

# JULY

## FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE

PLEASE CONTACT THE FLEET AND FAMILY SUPPORT FOR RESERVATIONS OR QUESTIONS 760-939-4545



### July 03 - 9AM

#### Toddler Take Over

Come meet other parents and learn tips and strategies to use during the toddler years. This workshop will provide strategies to use in areas parents struggle with during the toddler years. We welcome you to bring your toddlers to play while you learn.

### July 03 - 4PM

#### EFMP Coffee & Chaos

During this workshop, we invite you to bring your little ones to play while you have coffee and learn about advocacy tips for parents with children in the Exceptional Family Member Program (EFMP).

### July 09 - 11 AM

#### The Thrift Savings Plan

Learn how the Thrift Savings Plan (TSP) can contribute to your financial security during retirement.

### July 09 - 2 PM

#### Career Assessment Exploration Portability

Take a career assessment to determine which careers fit your personality and skills. A FFSC counselor can help you find jobs that will follow your spouse through their career in the Navy career.

### July 09 - 3 PM

#### Networking

Explore the art of strategically making connections and building relationships that will bring more opportunities into your life.

### July 10 - 4PM

#### Parenting Practices & Styles

Parenting styles provide a broad framework for understanding the parent-child relationship, whereas parenting practices are the distinct strategies used to implement that framework. During this workshop, you will learn different parenting styles and the practices of all stages of development to use to have a balanced approach to parenting.

### July 10 - 10 AM

#### Car Buying

Get the knowledge and skills to conduct adequate research on a new car purchase. Learn to determine how much you can afford to spend on a car and how to negotiate a fair price.

### July 11 - 10 AM

#### New Spouse Welcome Aboard

Connect with fellow military spouses, explore local gems, and dive into valuable insights on military programs. Special focus on resources for our foreign-born spouses! Let's build a supportive community together.

### July 11 - 2PM

#### Communication Skills

Learn how to utilize the power of effective communication as a vehicle for enhancing relationships at work and at home.



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### July 11 - 3PM

#### What About the Kids, Coparenting

Effective co-parenting is not just about dividing time and responsibilities it is also about creating a supportive and nurturing environment for the children. Learn ways to alleviate anxiety and create a smoother transition between households. This workshop will give you strategies to work together to put the child (ren)'s needs first by providing stability, consistency, and kindness.

### July 16 - 3 PM

#### Disaster Preparedness

Learn to identify the information and resources you need to be physically and financially ready for an emergency or natural disaster.

### July 17 - 3 PM

#### Quarterly CFS forum

Explore the four pillars of our PFM program: education, counseling, consumer advocacy, and information & referrals. This training is open to all CFSs, senior enlisted advisors, and command career counselors. Additional CFS Course Dates Available Upon Request.

### July 18 - 2PM

#### Anger Management

Learn to address signs and symptoms of anger mismanagement, identify effective ways to express anger, and identify resources available to assist in changing destructive anger-related behaviors.

### July 25 - 2PM

#### FAP 101

Overview of the Family Advocacy Program prevention and intervention process.

### July 22 - 24

#### Transition Assistance Program (TAP)

Mandatory for every Service member transitioning out of the military, this class is your compass for a smooth journey into civilian life. Gain insights, resources, and essential skills to make your transition a success. Registration required through your Command Career Counselor.

### July 25 - 26

#### TAP Track - My Employment

Chart Your Career Course! Join Tap Track workshop for a comprehensive introduction to the tools and resources essential for evaluating career options.

### July 25 - 26

#### TAP Track - My Education

From the basics to choosing a field of study, selecting the right institution, gaining admission, and securing funding – we've got your academic journey covered.

### July 30 - 10 AM

#### Sponsorship Training

Pre-registration is required. Delve into the essential roles and responsibilities of Sponsors. From communication to relocation assistance, we've got every stage of the program covered.



### Deployment Workshops

#### By Appointment

Get the skills and resources needed to prepare for and manage the realities of separation and reintegration.

### Volunteer Orientation

#### By Appointment

Discover volunteer opportunities at the Fleet and Family Support Center with flexible schedules and diverse learning experiences.

### Relocation Workshop

#### By Appointment

Whether you are settling in or departing from a duty station, the relocation program can make the transition easier for you and your family.



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