 11:00 a.m.

Dads and Discipline

July 21, 9:00 – 11:30 a.m.

Problem Solving

July 27, 1:00 – 3:00 p.m.

Children and Divorce

July 28, 8:30 a.m. -12:30 p.m.

Ready to Date

July 28, 2:00 – 4:00 p.m.

Building Healthy Relationships

July 30, 1:00 – 3:30 p.m.

Transition Assistance Program (TAP) - Call 757-444-6089

U93 - 1327 West C Street Norfolk VA/C9 - 9475 Bacon Avenue Norfolk, VA

Pre-Separation and TAP classes are held in Bldg. U-93. Please be in the Uniform of the Day

Specialized TAP Tracks
8 a.m. - 4 p.m.

Pre-Separation, 8 – 11 a.m.

July 9, 10 (virtual), 16, 23 & 24 (virtual), 30

Entrepreneurship, Bldg. U-93

July 16-17

Employment, Bldg. C-9

July 9-10

July 16-17

July 23-24

July 30-31

Vocational, Bldg. C-9

July 9-10

July 30-31C9

Education, Bldg. U-93

July 16-17

July 30-31

Retiree TAP, 7:30 a.m.- 4 p.m.

July 6 - 8, July 13- 15, July 20-22, July 27-29

Separatee TAP, 7:30 a.m.- 4 p.m.

July 6 -8, July 13 – 15, July 20-22, July 27-29

PERSONAL FINANCIAL MANAGEMENT

Million Dollar Sailor

July 6-7, 7:30 a.m. – 4:00 p.m.

Command Financial Specialist Training

July 8-10, 7:30 a.m. – 4:00 p.m.

Developing Your Spending Plan

July 15, 8:30 – 10:00 a.m.

Credit Management

July 15, 10:00 – 11:30 a.m.

Car Buying Strategies

July 15, Noon – 1:30 p.m.

Your Insurance Needs

July 15, 1:30 – 3:00 p.m.

Paying for College

July 16, 12:00 – 1:30 p.m.

Paying off Your Student Loan

July 16, 1:30 – 3:00 p.m.

First Duty Station - Touchpoint

July 21, 9:00 – 10:30 a.m.

Saving and Investing

July 22, 8:30 – 10:00 a.m.

Thrift Savings Plan

July 22, 10:00 – 11:30 a.m.

Planning Your Retirement

July 22, Noon – 1:30 p.m.

Blended Retirement System

July 22, 1:30 – 3:30 p.m.

Gambling Awareness

July 23, Noon – 1:30 p.m.

Exploring Digital Assets

July 23, 1:30 – 3:00 p.m.

Command Financial Specialist Forum

July 28, 8:30 a.m. – 10:00 a.m.

Home Buying

July 22, Noon – 1:30 p.m.

Renting

July 22, 1:30 – 3:30 p.m.

How to Survive the Holidays Financially

July 29, Noon – 1:30 p.m.

Finances for Emergencies

July 30, 9:30 – 11:00 a.m.



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